

North Country National Scenic Trail
“TAILGATE SAFETY SERIES”



GENERAL TRAIL HIKING

Trail workers, casual day hikers, and multi-day trippers alike should all take into account these universal safety guidelines before hitting the trail:

- Always let others know where you will be hiking, your anticipated travel route (point-to-point or round trip), and your anticipated return time
- Check the weather forecast prior to your hike, dress/pack appropriately for current and anticipated conditions
- Consider hiking with a companion, especially when longer hikes are planned or when weather conditions may be extreme (hot/cold)
- Carry a cell phone for possible emergency needs
- Stock your day-pack with some essentials, even if your trip plan doesn't anticipate their need—extra water, snacks, dry socks, lightweight wind breaker/rain suit, flashlight, small first aid kit, space blanket, and any prescription medications you may require
- Take rest breaks as needed
- Keep hydrated, even in colder temperatures—remember to drink *before* you feel thirsty
- Be attuned to your own body and heed what it is telling you—become familiar with the early warnings signs of dehydration, hypothermia, and heat disorders
- When appropriate, use insect/tick repellent and check yourself periodically throughout the day for ticks
- Dress in Blaze Orange (hat/vest) whenever using the trail during hunting seasons

References:

Florida National Scenic Trail—Trail Tips and Safety, www.dep.state.fl.us/gwt/guide/trailtips.htm

Acadia Hiking Hints & Safety Information, www.acdiamagic.com/acadia-hiking-safety.html