



More than **200** hikers annually are rescued from City of Phoenix desert and mountain parks and preserves. This simple checklist can help keep you from becoming a statistic.



Watch the Weather:

Yes, "it's a dry heat" – but Arizona's temperature can be deceiving and deadly. Hike when it's cool outside, try early mornings and evenings when there's more shade.



Dress Appropriately:

Wear proper shoes, clothing, hat and sunscreen.



Bring Water:

Hydrate before you go. Have plenty of water, more than you think you need. Turn around and head back to the trailhead before you drink half of your water.



Keep in Contact:

Carry a mobile phone.



Team Up:

Hike with others. If hiking solo, tell someone your start and end times, and location.



Be Honest:

Do you have a medical condition? Asthma, heart problems, diabetes, knee or back problems? Don't push yourself! (Even trained athletes have been caught off guard by getting dehydrated on Arizona trails.)



Don't Trailblaze:

Enjoy the Sonoran Desert's beautiful and undeveloped landscape, but please stay on designated trails.



Take Responsibility:

Don't be "that person" – the one who wasn't prepared, shouldn't have been there for health reasons or ignored safety guidelines. Be the responsible hiker, who takes a hike and does it right!

A public service message from the
City of Phoenix Parks & Recreation Department
and Fire Department



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