

# OFFICIAL FIELD TRIP SAFETY GUIDELINES FOR THE CONTRA COSTA MINERAL & GEM SOCIETY

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CCMGS takes safety very seriously when on outings of any kind. For your convenience, we have created a general list of safety recommendations that all rockhounds should consider before heading out into the field, with or without the club. Please note that these are just basic guidelines that we provide for your knowledge and understanding, and that each field trip may require different guidelines or items that should be brought along. If you have any questions about a specific field trip, please reach out to the Field Trip Coordinator directly.

**Field trips may be canceled at any time due to weather or other unforeseen circumstances. Be sure to check your email or our website for the most up to date information before heading out on a club-sponsored outing.**

## WHAT YOU MIGHT WANT TO BRING:

- First aid kit (bandages, tourniquet, antiseptic wipes, signal whistle, mirror, etc.)
- Extra water and plenty of food and snacks, ice chest, animal-proof storage, etc.
- Full gas tank and air in tires for all vehicles
- Hat, sunglasses, gloves for sun protection
- Sunscreen, lip balm, head scarf, etc. for sun protection
- Poncho, water shoes, extra clothes/socks for water/moisture protection
- Closed toe walking or hiking style shoes
- Walking stick(s)
- Chairs, tents, other lodging/sitting, etc.
- Backpack and camera
- 2-way radios, walkie-talkies, cell phones, etc.
- Binoculars, magnifying glass, safety glasses, etc.
- Bug repellent
- GPS and paper maps
- Rockhounding and digging tools
- Rockhounding storage containers (bags, bins, buckets, etc.)
- Sharpie or pen (to write with on storage containers or map if needed)
- Medications that may be critical or require dosages that can not be skipped

## GENERAL SAFETY GUIDELINES:

- Know the local, state, and national laws and abide by rockhounding code of ethics.
- Know where the nearest hospital or medical center is, their contact info, and hours.
- Always leave a note with a non-participant of where you will be going and with who. It is wise to share your GPS coordinates if possible.
- Be sure to have the correct permissions for rockhounding in your desired locations. Do not trespass. Always leave a gate the way you find it (opened or closed). Do not go into abandoned mine shafts.
- Don't travel into unfamiliar, uncharted, or restricted areas. Try to avoid solo trips.
- Prepare for the season. If rockhounding in winter, prepare and be careful for ice, snow, avalanches, cold weather, and shorter days with less sunlight. If in the summer, prepare for extreme heat, thirst, and more animals, reptiles, and insects abound.
- Always check weather conditions and for road closures before heading out.
- If you get lost, stay put. Try not to wander away from your group at any time. When carpooling, stay a safe distance away from the next vehicle.
- Watch out for wildlife, respect their boundaries and always give them distance. Prepare for snakes, spiders, ticks, and other critters by wearing long, thick socks and covering as much skin as possible. Be careful when turning over rocks and walking as these are the perfect homes for these types of creatures. Know how to take care of insect and snake bites before setting out into the field. Bring bug repellent.
- Wear your safety protection gear and equipment, that is why you brought it! Using your safety glasses, a hard hat, gloves and more can help keep you safe in the middle of nowhere. Keep extra attention on pets and children in your group.
- Charge all your equipment and ensure all vehicles are fully ready for your trip.
- If you have an off-roading vehicle, consider using that when possible and allowed.
- Do not lick any rocks as they might be toxic minerals you don't know.
- Be prepared to get dirty. Maybe have extra clothes with you, or leave them in your car for changing into after.
- Understand fire safety in your area and have the correct permissions for creating one.
- Alert your leader when you are leaving the trip at the end, or for any amount of time.
- Make sure you always use common sense and your best judgment. Listen to rules.