



TIPS FOR HIKERS

- **No running on the trail**, since this can cause serious injury to yourself and others. Pace yourself and take shorter steps when going up-hill.
- **Pass over a log** by stepping onto it and then off on the other side. If you must crawl under, carefully survey the area first for snakes.
- **Take a drink every 15 to 20 minutes** to prevent dehydration.
- **On approaching an intersection on the trail**, one direction will be blocked by cut bush or some other visible obstacle. Please use the unblocked trail OR look for trail markers. Do not use blocked trails.
- **The first and last person in the group is always a Hike Leader.** Please do not walk ahead of the first Hike Leader.
- **If at any time** while on the trail you are uncertain about which direction to take, stand your ground, **wait for a Hike Leader.** The last person will always be a Hike Leader.
- **When hiking in groups** stay within your group or between Hike Leaders.



- **Be cautious** when holding branches to avoid thorns and unstable support. Avoid shaking bushes and making excessive noises.
- **Do not eat or touch any fruit or plant that is unknown to you.**
- **Do not go into water** until proper safety measures are in place and you are advised by a Hike Leader that it is safe to do so. Then enter feet first. Do not dive.
- **It is illegal to remove spent shells or discharged cartridges from the forest.**
- **Consumption of alcohol and smoking** is prohibited on the trail for the duration of the hike.
- **Hike Leaders have first aid kits.** Please ask if you need assistance.
- **If at any time you feel ill** it is imperative that you **notify the Hike Leader immediately or ask a hiking companion to do so.**
- **Do not litter.** Take our garbage with you for proper disposal. Keep our forests clean.
- **Follow any and all instructions** given by the Hike Leader.



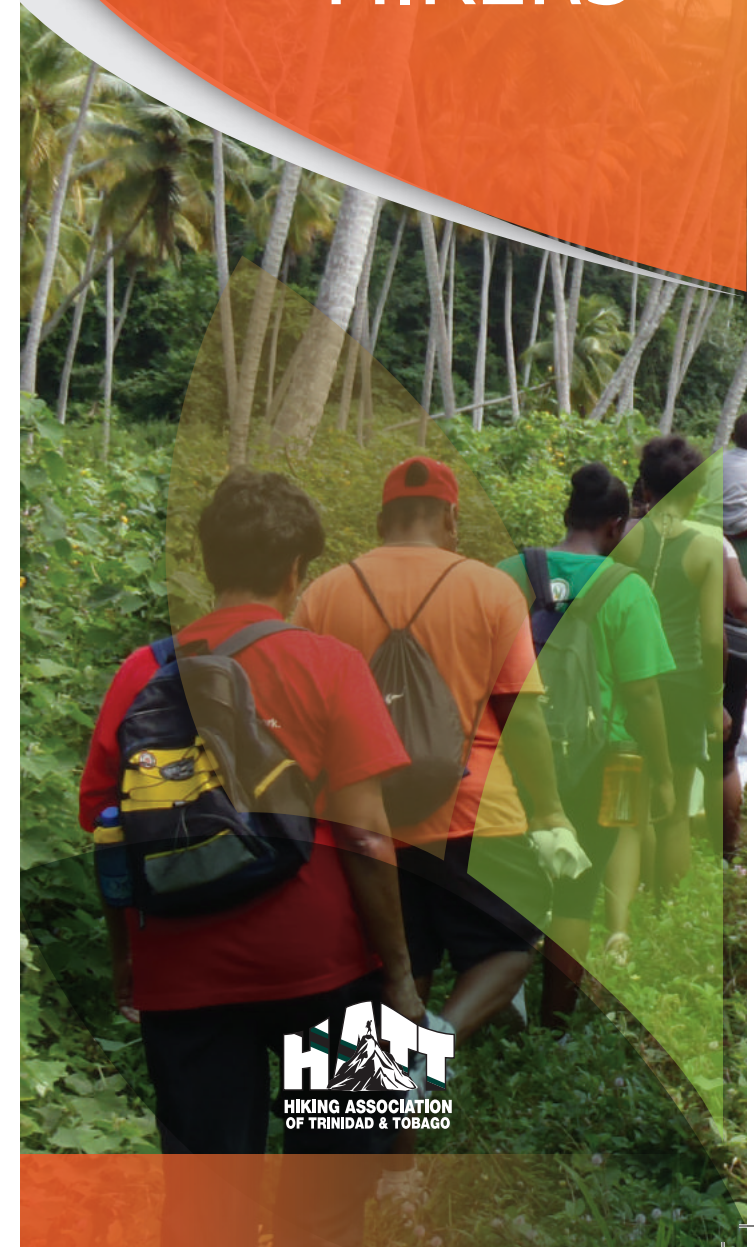
173 BELMONT CIRCULAR ROAD, BELMONT, PORT OF SPAIN,
TRINIDAD. W.I.

☎ 681-8079 | 678-1484 | 624-1132

✉ hikingassociationtt@gmail.com

📘 HATT-Hiking Association of Trinidad and Tobago


GUIDELINES FOR HIKERS



PARTICIPANTS

ARE RESPONSIBLE FOR...


**signing up/
registering**
only for trips that are
within their
capabilities


**wearing
suitable clothing**
and bringing items or
equipment as specified
by the Hike Leader

Participants must read and follow any and all guidelines and/or instructions given by the Hike Leader.

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Essentials

HOW TO PACK FOR A DAY WALK / HIKE

All items must fit neatly into a back pack



WATER OR RE-HYDRANT

1-2 litres in a water
bottle or water
bladder



NUTRITION

A snack or a light
meal



FIRST AID SUPPLIES

Include personal
medication



EMERGENCY SHELTER

Light tent, tarp, or
large plastic bag



LIGHT

Head lamp,
flash light



SUN PROTECTION

Sun glasses,
sun screen, cap



WATER-PROOF BAGS

e.g. Ziploc bags to
secure phones,
remotes, car keys
etc.



REPAIR KIT

Tools – duct tape,
leatherman,
utility knife



RAIN COAT

Change of clothing



INSECT REPELLENT



TIPS FOR HIKERS

- **Check the rating given to the hike**, then choose only those hikes for which you are medically and physically fit. (See *Hike Ratings in Guidelines to Conduct/Plan a Hike*)
- **Wear comfortable loose-fitting clothing** (t-shirts and long track pants are preferred).
- **Use sneakers** with good grips on sole - no open shoes, no slippers or sandals.
- **Pack lightly** - include water, sandwiches, medicines, insect repellent, extra change of clothing, and a sleeping bag or large plastic bag. Use a back pack preferably with hydration bladder to keep hands free.
- **Leave valuables behind.** If you must take cell phones, remotes, camera, jewelry etc. secure them in a water proof bag. Take these at your own risk.
- **No jewelry** - hanging earrings, chains, bracelets are allowed on the hike.
- **Do not hike in parties of less than 3.** Always keep together, and travel at the pace of the slowest hiker keeping 3 to 5 paces apart.
- **Keep a distance** of 2 metres to 3 metres between yourself and the hiker ahead but always keep the hiker ahead within sight.
- **Stay on the trail.** Do not venture off the trail unless absolutely necessary. Always inform the hike leader and check the terrain and your surroundings before you go.

