

Tips for Hiking Safely

Text Version

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INTRODUCTION TO TIPS FOR HIKING SAFELY

Usually, hiking isn't dangerous. More often it's a great pleasurable experience or adventure.

But when you are out in the elements, sometimes far from civilization, you can find yourself in a challenging, perhaps dangerous situation and become injured or very lost.

Your safety is always based on you taking a common sense approach to hiking. Use your own good judgement about how to be adequately prepared and make sure your hiking partners are equally prepared.

It is essential to have the proper equipment and the knowledge of how to use it for a safe long hike in wilderness areas.

Hiking in any setting always requires your constant attention to where you are going and being aware of your surroundings. Hiking can involve threats to personal safety, from such causes as inclement weather, hazardous terrain, becoming lost, or exacerbation of pre-existing medical conditions.

When hiking, even on urban or well trafficked trails, it has some inherent risks that you must prepare for in advance. When you are out in distant wilderness areas, you need to be ever alert and be even more prepared for situations that may challenge your safety.

Some dangerous ailments that hikers may experience include, diarrhea, dehydration, frostbite, hypothermia, sunburn, or sunstroke. Accidents caused by poor shoes or hiking on an uneven or rocky trail surface can result in injuries such as sprained ankles or broken bones.

If you find yourself in a dangerous or challenging situation, rescue by someone else is never a certainty!

This booklet of basic hiking safely tips can be used to get you started in the right direction. Take some time to do more research about specific challenges that might show up on the trails you plan to hike.

Always remember that you, and only you are totally responsible for your own safety!

So it would be very responsible of you to pay attention to and heed some common sense hiking safety tips that you can find in this booklet.

After reading this booklet, do a bit more research about the trails and area you plan on hiking. Find the proper clothing, shoes and equipment for your hikes. Then get out in Nature and hike!

BASICS SAFETY TIPS TO HELP YOU GET PREPARED TO ENJOY HIKING SAFELY.

KNOW WHERE YOU ARE GOING

Take some time to research and get the details of where you plan to go. And if you know someone who has taken this hike, ask them about it and what ways you might want to prepare yourself for this trail.

Take a physical map or guidebook with you. Always stay on clearly marked or well-traveled trails until or unless you are experienced enough to take the uncommon route. Don't meander off of the officially mapped and maintained trails. You really do not want to get lost. Getting lost makes for a very unpleasant kind of hiking experience.

Although there is some new advanced technology may want to try to use, you need to be sure you have it with you and know how to use it. Cell phones rarely work in most wilderness areas. And a GPS does not always have reliable information when out hiking away from known roads. So you will want to have a map and a compass along for any type of serious hike.

Having a current trail map and knowing how to read it is often more reliable than any modern technology. A trail map is just a flat representation of any areas rugged and usually hilly or mountainous terrain.

PERSONAL SAFETY ISSUES

Let a responsible person know your route and return time. Be sure and contact them when you return. But if you do not return within a reasonable time and you don't respond to them calling you, have them contact the authorities in your hiking area.

When traveling to hiking areas away from your home, you do not want to leave any valuables in your car where they can be easily seen by others. You will want to either take them with you or hide them well out of sight in your car.

LEVEL OF PHYSICAL FITNESS

If planning a hike into backcountry areas, be sure you are in good physical condition and be prepared to survive on their own if you get lost or travel past daylight hours.

Be aware of your ability to hike long or short distances, on hills or level ground, in hot or cold weather. All of these elements should be considered before embarking on a hike. Check in with your hiking buddies to be sure they have the same level of skill so everyone will be able to enjoy the hike.

HIKING WITH FRIENDS OR ALONE

It is always best to hike with another person or in a group rather than by yourself. Though there are times being out in the wilderness by yourself is a worthwhile adventure, be sure someone knows where you have gone and when you plan on returning..

When hiking with a group, make sure everyone in your hiking party stays together. Having a hiking "buddy" plan can help assure everyone is keeping up with the rest of the group.

