

HIKE SMART

SAFETY TIPS

- Do not hike alone
- Tell a responsible person where you are hiking and when you expect to be back
- Plan your hike so that you are not hiking during the hottest part of the day
- Take a day pack with the "Ten Essentials" (see back)
- Turn around before half your water is gone
- Take a fully charged cell phone with you
 - ◆ Turn phone off or place in airplane mode to save battery life
 - ◆ Your cell phone may not work in the backcountry
 - ◆ You may have to move to a higher or more open location to place a call
- In an emergency, call 911 or send someone to get help
- Hike within your ability.
Reasonable distance/elevation gain or loss



The Ten Essentials

Carry these items on every hiking trip to help ensure your safety and comfort

1. Navigation (Map, Compass, GPS)



2. Sun Protection

(Hat, Sunscreen, Long Sleeves)



3. Insulation

(Extra Clothing - Jacket, Fleece)



4. Illumination

(Headlamp, Flashlight)



5. First Aid Supplies

(First Aid Kit)



6. Fire

(Matches, Lighter)



7. Repair Kit and Tools

(Multitool, Whistle, Signal Mirror)



8. Nutrition (Extra Food)



9. Hydration (Extra Water)



10. Emergency Shelter

(Large Plastic Bag, Space Blanket)

