



4X4 101

Pre-Run Preparations

The lists below identify things that you should have before you leave on a trail run. They are not meant to be all inclusive; you may want to add more depending on your needs. This may seem like too much stuff but remember you can be out in a remote area where the nearest help is many miles away and you may need to walk in all types of weather and terrain to get help. You are not in town where help is close by or a phone call away (**most areas where we run do not have cell phone coverage**). Specific vehicle modifications such as lifts, skid plates, winches, lights, etc are a whole other subject to be covered on another day.

1. Personal

- a. Sun Screen and chap stick
- b. Walking/hiking shoes (**flip flops or minimal type town shoes are not appropriate in the wild**)
- c. Extra socks and clothes appropriate for the variety of weather in New Mexico
- d. Rain gear, extra clothes, hat, gloves (**in the mountains the weather may change quickly**)
- e. Toilet paper and trowel
- f. First aid kit with Aspirin or Tylenol
- g. Water (more is better, at least a gallon per person)
- h. Food (both lunch & **emergency**)
- i. Candles, matches or lighter
- j. Insect repellent
- k. Cellular phone or Satellite Phone / Hand Held CB Radio / Hand Held Ham Radio
- l. Compass
- m. List of emergency contacts
- n. Space blanket
- o. Medicine if required

Be prepared to stay out overnight, it happens. Broken vehicle (s), lost, blocked trail, injured person that can't be moved until medical help arrives, etc.

2. Vehicle

- a. Tow points (**front & rear**)
- b. Roll bar (in all soft tops, removal hard tops & fiber glass tops)
- c. Heavy duty tow strap (no metal hooks, broken cast metal hooks can and have killed)
- d. GPS (with topo maps, available on-line - GPS depot.com)
- e. Extra batteries (for GPS, flashlight, etc)
- f. CB radio (either mounted or hand held. Mounted works best. Have a good tuned antenna; the antenna is 90% of the CB system. If you don't have a CB you will miss out on what is going on that includes safety warnings, history discussions, etc)
- g. Extra set of vehicle keys
- h. Fire extinguisher
- i. Replacement fuses (know what uses fuses and be prepared)
- j. Flashlight(s)
- k. Full tank of gas (don't show up at a run without a full tank or make others wait while you run to the gas station)
- l. Full size spare tire (inflated and know how to change it)
- m. Work gloves
- n. Rubber gloves (helps keep your hands clean)
- o. Maps of the area where you are going (a GPS is great but nothing replaces a good map and compass)
- p. Seatbelts for the driver and all passengers. (use them)
- q. Tools
- r. Assortment of nuts & bolts, hose clamps, & washers
- s. Tire deflator system
- t. Tire pressure gauge
- u. Tire plug repair kit
- v. Small compressor
- w. Working jack (make sure it fits the vehicle, if you have a lifted vehicle the stock jack may not work. A high lift jack may be needed.)
- x. Lug wrench
- y. Shovel and axe
- z. Jumper cables
- aa. Extra fluids (oil, brake fluid, auto transmission fluid, etc)
- bb. Radiator sealer
- cc. Trash bags
- dd. Small can of WD40

Store items in a tote bag or plastic container so they will be ready to load at home. Tie everything down in the vehicle so it will stay put in case of any sudden movements.

Important – Know how to use/operate your vehicle and equipment. On the trail is not the place to figure out your vehicle system, GPS, jack, etc operates. Also know your limitations! On the trail in a difficult situation is no place for a macho attitude. At times something can go wrong very quickly, ask for help.