

SANDIA MOUNTAIN BEARWATCH

TIPS FOR HIKING IN BEAR COUNTRY

Always carry Bear Pepper Spray while hiking in Bear Country.

Try to hike with a companion or dog/dogs.

Make noise by talking or singing while hiking to keep from surprising an unsuspecting bear.

If a black bear is visible, but not close, alter your route and move away from the area.

If you Encounter a Bear While Hiking

DON'T RUN. This causes the bear to instinctually chase you down

Stop....

Do not make eye contact; the bear considers eye contact to be aggressive

Speak gently

Back Away Slowly

If a bear acts aggressive, he may bluff charge, snapping his jaws, stand your ground; try to scare the bear away by shouting at it.

99% of all bear charges are bluff charges...Stand your ground and yell.

If he continues to act aggressive, use your pepper spray. Make sure that you are upwind when you spray.

If the bear attacks, use anything handy; your camera, binoculars, rocks, sticks or your fists. Most black bears will not continue the attack.

Do not play dead. An attacking black bear, unlike a territorial grizzly, wants to eat you.

Remember...Black bear attacks are quite rare, many more people die from dog attacks, deer attacks or bee stings, etc. than encountering an aberrant bear.

For more information, log onto SandiaMountainBearWatch.org or call 281-9282

CAMPING IN BEAR COUNTRY

Use a designated camping area

Select a Campsite away from berry patches, oak groves, animal trails.

Place sleeping tents at least 100 feet from food storage and cooking areas.

Set up tents with reasonable space between.

Keep a Flashlight and bear pepper spray readily available.

Store all food, including pet food and garbage by hanging at least 10 feet from ground and 4 feet from top and side supports.

If a campsite bear-proof receptacle is available, use it. As a last resort, store your food in your car trunk.

Don't store food in your car, bears can pop windows out and do major damage to the interior of a car.

Keep a clean campsite at all times.

Keep sleeping area, tent and sleeping bag free of food and odors

Don't sleep in clothes you have cooked in or handled fish or game in

Don't use perfumed hair sprays, gels, shampoos, lotions, etc.; Spit your used toothpaste in the campfire. You don't want bears to associate you with food.

Women, change sanitary napkins often. Burn used ones.

Keep pets on a lease

SAFETY TIPS FOR HIKING IN COUGAR COUNTRY

Don't Jog, Hike or Walk by Yourself.

Don't Jog, Hike or Walk at Dawn or Dusk.

Keep Children within Arms Reach when Hiking. Don't Allow Children to run ahead on a trail.

Carry a Sturdy Walking Stick

NEVER APPROACH A COUGAR

IF YOU ENCOUNTER A COUGAR

STOP..... STAY CALM

DO NOT RUN!

Face the Cougar and Stand Tall

Immediately Pick Up Children and Calm Them

Open Jacket Or Lift a Backpack over Head to Appear Larger

Back Slowly Away

If Cougar Approaches – Throw Rocks, Sticks and Speak loudly

If Cougar Attacks – Fight Back!

If you live in the mountains and have seen Cougars nearby, take extra precautions.

While Playing Outside, Stay with Your Children at all times.

For very small children, build a play area outside that is enclosed on all sides and top by steel mesh

For small pets, build a run that is enclosed on all sides, including the top by steel mesh or watch closely.

Cougars usually don't consider people prey with the exception of small children four feet and under. They hunt small mammals, birds, deer and elk. However, the Cougar is a wild carnivore; use common sense when living in Cougar Country to protect yourself, especially your children and this magnificent cat.

