Know who to call when you need help. In an emergency, call 911.

This information is provided to you by:

Providence Hood River Memorial Hospital
810 12th St., Hood River, OR 97031
541-386-3911

Providence Mountain Emergency Services
Mt. Hood Meadows
503-337-2292

Providence Medical Group-
Hood River Orthopedic Surgery
and Sports Medicine
902 12th St., Hood River, OR 97031
541-387-1337

Providence Medical Group-
Hood River Family Medicine
1304 Montello Ave., Hood River, OR 97031
541-387-1300

Providence Medical Group-
Hood River Internal Medicine
1108 June St., Hood River, OR 97031
541-387-6125

Providence Medical Group-
Hood River Women’s Clinic
917 11th St., Hood River, OR 97031
541-387-8940

www.providence.org/hoodriver
Everyday

Block the sun. Avoid direct sun exposure. Wear sunscreen with an SPF of 30 or higher that offers both UVA and UVB protection. Keep ultraviolet light out of your eyes by wearing sunglasses or hats with more than 90 percent UVA and UVB protection. For extra protection, wear long sleeves or sun shirts.

Keep hydrated with water. When you’re busy enjoying all of the activities our area has to offer, it’s easy to forget to stay hydrated. Be sure to drink plenty of fluids as the day goes along. Dehydration can cause fatigue and other problems. Sports drinks work, but so does plain tap water—we have some of the best in the world!

On the water

Swim strong. Swimming is an important skill when you participate in water sports. Even if you’re a good swimmer, wear a personal flotation device when you’re on the water. Consider a helmet when windsurfing and kayaking. If you have children, closely supervise them whenever they’re near water.

Be seen. Whether you’re a windsurfer, swimmer or someone in between, it’s a good idea to wear bright colors to increase your visibility.

Know the climate. Wind speeds in the Columbia Gorge can range from 5 to 40 knots. If you’re sailing, windsurfing or kite boarding, be aware of any obstacles that may create various wind effects that could alter your ability to control your sail or kite. If you’re a beginner, consider taking advantage of The Hook, an enclosed lagoon protected from river swells.

On the trails

Plan ahead. Research your trip so you know how best to prepare. Go with a buddy: It’s safer to travel with a friend. If mountain biking is your adventure of choice, don’t forget your helmet.

Pack smart. You want to be prepared, but you don’t want to carry a lot of extra weight. Lightweight items that can make a big difference in safety include a blanket, first aid kit, whistle, GPS, cell phone and extra clothing.

Refuel. It’s a good idea to pack healthy snacks, such as granola bars and jerky, to sustain your energy. Pack enough to last the duration of your trip plus at least one extra portion. Be sure to pack plenty of water to keep you hydrated.

On the mountain

Dress for success. When planning for a day on the slopes, be sure to wear layers of clothes. Don’t forget properly fitting helmet and goggles.

Use the right equipment. Newer skis, which are shorter, wider and have twin tips, have lessened the number of serious knee injuries, but problems with bindings are a leading cause of leg injuries. Be sure to maintain your bindings properly.

Play by the rules. People ahead of you have the right of way. It is your responsibility to avoid them. Obey all posted signs and warnings. Stay out of closed areas and trails.

It’s not just health care, it’s how we care: