

SAFETY SITE

Monica Palmer, RSRC Safety Administrator

Hiking Safety

Here are some quick tips to help you be safe while hiking:

- Carry a light on every hike, even short, day hikes
- Carry and drink plenty of water (a minimum of 1 quart every 2 hours)
- Wear sturdy footwear with good traction
- Minor/moderate health or medical issues can be easily exacerbated by hiking up the steep Valley trails—know your limits and pay attention to how you're feeling
- Stay on the established trail
- When hiking in a group, each member of the group should carry some water and food in case the party becomes separated, and the group should make a plan for where to meet up (at the vehicle, at the trailhead, etc.) if the members become separated.

Have a plan

Inform someone of where you're going and when you plan to return

Keep a flashlight and whistle with you

Eat well, stay hydrated: carry plenty of water

Stay on the trail

Ask for HELP!

Familiarize yourself with the area, use a map

Expect changes in the weather

Courtesy of Yosemite National Park