

PHEW

Plan:

- *Do not hike alone, if you need to return the trailhead the leader/sweep will send someone with you**
- *Know where you are going. Take a map, watch, compass, phone, and ID**
- *Tell someone where you are going, what time you will depart and your expected return time**
- *Call and tell someone if your plans change**

Health:

- *Hiking is a great physical activity; however you need to exercise besides taking a once a week hike. Know how you are feeling and have you checked with your physician regarding your participation in the rigorous physical activity of hiking?**
- *Do you have the FILE of LIFE completed and in your pack?**
- *Do you have your ID, Medical Ins. Card, and any needed medications available?**
- *Have you trimmed your toe nails?**

Equipment:

***Boots.....They are what hold you up on the trail. They need to be sturdy with a good lug; you will learn to trust your boots on the trail. It is recommended boots be one half to a full size larger than your street shoes.**

Boot style low, mid, or high is a personal preference. Because the shape and volume of everyone's foot is different I recommend you Google "How to tie hiking boots." Try several ways of tying your boots to ensure you lock your heel into the heel cup so your foot stays in place and does not slide forward. Avoid blisters.

Socks are important, a sock liner will help to wick away moisture and avoid blisters.

Clothing: Layers, so you are comfortable, ideally the fabric should wick moisture. A broad brim hat works well as a baseball type hat holds the heat to your head. There is sun and more sun in Arizona, so sunglasses are a good idea. Occasionally hikers do need a light jacket or a poncho.

Poles: Optional....Great for assistance and helps the hiker save energy on uphill, downhill, and on rocky surfaces. Some hikers will use two poles, some use one, while others choose not to use any. Many hikers feel the poles give them some amount of upper body workout.

Poles: The poles should be set at 90 degrees at the waist and be held where the grip is designed or on the top. It is equipment that may be used to help you gain stability, check water depth, flip branches from the trail, tapping informs critters you are on the trail, and when collapsed may form a splint to support an injury.

Backpacks or Fanny Packs: Should ride on hips and top of the bum. Your shoulders should not bear the weight of the pack.

Bladders: May be two or three liters with an over the shoulder hydration hose, this offers the hiker the freedom of hydrating (drinking) while hiking. Bladders and the hose need to be cleansed every one to two weeks. DO NOT put anything in the bladder other than water. Separately used hydration bottles also need to be cleansed. If you use this type of hydration for water or electrolytes, you must stop when drinking, DO NOT walk and drink from a bottle.

Hyponatremia: Water intoxication, when a dehydrated person drinks too much water. It is a dilution of the sodium or salt in the body.

Backpack or Fanny Packs: Some have convenient pockets on the waist belt for electrolytes or water.

Equipment, cont. Hat and sunscreen is important in the desert. A jacket, poncho, a whistle is a mandatory item. Most important is water and electrolytes and a salty snack.

Weather:

Be aware of the weather report where you plan on hiking. Stay alert to projected temperatures, highs and lows, impending dust storms, rain, thunder and lightning. If there is a thunder and lightning head back down the trail, do not continue your hike. Flashfloods are fast and dangerous if you are on the trail, get to higher ground and away from the water's edge.