

HIKING SAFETY



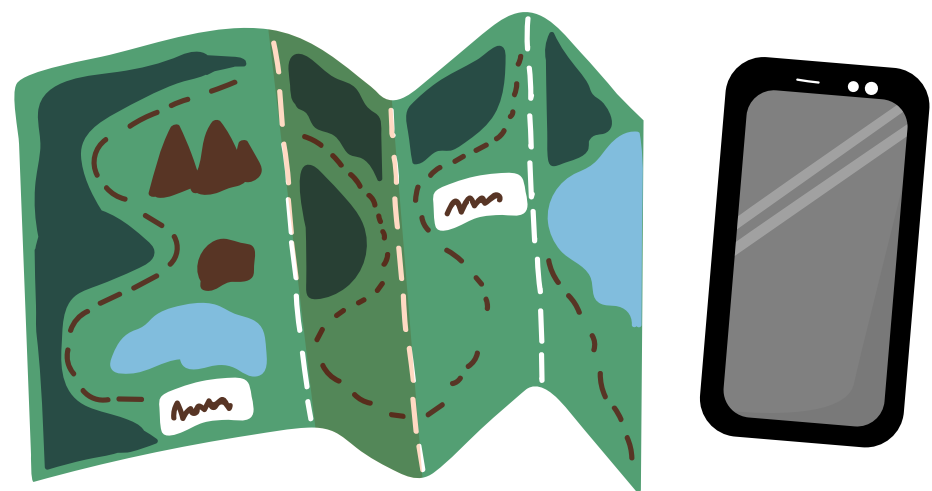
Don't hike alone;
four is the ideal number.



Choose your route carefully
and allow ample time for the hike.



Choose a hike leader
and walk at the pace
of the slowest member.



Inform someone
of your hiking location
and expected arrival time.



Carry sufficient food and water
on your hike in case of a delay.



Wear walking shoes or hiking boots,
a hat or cap, and carry sunblock and
waterproof clothing in case the
weather changes.

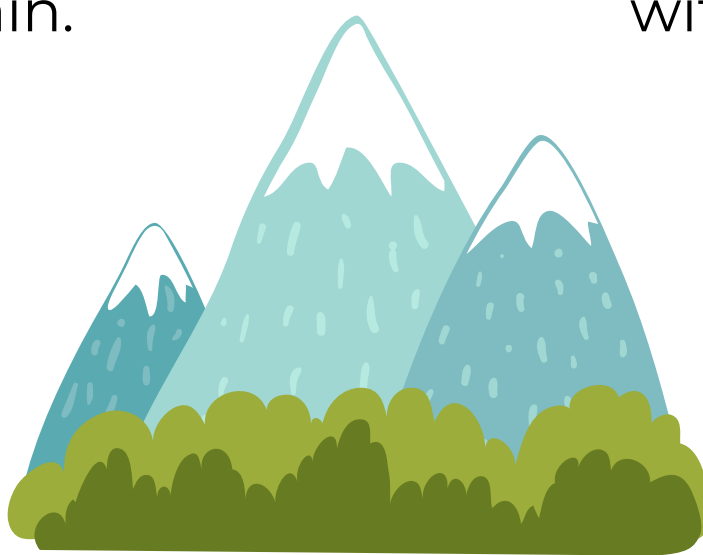
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If lost or forced to stop because of bad weather, stay together and remain in one place. Find the closest shelter from wind and rain.



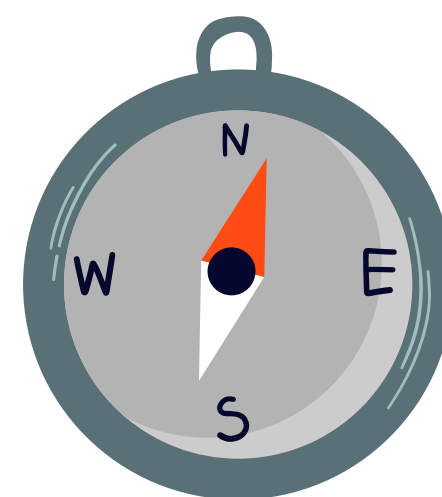
If anyone gets injured, assess the situation, then send two people for help and let the third remain with the injured person.



If lost, don't split up. Rather try to retrace your steps.



Familiarise yourself with the park's hiking map and warnings. Stick to well-used paths, never take shortcuts and don't wander into ravines.



Carry a fully-charged mobile phone to use in case of an emergency.

3 RULES FOR PERSONAL SECURITY WHEN **HIKING** TABLE MOUNTAIN NATIONAL PARK



Do not attract unwanted attention by openly displaying cash, cameras or other valuables.



Program emergency numbers in your mobile phone before your hike.



Never resist or withhold any belongings when confronted with a criminal as it could lead to violence.

SAVE THESE EMERGENCY NUMBERS ON YOUR PHONE:

SANParks Emergency Line: 107

Law Enforcement: +27 (0)21 480 7700

Wilderness Search and Rescue: +27 (0)21 937 0300

Cape Town Tourism: +27 (0)861 322 223

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