

## Safety Tips

(Not An All Inclusive List)

Guam's hiking activities can pose significant hazards. Always be alert and cautious. Please adhere to the safety tips below for hiking activities:

- Stay updated on the weather forecast
- Two (2) person concept for any activity
- Tell someone where you are going and what time you plan on returning
- Stay hydrated and well nourished and pack extra supplies just in case of an emergency
- Protect your skin from the sun's ultraviolet rays
- Bring a cellular phone but understand some areas might not have reception
- Read posted caution or warning signs
- Do not participate in any activity under the influence of alcohol or medication that causes drowsiness
- Have the right gear for the event
- Be aware of poisonous animals or plants

## Weather Updates

- Weather website:  
<https://www.weather.gov/gum/>
- Off Base Dial: 211
- On Base Dial: 99-211

## Media Updates



@US Naval Base Guam  
@MWR Guam



@nbguam



Download Coast Guard App  
on your mobile phone:  
<https://uscgboating.org>

## Understanding Limitations

Guam's hiking activities are considered a high-risk activity and all military personnel are required to discuss with their supervisors their plans prior to engaging in the activity. JTREG Marianas Notice 1620 Identifies Off Limits locations, Restricted Water Activities, and High Risk Activities on Guam.

## Hiking Safety Guide



Please contact U.S. Naval Base Guam Safety Office at 339-SAFE (7233) for more information on Hiking Safety.

## Additional Information

- OPNAV M-5100.23
- OPNAVINST 5100.25C
- JTREG Marianas Notice 1620
- 2019 JRM Guam Hiking Safety Video:

[https://drive.google.com/file/d/18933yc\\_71lh-igQELM49iuB0BTg5UvTc/view?usp=sharing](https://drive.google.com/file/d/18933yc_71lh-igQELM49iuB0BTg5UvTc/view?usp=sharing)

## Emergency Contacts

- On Base: Security Dispatch: 333-2092/93/94/95/96/2989
- Navy Fire and Rescue: 333-4357
- USCG Sector Guam: 355-4821/4/6
- Off Base: 911

## Caves

As you prepare for your hiking



activity, please take the following, not all inclusive, items: water, insect repellent, food/snacks, knife, flashlight, rope, cell phone, whistle, good shoes, and a friend. Unless you are familiar and aware of the hazards in the area, it is recommended that you stay out of the caves on Guam. If it's your first time to explore caves, schedule with a reputable guide who knows the area and environmental hazards. Additionally, caves are not well lit, so bring a flashlight and be mindful the ground inside the cave may likely be slick with moss or mold and the rocks may be sharp. Ensure you are wearing proper footwear and take your time walking in and around the caves.



## Unexploded Ordnance (UXO)

To date, UXOs can still be found throughout the island and laying dormant. UXOs include hand grenades, land mines, bombs, bullets, antipersonnel mines, and rockets. Over time, these UXOs tend to blend in with the environment and can be hard to detect. If you find a UXO, do not touch it as it may be very unstable. If you find a UXO, call

911.



*Projectile*



*Grenade*



*Grenade*



*Grenade*

*Some grenades look like a soup can or a rock covered in the ground.*

## Wild Life & Insects

During your hike, you may encounter deer, feral pigs, frogs, brown tree snakes,

mice, bats, monitor lizards and coconut crabs. The coconut crab



when played with can amputate fingers if the claws happen to get a firm grip on you.



The calipers will need to be separated at the joint to release the claws or you can

try tickling the bottom of the crab's stomach to release the claws. While hiking, you may also



encounter several varieties of spiders, wasps, centipedes, and other harmful insects. If stung by an insect seek medical attention if pain persists.

