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

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