

OUTDOOR ACTIVITIES



Throughout Orange County there are dozens of beautiful trails that residents enjoy at night or on the weekends. Being prepared is the key to staying safe while enjoying outdoor activities. Use the safety tips below to help you plan and prepare before your next hike or bike ride.



Since 2018, the number of remote rescues in Orange County continue to rise with over 100 rescues taking place per year. By the end of 2020, the number of rescues is projected to more than double!



**Orange County
Fire Authority**

(714) 573-6200
ocfa.org



General Best Practices

- Drink water before, during and after your activity. The general rule of thumb is 1 liter or 32 ounces of water per hour, per person.
- Wear comfortable and breathable clothing that you can layer based on the weather. Ensure that you are wearing sturdy hiking shoes that provide ankle support.
- Pack a backpack for clothing, water, identification, gear and snacks. Don't forget to bring any medications or information on health-related issues you may have.
- Wear sunglasses that block 100% of ultraviolet rays and ensure that you are reapplying sunscreen every 2 hours or as needed.
- Consider taking a first aid class and carry a small first aid kit with you before you hit the trails.
- Ensure that your devices are charged or bring a portable charger for navigation, contact purposes or emergencies.

Trail Tips

- Keep an eye on the weather and know the conditions of the trails before you go out.
- Use the buddy system and never hike or bike alone. Consider leaving your plan detailed out at home with a responsible person. Call and check in when you start and finish your activity.
- Stay on the trail and stay alert to your surroundings.
- Use trails that fit your abilities and your health conditions. Do not take on too much if you have not prepared for the hike or the trail that you have chosen.
- Plan your hike or bike ride to avoid peak heat hours.