

# Safe hiking tips

Playing it safe when doing day or overnight hiking starts with researching your destination, preparing for any possibilities, and letting people know where you are going and when you'll return. Steer clear of remote or dangerous places. Bring non-perishable food to eat, or pack it so that cold food stays cold and hot foods remain hot to avoid food poisoning. Have a sporting goods store fit you for the right kind of hiking boots, to ensure you stay safe on the trail.

## Be More Earth-Friendly

The concept of "leave no trace" means ethically caring for the natural world when we are in it. One key way is to make sure we leave little to no trace of our presence after we've enjoyed it.

