



# ADAMS COUNTY FIRE RESCUE

## Hiking and Camping Safety Tips

- Plan before you go. Know rules and regulations. Get current maps of the area.
- Be aware of the types of wildlife in the area by searching the web or calling the ranger station. Watch wildlife from a distance and respect their space. Never feed wildlife and keep your pets on a leash to avoid conflicts.
- Take plenty of drinking water (one gallon per person is ideal).
- Take light snacks.
- Check weather conditions and avoid doing activities during extreme temperatures. Seek shelter in the event of strong winds and storms.
- Wear layered clothing to be ready for Colorado's rapidly-changing weather. Appropriate hiking shoes are critical to enjoy your hiking experience.
- Protect yourself from the sun. Use sunblock lotion, wear a long sleeve shirt and long pants, and use a cap or hat.
- Do activities with someone else. If you do activities alone, let somebody else know about your plans.
- It is important for children to get out and enjoy nature, but make sure you plan on lots of rest breaks. They also need snacks, water, proper shoes and layered clothing.
- Stay on the trail always. Walking off-trail increases your chance of suffering an injury, getting lost, or encountering dangerous wildlife. In addition, desert soils are fragile. Cutting across switchbacks tramples vegetation, erodes the soil and eventually destroys the trail.
- Help keep Colorado clean; do not litter. Pack your trash and pack it out.
- Have a cell or mobile phone for emergencies, but do not rely on them only. Carry with you a whistle, mirror, flag, flashlight, flare or other means to signal your location.