If you are just going for a simple hike in a nearby, well-traveled area you are most likely as safe there as anywhere. But if you chose to hike in a heavily forested area or one with steep hills or mountainous terrain or deep canyons on winding trails you can easily get lost.

Going hiking with a partner or in a group can be helpful in many ways, especially if they are experienced hikers. People in pairs or groups are much less likely to panic in a challenging situation. They can assist one another up steep grades or when crossing a slippery wet area. If an injury happens to one person, the other can suggest and/or apply first-aid if needed. A hiking partner, or members of a group can travel back to the trail head if you are injured and Cell phone service is not available.

If you find yourself experiencing excess cold body heat can be much better conserved when there are two or more people hiking together. Hypothermia is a very real threat to a hikers well-being and has killed more lost hikers before they could be rescued than bears.

Whether hiking alone or in a small or large group, be sure to research the terrain of your planned hike.

Create an itinerary that is realistic for your group's level of hiking experience and physical abilities to climb if heading into steep and mountainous terrain. Don't plan a hike that is longer or more difficult than the *weakest* or slowest member of your group's abilities or no one will enjoy this hike.

When Hiking with children, ALWAYS keep them in your sight. Do not allow them to get ahead of you or fall behind. It is very easy to get lost in any forested area.

It would be a good idea to make sure everyone, young and older, has a whistle. Blowing on a whistle takes less breath and that sound often can be heard longer distances than shouting. Discuss and create some agreed upon signals to use if someone gets separated from the group use to get you all back together.

FOOD AND WATER

Food

Always pack more than enough food to last you the anticipated hike time. Remember when you are exercising you burn more calories and need to keep your body fueled to not become overly hungry while hiking. You can last longer without food than water, but it is best to carry a bit more of each than you might think you will need to assure you have an enjoyable and safe hike.

Water

Staying hydrated is important even a very short hikes. Staying well hydrated in all situations and on any hike is required to avoid becoming dehydrated. You will want to carry an adequate supply of water with you. A minimum of 2 quarts per person per day, though 3-4 quarts are recommended per person for better hydration.

NEVER drink water from a stream! Any water you might consider safe to drink in the backcountry MUST first be treated either by filtering or boiling. Don't forget that all sorts of animals bathe and urinate in them. Various types of parasites and bacteria abound in water in almost all areas, so it is never safe to drink water without treating it.

No matter how high, cold or clear, or deep into the wilderness, water in all parts of the world may carry cysts that spread giardia, a single-celled parasite that attacks both humans and animals all around the world. When ingested, their reproductive cysts may cause an intestinal disorder that appears weeks after your trip. Giardia infests the intestinal track and some people never exhibit the symptoms and become carriers.

Many types of water parasites abound in all types of waterways in every type of landscape. Once you bring them into your body, they can stay in your gut for the rest of your life.

There are many types of water filters available, but boiling is really the best and safest form of treatment against bacteria, virus and giardia.

You need to heat the water to 176 degrees F. Then keep it at a rolling boil for a number of minutes to insure these nasty critters are destroyed.

WEATHER

Don't forget to check the weather forecast for the area you want to hike on the day you plan on hiking.

Always be prepared for sudden quickly changing weather conditions by carrying or wearing layers of clothing that you can add or remove depending on how the weather changes.

In many areas, such as mountainous areas, storms can come in quickly. You may start out on a sunny day, then find yourself in a sudden rain or snow storm.

HOT AND SUNNY

Hot weather has its own inherent dangers. Staying hydrated, wearing sunscreen, having a hat and not hiking too fast is important to stay healthy when the sun shines brightly all day.

LIGHTNING

Lightning is also a threat, especially on high ground. It is one of the most dangerous challenges in mountain areas. A storm can come up quickly that puts you in danger of encountering lightening in an open area.

Lightening usually strikes the highest point or peak, lone tress, cliff edges, caves high in cliffs or simply the largest object in a flat area.

Pitching a tent above treeline is a dangerous concept and just asking for trouble is a storm comes up.

If you find yourself in an exposed area, crouch down with your poncho over you to form a tent and wait out the storm.

