



OCEAN SAFETY TIPS

Swim at lifeguarded beaches – **ask lifeguards** for safety and swimming tips.

Lifeguards post warning signs. Don't ignore them! **Read them and heed them!**

Conditions constantly change – daily and seasonal changes must be monitored closely.

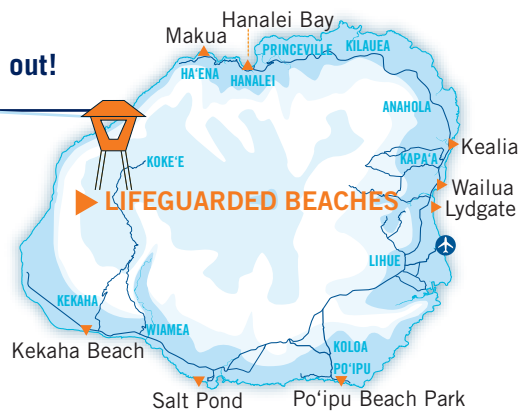
Waves come in sets – **it can look calm for up to 20 minutes** between dangerous sets of huge waves.

Hazards can exist in ANY coastal area, not just in the water. Be careful on wet sand and rocks.

Do not fight a rip current – if caught in a current keep calm, float, breathe, don't panic, and wait for help. Go **WITH** the current and conserve energy.

Use the buddy system – **never swim alone & know your limits.**

When in doubt – don't go out!



Preservation

You can make a difference! Learn simple ways you can help preserve Hawai'i's fragile natural playgrounds for generations to come. To begin:

- 🟢 pack your trash & recycle
- 🟢 don't take nature's souvenirs (*sand, rocks, plants, etc.*)
- 🟢 give Kaua'i's wildlife respectful space
- 🟢 check out the farmer's markets to reduce waste & buy local (*list of markets available in the preservation section of kauaiexplorer.com*)



HIKING SAFETY TIPS

Stay on the trail.

Keep yourself hydrated!

Wear sun protection.

Use caution at river crossings.

Pack light.

Hike in appropriate footwear.

The best first aid is prevention!

Beaches

Learn about 18 of Kaua'i's best beaches! Find beach info, daily ocean report, guides (*snorkeling, learn to surf, etc.*), maps, safety, preservation, and beach discussions.

Safety

Learn the basic safety tips and check the daily ocean report for current ocean conditions. Knowing where to go and how to be safe will make your vacation a lot more fun!

Trails

Check out 10 featured Kaua'i trails. Find overviews, maps, safety & preservation tips, hiking info, and comments from visitors and local experts.

 kauaiexplorer.com

Daily Ocean Report • Beach Info • Trail Info • Activity Guides • Preservation Info • Coming Soon: Statewide expansion



Hawai'i's REAL outdoor guide...