

Gear for Your Hike

The contents of your pack for a one-day hike can vary from season to season. However, some things are always recommended:

- Flashlight or headlamp
- Whistle
- Space blanket
- Three large trash bags
- Sun glasses and sun screen, large brimmed hat
- Matches, lighter or fire starter in waterproof container
- Water enough for more than your hike 1 liter per hour of the hike
- Food enough for more than your hike
- Rain gear in summer adding a fleece in winter
- Map of the area you are hiking (don't rely on a GPS)
- Compass (even if you use a GPS)
- Toilet paper and plastic bag to pack it out
- First Aid Kit in a zip lock bag including
 - Blister care (mole skin or second skin)
 - Duct tape
 - Band-Aids
 - 4 inch dressings
 - Tape
 - Safety pins
 - Personal medication
 - Ace bandage

Some Additional Thoughts

In addition to what's in your pack, make sure your base layer is wicking, not cotton. Consider fleece gloves, fleece hat and extra socks. Hiking poles can take a lot of pressure off your knees.

A cell phone is nice to have, but remember that large parts of the back country have no cell phone service.

Go over your route with the entire party -
AND DON'T SEPARATE

Above all, let someone else know where you are going and what time you will return - with instructions to dial 911 if you are over due.

Vail Mountain
Rescue
&
The Eagle County
Sheriff's Office
Want you to summit

Mount of the
Holy Cross

In Safety!!



Vail Mountain Rescue
&
The Eagle County Sheriff's Office

Ridge trail to the Summit of Mount of the Holy Cross

Not the easiest trail

The trail to the summit of the Mount of the Holy Cross is not an easy one, primarily because the marked trail stops at the tree line, about 3,000 feet short of the top.

From tree line, hikers need to follow the main ridge line (shown in red to the right), always being able to see either Lake Patricia or the Bowl of Tears on their left. On the return, they need to see the same land marks off their right shoulder.

Weather on the "cross" is variable winter or summer. Afternoon rains in the summer are quite common.

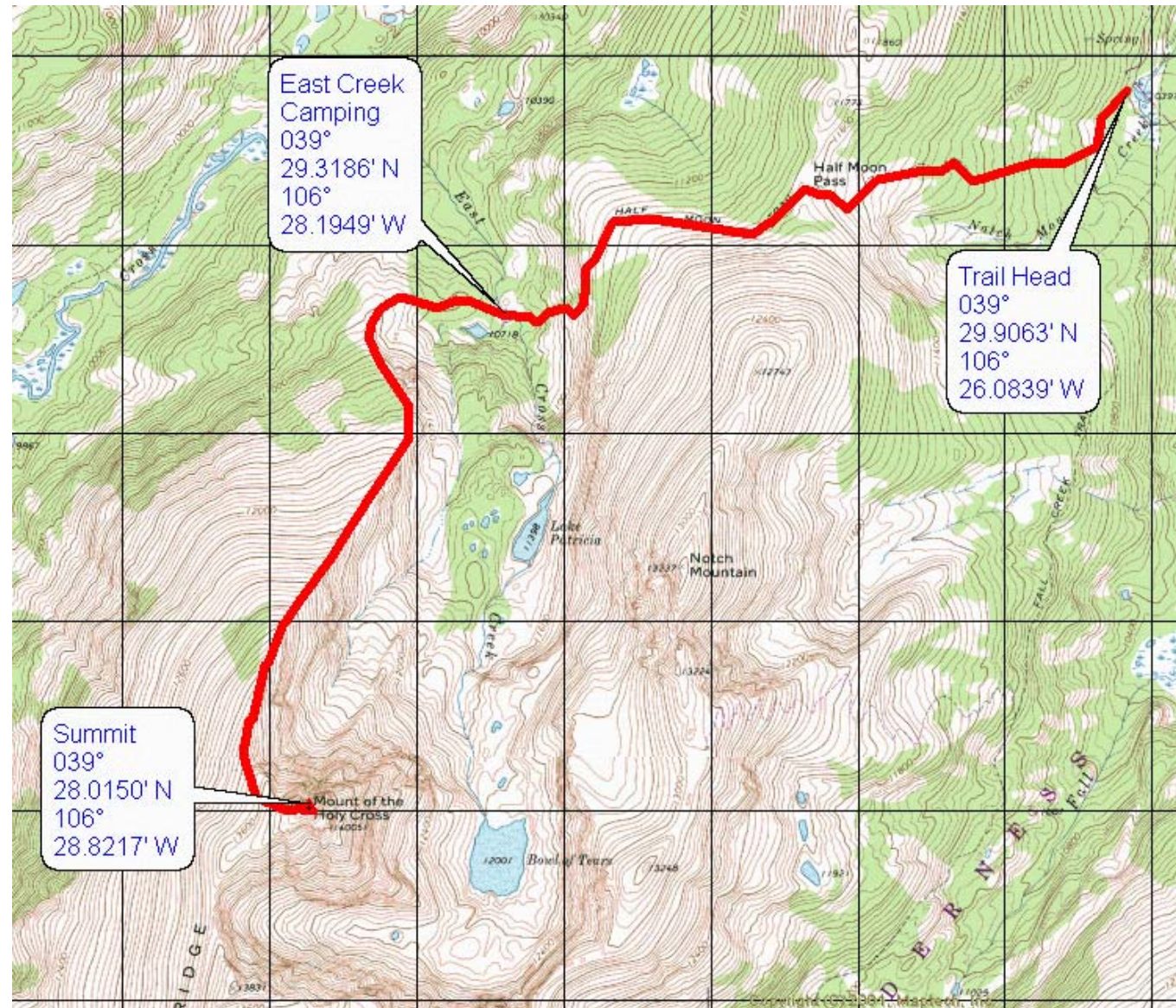
You need to always be prepared for it to change, and modify your plans accordingly. The mountain will always be there, but if you try to summit in a lightning storm, you may not.



Ridge route in winter

Carry plenty of gear and be prepared to stay out over night. Some suggestions are on the back of this brochure. Always carry a map and compass and know how to use them. The small map to the right is better than nothing, but it alone is not enough.

Never hike alone and never separate from your hiking partner or group. Always make sure someone know where you are going and when you will be back, so that they can call 911 if you don't return on time.



If your lost or separated from your partner, stay put, do not wander around. You will be much easier to find if you are sitting still. Stay out of the wind and weather as much as

you can, staying as dry as possible. Rescue may take some time to accomplish.