Hiking Safety Tips

- Did You Let Anyone Know Where You Were Going Today?
- Adequate Water (at least (4) 12 oz. bottles) or 2 liters. * For EXTREME Hikes 1 gal. H20 is suggested.
- Hike Leader's Telephone Number.
- Buddy System (preferable if at least one buddy have a cell phone).
- Description of Terrain to be Covered, the area we are at and how to get back.
- Identify any Physical Limitations, Evaluate and Decide if this Hike is Something You Can Realistically Do!
- Emphasize the "Desert is Unforgiving": Suggest Dressing in Layers, Using Sun Screen, Hat, Sunglasses, Hiking Poles, Sensible Hiking Shoes/Boots and Gloves for Bouldering & Rough Terrain.
- Car Pool With Experienced Drivers & That Your Vehicle is Appropriate for the Terrain (Hike Leader check to see if vehicles are appropriate before heading out.)
- Drive at a Pace Where Vehicle in Front & Behind you is Visible at all Times.
- Designate a SWEEP PERSON – This is a person who is last and that makes sure that no one is left behind.
- Know your own limits, don't push it. If you are having problems, STOP!
- If You Become Ill or Incapacitated "STOP"! Assess the situation and **call 911** if appropriate. In the Anza Borrego State Park call **SurCom (951) 443-2969**
- Plants and animals – try not to disturb wild life, plant life or artifacts.
- Dogs – on walks, 6" leash, be responsible for your dog.
- Respect sensitive habitat, endangered, at risk species and be respectful/courteous of fellow hikers.
- Cut Toe Nails for Long Distance/EXTREME Hikes is Recommended.
- Questions?