

Hiking Arizona's Trails

Arizona is a hiker's paradise, offering diverse landscapes and unforgettable outdoor experiences. Whether exploring desert paths or mountain forests, preparation and safety are essential to ensure an enjoyable adventure.

Essential Hiking Safety Guidelines

- **Know Your Limits:** Choose trails that match your fitness level and experience. Avoid overestimating your abilities.
- **Plan Ahead:** Research your trail, check weather conditions, and share your plans with someone. Always carry a map and know your route.
- **Dress Appropriately:** Wear sturdy footwear, light-colored breathable clothing, a hat, and sunscreen. Trekking poles are also useful in improving your stability on trails.
- **Stay Hydrated:** Bring more water than you think you'll need. Turn back once you've used half your supply. Never drink untreated water.
- **Pack Essentials:** Carry high-energy snacks, a small medical kit, a compass, and a charged cell phone. Remember to put your cell phone on airplane mode to conserve battery life.
- **Hike With Others:** Group hiking is safer and more enjoyable. If you do hike alone, remember to always notify someone of your location, departure time, and expected return time.
- **Respect the Trail:** Follow etiquette - yield to uphill hikers, pack out your trash, and keep your pets leashed.
- **Stay on Marked Trails:** Staying on the marked trails reduces your risk of getting lost or encountering dangerous terrain. Staying on marked trails also makes it easier for rescuers to find you in case of an emergency..

Monsoon Awareness

- **Check the Weather Before You Go:** Monsoon storms can develop quickly and bring heavy rain, lightning, and strong winds.
- **Avoid Canyons and Washes:** Flash floods can occur suddenly - even if it's not raining nearby.
- **Stay Alert:** If you hear thunder, you are within lightning range. Seek shelter immediately.
- **Move to Higher Ground:** In the event of flooding, avoid low-lying areas and never cross moving water.
- **Avoid High Elevations:** Lightning is more frequent at higher elevations - plan accordingly.
- **Turn Around, Don't Drown:** Never attempt to cross flooded trails or roadways. Always choose safety and turn back.

“Stay Safe. Stay Prepared. Enjoy Arizona Responsibly.”