

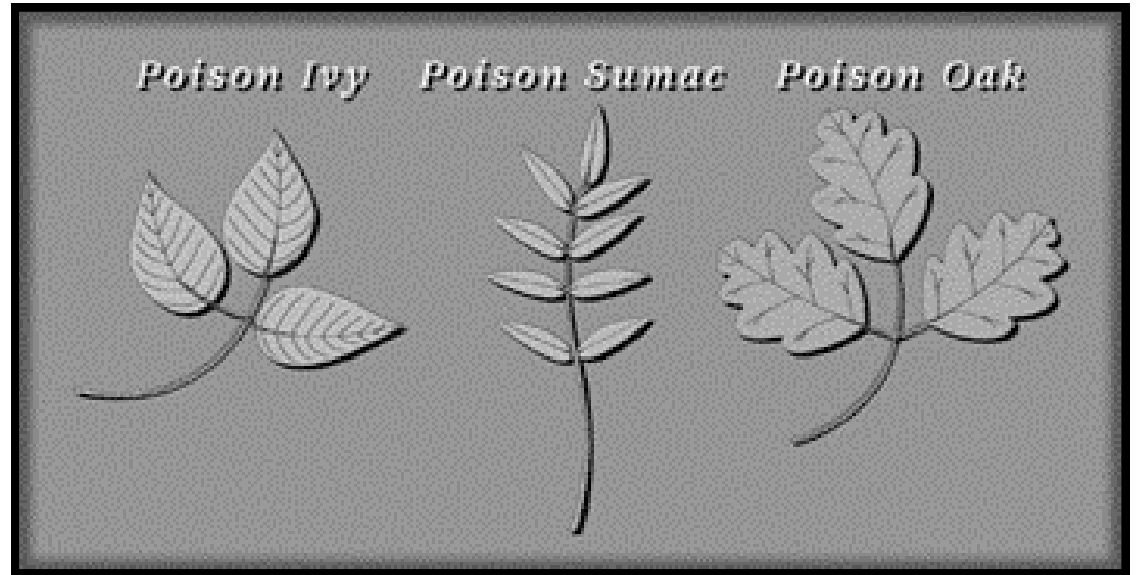
# Hiking Safety Tips

- 1) **Never hike alone!** You don't know what could happen and having a buddy could very well save your life.
  - √ Keeping a first aid kit handy is also advised.
- 2) Check the weather report before beginning your hike. Be sure to wear appropriate clothing, layer as necessary and don't forget the sunscreen. Good hiking shoes are also recommended.
- 3) Bring a reusable water bottle with you to avoid dehydration.  
(Do not drink unpurified water from lakes, streams, ponds, etc).
- 4) Bring easy travel snacks for longer hikes...and hold on to your trash.
  - √ Maximize your impact and bring a bag with you to pick up debris.
- 5) Stay on the trail. If you get lost, do not continue. Back-track instead.
- 6) Assess streams carefully. If it looks dangerous, do not cross.
- 7) Respect wildlife and sensitive habitat (obeying all posted signs).  
Never touch, approach or feed animals.
- 8) If hiking with pets, keep them on a leash and be sure to clean up after them.
- 9) Pace yourself, be sure to take regular breaks and have fun!

**Don't forget your SDOF Canyon Watch Guides  
and Monitoring Notes!**

# Poisonous Plants

- Learn to recognize common plants like poison ivy, poison oak and poison sumac.
- Avoid touching these species by staying on the trail, wearing long pants/sleeves and washing your hiking clothes as soon as you get home.





## Ticks

- These parasitic insects attach themselves to a host and have the potential to spread bacterial infections (e.g. Lyme Disease).
- To avoid such encounters - stay on trails, use biodegradable repellants, wear long pants/sleeves and check for ticks often.
- If you notice a tick present on your body, quickly and carefully remove it with tweezers, make note of its appearance and seek medical attention.

# Rattlesnakes

- Rattlesnakes are common to California and are more commonly seen on warm days.
- If you see a snake, give it plenty of room. This way it will not feel threatened and is less likely to attack.
- Do not reach into holes or other places that you cannot see into.
- Watch where you put your feet, especially near rocks and fallen logs.
- If bitten, avoid running and unnecessary movement (as it increases circulation, spreading any venom at a higher rate). Walk at a slow pace to your car and proceed to the nearest hospital.





## Coyotes

- These animals are common to San Diego, typically active at night and play an intricate role in our natural ecosystem.
- If you see a coyote who is acting aggressively, you are probably too close to their home/young. Back away and continue in the opposite direction.
- Do not feed coyotes. It makes them less wary of humans and can create dependency.

## Mountain Lions

- These animals are common residents of California, but are rarely seen by hikers. When witnessed, they typically retreat.
- If approached by a large cat, do not run. Instead, raise your arms, open your jacket, and pick up children to make yourself appear larger. Slowly back up (maintaining an aggressive pose) and shout or speak loudly.

**Note:** Mountain lions are more likely to attack a retreating mammal that looks like prey (rather than one that appears to be a competitor).

