

THE SAFETY SITE

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Recreational **S**afety takes **R**esponsibility and **C**ontrol

SPRING HIKING TIPS

Be Prepared: The essentials are:

- A topographic map (essential if exploring a new area)
- Compass (also essential in a new area)
- Extra food (plan a little extra in case of delays in returning)
- Extra clothing (expect drops in temperature, increased wind or rain)
- Fire-starter
- Matches
- Sun protection
- A pocket knife
- First-aid kit
- Flashlight



Check weather forecast and snow conditions: Many excellent weather resources are available to hikers. One favorite is the National Weather Service.

Trail conditions: Trails can be muddy or have snow, especially in shady areas. Keep your feet dry.

Bears: Bears coming out of hibernation can be a danger, especially mother bears with cubs.

Trekking Poles: Many hikers use trekking poles. They can keep you stable on rough, rocky or slippery surfaces, and also take pressure off the knees and back.

Don't go solo: hike with a buddy.



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