

# Take a HIKE. Do it RIGHT.

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