



Haleakalā National Park

Preparing for the Backcountry of Haleakalā National Park



To thoroughly enjoy your backcountry experience at Haleakalā, whether it's for an hour, a day, or multiple days, you need to be fully prepared. Here are helpful tips for hiking in the backcountry at Haleakalā National Park.

Helpful Tips:



Tip #1: Plan ahead

- Select a route and destination, keeping in mind the distance and ability of other hikers in your group, including kids.
- Hiking uphill takes about twice the time it takes to hike downhill.
- Check the visitor center for updates on weather or trail conditions.
- Always carry a map. Maps are available at www.nps.gov/hale or the visitor center.

Tip #2: Have the right gear and supplies

- Wear sturdy hiking shoes or boots with ankle support.
- Carry adequate amounts of water and food.

- Water is only available at remote cabins, and must be treated.
- Dress in layers for a variety of weather conditions.
- Use a comfortable backpack.
- Pack essential items in a plastic bag inside of your backpack to keep items dry.

Tip #3: Be prepared for emergencies

- There is no cell phone coverage through most of the backcountry. You must be self-reliant during emergencies. Help may not be available for hours or days.
- Carry a first aid kit, flashlight, signal mirror, and survival gear. Your life might depend on it!

Suggested Hiking Gear: Backpack Hiking shoes Water Food Raingear Warm jacket Synthetic clothing for layering Sunscreen Sunglasses Hat Flashlight Map First aid kit Medications Survival kit (signal mirror, matches, knife, compass) Warm sleeping bag Water filter