Hiking Safety

1. Know your limits.
2. Take plenty of water, approximately one liter per hour, per person.
3. Check weather before going hiking as the temperature can rise quickly.
4. Take a first aid kit: epipens, band aids, antibiotic ointments, etc.
5. Have a fully charged cell phone.
6. Don’t hike alone.
7. Let someone know where you are going and when you expect to return.