SNOWY OR ICY AND MUDDY TRAILS

Walking on a snowy trail is totally different from icy trails. And on winter days, these hazard you encounter. If the sun comes out, the snow can become muddy and very slippery. Then when the temperature drops, ice will form creating an even more dangerous walking challenge.

Winter hikes mean being even more prepared with layers of clothing and spikey additions to your shoes. Take a trip to your favorite outdoor store and ask the clerks for recommendations of how to be best prepared with lightweight items to help keep you safe on winter hikes.

You can start out on a sunny day in the lowlands, but when you arrive at your mountain or higher altitude trailhead, snow can be awaiting you there. Sometimes you can even start off a trail that seems totally dry and clear and encounter snow just around the next bend.

ENVIRONMENTAL IMPACT

Every hiker should live by the philosophy of *"Leave No Trace"*, and follow strict practices for dealing with food waste, food packaging, human waste and other things that may have an impact on the environment.

Always read the signs informing you about types of animals that live in each area you hike.

Some animals, such as martens or bighorn sheep, are very sensitive to the presence of humans, especially around mating season.

In marsh areas there are nesting birds and turtles that don't like to be observed close up.

Natural environments are often very fragile, and can be accidentally damaged in many ways when a large number of hikers visit an area.

Years of gathering wood for fires can strip an high alpine area of valuable nutrients, and even cause deforestation.

DON'T PICK THE FLOWERS

Many people do not realize that it is not legal to pick or dig up wildflowers, moss or any other plants. It is really sad to see how many people carve their initials into living trees. This can harm them and changes their natural beauty. The most distressing recent trend has been people spray painting on rocks. Nature does not need to be enhanced with artificial colors. No matter how great an artist someone might consider themselves to be, Natural formations should never to be used as a canvas. Many people don't understand these rules, but by leaving nature as it is presented to you in its natural state, ensures that the next person who comes along a trail will have the same beautiful experience you have enjoyed.

HOW TO HANDLE HUMAN WASTE

There are no restrooms along trails. So you need to be learn how to handle human waste properly.

Find a level and safe place to step off the trail. Always select an a place 50-100 feet away from any open water or spring to avoid chancing bacterial contamination of the water.

Some people carry a small shovel, but you can also scrape out a hole just several inches deep. The first several inches of dirt contains a system of disposer that will break down the waste. Cover your poop with a bit of dirt, leaves, pine needles or grass and Nature will take care of the rest.

HIKING WITH DOGS

Taking a dog on a hike totally depends on the temperament of your pet and how well you can handle your dog when in a strange situation. Dogs that are off-leash can get lost or cause problems by jumping on other hikers or chasing wildlife. An encounter with a skunk or porcupine is a very unpleasant situation for a dog to find itself in far from home.

Not having a dog on a leash can cost you fines up to \$400 in many areas around the country.

If a dog is caught chasing wildlife, officers of the Division of Wildlife are legally empowered to shoot them and arrest the owners.

Always carry bags to collect your dog's poop. It does the environment no good to have it left on the trail. Other hikers don't appreciate encountering piles of poop or the smell on a hot summer day.

TRAIL ETIQUETTE

Good manners are important when out in Nature to insure everyone on the trail gets to totally enjoy their time hiking.

Most people wish to have some quiet times when out in the wilderness. Loud radios or shouting are totally inappropriate on a hike. And shouting could be taken for a signal for help and cause distress for someone trying to find you to help.

Horses have the right of way on all trails. If you see them approaching, move to the side, preferably the downhill side. Talk quietly so they are aware you are there and don't become startled.

Never roll or toss rocks off the side of a trail. Other hikers might be below and become injured.

Cutting across areas that are not marked trails causes erosion and destroys the natural habitat.

If you come across piles of rocks that look like some one made them, they are likely to be cairns marking trails. Don't knock them down or add to them. They are usually there for a reason. You may create your own cairn if you wish to mark a trail junction for yourself or others who may use the trail in the future.

