

## High Adventure Safety

- The Buddy System is to be used by all participants under the age of 18 at all times.
- Swimming is not allowed without adult/lifeguard supervision.
- When allowed, campfires must be made in designated fire rings with water nearby. Properly extinguish all fires before leaving the area.
- Always keep an eye on the weather conditions.
- No climbing without the direct supervision of a climbing instructor.
- Always stay with your trek group when hiking. If you get separated or lost, stay where you are.
- Make sure that items such as rain gear, first aid pack, water, etc. are easily accessible. If weather turns bad or an emergency arises, these items will be needed quickly.
- Environment-appropriate clothing, **non-cotton**, must be worn by all participants.
- Shoes are to be worn at all times.
- Campsites will always be kept clean, especially from food, clothing and gear.



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