

Hiking Safety Tips

- Let someone know where you are going.
- Adequate water (at least (4) 12 oz. bottles) or 2 liters. * For EXTREME hikes 1 gal. of water is suggested.
- Hike Leader's telephone number.
- Buddy System (preferable if at least one buddy have a cell phone).
- Description of the 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": we suggest dressing in layers, using sunscreen, hat, sunglasses, hiking poles, sensible hiking shoes/boots and gloves for bouldering and rough terrain.
- Carpool with experienced drivers and 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 the vehicle in front and behind you is visible at all times.
- Designate a SWEEP PERSON – This is a person who is last and 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 wildlife, 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.
- Trimming toenails for long distance/EXTREME hikes is recommended.
- Questions? Contact your hike leader or Greg Curran