

Dubai Hiking Checklist

Hiking in Dubai and the surrounding emirates offers access to mountains, wadis, and desert landscapes that are both rewarding and demanding. This checklist is designed to help hikers prepare responsibly for UAE conditions, where terrain, heat, and remoteness require careful planning. Use it as a practical reference before any hike, whether joining a guided group or exploring designated trails.

Essential Gear

- Sturdy hiking shoes with good grip
- Lightweight backpack (20–30L)
- Sun protection: hat, sunglasses, sunscreen (SPF 30+)
- At least 2–3 liters of water per person
- Electrolytes or rehydration salts

Clothing

- Breathable, moisture-wicking clothing
- Long sleeves or leggings for sun and terrain protection
- Light jacket for winter or early morning hikes
- Modest attire when hiking near villages

Navigation & Safety

- Offline maps or GPS hiking app
- Fully charged mobile phone + power bank
- First-aid kit (bandages, blister care, antiseptic)
- Whistle or emergency signaling device
- Headlamp or flashlight (even for day hikes)

Food & Energy

- High-energy snacks (nuts, dates, protein bars)
- Light packed meal for longer hikes
- Reusable containers to minimize waste

Before You Go

- Check weather conditions and temperature
- Confirm trail difficulty and distance
- Inform someone of your hiking plan
- Start early to avoid heat and crowds
- Verify parking locations and access points

On the Trail

- Stay on marked trails
- Pace yourself and take regular hydration breaks
- Respect wildlife and natural features
- Pack out all trash
- Turn back if conditions become unsafe

Disclaimer: This checklist is provided for general informational purposes only. Hiking involves inherent risks, including heat exposure, terrain hazards, and limited access to emergency services in remote areas. Conditions can change rapidly. Always assess your fitness level, follow local regulations, and consider joining licensed guides when in doubt. The use of this checklist does not replace professional advice or personal responsibility.