

# What should I take with me when hiking?

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The following table lists items to consider taking with you when hiking. Some items depend on the type of hiking you do.

Item	Purpose
Bandana (large)	Useful for keeping perspiration out of your eyes, covering areas sensitive to the sun, and could be used for a tourniquet.
Binoculars	For fun and also useful for finding your trail if you end up off course.
Blank CD	Light weight (mirror like) signaling device.
Camera	For fun.
Cell Phone	Many trails are close to cell towers to maintain service as a phone is invaluable for emergencies.
Compass	A compass is an important reliable tool to help keep you on course or to help you find a trail if you get off track. Also needed for backup in case your GPS unit fails.
Duct tape	Can wrap some around a pencil to have available for pulling out small cactus spines.
Emergency blanket	Small, lightweight foil blankets may be critical to your survival in emergencies.
Fire starting items	Waterproof matches, lighters, or other fire starting items in case you're still on the trail after dark.
First Aid Kit	For treating cuts and other injuries.
Gloves	For cold days or for use on very technical trails that require using your hands for climbing.
GPS	<ul style="list-style-type: none"><li>• A handheld GPS can do the following:</li><li>• Provide an exact geographic fix that can be plotted precisely on a map</li><li>• Tell you the straight-line distance and direction to your destination</li><li>• Record the day's travel as a "track," creating a highly accurate bread crumb trail you can reverse and follow home, or transfer to computer</li><li>• Tell your altitude within 30 feet</li><li>• Provide detailed trip information, such as mileage, speed, and elevation gain</li><li>• Warn of topographical roadblocks like rivers and deep canyons, as long as you've loaded topo maps onto the unit</li></ul>
Handgun	For protection in case of encountering a two or four legged threat and also for signaling in case of emergency.
Hat	Sun protection and warmth when it's cold.
Hiking stick	A very useful aid when hiking, particularly on steep declines. Is considered important in snake country and may be used in emergency as a crutch or even as part of a stretcher.
Knife	A folding or sheath knife is invaluable for a variety of uses.

<ul style="list-style-type: none"> <li>• Light weight plastic trowel</li> <li>• Toilet paper</li> <li>• Wet wipes</li> </ul>	For emergency bathroom stops.
Maps	Specific trail maps or topographical maps of the area of your hike can be critical to getting you home safe.
Medication	<ul style="list-style-type: none"> <li>• Consider antihistamines in case of wasp or bee stings</li> <li>• Consider non-coated aspirin to chew in case of heart attack</li> <li>• Consider pain medication, such as ibuprofen, acetaminophen, and so on for various reasons</li> </ul>
Paracord or other small rope	Can be used in emergencies, such has for creating a stretcher or tying a splint.
Plastic grocery bags	For hauling out trash you make or find.
Pliers (small) or multi-tool	Needed to pull out cactus spines or clumps of cactus spines.
Poncho (or rain jacket)	Very small light weight ponchos are available to carry in case of rain and can also be used for creating a stretcher.
Sandpaper	Can be helpful for removing small cactus spines.
Small flashlight	In case you end up on the trail after dark.
Smoke Flare	Sold in colors such as orange for signaling your location to rescuers if lost or injured.
Spare batteries	For your camera, GPS, or flashlight.
Spare boot laces	In case you break yours.
Spare socks	In case you get the one's you're wearing wet.
Sun screen	To minimize sunburn.
Sunglasses	Eye protection in bright desert sun.
Trail snacks	For during a hike or if you get stuck overnight.
Tweezers	Also needed for smaller cactus spines.
Warm shirt, sweater, or jacket	In case you're stuck on the trail after dark.
Water	It's very deceiving how much water you lose hiking in this dry climate; therefore you must carry more water than you would in other parts of the country.
Whistle (pealess)	Used for signaling in an emergency and possibly for making noise when encountering a threatening animal. Why pealess? So you don't rattle as you walk and drive your hiking mates crazy.
<p>If you get lost, think you're lost, or if you're injured and can't make back to your vehicle or trailhead before dark, STOP! Try your cell phone. Use your signaling devices. Prepare to stay on the trail overnight. Use the above items to make yourself as comfortable as possible.</p>	