Fire is a particular source of danger and an individual hiker can have a large impact on an ecosystem. Always be sure any fire you start during a camping trip is totally cold and no hot embers remain.

FOLLOW THE HIKER RESPONSIBILITY CODE.

You are responsible for yourself, so be prepared:

With knowledge and gear. Become self reliant by learning about the terrain, conditions, local weather and your equipment before you start.

To leave your plans. Tell someone where you are going, the trails you are hiking, when you will return and your emergency plans.

To stay together. When you start as a group, hike as a group, end as a group. Pace your hike to the slowest person.

To turn back. Weather changes quickly in the mountains. Fatigue and unexpected conditions can also affect your hike. Know your limitations and when to postpone your hike. The mountains will be there another day.

For emergencies. Even if you are headed out for just an hour, an injury, severe weather or a wrong turn could become life threatening. Don't assume you will be rescued; know how to rescue yourself.

HEALTH CHALLENGES

THE DANGER OF HYPOTHERMIA

Hypothermia, this dangerous lowering of body temperature, is an even more dangerous threat than wildlife in most area. Cool, wet, and windy conditions can cause hypothermia in an unprepared hiker. Hypothermia is defined as a progressive lowering of the body's core temperature which causes physical collapse and diminished mental capacity. A wet hiker can succumb to hypothermia in summer at higher elevations! Use your rain gear before you become wet and wear wicking clothing to prevent hypothermia. If your clothes do become wet, you will want to minimize your exposure to wind exposure. And if your clothes become wet, replace them with dry ones. Avoid sweating in cold weather by dressing in layers, rather than a single bulky garment.

Consider how you can be prepared with layers of clothing that can be easily removed or added if you become overly heated on a very sunny day or experience a chilling wind and the air turns cold. Always start out wearing the proper type of clothing for the time of year and predicted weather conditions. Pack some rain gear to help you stay dry in case you encounter an unexpected rain storm. Cotton clothing is not a very good choice for hiking. If it gets wet, it clings to you and never dries out, making you even more susceptible to hypothermia.

Even on a sunny day, you will want to pack a wind-resistant jacket and rain gear in case the weather makes a sudden change for the worse.

On warm days watch yourself and your hiking partners for signs of heat exhaustion. If someone is sweating profusely, it is time to take a break and everyone can cool down.

ALTITUDE SICKNESS

Many people coming from lower altitudes don't realize that there is much less oxygen available the higher you climb. When hiking you use much more oxygen and the thinner air makes it harder for everyone to get enough oxygen into their lungs.

Symptoms of altitude sickness include headache, dizziness, weakness, nausea, impaired judgement, poor appetite. In extreme cases, this shortness of breath can lead to pulmonary edema.

The only way to treat this problem is to get to a lower altitude. Don't hyperventilate as taking short, shallow breaths can cause you to pass out.

SPOTTED FEVER

Contacting the rare disease of spotted fever from ticks, is more actually more of a problem on flatland hikes than in the Rocky Mountains. It is a real threat, so always do a "tick check" each evening after a hike.

UNUSUAL HEALTH ISSUES

If you experience any unusual health issues after hiking, be sure and alert your doctor of the areas you traveled. Bubonic plague, Hantavirus, Lyme disease, tick fever, giardia and other rare diseases could possibly be the cause. Giving your doctor all the information about where you were on an outdoor adventure gives some clues what could be the cause of these rare symptoms

NATURAL HAZARDS

AVOID DANGEROUS STREAM CROSSINGS

Heavy rains in areas beyond where you are hiking can cause streams to become swollen and may be unsafe to ford. This is a time to use your very best judgement.

Often times they will recede quickly after precipitation stops. So you may chose to take a break and see if the water calms down and gets much lower. The wait may save your life!

Deep, fast flowing rivers pose a danger that may be mitigated by using ropes to aid in a crossing.

But the better choice when you come upon a rain-swollen stream with fast moving water rushing past you, not attempt to cross it. If such a swollen stream blocks your planned route, please backtrack and head back to the nearest campsite or trailhead. Do not risk your life trying to follow the itinerary you had planned when confronted with such a dangerous situation.

