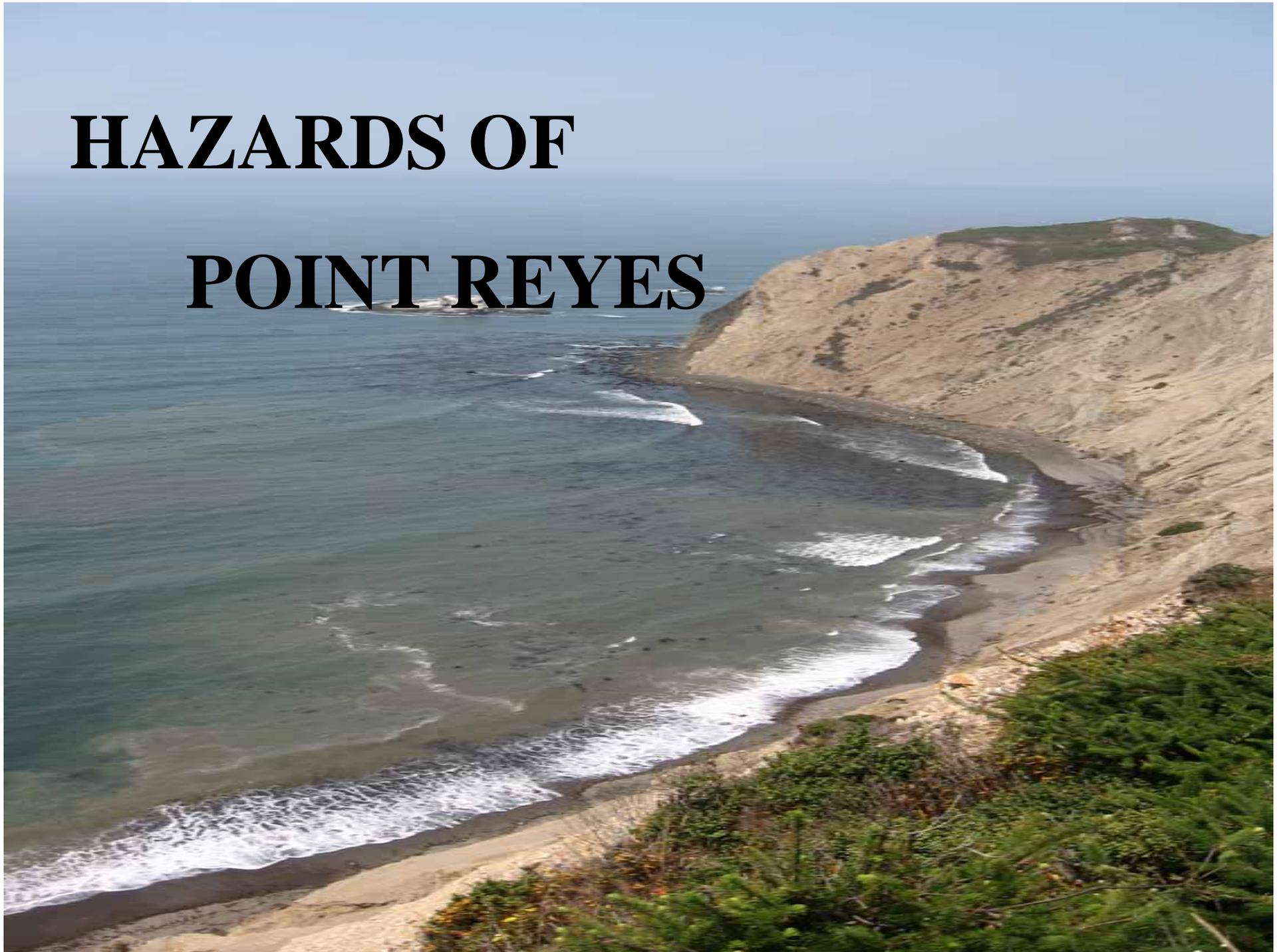


# HAZARDS OF POINT REYES



# Hiking Sensibilities

- **Let someone know where you have gone**
  - **Check in/out with Sarah Codde during the weekdays and Dispatch during the weekends.**
  - **Tell a friend or family member**
- **Be prepared for any kind of weather**
  - **Microclimates**
  - **Layers of clothing, hat, sunscreen**
- **Bring snacks and WATER with you**
- **Call dispatch for serious problems**
- **First Aid kit in the equipment boxes**

# Slips, Trips, and Falls

- **Dangerous cliffs**
  - Walk and sit on stable ground
- **Hiking off trail**
  - Dense vegetation
- **Rockfalls**
  - Drakes Estero
- **Storm-related changes**
  - Washed out beaches
  - Cliff erosion
- **Check tides**



