

# 遠足安全注意事項

1. 本小冊子所提供的遠足路線及交通資料只供參考。遠足人士應在出發前自行選擇最合適的路線及交通安排。
2. 遠足前應做足準備，例如留意當日天氣報告及預報、了解郊野的流動電話服務覆蓋範圍、閱讀郊遊安全資料，以及參考最新出版的郊遊地圖。遠足人士亦可安裝並啟動具有記錄行蹤功能的智能電話應用程式。萬一發生意外，搜救隊伍可參考這類應用程式的行蹤資料找尋求助者。以下網址可供參考：

- (a) 香港遠足路徑天氣服務  
[www.hko.gov.hk/en/103461/Hong-Kong-Hiking-Trail-Weather-Service](http://www.hko.gov.hk/en/103461/Hong-Kong-Hiking-Trail-Weather-Service)
- (b) 「我的天文台」流動應用程式  
[www.hko.gov.hk/tc/myobservatory.htm](http://www.hko.gov.hk/tc/myobservatory.htm)
- (c) 郊野公園流動電話服務  
[www.ofca.gov.hk/tc/consumer\\_focus/mobile\\_telecom/country\\_parks/mobile\\_network/index.html](http://www.ofca.gov.hk/tc/consumer_focus/mobile_telecom/country_parks/mobile_network/index.html)
- (d) 認識通訊方法 暢遊郊野公園  
[www.ofca.gov.hk/tc/consumer\\_focus/mobile\\_telecom/country\\_parks/stay\\_in\\_touch/index.html](http://www.ofca.gov.hk/tc/consumer_focus/mobile_telecom/country_parks/stay_in_touch/index.html)
- (e) 郊野公園遠足安全指引  
[www.afcd.gov.hk/tc\\_chi/country/cou\\_vis/cou\\_vis\\_gac/cou\\_wha\\_whe\\_sat.html](http://www.afcd.gov.hk/tc_chi/country/cou_vis/cou_vis_gac/cou_wha_whe_sat.html)
- (f) 雷暴警告及注意事項  
[www.weather.gov.hk/tc/ws/service/warning/thunder.htm](http://www.weather.gov.hk/tc/ws/service/warning/thunder.htm)
- (g) GPS遠足留蹤服務  
[www.cahk.hk/hiker\\_tracking\\_service/chi.html](http://www.cahk.hk/hiker_tracking_service/chi.html)
- (h) 「郊野樂行遠足留蹤」流動應用程式  
[www.afcd.gov.hk/tc\\_chi/country/cou\\_wha/cou\\_apps.html](http://www.afcd.gov.hk/tc_chi/country/cou_wha/cou_apps.html)
- (i) MyMapHK流動地圖應用程式  
[www.landsd.gov.hk/en/spatial-data/geospatial-information-services/geospatial-portals.html](http://www.landsd.gov.hk/en/spatial-data/geospatial-information-services/geospatial-portals.html)



3. 出發前及活動期間亦應留意天文台的最新天氣消息，以及可能發生的天氣變化等因素。如預知天氣變壞，應及早改變計劃或取消活動。
4. 雷暴的發展、移動與消散可以非常迅速，也有可能只影響局部地區。如遇雷暴，避免使用手提電話及無線電對講機。切勿站立於山頂上或接近導電性高的物體。樹木或桅杆容易被閃電擊中，應盡量遠離。閃電擊中物體後，電流會經地面傳開，因此不要躺在地上，潮濕地面尤其危險，應該蹲著並盡量減少與地面接觸的面積。
5. 避免在酷熱、濕度高、無風或空氣質素健康指數甚高／嚴重的日子遠足。如天氣酷熱，應避免長時間曝曬，並應多喝水和補充流失的電解質。途中要有適當休息，切勿逞強好勝，以免過分消耗體力。此外，遠足人士應對中暑和熱衰竭有充分認識，以便在遇到這類情況時懂得如何處理。
6. 切勿單獨遠足，宜至少四人同行；應預先把行程告知沒有同行的家人或朋友，一旦發生意外，他們可代為通知警方和尋求協助。
7. 應與遠足經驗豐富的領隊同行，並依從其決定和指示，切勿中途離隊。
8. 在起步前應做足熱身運動。
9. 切勿食用野果或飲用山水。
10. 不要逗玩或餵飼流浪貓、狗或野猴，以防被襲。
11. 切勿隨意步入沒有路牌指示的草叢或樹林。



