

Davis Monthan Outdoor Recreation Presents...

**CAMPING & HIKING 101:  
THE SONORAN DESERT**



# CAUTION

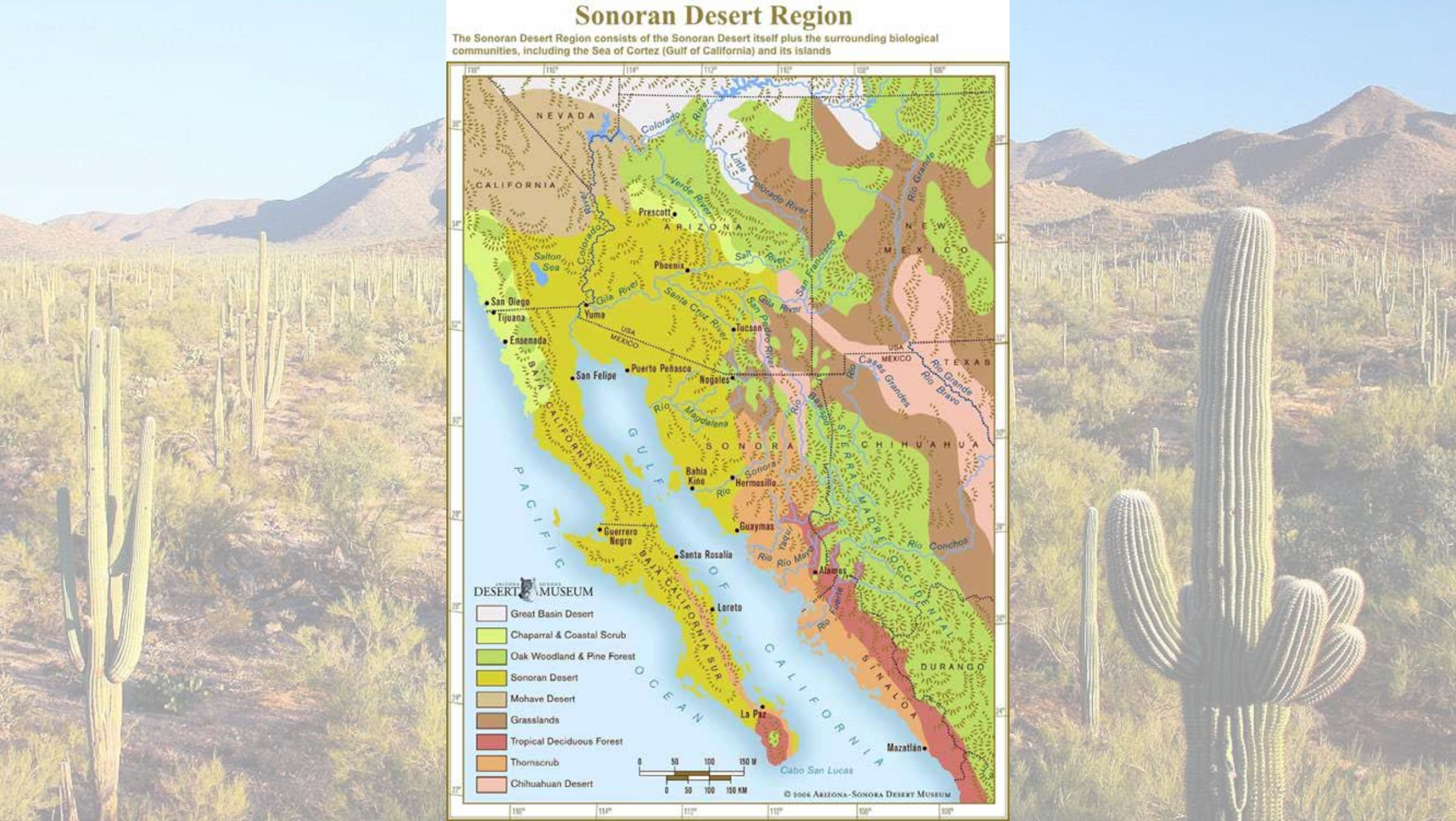
The information presented in this class is a general introduction to camping and hiking in Southern Arizona. It will not address every situation you may encounter. Traveling and recreating in remote areas can be hazardous or deadly. Always consult local authorities such as Forest Service field offices and park rangers before embarking on a journey. Always maintain situational awareness and pursue caution if you are not sure about something.

