

Safety While Hiking - and at the Campsite

- Have an escape plan, and tell your family what to do if a wildfire or other unexpected hazard occurs
- It's always safest to hike or camp with at least one companion.
- Pack emergency signaling devices, and know ahead of time the location of the nearest telephone or ranger station.
- Leave a copy of your itinerary and pertinent medical information with a responsible person and/or at the ranger station.
- Make sure your equipment is in good condition, and you know how to use each piece of equipment.
- Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, erect a temporary shelter, or give first aid. Practice your skills in advance.

Hiking Checklist

Candle and matches
Cell phone
Extra Clothing
Compass
First Aid Kit
Extra Food
Flashlight
Aluminum Foil

Hat
Insect repellent
Map
Nylon filament
Pocket knife
Pocket mirror
Prescription glasses
Medications - 3 weeks to
3 months supply of
prescription
medications
Radio and batteries

Space blanket or piece
of plastic
Sunglasses
Sunscreen
Trash bag
Water
Waterproof matches
Water purification tabs
Whistle



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