

Hiking Safety

Stay safe on your outdoor adventures!

Prepare for the Hike



- Wear protective clothing to protect from the sun, insects, and branches
- Wear supportive footwear that provides traction and protection
- Pack a bag with the essentials: first aid kit, compass, map, water, snacks
- Plan a route according to your experience level
- Ensure the weather is clear before leaving for the trip
- Bring a friend! Or tell someone where you are going, and for how long

Be Safe on the Trail

- Do not wander off from public trails
 - You could become easily lost or disturb habitats
- Keep track of the time and distance you have travelled
 - Turn back or make camp before it gets dark
- Take frequent breaks to rehydrate and rest
- Be aware of wildlife
 - PA is home to snakes, bears, ticks, and other dangerous animals



S.T.O.P



STOP

- Stop walking immediately when you realize you are lost, callout to anyone who may be nearby

THINK

- Remain calm, if possible use a device to call for help

OBSERVE

- Determine if you are in a safe area, use your map and nearby landmarks to help confirm your location

PLAN

- If you have confirmed your location, make your way back to the path, otherwise seek or build shelter while you wait to be found