



Safety and Sanitation

General

- Remember that medical help is not a phone call away. Practice sound judgment and manage risks to reduce the possibility of injury.
- Everyone should wear sunscreen and hats (possibly sunglasses).
- Stay hydrated – It is essential that everyone continually drink fluids.
- Carry hand sanitizer on all treks; use it often to prevent hand to mouth contamination.
- Before handling food or dishes, everyone should sanitize their hands.
- Don't pack fuel near food or place it above the food in your pack.
- Always wash hands after using the latrine.

Water Purification

- Each group will be given the option of bringing both a filtering system and a chemical purifier on their high adventure trek. Follow the directions for each to work correctly.
- Ensure that the proper amount of time has passed before drinking treated water and allow treated water to splash onto caps and threads of water bottles before drinking.
- Do not mix lemonade or any other drink mix into the water until after it is purified.
- If the quality of the water source is questionable, use multiple purifying methods to ensure reliability.

Meal Cleanup

- All excess food should be scraped from dishes and eaten or emptied into a trash bag. (Remember that what you don't eat must be packed out, so Bon Appetit!) Any residue left on plates and pans must be very minimal.
- Use the pot you cooked in as a sink, washing all group and personal dishes. Please use only as much soap as is necessary as this will help reduce impact.
- If there are any food particles visible in the dishwater, remove them with a strainer and place them in the trash. Pack out solid food scraps.
- Scatter the remaining liquid at least 200 feet from water sources and trails.
- Place all dishes, cleaning supplies, and food-related items with your bear bag.

Human Waste

- Always use a backcountry latrine when one is available.
- Dig cat holes 200 feet from trails, campsites, and water sources.
- Dig a hole 6 to 8 inches deep and 4 to 6 inches in diameter. When you finish, stir the waste and paper into the soil with a stick. Cover with 2 inches of soil and camouflage with leaves.
- Urinate far from trails and campsites and at least 200 feet from any water source.
- Urinating on rocks and non-vegetated areas is preferable to trees and plants.

