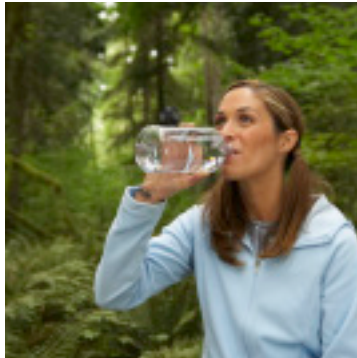


# SAFETY TIPS: HIKING SAFETY



American Medical Response (AMR) reminds you to be safe when hiking. Hiking is an enjoyable recreational activity and an excellent form of exercise, but it has its dangers – especially as temperatures start to climb.

**To help everyone safely enjoy the outdoors, AMR offers these hiking tips:**



## PLAN AHEAD

- Plan your hike route and approximate completion time
- Avoid hiking in the dark
- Tell someone where you are going and when you plan to be back



## USE SUN PROTECTION

- Apply and reapply sunscreen regularly
- Wear protective clothing, such as a wide-brimmed hat, long pants and long sleeved shirt



## STAY HYDRATED

- Carry water, sports drinks and healthy snacks, especially if the hike lasts more than 30 minutes



## DO NOT FOLLOW OR APPROACH WILDLIFE

- Always observe at a distance
- Avoid venomous animals like rattlesnakes, spiders, scorpions and bees



## KNOW YOUR ABILITIES

- If you can't talk while walking, the hike may be too strenuous

For more information visit [amr.net/safety](http://amr.net/safety)