



Safety Tips to keep you and your family safe

while hiking in the Arizona climate.

- If you have medical conditions discuss them with your health care provider before departing.
- Plan your hike.
- Tell family member where you will be hiking and when you will return.
- Wear proper clothing and have essentials. Examples below:
 1. Light weight clothes
 2. Light colored clothes
 3. Proper shoes
 4. Hat
 5. Sunscreen
 6. Sunglasses
 7. Granola bar
 8. Plenty of water
 9. Cell phone
 10. Tweezers
- Carry plenty of water with you and drink constantly even if you do not feel thirsty.
- Avoid caffeine or alcohol as these dehydrate the body.
- Hike in groups of at least two.
- Put slower hikers in front and pace the group to that person.
- Stay on the trails to avoid injury.
- Be aware of your surroundings.
- Have fun!

Phoenix Fire responds to hundreds of mountain rescues every year.



For more information, contact:
Phoenix Fire Department Public Affairs 602-534-0953
or visit our web site: phoenix.gov/fire

Our Family Helping Your Family