

Top 10 Hiking Tips

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CHOOSE A TRAIL THAT FITS YOUR FITNESS LEVEL.

- * When picking challenging trails, plan plenty of time for breaks.
- * Don't choose trails that are extreme in length or incline if you are hiking for the first time.



FAMILIARIZE YOURSELF WITH THE TRAIL

- * Know the route, terrain & wildlife.
- * Bring a map or scout it out ahead of time!



WATER

Drink plenty of water, even on cool days, to make sure your body stays hydrated and healthy!



WEAR APPROPRIATE FOOTWEAR AND CLOTHING

- * Wear hiking boots or closed-toe shoes with good tread.
- * Wear long pants to help deter ticks.



PACK THESE ESSENTIALS

- * Snacks (granola bars, trail mix)
- * Water
- * Basic First Aid Supplies
- * Extra Clothing
- * Bug Spray
- * Sunscreen
- * Cell Phone



CHECK THE WEATHER

Don't get caught in the rain or extreme heat. Be prepared for anything. Take shelter in storms.



TELL SOMEONE WHERE YOU ARE HIKING!

In case of emergencies, always let a friend or family member know where you are hiking.



PROTECT AGAINST TICKS!

- * Wear light-colored clothing, including pants, long-sleeves, socks, and proper footwear.
- * Use bug spray and reapply on long hikes.
- * Check for ticks after your hike & shower as soon as possible.



LEAVE NO TRACE (Outdoor Ethics)

- * Plan ahead and prepare.
- * Stay on the designated trail.
- * Dispose of waste properly.
- * Leave what you find.
- * Respect wildlife.
- * Be considerate of other hikers.

Have Fun and Be Safe!