

HIKE PREPARATION

- If you have a medical condition and/or are taking prescribed medications, please fill out the Emergency Medical Card and carry it in your pack while hiking (see "Documents" tab for form).
- A medical I.D. wrist band, if updated, is recommended for hikers with a medical condition (from RoadID.com, other web sites, and most pharmacies).
- Have proper equipment: hiking boots, hiking socks (wool blend type), wide-brim hat, layered clothing, hiking poles (optional), light-weight poncho (if rain is forecasted), sunglasses, name tag, sweat towel (optional).
- Use sunblock and lip protection with sunblock.
- Do not use any fragrances (e.g., perfume or cologne).
- Bring adequate water for the duration of the hike and the temperatures expected.
[a minimum of 1 liter (34 oz.) for every 5 miles]
- Water should be accessible without having to remove backpack or fanny-pack.
- Bring adequate food and/or snacks to sustain your energy including a salty snack (as appropriate for this hike).
- Bring electrolyte drink for higher temperatures (or electrolyte powder or tablets) and a carbohydrate snack to take with the electrolyte drink.
- Bring your medications; a first-aid kit; and, if applicable, a bee sting allergy kit.
- Recommended to bring: moleskin, compass, knife, whistle, fine tooth comb, tweezers, duct tape (last 3 for cactus needles).
- A cell phone is recommended (for emergencies only); also, the Guide usually carries a cell phone for emergencies.
- A GPS unit is informational but not required.
- Bring toilet paper and a zip-lock bag for disposal of the used toilet paper (carry-out).
- 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 (see tab for "While On A Hike").
- A backpack or fanny-pack is required for the carried items.
- Bring after-hike clothing and shoes if desired (leave in the vehicle).
- Pets, firearms, and smoking are not allowed on VHC hikes.