

## HIKING ESSENTIALS

- ° insulated water bottle ( if you wait until you are thirsty, that is too late )
  - ° appropriate footwear for hiking and climbing
  - ° light weight wind breaker , Gortex if you can afford it.  
( the desert can change from hot to cold very quickly )
  - ° hat or cap
  - ° small back or waist pack
  - ° sunglasses ( amber offers better vision in desert )
  - ° eye drops
  - ° small first aid kit with otc antihistamine for bites, topical bite ointment
  - ° non perfumed sun block with SPF 30+
  - ° insect repellant
  - ° camera and small sketch pad
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- ° no smoking on the trail or at any site
  - ° no pets

All things: artifacts, rocks, flowers and weeds, animals and snakes and insects at these sites are protected. I will give you a little leeway with the insects.

Collecting artifacts is a federal crime with serious consequences. Please see the stolen artifacts exhibit in the Chaco Canyon Visitors Center.

Watch where you step, stay off ruin walls.

On Alto Mesa, stay away from the canyon edge. People have fallen and been blown off the mesa. They were not injured, just dead.

**Take only pictures, leave only footprints.**