

# HIKING SAFETY

Check your weather forecast

Know where you parked your car, write it down or take a picture of the lot and a noticeable marker i.e. Parking Lot B, row H

Carry water, snacks and a cellphone, but don't litter!

Stay away from ledges

Let someone know where you are going and return on time

Take rest breaks to avoid fatigue

Wear the right gear such as, boots and headgear

Watch out for wild animals

Check a map, plan your route before you go and carry it along with you

Stay on designated trails

Stay together – don't hike alone

Know the limits of yourself and others

Don't pick the flora – you don't know what is poisonous