# Plants

- Poison Oak

## Description

- Can occur as a vine, a shrub, or low groundcover.
- Leaves can be green or red with rounded edges.
- “Leaves of three, let them be”
- Every part of the plant contains the oil, urushiol

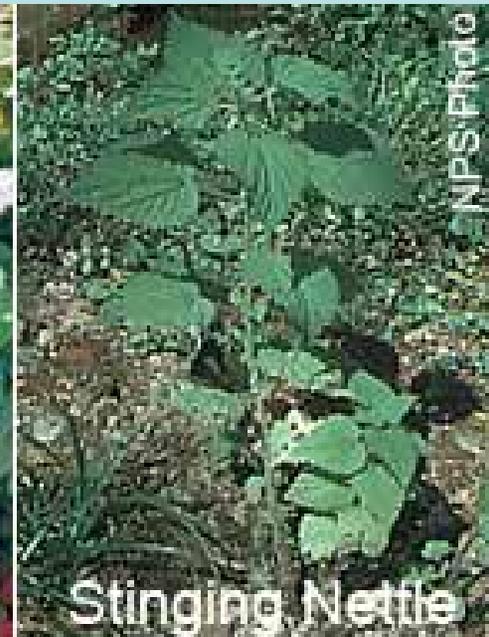
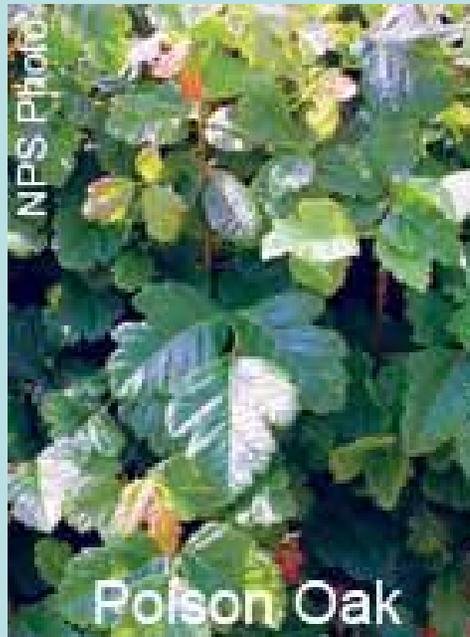


# Plants

- **Poison oak**

- Wear long sleeve shirt and pants
- End of day, shower and wash clothes
- If exposed, wash with cold water and Tecnu as soon as possible
- Zanafel
- Anti-itching medicine
- If severe, go to a doctor

- **Stinging nettle**



# Wildlife

- Do not approach or feed animals
- Stay at least 300 ft from large animals
- Do not stand between a predator and its prey, a bull and its harem, or an adult and its offspring
- Do not touch dead animals



# Mountain Lions

- Do not run or turn your back
- Stand tall and face the animal
- Try to appear larger

# Tule Elk

- **Pierce Point trail**
- **Do not approach**
- **Do not turn your back on a bull**



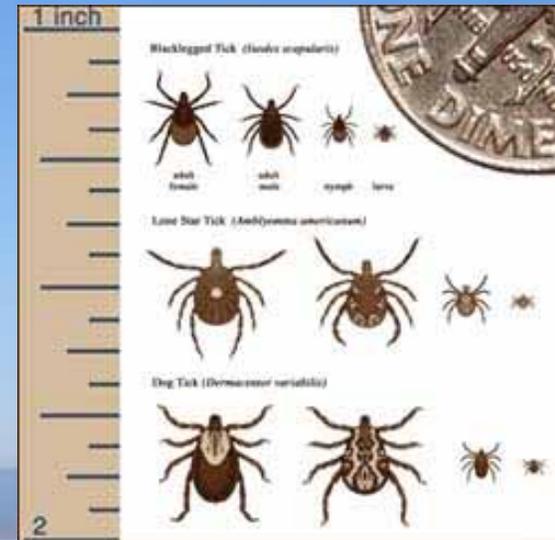
# Other wildlife

- **Coyotes**
  - Have been approaching people for food
- **Deer**
  - Be careful while driving



# Ticks

- **Wear light-colored pants**
- **Use tick repellents**
- **Frequent checks**
- **If you find a tick that is attached to you**
  - **Remove the entire tick with tweezers**
    - **Grab the tick as close to your skin as possible and pull firmly, straight out of your skin**
    - **The sooner a tick is removed, the less likely it will infect a person**
  - **Keep in a container with a moist tissue**
  - **Notify Sarah Codde to have the tick tested for Lyme Disease**



# SPOT GPS

- Handheld GPS/Messenger device for Double Point monitors
- Track movements every 10 minutes
- SOS messages sent to Emergency Services



**HAVE FUN, BUT BE SAFE!**

