

Disclaimer: Jacumba Hikers is a Private/Informal Hiking Group and assumes NO Responsibility or liability for harm or injury during hikes or other activities. You are solely responsible for your safety & wellbeing on any event posted. Know your LIMITS! We Leave No Hiker Behind! Hike may be TERMINATED if a hiker cannot continue! So, again PLEASE know your limits! You accept all risks when you RSVP or show up to participate for this event or any other event hosted by Jacumba Hikers.

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. H2O 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?