

# HIKING SAFETY

If you going into the woods, there are some safety things that you need to know. I would know; being a bear I live in the woods. So here are my basic rules. Feel free to add to this list.

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### EARN THIS NUGGET

With your parents oversight and permission, prepare and then take a hiking trip with these described safety considerations.

LEVEL H

PERIOD 3

TASK 4

- Don't travel alone. You should always have another individual around for safety sake. You can think through difficulties together, you can help each other over tough obstacles, you can apply first aid, and if there is an accident, one of you can get help.

- Plan your route in advance. Take a GPS, a back-up compass with a map, and hugely important, tell others where you are going. So if you don't turn up again, people know where to start looking.

- Take some equipment with you and make sure you plan for a trip bigger than you are going on. So if things change, you get stuck or lost, you have additional resources. I would recommend the following on any hike of length:

1. A fire starter.
  2. A good knife. One with additional useful gadgets is a good choice.
  3. First aid kit.
  4. Flashlight.
  5. Toilet paper. (Trust me on this one. Bears get tired of rough leaves too.)
  6. Water, water, water. Of course, water is heavy, but dehydration is horrible and can kill. You don't want to chance stream water without sterilizing tablets and some experience.
  7. Food, energy bars, and trail mix, at the very least.
  8. A good backpack to carry this stuff. You need your hands free.
  9. Good strong shoes or boots that you are used to wearing. Blisters are the worst.
- In general, hiking can be great fun. But respect the outdoors. A silly mistake in the middle of nowhere can make for a miserable long trip home.

