

Trail Safety Tips



Know where you are and where you're going.



Bring more water than you think you'll need, and maybe some snacks.



Let someone know where you're going and when you expect to return.



Do NOT approach wildlife. Learn to recognize snakes and never try to handle them.



Don't hike alone. Stay together. If you get separated, those in the lead should stop at any fork in the trail so those behind can catch up.



Do NOT mix alcoholic beverages with hiking. Your safety depends on you staying alert.



Stay on the trail if you are injured or incapacitated, so you are easier to locate.



Wear stout footwear – preferably with good ankle support. Footwear should have good tread, which will reduce the risk of falling.



Dress appropriately. Wear a hat for protection from the sun or to keep warm. Protect your eyes with glasses/ sunglasses.



Learn to recognize plants/ vegetation. Avoid poison oak. Wash your clothing after hiking if it's been exposed to poison oak – The contact dermatitis can be very unpleasant.



Carry a cell phone with you.



Be aware that you may be sharing the trail with other hikers, bikers and horses. Be alert!



Wear sunscreen during the day. Long-sleeved shirts can help reduce sun-damage to your skin.



Keep dogs on leashes.



Children should remain with adults and be discouraged from running. Running could trigger the prey instincts of near by animals (such as large cats).



Do NOT overexert yourself. Know when to turn around.