

WHILE ON A HIKE

- Drink water frequently to ensure proper hydration.
- Do not avoid drinking 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). Each hiker should have at least one other hiker in view except during separation breaks.
- 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 in front.
- Talking on cell phones is restricted to emergency use only.
- If you want to use a camera, position yourself toward the back of the line and then catch up with the group. Tell your guide or other hiker of your plan.
- Watch and listen for snakes. If you see a snake or hear a rattle, yell "SNAKE!" and point to it so that others can avoid the reptile.
- Look before you sit on or reach under rocks.
- Step aside to allow other hikers, horses, or bikers to pass.
- Uphill hikers have the right of way.
- Leave rocks, plants, and other natural objects as you find them. What you carry in, you carry out.