

# Hiking Safety

**SHARE THE PLAN** Let someone know your trip plan with starting point and what time or date you expect to return.

**BE PREPARED** Water is one of the most important items to carry. Have a whistle, map, compass, and extra clothing.

**TRAIL AWARE** Look as you hike to see landmarks and turn occasionally to recognize the route out.

Hiking is a fun activity for all ages.  
Stay safe with simple steps.  
We have your back!



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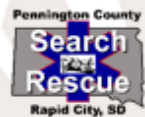
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