

# THE GOLDEN RULES OF HIKING

1. Always complete the Mountain Rescue Register properly before setting off on your hike.
2. Take only photographs; leave only boot-prints.
3. Never step on wet black rock (or the Earth will rise up to strike you!).
4. Never get in front of your leader, and always keep him / her in sight while on the trail.
5. Do not roll boulders or throw stones.
6. Bring all your rubbish back with you.
7. Never touch Bushman rock art.
8. Number ones done against the wind result in wet pants.
9. For number twos, choose a private place far from any paths or caves, bury everything – including the toilet paper – properly, and place a rock over the area to prevent animals from digging there.
10. Expect the wind to blow away anything you don't tie or weigh down.
11. Lace your boots up properly so that your feet can enjoy maximum protection.
12. Never walk around barefoot – your feet got you into the mountains and they will have to get you out again.
13. The odds are high that if you don't check where you are about to sit, it will be on a poisonous snake.
14. Snakes and other wild animals belong in the wilderness and have right of way there – don't interfere with them.