# 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 nearby animals (such as large cats).
- Do NOT overexert yourself. Know when to turn around.