HIKING SAFETY RULES

Stay on the trail
so you do not get lost or hurt plants

Hike with a buddy
never hike alone

Tell a grown up
say where you are going and when you will be back

Drink water
take sips often, even when it is cool

Dress for the weather
wear layers, a hat and good boots

Leave no trace
take your trash home with you

Watch wildlife
from far away and never feed animals

Carry a whistle
three blows means I need help