12. 切勿隨意離開原定路線或嘗試行走野草蔓生的捷徑。出發前應先細閱地圖，了解路線的資料，並應考慮路線的長度、坡度、路面狀況、行程所需時間、參加者的身體狀況和能力，小心計劃行程以免迷途或發生意外。
13. 切勿站立崖邊或攀爬石頭拍照或觀景，並須遵守有關政府部門豎設的告示，免生意外。
14. 暴雨時或連日豪雨後，切勿走近／停留在峻峭的山坡或涉足溪澗，也切勿在河道附近的橋樑下避雨及應避免在有問題的石上行走，以免山洪暴發時走避不及。
15. 留意斜滑的山徑，好像濕滑的石面、泥路或滿佈沙粒的劣地，均容易使遠足人士在下坡時滑倒受傷。另外，遠足人士應穿著有護踝及鞋底有凹凸紋的遠足鞋，亦可攜帶行山手杖在有需要時使用。最後，亦應穿著輕便服裝（例如：淺色長袖衫和長褲）及帶備合適的帽子，因夏天可遮擋陽光，而冬天則可保暖。
16. 切勿在指定燒烤地點以外的地方生火或煮食。
17. 切勿吸煙，以防山火。如遇山火，應保持鎮定，立即遠離現場並致電999報警。
18. 留意自己的身體狀況，量力而為。由於途中未必有飲料售賣，遠足人士必須為整段行程預備充足飲料。在旅程中，應不時補充流失的水分。當大量出汗時，即使未感口渴，仍需每15至20分鐘補充150至200毫升水分。遠足人士並應預備易於攜帶，且進食前無需加熱的碳水化合物（例如餅乾、麵包、方便裝的豆粥或糖水），作為行程中的食物補給。
19. 迷路時，應循原路折返，切勿強行前進。如有需要，應盡快尋求協助。
20. 沿途應留意政府部門豎設的危險告示牌。
21. 要預防蚊叮蟲咬，可用驅蚊劑塗抹衣服或外露的皮膚。
22. 建議帶備以下應變物品及器材（以防水袋／膠袋分類放妥）：
  - (a) 幫助了解地形的郊區地圖和指南針；
  - (b) 電量充足的流動電話，以便聯絡和作求救之用（宜先了解電話服務覆蓋範圍）；
  - (c) 雨具或防水風褸；
  - (d) 急救包（備有藥水膠布、紗布繃帶、敷料、消毒藥水等）；
  - (e) 電筒和哨子；
  - (f) 緊急糧食，例如朱古力和葡萄乾等高熱量且易於攜帶的食物；以及
  - (g) 一套乾衣服，以備更換。
23. 一旦遇到意外，遠足人士可使用沿途設置的固定網絡緊急求助電話、使用流動電話撥999或國際救援電話號碼112、或嘗試使用對講機第9頻道求助。求助時應清楚提供以下資料：
  - (a) 意外性質、肇事原因；
  - (b) 肇事時間、地點；
  - (c) 位置、方位／座標和最近的標距柱號碼；
  - (d) 附近地形或特別景物；
  - (e) 傷病者資料（例如：姓名、年齡、性別、電話號碼、住址、家人聯絡方法和傷勢）；
  - (f) 已施行的急救；
  - (g) 天氣情況；以及
  - (h) 同行者人數、情況和去向。
24. 長期病患者（例如患有心臟病、哮喘的人士）宜先徵詢醫生的意見，才決定是否遠足。





