



Hiking Safety Tips – provided by American Red Cross

While enjoying one of the most popular Kauai activity - Hiking, please follow the safety guidelines

Aloha Beach Hotel Kauai Recommends Hiking Safety Guide

- If you have any medical conditions, discuss your plans with your health care provider and get approval before departing.
- Review the equipment, supplies and skills that you'll need. Consider what emergencies could arise and how you would deal with those situations. What if you got lost, or were unexpectedly confronted by an animal? What if someone became ill or injured? What kind of weather might you encounter? Add to your hiking checklist the supplies you would need to deal with these situations.
- Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, erect a temporary shelter or give first aid. Practice your skills in advance.
- If your trip will be strenuous, get into good physical condition before setting out. If you plan to climb or travel to high altitudes, make plans for proper acclimatization to the altitude.
- It is safest to hike or camp with at least one companion. If you will be entering a remote area, your group should have a minimum of four people; this way, if one is hurt, another can stay with the victim while two go for help. If you' will be going into an area that is unfamiliar to you, take along someone who knows the area or at least speak with those who do before you set out.
- Some areas require you to have reservations or certain permits. If an area is closed, do not go there. Find out in advance about any regulations--there may be rules about campfires or guidelines about wildlife.
- Pack emergency signaling devices, and know ahead of time the location of the nearest telephone or ranger station in case an emergency does occur on your trip.
- Leave a copy of your itinerary with a responsible person. Include such details as the make, year, and license plate of your car, the equipment you're bringing, the weather you've anticipated and when you plan to return.

Hiking Checklist:

- ✓ Candle and matches
- ✓ Cell phone
- ✓ Clothing (always bring something warm, extra socks and rain gear)
- ✓ Compass
- ✓ First aid kit
- ✓ Food (bring extra)
- ✓ Flashlight
- ✓ Foil (to use as a cup or signaling device)
- ✓ Hat
- ✓ Insect repellent
- ✓ Map
- ✓ Nylon filament
- ✓ Pocket knife
- ✓ Pocket mirror (to use as a signaling device)
- ✓ Prescription glasses (an extra pair)
- ✓ Prescription medications for ongoing medical conditions
- ✓ Radio with batteries
- ✓ Space blanket or a piece of plastic (to use for warmth or shelter)
- ✓ Sunglasses
- ✓ Sunscreen
- ✓ Trash bag (makes an adequate poncho)
- ✓ Water
- ✓ Waterproof matches or matches in a waterproof tin
- ✓ Water purification tablets
- ✓ Whistle (to scare off animals or to use as a signaling device)