



MOUNT LIVERMORE HUNGER CHALLENGE 2023

SAFETY MANUAL

The Food Pantry of Jeff Davis County welcomes you to the 2023 Mount Livermore Hunger Challenge and the magnificent Davis Mountains Preserve! Hiking is a pleasurable pastime, and in West Texas, comes with ample opportunity for sunshine, fresh air, and exercise. We want you to have an exciting day, but your safety is of utmost importance as well.

The Food Pantry supports the American Hiking Society's mission of "Empowering all to enjoy, share, and preserve the hiking experience" and has based The Mount Livermore Hunger Challenge Safety Manual on AHS guidelines. Please read and familiarize yourself with the important information in these topics, or visit <https://americanhiking.org> for more detail.

The 10 Essentials

Hot Weather Hiking

Sun Safety

Avoiding Dehydration

Lightning Safety

Snake Safety

First Aid Kit

Hiking Etiquette

Leave No Trace

HAVE FUN. BE SAFE. BE KIND.



The Ten Essentials of Hiking **Ten Things You Should Bring on *Every* Hike**

American Hiking Society recommends everyone pack the “Ten Essentials” every time you head out for a hike. Whether you plan to be gone for a couple of hours or several months, make sure to pack these items. Become familiar with these items and know how to use them.

Appropriate Footwear

Happy feet make for pleasant hiking. Think about traction, support, and protection when selecting well-fitting shoes or boots.

Map and Compass/GPS

While phones and GPS units are handy, they aren’t always reliable in the backcountry; consider carrying a paper map and compass as a backup and know how to use them.

Water

As a guideline, plan for half a liter of water per hour in moderate temperatures/terrain. Carry enough water for your trip and know where and how to treat water while you’re out on the trail.

Food

Pack calorie-dense foods to help fuel your hike, and carry an extra portion in case you are out longer than expected.

Sun Protection

Sunscreen, sunglasses, and sun-protective clothing should be used in every season regardless of temperature or cloud cover.

Rain Gear & Dry-Fast Layers

The weatherman is not always right. Dress in layers to adjust to changing weather and activity levels. Wear moisture-wicking items and carry a warm hat.

Safety Items (light, fire, and a whistle)

Have means to start an emergency fire, signal for help, and see the trail and your map in the dark.

First Aid Kit

Supplies to treat illness or injury are only as helpful as your knowledge of how to use them. Take a class to gain the skills needed to administer first aid and CPR.

Knife or Multi-Tool

With countless uses, a multi-tool can help with gear repair and first aid.

Shelter

Protection from the elements in the event you are injured or stranded is necessary. A lightweight, inexpensive space blanket is a great option.

Trash Bag

Pack this 11th essential to making sure that the trails you love stay beautiful for generations to come. A zip lock bag is a great option for keeping the trash you pick up along the trail separate from the rest of your gear. Level up by including a pair of disposable gloves to use when picking up less-pleasant litter.