# SAFETY HINTS ON HIKING

1. The hiking routes and transport information provided in this booklet are for reference only. Hikers should choose the hiking routes and means of transport most suitable for themselves before setting out.
2. Get well prepared before setting out. For example, pay attention to the weather report and forecast for the day, check the mobile phone coverage in countryside, read on safe countryside tips and refer to the latest countryside maps. Hikers may also install and activate smartphone applications with tracking functions. In case of an accident, the tracking information recorded by the applications can facilitate the work of search and rescue teams. Some useful websites are listed below:

- (a) **Hong Kong Hiking Trail Weather Service**  
[www.hko.gov.hk/en/103461/Hong-Kong-Hiking-Trail-Weather-Service](http://www.hko.gov.hk/en/103461/Hong-Kong-Hiking-Trail-Weather-Service)
- (b) **"MyObservatory" Mobile Application**  
[www.weather.gov.hk/en/myobservatory.htm](http://www.weather.gov.hk/en/myobservatory.htm)
- (c) **Mobile Network Services in Country Parks**  
[www.ofca.gov.hk/en/consumer\\_focus/guide/safety/country\\_parks/mobile\\_network/index.html](http://www.ofca.gov.hk/en/consumer_focus/guide/safety/country_parks/mobile_network/index.html)
- (d) **Stay in Touch in Country Parks**  
[www.ofca.gov.hk/en/consumer\\_focus/guide/safety/country\\_parks/stay\\_in\\_touch/index.html](http://www.ofca.gov.hk/en/consumer_focus/guide/safety/country_parks/stay_in_touch/index.html)
- (e) **Country Park Hiking Safety Guidelines**  
[www.afcd.gov.hk/english/country/cou\\_vis/cou\\_vis\\_gac/cou\\_wha\\_whe\\_sat.html](http://www.afcd.gov.hk/english/country/cou_vis/cou_vis_gac/cou_wha_whe_sat.html)
- (f) **Thunderstorm Warning and Points to note**  
[www.weather.gov.hk/en/wservice/warning/thunder.htm](http://www.weather.gov.hk/en/wservice/warning/thunder.htm)
- (g) **GPS Hiker Tracking Service**  
[www.cahk.hk/hiker\\_tracking\\_service/eng.html](http://www.cahk.hk/hiker_tracking_service/eng.html)
- (h) **"Enjoy Hiking Hiker Tracking Service" Mobile App**  
[www.afcd.gov.hk/en/english/country/cou\\_wha/cou\\_apps.html](http://www.afcd.gov.hk/en/english/country/cou_wha/cou_apps.html)
- (i) **My MapHK Mobile Map App**  
[www.landsd.gov.hk/en/spatial-data/geospatial-information-services/geospatial-portals.html](http://www.landsd.gov.hk/en/spatial-data/geospatial-information-services/geospatial-portals.html)



3. Pay attention to the latest weather information issued by the Observatory before and during the activity, and the possible weather changes. Change or cancel the activity plan if inclement weather is forecasted.
4. The development, movement and dissipation of thunderstorms can be quite rapid and fairly localized. In case of thunder and lightning, avoid using mobile phones and walkie-talkies. Do not stand on hill tops or near any highly conductive objects. Keep away from trees or masts which are likely to be struck by lightning. Since lightning current is conducted away through the ground, you should not lie down especially when the ground is wet. Instead you should crouch down to minimise the area in contact between you and the ground.
5. Avoid hiking on days of very hot weather, high humidity, with no wind or when the Air Quality Health Index is very high or serious. Avoid prolonged exposure to direct sunlight in extremely hot weather. Drink more water and replenish the electrolytes lost. Take appropriate breaks during the journey. Do not overextend yourself as it will lead to exhaustion. In addition, hikers should have a thorough understanding of heat stroke and heat exhaustion so that appropriate actions can be taken when they come across such situations.
6. Do not go hiking alone. It is preferable to go hiking in a group of at least four. Before setting out, hikers should inform their family members or friends who are not joining the trip of their intended route. Should an accident happens, the information will be useful for them to seek assistance from the police.
7. It is advisable to go with an experienced hiking leader and follow his/her decisions and instructions. Do not leave your group halfway through the trip.
8. Do enough warm-up exercises before setting out.
9. Do not eat wild fruit or drink untreated water from any stream.

