

## ***Take a Hike!***

Hiking is a great way to get a good cardiovascular workout and take in some great scenery at the same time. Trails range from easy to difficult and it is important not to try to do too much too soon. Consult trail guides and experts before taking on a trail for the first time. Using the following tips can make your hike enjoyable and worry-free.



- Never hike alone. Stay on the trail and obey all signs and warnings.
- Tell a friend/family member where you are going and when you will be returning.
- Don't start out too late in the day. Most of us underestimate how long a hike will take. Climbing over rocks, around trees and up hills will slow you down. Allow 30 minutes for each mile, plus an extra 30 minutes for every 1,000 feet in elevation you will be covering.
- Bring plenty of food and water. You can easily become dehydrated on a hot day. Bring at least a quart of water on short hikes and two quarts of water on long hikes.
- **DO NOT DRINK ANY STREAM WATER.** The water may be contaminated and you could be at risk. Think twice about swimming in streams. Water-borne contaminants can enter your body through open cuts or scratches on your skin.
- Do not hike in narrow canyons or gulches when it looks like rain. Flash floods have killed hikers in the past. If you are hiking in a narrow canyon or gulch, and it starts to rain, turn back immediately. If a stream begins to rise before you can leave the canyon, go to higher ground and wait. Do not try to cross or out-race a swiftly flowing stream.
- Bring a rain jacket and a sweater on long ridge hikes. It can get very windy, cold and wet atop a mountain ridge. Staying warm will help prevent hypothermia. Don't forget your mini first-aid kit!
- Wear appropriate clothing. Good hiking boots will help support your ankles. If you are going on a long hike with wooded sections overgrown along the way, long pants and gloves will help you avoid cuts and scratches.
- It may be helpful to bring a cellular phone in case you get lost; however, be aware that cellular phones will not work where there is thick vegetation.
- A small flashlight, compass, waterproof matches and pocketknife don't take up much room in an empty pocket or hip-pack.