**Most importantly, stay safe and have fun!**



# Sonoran Desert Region

The Sonoran Desert Region consists of the Sonoran Desert itself plus the surrounding biological communities, including the Sea of Cortez (Gulf of California) and its islands









# LAND MANAGEMENT AGENCIES

## Federal



## State



## County



# LAND MANAGEMENT AGENCIES

## Municipal



## Private, Non-profit & Commercial





# **BENEFITS OF OUTDOOR RECREATION**

**Physical**

**Mental**

**Behavioral**

**Social**

**Professional**





# HOW TO PLAN A CAMPING TRIP

A family is camping in a forest at night. A man in a red plaid shirt is on the left, a woman in a pink shirt is in the middle, and a child is in the foreground. They are gathered around a campfire. A tent is visible in the background.

## Step 1: Decide What's Important

- Activities
- Tent or RV
- Rough it or Camp in Style
- Group Camp or Solo

## Step 2: Reserve your Campsite

- Check Availability
- Convenience first – book online.



# HOW TO PLAN A CAMPING TRIP

A scenic camping site with a blue tent, a campfire, and a table with gear. The background shows a dense forest of green trees and a mountain range in the distance. The scene is bathed in soft, golden light, suggesting late afternoon or early morning. A blue tent is pitched on the right side of the frame. In the center, a campfire is burning on a wooden tripod stand, with smoke rising from it. To the left, a white folding table holds a brown cooler, a white plate, and some other items. A blue folding chair is positioned near the tent. The ground is dirt and covered with some dry leaves and twigs.

## Step 3: Plan Your Menu

- Prep
- Spice it up
- Food Storage
- Cooking Tools

## Step 4: Pack Your Gear

- Shelter
- Sleeping
- Miscellaneous



# HOW TO PACK A BACKPACK



## Bottom-of-Pack Items

- Sleeping Bag
- Sleeping Pad
- Sleep Clothes
- Camp shoes



## Core-of-Pack Items

- Food stash
- Cook kit
- Stove
- Water reservoir
- Bear canister



## Top-of-Pack Items

- Insulated jacket
- Fleece jacket and pants
- Rain jacket
- First-aid kit
- Water filter or purifier
- Toilet supplies



# HOW TO PACK A BACKPACK



## Accessory Pockets

**Map**  
**Compass**  
**GPS**  
**Sunglasses**  
**Sunscreen**  
**Lip balm**  
**Headlamp**

**Bug spray**  
**Snacks**  
**Water bottles**  
**Raincover**  
**Car keys**  
**ID and cash stash**



## Tool Loops and Lash-On Points

**Trekking poles**  
**Tent poles**  
**Large sleeping pad**  
**Camp stool or chair**  
**Ice axe**  
**Crampons**  
**Climbing rope**





United States Department of Agriculture

## Coronado National Forest Atlas

### 7 1/2 QUADRANGLE TOPOGRAPHIC MAPS

120 map sheets covering the entire Coronado National Forest at 1:63,360 scale (1 inch to the mile). Maps include:

- Roads & trails
- Camping & recreation facilities
- Wilderness areas
- UTM coordinates
- Contours & elevations
- Shaded relief



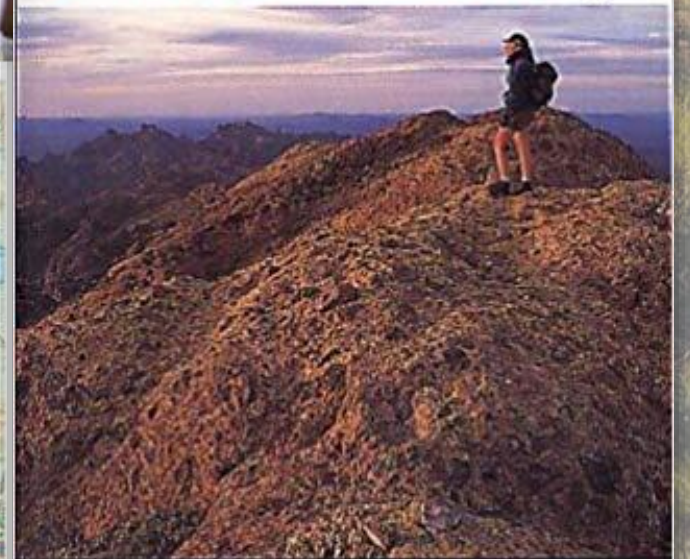
Forest Service  
Southwestern Region  
Coronado National Forest  
September 2018  
RG-93-05-20



