

Hiking Tips

NO FOOD, NO FUEL, NO FUN

Your body spends an enormous amount of energy (food calories) keeping you cool in the heat. Eating is your most important defense against exhaustion and water intoxication. Eat small amounts every 1/2 hour.

REPLACE IT

Everyone sweats 1/2 to 1 quart of water and electrolytes each hour hiking in the heat. Don't wait until you are thirsty to start replacing fluids and electrolytes. By the time you are thirsty, you are already dehydrated. Drink 1/2 to 1 quart of electrolyte replacement each hour you are hiking. **3 quarts of water is required for hiking into or out of the canyon.** If you bring a hydration pack, make sure that you bring a spare bottle as a back-up. Each bottle should have a strap or you must be able to carry it in your pack for hands-free hiking.

Hike Out: We provide you with Gatorade and water, snacks and lunch but make sure you bring your own hydration pack and/or water bottles. **Hike In:** Please come prepared with water bottles and high carbohydrate snacks. Your guide will help supplement what has been forgotten, but in the event that you separate, it is important that you have these things with you. It is also important that you eat even if you don't feel hungry. Eating will help balance the nutrients in your body.

REST IN THE SHADE

Stop and take a break when you find shade.

STAY WET AND STAY COOL

Keep yourself soaking wet to stay cool. Anytime you cross a stream or water pump, stop and douse yourself. Allowing your clothes to cool through evaporation will reduce fluid, electrolyte, and energy loss significantly.

SIT DOWN AND PUT YOUR LEGS UP

Every one-half to one hour, take a seven to nine minute break. This break can flush out approximately 20-30% of the waste products that build up in your legs while hiking. Don't forget to have a snack while you are resting.

DO NOT HUFF AND PUFF

When you huff and puff, your body does not get enough oxygen to function efficiently. If you can talk while you are walking, you are walking the perfect speed.

STAY TOGETHER

Staying with the hiking guide and other members in your party is a good idea. This allows everyone to keep an eye on each other looking for signs of trouble such as dehydration. If you stick together and one member has trouble, there will be others to assist or to go for help.

LIGHTEN YOUR LOAD

The less weight you carry in your pack will make your hike easier and more enjoyable. If you are hiking in, you are welcome to ship your gear to us 2 weeks prior to your hike in and we will have it on the boat waiting for you at the boat beach. If you are hiking out, consider packing clothing you may be willing to leave behind or throw away, so you don't have to take it out with you.

BE KIND TO YOURSELF

Do not exceed what is your normal level of physical activity or training.

BEGIN HYDRATING THE NIGHT BEFORE YOUR HIKE

Drink about 8 glasses of water before you go to sleep. The climate in Arizona is a dry heat. Your perspiration evaporates so fast that you might not realize you are dehydrating.

EAT A GOOD DINNER THE NIGHT BEFORE YOUR HIKE

This meal will help give you the necessary fuel needed for your hike. Avoid drinking alcohol the evening before your hike as it exacerbates dehydration.

EAT BREAKFAST

Eat a light breakfast with essential nutrients and minerals to give you additional electrolytes.

SHARE THIS INFORMATION

Sharing this information with others in your group will ensure a healthy hike for everyone.

Please Note: Hiking in the Grand Canyon is a strenuous activity, suitable only for those in good physical condition. Proper physical conditioning and consistent exercise prior to your departure is essential. Trails in the Grand Canyon are not maintained and can be rough and rocky and most have a significant vertical exchange. If you suffer from any medical condition such as asthma, heart disease, foot, knee, or hip problems, a history of heat related problems, vertigo, or unusual fear of heights, we strongly suggest you visit your physician and receive their OK before your departure date.