



Outdoor Safety Tips

Pack extra water and food

Bring more water than you think you will need. Bring food based on the length of your trip or hike.

Create a plan for your trip

Know the terrain and area. Be aware of your physical limits and experience for the type of hike or trip.

Share information

Tell someone where you're going and when you expect to be back.

Bring a flashlight

Lack of light is the most common reason for hiker safety issues.

Don't expect cell phone service or reception

Some trails and camping areas have no cell phone service. Don't rely on technology such as GPS or phone. Consider taking a map.

Wear proper footwear and clothing

Trails may include tough terrain and ever changing weather. Pack extra to be prepared.

