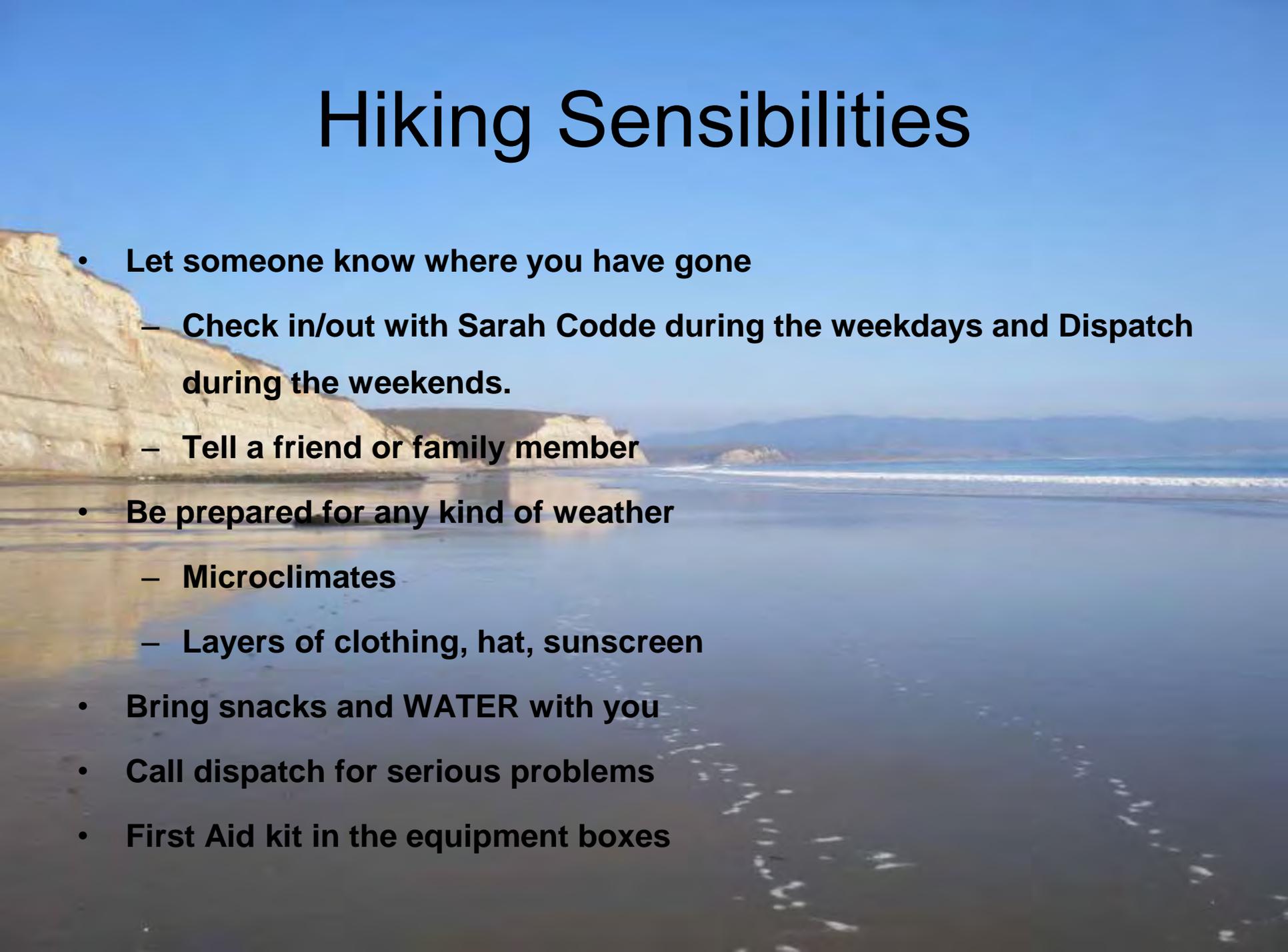


HAZARDS OF POINT REYES



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**
- 
- A scenic view of a coastline with a sandy beach, waves, and cliffs under a clear blue sky. The image shows a wide, flat beach in the foreground, with gentle waves lapping at the shore. In the background, there are low mountains or hills under a clear, bright blue sky. On the left side, there are steep, light-colored cliffs or a headland. The overall atmosphere is peaceful and natural.

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

A photograph of two large elk with impressive antlers in a natural setting. The elk are standing in a grassy field with a hazy, mountainous background. The word "Wildlife" is overlaid in large black text at the top center of the image.

- 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!

