



# Hiking Safety Tips

**Know the trail and follow hiking safety rules**

**Know your limits, how much weight can you carry comfortably**

**Plan your hike, leave a trip plan and have an emergency plan**

**Always check the weather and take waterproof clothing/shoes**

**Pack plenty of water and food, stay hydrated watch for heat-related illness**

**Stay away from rapid waters and slippery slopes**

**Bring bug spray, moleskin for blisters**

**Be aware of wildlife**

