
Bag-It

by: Jim Blackburn



DON'T LEAVE IT FOR THE ARCHAEOLOGIST TO PICK UP!

A Bag-it is a special hiker. The one with a plastic bag hanging from the belt about the waist or in hand. A Bag-it picks up the discarded beer cans, the plastic bottles, the chewing gum wrapper, the discarded piece of plastic. Bag-its keep our trails clean. Will you join this special hiker?

During a recent trip to Fiji I accompanied our tour director and several others on our tour to hike along the shore at sunup. She and several others carried plastic bags to gather debris off the beach. Second day I too had a bag hanging from my waist. I did bring back a few seashells and a starfish but guessed they'd get replaced. We sure cleaned up the beach for a mile or so. (Besides, bending over is good for us.) Felt good and the beach looked more attractive.

Don't use the bag to collect wildflowers, rocks, petroglyphs, shards, etc. That's a no-no. Just enjoy them where they are and let others that follow enjoy them too.

I get in trouble sometimes when I try to remove old rusted cans and glass bottles at supposed miners' campsites. These they tell me can help date the site so I don't collect really old looking rusted cans or glass bottles. I also remember hunting elk in New Mexico when we'd return around the campfire at night and toss our beer cans over our shoulders. Left a mark for the archaeologist. Don't do that any more!

Nowadays it's the plastic water and pop bottles, the aluminum beer cans, chewing gum wrappers, filter tip cigarettes and pieces of plastic that don't deteriorate very fast that I find unattractive along hiking trails.

Join us Bag-its.



Desert Awareness Committee
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DEFEAT THE HEAT

A LIST OF MINIMAL ITEMS FOR SAFELY HIKING IN THE DESERT

The Top Three things to have with you:

1. Water
2. H₂O
3. Agua



What you should wear:

1. Loose fitting cotton clothes that cover the body
2. Sun hat
3. Comfortable, sturdy hiking shoes or boots.



Equipment:

1. Sunglasses
2. Cellphone (may not receive a signal)
3. Walking stick
4. Pocket comb
5. Pocket knife/multi-tool
6. Hard candy/Energy bar
7. Map of area



MORE GOOD ADVICE

When hiking always remember the following:

H—HYDRATE

which means take water no matter how short the hike. Always be prepared for the unexpected and that means having water at all times!

I—INFORM

always tell someone where you are going even if it is just in the wash by your home. Leave a note if necessary, but be sure someone will know where to look for you.

K—KNOWLEDGE

know your limitations...consider your footwear, clothing, and your stamina. Don't venture on unknown trails without a map or guide.

E—EXPERIENCE

if you are not an experienced hiker, we don't recommend you begin by hiking in the desert alone. As beautiful as the desert is, there are many dangers if you are not properly prepared. Find a guide or seek guidance.

For information on safe desert hiking, contact a member of the Desert Awareness Committee at http://azfcf.org/desert_awareness_index.html

HIKE RESPONSIBLY...BE SAFE



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