10. Do not play with or feed stray cats, dogs or wild monkeys to avoid being attacked.
11. Do not venture into bushes or woods indiscriminately with no road signs.
12. To avoid getting lost or having an accident, do not deviate from the planned route indiscriminately or attempt to take any overgrown shortcuts. Before setting out, study the map and information about the route. Plan the trip carefully to avoid getting lost or injured and take into account factors such as the length, gradient and surface condition of the route, the time required to finish the trip, fitness condition and physical ability of the participants.
13. Do not stand at a cliff edge or climb onto rocks to take photos or view the scenery. For the sake of safety, follow the instructions as set out in the notices put up by the relevant Government Department.
14. Avoid going near/staying around steep slopes or wading in streams or brooks during heavy rain or after days of heavy rain. Do not take shelter from the rain under bridges at water courses, and do not walk on the wet rocks to avoid being swept away by raging torrents.
15. Pay attention to the wet rock surfaces, muddy paths and sandy badlands which all pose similar hazards. Hikers may sustain a fall easily when going down a hilly path. Hiker should wear ankle boots with corrugated soles for hiking and bring a walking stick if necessary. Put on casual clothes (e.g. light-coloured long-sleeved shirts and long trousers). Put on a suitable hat that can protect you from sunlight in summer and keep you warm in winter.
16. Don't light a fire or cook at any place other than the designated barbecue sites.
17. To prevent hill fire, don't smoke. When there is a hill fire, stay calm. Leave the fire scene immediately and dial 999 to report the fire.
18. Listen to your body and do not overstretch yourself. Take enough water for the whole trip as outlets for beverage may not be available on the route. Replenish water from time to time during the journey. When sweating heavily, drink 150 to 200 millilitres of liquid every 15 to 20 minutes even if not thirsty. Also, take some carbohydrates (such as biscuits, breads, convenient rice and sweet porridge which are light in weight and require no heating) as food provisions on the trip.
19. If you get lost, retrace your steps. Do not force your way further. Seek help immediately when necessary.
20. Pay attention to the hazard warning signs erected by government departments along the route.
21. To prevent insect and mosquito bites, you may apply a mosquito repellent onto your clothes and/ or over your exposed skin.
22. Other necessary items (to be kept in waterproof/plastic bags by category)
  - (i) A countryside map and a compass to facilitate quick comprehension of the topography;
  - (ii) A fully-charged mobile phone to facilitate communication and call for help (Service coverage of the phone should be checked beforehand);
  - (iii) An umbrella or a waterproof anorak;
  - (iv) A first-aid kit (containing medicated plasters, bandage, dressing, antiseptic, etc.);
  - (v) A torch and a whistle;
  - (vi) Emergency food provisions, such as chocolate and raisins which are high in calories and easy to carry around; and
  - (vii) A spare set of dry clothes for change.
23. In case of an accident, hikers can call for help with the fixed network emergency helpline telephones installed along the route. They can also dial 999 or the international emergency call number 112 with their mobile phones, or try to use Channel 9 of walkie-talkie to call for help. When seeking assistance, the following information should be provided clearly:
  - (i) Nature and cause of the accident;
  - (ii) Time and location of the accident;
  - (iii) Position, grid reference and the number of the nearest distance post;
  - (iv) Terrain and special landmarks in the vicinity;
  - (v) Personal particulars of the injured or sick person (e.g. his/her name, age, sex, telephone number, residential address, contacts of family members and details of injury);
  - (vi) First aid given;
  - (vii) Weather condition; and
  - (viii) The number, state and movement of other group members.
24. Those who suffer from chronic illnesses such as heart disease and asthma are advised to consult the doctor before deciding if they should go hiking.

