

#KeepItWild Arizona Trail Trek Suggested Equipment List

- Backpack (overnight pack with a capacity up to 45 lbs.)
- Small day pack for excursions
- Lightweight tent or shelter
- Sturdy, broken in hiking boots and extra socks
- Sleeping pad
- Sleeping bag
- Hydration bladder(s) and/or water bottles Plan on at least 1 gallon (3.75 liters) of water per person per day. NOTE! 2 gallons of water weighs roughly 17 pounds. Don't skimp.
- Mug
- Bowl
- Spoon
- Washcloth
- Stove
- Matches/lighter
- Multi-Tool/knife
- Headlamp/ flashlight
- Spare bulb and batteries
- Survival kit/first aid kit
- Compass
- Camera
- Ziploc bags for waterproofing valuables (phone, camera, wallet, ID)
- Disposable towelettes
- Toothbrush and toothpaste
- Sunscreen
- Lip balm
- Insect repellent
- Sunglasses and brimmed hat
- Light jacket (possibly even a rain jacket) and pants
- Long-sleeved shirt
- T-shirt
- Quick drying pants with zip-off legs
- Writing pad with pencil or pen