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- * Plan your day so you are not hiking between the hours of 10am and 4pm.
 - * Take a break near shade and water to avoid the worst heat of the day.
 - * Enjoy a predawn start and a late afternoon finish.
 - * Experienced desert hikers know that the timing of their hike is the most important factor in avoiding hazards.



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Lifelong
Learning
Programme



How to
prepare for
a hike

10 ESSENTIALS FOR SAFE HIKING



1. WATER

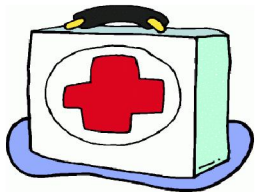
- plain and some with electrolyte replacement.

2. FOOD

-especially salty foods. Eat twice as much as normal.



3. FIRST AID KIT



- bandaids, ace wrap, antiseptic, moleskin, etc.

4. MAP

- while many trails are well-marked, maps are helpful tools.

6. FLASHLIGHT/ SPARE BATTERIES

- allows you to hike out during the cool of the evening.



5. BACKPACK

- to carry the essentials.



7. SPRAY BOTTLE

- fill with water for your own personal air conditioning system.



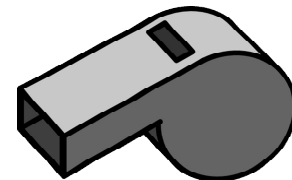
8. HAT/ SUNSCREEN

- to keep the sun off you and protect your skin.



9. WHISTLE AND/ OR SIGNAL MIRROR

- for emergency use.



10. WATERPROOF CLOTHING

- poncho or jacket

