

HIKING ALONE?

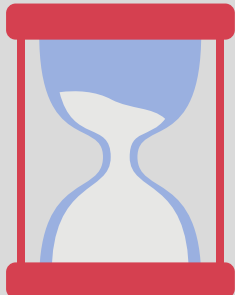
5 TIPS FOR SOLO HIKING SAFELY

KNOW BEFORE YOU GO



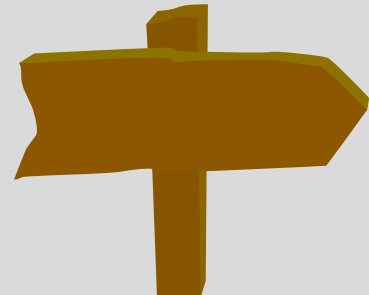
Research your hike, weather & animal safety. Pack sufficient supplies.

SHARE YOUR PLANS



Let someone know where you'll be & when you plan to finish.

STAY ON TRAIL



Minimize your risk of injury & getting lost.

STAY ALERT



Eliminate distractions.

TRUST YOUR GUT



If it doesn't feel right, turn back to safety.

