

# Table Mountain National Park and Cape Town Tourism Safety Tips

To ensure that your visit is trouble free, please read these safety tips. Punch 0861 106 417 into your mobile phone before beginning your hike.

## Ten Basic Rules of Mountain Safety

1. Don't hike alone; four is the ideal number
2. Choose your route carefully and stick to it. Allow yourself enough time - start early. Inform someone of your route and what time you're expected back.
3. Choose a hike leader and walk at the pace of the slowest member.
4. If lost - don't split up. Rather try to retrace your steps. Remember that climbing down is more difficult than climbing up.
5. Always take water-proof clothing, even in mid-summer, and wear walking shoes or hiking boots. Wear a hat or cap and sun block in summer. Weather changes rapidly.
6. If lost or forced to stop because of bad weather, stay together and remain in one place. Find the closest shelter from wind and rain.
7. In case of injury, take time to assess the situation. Then send two people for help and let the third remain with the injured person. If possible mark the position on a map and send it with those going for help.
8. Stick to well-used paths. Don't take shortcuts and especially don't wander into ravines.
9. Always take enough water, especially in summer, and also food in case of a delay. Watch the

weather and time, and turn back before you start running late or if bad weather threatens.

10. Take a fully-charged cell phone. Some parts of the Park do not have cell phone reception, but you will always be able to reach a place where you can use a cell phone more quickly than you'll get to a landline.

## Personal Safety

- Seek safety in numbers and do not venture into unknown areas alone.
- Use only registered and accredited tour guides, shuttles and taxis.
- Always let somebody know where you are going and how long you expect to be.
- Don't carry large sums of cash, and keep expensive jewellery and cameras out of sight.
- Don't allow strangers to assist you in any way at cash machines.
- Be constantly alert and aware of your surroundings.
- After dark, don't walk alone, take special care at isolated lookout points and park in secure, well-lit areas.



## Useful Numbers:

Table Mountain National Park  
Emergency Number: 0861 106 417  
Cape Town Tourism: 021 487 6800



Table Mountain National Park

A Park for All, Forever 'n Park vir Almal, vir Altyd  
iPaka yoluntu lonke ngonaphakade

