



## Hikers Inc. - Safety Tips

1. Avoid wearing jewellery whilst hiking. Earrings, bracelets and necklaces may become entangled in bushes or branches and this could prove painful. Ouch. ☹️
2. Avoid wearing perfumes and colognes as these may attract the attention of unwanted insects e.g. wasps and not wanted humans. 😊
3. Please ensure your shoes have good grips. The Merrell brand of hiking footwear is strongly recommended. Available at all Kenny's sports stores and at Raymond's on High Street, San Fernando. Please note that these shoes are multi-functional. You can use them to go to the gym, run the Savannah etc. Please no sandals or slippers or you may not be allowed to hike. (**Please do not pick up a shoe that you have not worn in a long time to come on a hike.** It is liable to lose its sole because unknown to you it has become dry rot. A trek along popular trails like Rio Seco and Paria will attest to this commonly made mistake.)
4. Whilst walking, try to keep both hands free of items e.g. water bottles, cameras etc. especially when negotiating slippery, uneven trails crossing streams or walking in rivers.
5. Please avoid consuming **alcohol** before and of course during a hike since this will impair your motor skills and lead to unnecessary slips and falls and possibly injury. We also ask that you refrain from **smoking** since your joy may be someone else's sorrow and of course bush fire.
6. The wearing of jeans is discouraged as they may restrict mobility particularly when wet. Track pants-nylon material- is preferred.

**7. Persons who suffer with asthma or other medical conditions are encouraged to walk with their medication and to inform a hike leader before the hike commences.**

**8. If u must wear short pants please ensure that your socks extend beyond your ankles and cover as much of your leg under the knee. This is for protection from scrapes by bushes or insect bites. Ankle socks offer very limited protection.**

**9. Please walk with a change of clothes which should include a **dry shoe**, sandal or slipper for after the hike. These you should leave in a vehicle.**

**10. Happy Hiking. A positive mental attitude will take you a long way.**