

## **WHILE ON A HIKE**

- Drink water frequently to ensure proper hydration.  
(*drink before becoming thirsty!*)
- Do not avoid drinking water in order to avoid outdoor bathroom breaks.
- Request a "Separation Break" if you need to use the outdoor bathroom.
- Stay within the hiking group (between Guide and Tail Guide).
- Maintain a reasonable distance between hikers to avoid swinging hiking poles or sudden stops.
- Hikers who use poles should remember to point them towards the ground and not towards the back.
- Cell phone usage is not permitted (*emergencies only!*).
- *Excessive* talking is discouraged to preserve the enjoyment of the hike for others (*please!*).
- If you want to use a camera frequently, position yourself last in line and then catch-up with the group; tell your Guide or other hiker of your plan.
- Watch for snakes; not all rattle; if you do hear a rattle, locate and avoid the snake.
- Do not place your hands in unseen places (e.g., under edges of rocks).
- Step aside to allow other hikers, horses, or bikers to pass.
- Hiking etiquette calls for downhill hikers to step aside for uphill hikers.
- What you carry in, you carry out.