



Hiking Safety

Hiking is a great way to be active while enjoying the outdoors. There are some dangers you may come across, so being prepared is the best way to keep yourself and others safe while hiking. Read further to learn how you can have a safe and enjoyable hiking experience.



- Be sure to let someone know where you are going, and how long you plan to be gone.
- Always bring a first aid kit along with you.
- Bring essential survival supplies such as:
 - ◇ Plenty of water and water purifier
 - ◇ Non-perishable food
 - ◇ Flashlight and extra batteries
 - ◇ Multi-tool
 - ◇ Map and compass
 - ◇ Extra clothing suitable for weather conditions
- Do some research and choose a trail to hike that best suits your preferences and physical abilities. Find a trail with easy, flat terrain if you are bringing along children or elderly adults.
- Use the buddy system. It is always better to have a friend with you in case someone gets hurt and needs help while hiking.
- Look up the weather forecast, and wear appropriate clothing for the weather conditions and terrain where you will be hiking.
- If you become lost: stay where you are, set up shelter, stay warm and dry, and make sure you are visible to anyone looking for you.

Resources

[Hiking Essentials and Tips](#)

[Stay Safe on Trails](#)

[Outdoor Safety Tips](#)

[Top Dangerous Hiking Mistakes](#)

[Places to Hike in Washington](#)

[Places to Hike in Oregon](#)