TIPS FOR A SAFE STAY
from the Rancho La Puerta First-Aid staff

Our top priority is for our guests to have an amazing experience all week long. Practice these habits for a safe and healthy stay.

**Stay hydrated:** There are many drinking water stations located throughout the property. We recommend bringing your own water bottle and keeping it with you throughout the day. Pro tip: add a squeeze of fresh lime juice into your water! It not only adds a refreshing citrus taste, but essential vitamin C and minerals.

**Avoid “Tired Tuesday”:** Many guests pack their schedules in the first few days and end up feeling exhausted by mid-week. Instead, we suggest gradually increasing the level of your physical activities as the week progresses.

**Use sun protection:** This is important all year long. We recommend applying sunscreen at least 30 minutes prior to being outdoors to allow for better absorption. For pool classes and other outdoor activities, pack a sun shirt with long sleeves and a wide-brimmed hat.

**Prevent injuries by wearing proper footwear:** We recommend traveling with the appropriate footwear, especially for these activities:

- **Court Shoes:** tennis or pickleball shoes have the proper amount of lateral support and a sturdy toe box specially designed for both forward and lateral movement.
- **Cross Trainers or Running Shoes:** designed for flexibility and movement in cardio activities and in the gyms.
- **Hiking Shoes or Lug-Soled Trail Runners:** segments of our hiking trails have loose gravel and dirt which may make them slippery. Hiking boots offer excellent stability and ankle support.

If any injury or medical issue arises during your stay, First Aid is available 24/7. For further concerns, please contact our First Aid office at firstaid@rancholapuerta.com.