



# Trail Etiquette

- When on the Trail be aware and respectful of nature, plants, animals, fellow walkers, joggers, bicyclists, surrounding sounds, and more.
- Stay on your right. Stay in a single file, especially if it is a narrow trail.
- Call out, if you have to pass someone.
- When out for runs, please be sure to inform a friend or a family member about your whereabouts and your expected return time.
- Keep your phone location on(if need be).
- Do not go alone on unpopulated trails. Go with a company(if you can).
- Be sure to study the trail beforehand. Download the map. Also, carry a paper map along(just in case).
- Charge your phone completely before going on trails. Take a battery pack for backup.
- Do not listen to music when on trails. This blocks the surrounding noises, which are important to be aware of.
- If you have to listen to music, be sure to put only one earbud and turn the volume down.
- Do not dirty the trail. Carry your trash back with you. Leave the place better or as it was when you arrived.
- Carry your water and snacks with you.
- Be aware of poison ivy, insects, bugs reptiles, and other wildlife.
- Carry your meds, if you have to take any.
- Carry some wipes and bandages, just in case.
- Study the weather beforehand.
- And gear up accordingly, to suit your activity.

- Watch for uneven surfaces and terrains.
- Run light. Enjoy your miles.
- Stop and take pics of things that interest and fascinate you. But be mindful of time at the same time.