

遠足的準備

Preparation for Hiking

- ✓ 相約家人朋友（切勿單獨遠足，宜至少四人同行）
Don't go hiking alone. It is preferable to go hiking in a group of at least four.
- ✓ 計劃行程時須衡量各人能力和遠足經驗
Hikers are advised to consider their physical strength and hiking experience when planning the trip.
- ✓ 行程完結，好好休息
End of journey. Have a good rest.
- ✓ 沿途欣賞風景之餘，亦要留意標距柱及警告指示，了解所在位置
Take heed of all warning signs and distance posts along the way to identify your location.
- ✓ 制定行程表，包括地圖資料、行速、休息位置及遇突發情況時的撤離路線
Prepare a hiking programme including map information, walking speed, locations for rest and a back-up route for any unexpected situation.
- ✓ 留意天氣預報及當日天氣報告
Pay attention to the weather forecast and weather report for the day.
- ✓ 收拾個人裝備，包括飲用水及食物，以及其他必需品（如地圖、指南針、急救用品及晴雨具等）
Take your hiking gears including drinking water, food and other essential items (e.g. map, compass, first-aid kit, cap and umbrella etc.)

- ✓ 在起步前做足熱身運動
Do enough warm-up exercises before setting out.
- ✓ 啟動「郊野樂行」智能手機應用程式的「GPS 遠足留蹤」功能，以記錄行蹤
Activate the "GPS Hiker Tracking Service" of the "Enjoy Hiking" smartphone application with tracking functions.
- ✓ 遠足期間，切勿單獨在後或超前
Don't lag behind or get too far ahead during hiking.
- ✓ 享受遠足樂趣，同時不留痕跡
Enjoy hiking and leave no trace.



愛護自然環境 Protecting Our Natural Environment

- ✓ 減少使用即棄餐具
Use less disposable tableware
- ✓ 自備水樽 / 水壺
Bring your own water bottle / flask
- ✓ 用手帕代替紙巾
Use handkerchiefs instead of tissues
- ✓ 減少購買包裝食物
Buy less packaged food
- ✓ 不要攜帶過量食物以免浪費
Do not bring too much food to avoid wastage
- ✓ 把垃圾帶到大型垃圾收集站棄置或回收
Bring litter to major refuse collection points for disposal or recycling
- ✓ 自己垃圾，自己帶走
Take Your Litter Home



日日運動
身體好

男女老幼
做得到

Daily exercise
keeps us fit

People of all ages
can do it



鳴謝：

中國香港體適能總會

中國香港攀山及攀登總會有限公司

Acknowledgements:

Physical Fitness Association of Hong Kong, China

China Hong Kong Mountaineering and Climbing Union Limited

2022年度版Edition
(非賣品)