



Hiking, Camping Safety Suggestions

- If you have any medical conditions, discuss your plans with your health care provider and get approval before departing. Also pack medicines that need to be brought with on the trip in an easily accessible spot.
- Review the equipment, supplies and skills that you'll need. Consider what emergencies could arise and how you would deal with those situations. What if you got lost, or were unexpectedly confronted by an animal? What if someone became ill or injured? What kind of weather might you encounter?
- Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, or topographic map, erect a temporary shelter or give first aid. Practice your skills in advance.
- If your trip will be strenuous, get into good physical condition before setting out. If you plan to climb or travel to high altitudes, make plans for proper acclimatization to the altitude.
 - Be aware that the air is thinner and breathing will be more taxed. Also be aware of the sun and protect yourself from sunburn.
- It's safest to hike or camp with at least one companion. If you are going to be hiking by yourself make sure to tell someone where you are going and what time to expect you back.
 - If you'll be entering a remote area, your group should have a minimum of four people; this way, if one is hurt, another can stay with the victim while two go for help. If you'll be going into an area that is unfamiliar to you, take along someone who knows the area or at least speak with those who do before you set out.
- Some areas require you to have reservations or certain permits. If an area is closed, do not go there. Find out in advance about any regulations--there may be rules about campfires or guidelines about wildlife.
 - Take advantage of asking all your questions to the park ranger. This is a great time for them to share some special things too. They may describe to you flowers that are in bloom and conditions to expect. In addition they can let you know about wildlife you may see and how to protect yourself when needed.
- Pack emergency signaling devices, and know ahead of time the location of the nearest telephone or ranger station in case an emergency does occur on your trip.



- Leave a copy of your itinerary with a responsible person. Include such details as the make, year, and license plate of your car, the equipment you're bringing, the weather you've anticipated and when you plan to return.

What to Bring: A Hiking Checklist

What you take will depend on where you are going and how long you plan to be away, here are some suggestions of things you might want to consider taking.

- Candle and matches
- Cell phone
- Clothing (always bring something warm, extra socks and rain gear)
- Compass
- First aid kit
- Food (bring extra if possible)
- Flashlight (make sure to test it before you pack it)
- Foil (to use as a cup or signaling device)
- Hat
- Handkerchief
- Hiking poles
- Insect repellent
- Map
- Pocket knife
- Pocket mirror (to use as a signaling device)
- Prescription glasses (an extra pair)
- Prescription medications for ongoing medical conditions
- Radio with batteries
- Rope or solid string
- Shoelaces (extra)
- Sunglasses



- Space blanket or a piece of plastic (to use for warmth or shelter)
- Socks (extra)
- Sunscreen or sun protection type of clothing
- Trash bag (pack out what you pack in)
- Water (bring extra if possible)
- Waterproof matches or matches in a waterproof tin
- Water purification tablets
- Whistle (to scare off animals or to use as a signaling device)

Always allow for bad weather and for the possibility that you may be forced to spend a night outdoors unexpectedly.