

# Hiking Safety Tips

- Did you let anyone know where you were going today?
- Adequate Water (at least (4) 12 oz. bottles)
- 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, and sensible hiking shoes/boots.
- 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.
- 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.
- Questions?