

## 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 adds not only a refreshing citrus taste but also 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. Pack a sun shirt with long sleeves and a wide-brimmed hat for pool classes and other outdoor activities.



**Prevent injuries by wearing proper footwear:** We recommend traveling with the appropriate footwear:

- **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:** Hiking boots offer excellent stability and ankle support.



**Hiking safely:** Be aware of the trail ahead of you, as some segments of our trails may have loose gravel and protruding rocks. Pack a water bottle and a sunhat. Review our scheduled hikes ahead of time and carefully consider the difficulty level that is right for you. Remember, a safe day is a fun day.

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](mailto:firstaid@rancholapuerta.com).