Whenever you cross streams any stream that is more than ankle-deep take these precautions. Always wear shoes to protect your feet. and a use pole or strong staff of wood to steady yourself and help you maintain your balance on slippery rocks. Unbuckle the waist strap of your pack so it can be discarded quickly.

Trees and Limbs

Before you sit down to take a rest or set up your camp, take a moment to look up and around you for any trees or limbs that may pose a hazard. Move away from any areas that may be threatened by a dead tree or broken limb falling on you. High winds make loose or broken branches and unstable trees an even a more dangerous possibility.

POISONOUS PLANTS

Making contact with noxious plants such as poison ivy, poison oak, poison sumac, or stinging nettles, that can cause rashes.

There are berries that you may find along trails in all types of terrain that are safe to eat, such as wild raspberries and strawberries. But be sure you know what you are about to put in your mouth or you may be in for an unpleasant surprise a little later.

Some people may be tempted to harvest mushrooms the find along the trail. Although there are tasty ones that are safe to eat, some can make a person very sick. Never eat a mushroom that you are not 100% sure is not poisonous.

DANGEROUS CREATURES

Although it is a rare occurrence, other humans can be a danger. Attacks on lone hikers or small groups have been known to happen in some places. Another reason never to hike alone.

Other threats may be posed attacks by mammals or bites from reptiles or insects.

If you have been on many hikes, you have most likely been seen by a bear or cougar at some time. Although that sounds worrisome, rest assured it proves they would rather not encounter a human as much you would never desire actually seeing them on the trail.

But on rare occasions, animals may attack humans who disturb them.

BIG CATS:

Mountain Lions, also known as puma or cougars generally are active at night and may be seen near dawn or dusk. If you spot one in daylight hours, he is likely hungry. They generally will flee contact with humans, but if you surprise one they can be much more dangerous. The same rules apply for meeting a cougar as with a bear encounter. Don't bend down to pick something up to throw at it. Don't crouch or act threatening. Face the cat, but don't make eye contact. Raise you arms above your head to make you as large as possible and slowly back away and talk calmly.

In the unlikely situation the cat attacks, fight back as fiercely as possible and try not let the lion get behind you.

BEARS

Bears in any are wild creatures and their behavior is unpredictable. Although extremely rare, attacks on humans have occurred. A bear attack can inflict serious injuries or kill a hiker. If you should encounter a bear, treat it with extreme caution!

Just like bugs are attracted to certain scents, so are bears. There has been evidence of bears becoming more aggressive to people wearing scented cosmetics, deodorant, hair spray or women during their menstrual period.

Grizzlies exist in some areas and are much more dangerous and aggressive than a black or brown bear.

Bears tend to avoid human contact. But if you find yourself facing one unexpectedly, don't bend down to pick something up to throw at it. Don't crouch or act threatening. Face the bear, but don't make eye contact. Slowly back away with your arms raised above your head to make you as large as possible and talk calmly to it.

If you are wearing a pack, get ready to take it off and throw it at a charging bear. It will distract the bear and they would tend to attack that item giving you some time to get farther away.

If you see a bear cub, mom is rarely far away and will return soon. If she thinks she is being separated from her cub, she will most likely attack.

POISONOUS SNAKES AND STINGING INSECTS

There are various species of venomous snakes that live in different areas of the country. Rattlesnakes are probably the most common form of dangerous snakes most people know about. Do a little research of the area you want to hike to learn if they or other venomous snakes could be found on a trail. Although very few snake bites occur here, hikers should be cautious where they place their hands and feet, especially around old buildings and stone fences when hiking in any area. There are also other poisonous insects that hide in these types of spaces.

Rattlesnakes occur in many terrains. Usually they try to get away if they can, but will fight if cornered or to protect their young.

Water Moccasins and other venomous snakes can be found all around the world. Do some research on the internet looking for types of snakes that might be found on trails you plan to hike.

Be sure you have some knowledge how to treat snake bites if hiking where these types of creature might be found along a trail you plan on hiking.

