



# DESERT HIKING CHECKLIST

## Desert Hiking Necessities:

- A larger backpack
- Extra water
- Sodium replacement powder
- Headlamp
- Water treatment
- First aid kit, including blister care and Benadryl for bee stings
- Camelbak
- Plenty of food and snacks
- Hiking permits
- Garbage bags
- Optional: Emergency bivy sack*
- Optional: Extra batteries\**

\* Note: Keep the batteries away from direct sunlight.

## Desert Hiking Food:

- Snack crackers
- Salty snacks
- Electrolyte drinks
- Store bought trail mix
- Almonds
- Cherry tomatoes
- Cucumbers
- Cheese sticks\*
- Grapes
- Oranges
- Blueberries
- Optional: Salt supplement*

\* Note: Be careful with foods containing dairy when hiking in hot weather.

## Other Desert Hiking Goodies:

- Hiking / trekking poles
- Camera
- Extra water bottles
- Emergency water filter

## Desert Hiking Gear:

- Down sleeping bag
- Sleeping pad
- Stove
- Fuel
- Eating utensils
- Stuff sack
- Waterproof matches or fire starters
- Utility knife or multi-tool with a knife
- Whistle
- Optional: Spork*

## Desert Hiking Apparel:

- Bandana
- Sunglasses
- Breathable underwear
- Convertible pants
- Breathable pants
- Moisture-wicking shirt(s)
- Sun-protection shirt(s)
- Lightweight jacket for cool evenings
- Wide-brimmed hat
- Optional: Down jacket*
- Optional: Cotton t-shirt*
- Optional: Mittens*
- Optional: Hat*

## Day/Desert Hiking Navigation:

- Cell phone and external battery
- Trail map (download to your phone before leaving cell service)
- GPS unit or watch
- Topographic map
- Compass with a mirror
- Guidebook
- Optional: Satellite phone*
- Optional: Personal locator beacon*
- Optional: Map case*
- Optional: Water-tight plastic bags to protect your maps*
- Optional: Survival bracelet*