

# Warning!!!

## *Heat Kills!!!*

During the months of June, July, and August, the temperature will reach 110 degrees Fahrenheit (43 degrees Celsius) during the day. The temperature increases as you walk over the slickrock as the heat energy is reflected back up towards you.

The following are tips to help you live and tell others about your trip:

1. Bring at least 1 gallon (4 liters) of water per person per day.
2. If possible, avoid hiking in the middle of the day when it is the hottest.
3. Wear a hat and sun screen.
4. Bring food on your hike to help replace the energy that you are using.
5. Watch for signs of trouble. This is a wilderness area and it could take hours or even days for help to reach you.

If you can follow these simple steps, you will have a safe day of exploring.

### Hiking Safety Tips

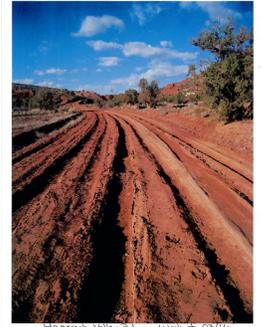
There are a few tips that will help make your hike a little bit easier:

1. Wear a hiking boot or shoe. Hiking in regular street shoes will cause blisters and possibly a twisted ankle or worse.
2. Use a back pack to keep your water, food, cameras, and other items in so your hands are free to help in climbing in the area.
3. Carry a first aid kit, whistle, and flashlight for emergencies that might come up.
4. Carry a map, compass, and a GPS. And know how to use them. They will be of no use to you if you do not know how to use them and they can save your life.
5. Let someone know where you are going, when you are going, and when you will be done. This way if you are injured or lost, they can notify us and we can start looking for you.

## Driving Safety Tips

The Vermilion Cliffs National Monument is a very beautiful and interesting place to explore and enjoy. All exploration of the monument involves driving. Whether you are driving to a trailhead to enjoy one of the permit areas or driving up on the Paria Plateau to enjoy the solitude and scenery, how you approach driving and the type of vehicle that is needed are very important to your safety.

**House Rock Valley Road** is the main road to access the monument and is only periodically maintained. Deep ruts will appear after rain when vehicles are driven on the water soaked road. These ruts can be dangerous if you are driving a vehicle with a low clearance. If you are driving too fast, these ruts could grab the front tires and cause a loss of control that could lead to an accident or even cause your vehicle to roll over. Most of the time this road is drivable by most vehicles. However, it is best to contact the office to ask about the conditions prior to heading out to enjoy the area.



*House Rock Valley Road*

**Buckskin Crossing** on House Rock Valley Road can be a dangerous crossing to attempt. Be aware of the weather for flash flood potential and *never* attempt to cross when flood waters are present. It is recommended that no 2WD vehicles or low clearance vehicles attempt this crossing when water is present.



*Buckskin Crossing*

**Paria Plateau roads** are primarily soft sand roads with deep ruts that only high clearance 4WD vehicles should attempt. It would be advisable when going up on the Paria Plateau to go with two or more vehicles as a safety precaution. It is a long way to walk to get help as you will not see many people in the area due to its vastness. Another tip is to go to an area where you can safely get some practice and experience in driving in soft sand. Confidence in your abilities is key in keeping you from driving into an area that you should not go in to.