

# HIKING



Breathe deep, step outside, and explore the beauty of nature on this beginner-friendly day hike! Perfect for first-time hikers or anyone looking for a refreshing outdoor escape, this guided adventure takes you through scenic trails, peaceful forests, and breathtaking viewpoints.

Our friendly guide will set the pace, share fun facts about local wildlife and plants, and make sure everyone feels comfortable and confident along the way.

## ITINERARY (subject to change)

- Meet at Outdoor Recreation
- Drive to Trailhead
- Begin Hiking
- Drive back to Outdoor Recreation

\*For more information, contact Outdoor Recreation at [outdoorrec@arizona.edu](mailto:outdoorrec@arizona.edu) or (520) 621-8233

## PACKING LIST

- Hiking Boots
- Warm Layers
- Any personal life saving medication
- 2 Water Bottles (2 Liters)
- Camera (optional)
- Sunscreen
- Lip balm
- Hat
- Sunglasses
- Lunch and Snacks
- Daypack\*

\*May be reserved from Outdoor Recreation at no additional cost

## OUTDOOR PROVIDES

- Transportation
- Leadership and Instruction
- All trip-specific gear

## EXERTION LEVELS

