

Tahoe Trampler Accident Prevention and Wilderness First Aid

Accident Prevention

- Match your hiking abilities with your hike choice - choose wisely. Choose moderate or strenuous hikes only if you are capable of successfully accomplishing the hike.
- Be responsible for your own safety. The hike leader is not responsible for each Trampler's safety.
- Be aware and be prepared for the hike type, hike intensity, location, and weather. Dehydration, altitude sickness, heat stroke, exhaustion, rain and wind are common concerns. Dress appropriately and carry adequate water, food, first aid, sunblock, energy supplements, medications, extra clothing, an "In Case of Emergency" form and whistle in your backpack.
- Be healthy, well rested and hydrated before the start of a hike.
- After considering the hike difficulty and weather, pack more water than you think you will need.
- Avoid lightning storms - plan ahead.
- Drink more water than you feel you need. If urine is not clear, you are not drinking enough water.
- Support and follow the hike leader's guidelines - Trampler hikes are a group rather than an individual activity. Note that the hike leader has the final say about how the hike proceeds. Stay with and keep in sight of the rest of the group. If you fall behind, blow your whistle or yell hubba-hubba.
- If you must stop or turn around for any reason, please contact the hike leader. They will assign someone to either stay with you or return with you. No one is allowed to hike or return on their own.
- While hiking, keep eyes on trail to avoid tripping hazards and obstacles.
- Consider using a walking stick(s) for improved balance, for stream crossings, to reduce downhill pressure on the knees, etc.
- Do not leave food or trash on the trails. No dogs, alcohol, or tobacco products are allowed during a hike.

Wilderness Wound Management

- Control bleeding: Direct pressure and elevation; pressure dressing; pressure points; tourniquet.
- Clean the wound: Clean around the wound with soap and water; remove foreign matter, pressure irrigate the wound with lots of water.
- Cover the wound with sterile dressing and bandage. Keep clean and dry.

Dehydration

- Mild dehydration - loss of energy, loss of mental acuity, thirst, dry mouth, dark urine. More severe adds reduction of dark urine, rapid weak pulse and dizziness.
- Treat by drinking water, diluted fruit juice or sports drink.
- Prevent by drinking lots of fluids including sports drinks; keep urine clear.

Heat Exhaustion

- A mild form of shock resulting from water and electrolyte loss
- Signs and symptoms: HR and RR elevated; skin may be pale, cool, clammy; dizziness, fainting possible; nausea; fatigue; thirst with decreased urine output; temperature below 105 degrees; heat cramps.
- Treatment: rest in cool, shady spot; fluid replacement with sugar and electrolytes; monitor for progressive shock symptoms; rest until symptoms subside.

Altitude Sickness

- Insufficient oxygen in the blood
- Signs and symptoms: Headache in conjunction with recent altitude gain; nausea; loss of appetite; mild lassitude, fatigue or weakness at rest; unusual shortness of breath.
- Stop ascent; descend if no improvement.
- Maintain hydration and nutrition.
- Monitor for more serious signs.

Lightning

- Monitor approaching storms: Every 5 seconds between flash and thunder indicates a mile: when a storm is within six miles, seek safest location possible to wait out the storm.
- Seek uniform cover - trees about the same height; insulate yourself from the ground away from water; stay low; spread out the group.
- Avoid: high and low spots, open places, overhangs, large bodies of water especially shoreline, shallow caves, conductors such as pipes, wires, wire fences, wet ropes