AFALCON GUIDE

Erik Molvar

# Hiking Arizona's Cactus Country



More than 85 trails in the Sonoran Desert



# THE 10 ESSENTIALS



1. Navigation

2. Headlamp

3. Sun protection

4. First aid

5. Knife

6. Fire

7. Shelter

8. Extra food

9. Extra water

10. Extra clothes



# **SAFETY TIPS**

- 
1. Safe Fire Practices
2. Animal Safety
3. Wear Bug Spray
4. Keep Your Site Clean
5. Stay Hydrated
6. Practice Water Safety
7. Watch Out for Poisonous Plants
8. Bring a Map
9. Avoid Propane Stove Danger
10. Bring a First Aid Kit



A group of people, including children, are gathered around a campfire at night. They are roasting marshmallows on sticks over the fire. The fire is burning brightly in a stone fire pit. The scene is dimly lit, with the primary light source being the campfire.

# CAMPFIRE SAFETY

1. Look Up and Around
2. Safety Proof Your Pit
3. Keep Water Nearby
4. Always Watch
5. Extinguish Before Bed



A mountain lion is shown in profile, standing on a rocky outcrop. The animal has a tawny, golden-brown coat and a long, thick tail. It is looking towards the left of the frame. The background consists of blurred green trees and a clear blue sky, suggesting a natural, outdoor environment.

# ANIMAL SAFETY

- Mountain Lion
- Bear
- Snake
- Coyote
- Raccoon
- Javelina



# HOW TO AVOID POISONOUS PLANTS

- Carry a Field Guide
- Carry Tecnu
- Wear the Right Clothes
- Be Aware
- Wash Your Hands
- Don't Eat Any Plants
- Wash Your Clothes
- Consider Your Pets

POISON IVY

POISON OAK

POISON SUMAC



# WHAT TO PACK IN YOUR FIRST AID KIT

- Adhesive bandage tape
  - Alcohol swabs or wipes
  - Allergy medicine
  - Band-Aids in various sizes
  - Bulb irrigation syringe
  - Butterfly closures
  - Chemical heat and cold packs
  - Cotton swabs, balls and pads
  - Decongestion spray
  - Digital thermometer
  - Dry-wash pads or wipes
  - Elastic bandages
  - Empty zipper bags to bag used items for safe disposal
  - First Aid manual (read it before you need it)
  - Flashlight
  - Hand sanitizer
  - Latex gloves (sterile)
  - Magnifying glass for seeing splinters or starting a safe fire
  - Moleskin pads
  - Non-adhesive gauze pads in various sizes
  - Petroleum jelly
  - Povidone-iodine solution
  - Scissors
  - Sunblock lotion or spray
  - Two-inch gauze roll
  - Triple antibiotic ointment
  - Tweezers to remove splinters and glass
  - Medications
  - Aloe Vera gel
  - Antacids, anti-diarrheal and anti-nausea
- ## Medications (over-the-counter)
- Antibiotic for skin infections
  - Antihistamine (Benadryl) for allergic reactions and insomnia
  - Anti-inflammatory (Ibuprofen, Acetaminophen) for inflammation, pain
  - Anti-Itch spray
  - Burn cream
  - Epi-pen for people with life-threatening allergies
  - Hydrocortisone cream
  - Iodine water treatment/water purification tablets in case you run out of drinking water
  - Sting relief spray or lotion



# LEAVE NO TRACE

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Minimize campfire impacts (be careful with fire).
- Respect wildlife.
- Be considerate of other visitors.





**QUESTIONS?**

**FAMILY CAMPGROUND ↑**