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 **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!).*
* 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.

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