When hiking, it is best to avoid wearing any type of perfume or scented deodorants which may attract insects to you. Mosquitoes seem to be very attracted to people wearing anything that is sweet smelling. Yellowjacket wasps are the insects of greatest concern in some areas. They build nests in the ground along trails and streams and are aggressive when disturbed.

Do a little research about the types of insects you might encounter on trails outside your normal home environment to be prepared if one should bite you or someone in your hiking group.

EMERGENCY SITUATIONS

THE FOLLOWING FACTORS OFTEN RESULT IN HIKING EMERGENCY SITUATIONS:

- Failure to plan and prepare properly
- Wearing inadequate footwear, clothing
- Not having adequate and proper equipment for the type of hike you are embarking upon
- Lack of skill or fitness level for type of terrain or outing
- Impaired or poor judgement, sometimes induced by fatigue, exhaustion, or hypothermia
- Failure to let family and/or friends know of your specific plans or route and date of return
- Failure to keep your hiking party together
- Significant hazards that you may have to contend with include stream and river crossings, precipitous cliffs and ledges, unstable sedimentary rock, dangerous wildlife, and ever-changing weather, including snowstorms and lightning.

If you have find yourself or one of your party in an emergency situation and have cell phone access, call 911. You will want to tell the operator what trail you are on or what campsite/shelter you are at. If you are on a trail, giving the nearest trail intersection and your distance from it is very helpful. Then give the operator a complete description of the challenge or danger you are experiencing.

If you do not have cell phone access, then send some or all of the other hikers in your group to get help. They should constantly check to see if they have cell phone access along the way. And Mark any trail junctions in a responsible way to guide help back to the person in danger.

GETTING LOST

It is always best to stay on marked trails.

But if you find yourself away from all the trails you should have been following and deep in wilderness with no idea where you are or how you got there, obey this first rule: don't panic.

Take a moment to sit and think about where you came from.

Getting lost in the mountains is more challenging than in flat land trails. Ridges and canyons make finding your way without getting injured even more difficult.

Did you pack a compass? Do you know how to use it to stay on track to the direction you started at?

Do you have any idea where you came from? Stay calm and think about the possibility of back tracking to the trail. Are there any landmarks that could give you an idea which way to head? Which way is the sun moving in the sky? Does that give you an idea of which direction you came from?

Did you get separated from your group? Try a few shouts out to see if anyone is within hearing range.

A whistle works well and can be used much longer than shouting.

Look for a stream. They usually lead to civilization. Don't start down into a canyon or gorge, or you may find yourself trapped. Follow the gentlest route, no matter which way it leads.

Staying in one place is sometimes suggested, but if you are far from any trail or not able to be seen from the air, that may not be the best solution.

If you have cell service, use it intermittently to make contact and not totally run down your batteries.

If darkness is approaching, you want to find a spot to get comfortable and stay as warm as possible. Find a sheltered spot and gather some firewood. Build a tiny fire, one you can huddle over to stay as safe and warm as possible. Be sure you can put this fire out when you leave. Starting a forest fire due to haste and carelessness not only endangers you, but everyone and creature in the area.

NEVER try to travel at night or in rain or fog. Sit it out.

A wilderness SOS consists of three signals of any kind repeated at regular intervals. Flashing a mirror or shiny knife three times, three shouts or three whistles would let someone know you are in trouble.

Concentrate on staying alive no matter how long you remain lost.

CLOTHING AND EQUIPMENT

After a few hikes you should be able to discern what items work best for you to carry comfortably in your pack. The following suggestions will get you started.

SHOES

Although you may be tempted to wear tennis shoes for short urban hikes, you must wear shoes or boots that provide good ankle support for longer hikes and where the terrain is uneven. Wearing boots with good traction is invaluable on trails that are very sloped if a trail is wet and slippery or covered with loose rocks (scree).

One concept is that the heavier your pack, the heavier the shoes you want to be wearing.

In winter, most trails at high elevation will be covered with ice. Use crampons or other traction devices for your boots. In autumn, loose, slick leaves on the trail cause many hikers to fracture their ankles. Be certain to wear ankle supporting boots.

