

Hiking Safety

- Be prepared
- Never go anywhere alone – use the buddy system
- Always take these eight outdoor essentials:
 - First aid kit
 - Full water bottle
 - Flashlight
 - Trail food / snacks
 - Sunscreen
 - Whistle
 - Rain gear
 - Pocket knife

The Buddy System

- Take a buddy swimming, hiking, or anywhere with you
- Stay with your buddy at all times – always know where your buddy is
- Your buddy can help you, and you can help your buddy

What to do if you get lost

- Stay where you are so help can find you - don't try to find your way back if you are lost
- Sit down in the open so people can see you
- Blow your whistle if you hear people nearby

