

Challenge Adventures Dos and Don'ts

Do not drink water from any stream or pool. All water must be filtered, chemically treated or boiled before consuming.

Do not eat any wild berries, fruits, or plants.

Do not bring any radios, CD players, Game Boys, I-Pods or other electronic devices. Forest Service regulations prohibit these.

Do stay with the group.

Do not approach or feed any wild animals.

Do follow Leave No Trace guidelines. Do not discard food, paper or refuse. All edibles must be consumed or deposited in trash bags.

Do follow instructions for bathroom breaks. All toilet calls must be over 100 feet from any water. All solid waste must be buried and toilet paper buried or carried out.

Do not allow your llama to browse on (eat) any plants except grasses. Ask guides if you have doubts.

Do avoid sunburn. Wear a hat and long-sleeved shirt and use sunscreen. Don't forget your ears!

Do report all injuries or physical symptoms to the guide no matter how slight.

Do not stand in open spaces, or under an isolated tree, or along ridge lines during thunderstorms.

Do hike safely. Carefully check all logs and rocks used for stream crossing for stability and slipperiness. Do not take risks for fun. Keep a safe distance from all edges.

Do not run on slippery surfaces.

Do avoid blisters! Keep feet dry. Do not hike in wet socks. If you feel a "hot spot," tell the guide.

Do not have fires, aerosol spray cans or food in the tents.

Do dress in layers. To avoid getting soaked with sweat- take layers off. To avoid getting chilled- put layers on.

Do avoid dehydration. Urine should only be slightly colored. If it is strongly colored, you are dehydrated. If it is clear, you are drinking too much.

Do observe the basic rules of sanitation. Wash your hands.

Now that you have waded through this list, park all this information on the back burner and go forth and enjoy yourself. If you have any questions, **ASK!**