

HIKE PREPARATION

- Attach your name tag and medical emergency form outside of your pack or wear your own name tag for others to see.
- Have proper equipment: hiking boots, hiking socks, wide-brim hat, layered clothing, hiking poles (optional), sunglasses, name tag, sweat or cooling towel.
- Use sun screen and lip protection.
- Do not use any fragrances (e.g., perfume or cologne).
- Bring adequate water for the duration of the hike and the temperatures expected. Water should be accessible without having to remove backpack or fanny pack.

Guideline: 1 liter (34 oz.) for every 5 miles

- To sustain your energy, bring adequate food to include a salty snack. Bring water with electrolytes for higher temperatures, as well as all hikes rated A or B.
- Bring your medications and a personal first-aid kit. (Examples: alcohol wipes, bandages, moleskin; and for cactus needle removal, a fine-tooth comb, tweezers, and duct tape.)
- Bring toilet paper and a zip-lock bag for disposal.
- Extra socks are useful for hikes with stream crossings or long hikes in higher temperatures.
- Cameras may be used, but without slowing the pace of the group.
- A backpack or fanny pack should be used for the carried items.
- Bring after-hike clothing and shoes if desired (leave in the vehicle).
- Pets, firearms, and smoking are not allowed on SCOV Hiking Club hikes.

PERMITS

- An Arizona State Parks permit or a National Parks permit is the responsibility of each driver. Each of these permits covers the driver and three passengers.
- An Arizona State Trust Land permit is the responsibility of each individual hiker (see the club's website for how to purchase).