

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
- 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.

situation.

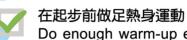
W拾個人裝備,包括飲用水及食物,以及其他必需品(如地圖、指南針、急救用品及晴雨具等) Take your hiking gears including drinking water, food and other essential items (e.g. map, compass, first-aid kit,

cap and umbrella etc.)



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



Do enough warm-up exercises before setting out.

放動「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 traking 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.



日日運動 身體好 男女老幼 人做得到

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 Limted 2022年度版Edition (非賣品)