

## Safety Tips for a Hike

### References:

[http://www.cheu.gov.hk/b5/info/exercise\\_21.htm](http://www.cheu.gov.hk/b5/info/exercise_21.htm)

<http://www.lcsd.gov.hk/tc/healthy/hiking/safety.html>

[http://www.afcd.gov.hk/english/country/cou\\_vis/cou\\_vis\\_gac/cou\\_wha\\_whe\\_sat.html](http://www.afcd.gov.hk/english/country/cou_vis/cou_vis_gac/cou_wha_whe_sat.html)

### 1. General Reminders:

- The route is open to the public. Participants please respect and follow all the rules and regulations. In order to safeguard your belongings and personal safety, don't carry a large amount of cash or valuables.
- Both the starting and finishing points are close to the roadside. Please pay attention to road safety and follow the officials' instructions.
- Watch out for any changes in your surroundings as well as any dangerous spots along the way; listen to the weather bulletin and news report so as to take early precautionary measures.
- In case of any emergency, please keep calm and contact the nearest official immediately.

### 2. Preparation

- It is essential to rest sufficiently the night before the event. You should have a full, healthy meal before setting off to provide you with sufficient energy.
- People suffering from chronic diseases such as heart disease or asthma should consult a doctor on whether a hike is advisable or if any necessary precautions be taken.
- Things to wear / bring :
  - i. clothing: School T-shirt, long trousers, windbreaker
  - ii. shoes & socks: suitable for hiking
  - iii. cap, sunglasses, sun block, umbrella, wind-breaker, towel
  - iv. insect repellent spray or ointment
  - v. map, compass, fully charged mobile phone
  - vi. a first aid kit and medicine
  - vii. food and drink
  - viii. ID card
  - ix. radio

### 3. Along the Way

- a. Never go off on your own. It is always preferable to hike in a group of four or more.
- b. Take note of all warning signs to avoid accidents.
- c. Don't deviate from maintained path or make detours.
- d. Never smoke or light a fire.
- e. Don't venture into bushes or a forest.
- f. Don't eat wild fruit or drink from a stream.
- g. Don't play with wild cats, dogs, monkeys or any other wild animals.
- h. Avoid prolonged exposure to direct sunlight. Drink enough water and replenish electrolytes lost.
- i. Take short and frequent breaks during the walk.
- j. Avoid standing near a cliff edge or climbing onto rocks to take photos or admire the views.
- k. If bad weather sets in, consider shortening or curtailing the planned route.

#### 4. Hill Fire

- \* If there is a hill fire, don't panic - keep calm
  - a. Note the direction in which the fire is spreading –avoid escaping in the same direction as the prevailing wind.
  - b. It is easier and quicker to escape using existing paths.
  - c. Don't run into shrubs or heavy grass areas as fire spreads rapidly and the temperature may soar in such areas.

#### 5. Useful Phone Numbers

Emergency **999**

Fire Control Centre **2720 0777** (24-hour hotline for reports of hill fire)

Fire Communication Centre **2735 3355**

St. John Ambulance Service **187 8000**

Peak Sub-Division **3661 1604**

#### 6. Distance Posts

The Agriculture, Fisheries and Conservation Department has erected distance posts at intervals of 500m along major long-distance hiking trails for hikers to identify their location. In case of emergency, hikers can report their position by referring to the number on the nearest post so as to facilitate search and rescue operations.

#### Route Map

