

Make a Plan

- Check for any park alerts.
- Pick the right trail for your abilities.
- Gather any equipment you may need (see "The 10 Essentials" below).
- Leave a trip plan with someone who will not be hiking with you.
- Have an emergency plan in case anyone gets lost or injured.
- Consider cell phone coverage and have a second way to communicate.
- Continually monitor the weather.

The 10 Essentials

1. Food
2. Water
3. Navigation tools
4. Sun protection
5. Warm clothing
6. Lighting
7. First aid supplies
8. Campfire supplies
9. Basic repair kit
10. Emergency shelter

Overnight hikes may require additional equipment.

On the Hike

- Wear proper shoes and weather-appropriate clothing.
- Let the slowest hiker set the pace.
- Stay on marked trails.
- Keep track of distance and time.
- Take breaks.
- Eat snacks and hydrate.
- Take your time and watch your step.
- Avoid swift-moving water and slippery slopes.
- Be aware of wildlife (including insects.)