

HIKE ITEM SUGGESTIONS

Outback Hiking Club of Southern Utah

Final as of: February 14, 2023

What to Bring: All hikers are responsible for their own supplies. At a minimum we suggest the following:

1. A good day pack. Something that stays in place and conveniently holds what you need. You should try hiking with it before you come with the group. A supportive waist belt is considered necessary by most hikers. Make sure you can get your water out by yourself, preferably without needing to take your pack off.
2. Weather-appropriate clothing and extra clothing to allow for changes in the weather. Include rain gear. Prepare for the rare chance you get stuck out overnight. It is best to dress in removable layers, and avoid cotton when it is cold or if there is any chance of rain.
3. Good hiking shoes or boots. Hiking in tennis shoes, sandals, or gym shoes is not a good idea. Make sure that your hiking shoes fit well and try them out before you go with the group. The group does a lot of scrambling and hiking on slickrock so your sole should have good grip. Pants are helpful when bushwhacking; the leader will usually mention in the write-up if bushwhacking is probable.
4. Bring plenty of water and drink it. A half gallon of water is usually good for the average hike. For longer or hotter hikes, a gallon or more may be needed. Don't worry about having to "go" on the hike. It is MUCH more important to drink consistently. We often stop for breaks and are happy to stop at a good potty location. That said, bring TP and a baggie to pack it out in case you gotta go #2.
5. The hike leader will usually indicate if we are stopping for lunch. Bring a lunch, a bag to pack out all your food scraps, and snacks so you don't fade and in case we are out longer than we expect.
6. First Aid Kit – Band-aids for the inevitable scratch or scuff. Include moleskin or other blister aid. Bring any medications you may need if we are out longer, or that you use in case of an emergency (aspirin, Epi-pen, Benadryl, nitro are possibilities, as prescribed by your doctor). An ace bandage is good and gauze to stop bleeding. Tweezers for cactus spines. Electrolytes in case you get depleted.
7. Safety items: Don't count on your leader or fellow hikers to carry what you may need. We suggest: headlamp, headlamp batteries, phone charger, waterproof matches, a space blanket, a compass or GPS, pocketknife, map, a signal whistle, and a satellite SOS if you have one.
8. Sun Protection: sun hat, sunglasses, sunscreen, and lip balm with sunscreen.
9. Warm gloves and a hat are good in case it gets cold or if you are stuck out at night. Many people also like garden or leather gloves for protection from the rough sandstone. Some hikers feel better with hiking poles, but make sure you practice before you use them in a group; keep them pointed downward so they don't poke the person behind you or in front of you.
10. While we don't usually have too many bugs, there can mosquitoes in the mountains or in riparian areas, and there are ticks in the Gorge all year.