WHAT TO PACK

Even if you are just going out for a day-hike, you will want to carry a flashlight or headlamp in case you have trouble on the trail and you find yourself in darkness before you can finish your hike.

You will want to have a small first aid kit in your pack.

If you are planning on camping after your hike, you need to plan enough time to get to your campsite before dark. You don't want to be on a trail after dark or have to set-up camp in the dark. Just not safe!

Proper planning and preparation before you go on any hike will help to assure you will have a safe and enjoyable memorable trip.

Wherever you hike, no matter what season or whether it's a short hike or a multi-day trek take some precautions that will assure you will be able to hike safely.

You will always want to have some basic items on even a short hike. You can go overboard on gear, but for anything more than a simple, two-hour hike over easy terrain, peace of mind can easily be gained with a little preparation.

A knife with some useful gadgets can be very useful in many challenging situations.

Having a lighter and/or matches in a waterproof container can prove to be life-saving.

A simple first aid kit stocked with gauze, bandages, anti-bacterial cream Aspirin and a few more standard items is essential. All these things are small and lightweight. Having some basic first-aid knowledge can be very useful.

A flashlight or headlamp is a must in case you find yourself out after the sun has set or in a storm.

Basic provisions such as water and easy to eat food with high energy value should be packed even for the shortest hikes.

Equipment Lists

The equipment required for hiking depends on the length of the hike and type of terrain you will be hiking. Even day hikers should generally carry plenty of water, some food, a map, and rain-proof gear.

Hikers tend to wear sturdy hiking boots for mountain walking and backpacking, as protection from the rough terrain, as well as providing increased stability.

Some first aid items and layers of clothing are important to consider at all times of the year.

DETAILED RECOMMENDED CLOTHING AND EQUIPMENT LISTS

ESSENTIALS FOR SUMMER DAY HIKE:

- Map
- Whistle
- Compass
- Hat (wool)
- Pocket Knife
- Warm Clothing:
- Matches/Firestarters
- Sweater or Pile Jacket
- Water and More Water
- Flashlight or Headlamp
- First Aid Kit/Repair Kit
- Rain/Wind Jacket and Pants
- Long Pants (wool or synthetic)
- High Energy, Easy to Eat Foods

OTHER IMPORTANT ITEMS TO CONSIDER TAKING ON DAY HIKE:

- Gaiters
- Sunglasses
- Sunscreen
- Cord/Rope
- Guidebook
- Extra Batteries
- Insect Repellent
- Gloves or Mittens
- Personal Medications
- Sturdy Footwear and Extra Socks
- Watch or phone that has the time
- Light Plastic Tarp or "Space" Blanket
- Trash Bag (for trash or rain protection)

THINGS TO ADD FOR OVERNIGHT TRIPS AND GROUPS:

- Foam Pad
- Stove, Fuel
- Sleeping Bag
- Extra Clothing
- Water Purification
- Tent or Other Shelter
- Pots, Cup, Bowl, Spoon
- Toothbrush, Towel, etc.
- Easy to Prepare, High Energy Food
- Head-mounted Lamps - Hands-free lighting makes it easier to do tasks at night

ADD FOR WINTER HIKES:

- Balaclava
- Overmitts
- Snowshoes
- Extra Mittens
- Insulated Parka
- Insulated Boots
- Extra Warm Clothing:
- Spiked or Cleated accessory to slip onto boots

ADD FOR ABOVE TREELINE:

- Ice Axe
- Goggles
- Crampons
- Face Mask

ADD FOR AVALANCHE TERRAIN:

- Snow Shovel
- Avalanche Probe
- Avalanche Transceiver

DURING HUNTING SEASON

DO YOUR RESEARCH AND BE AWARE WHEN THOSE OCCUR IN THE AREAS YOU HIKE

Orange Reflective Clothing

**The best way to have a safe, enjoyable outdoor hiking experience
and help reduce search and rescue efforts . . . BE PREPARED.**