



HIKING

SafeTips from the Naval Safety Command

Hiking can be a wonderful way to experience nature, but it's important to be prepared before heading out on the trail.

- Plan your hike carefully. Research the trail, know your route, and check the weather forecast before you leave.
- Share your itinerary with a responsible friend or family member and keep them updated during your hike.
- Always hike with at least one other person, especially on longer hikes.
- Wear comfortable, supportive hiking shoes or boots to prevent injuries.
- Dress in moisture-wicking clothing and pack extra layers in case the temperature drops.
- Always carry a map and compass as a backup in case technology fails.
- Practice using your gear, such as your water filter, stove and tent before heading out.
- Bring a flashlight or headlamp with extra batteries in case you need light.
- Pack essential items like food, water, a first-aid kit, knife, whistle and waterproof matches to handle emergencies.
- If the weather turns bad, turn back and seek shelter.
- If you get lost, stay calm and remember the three “stays” – “stay dry, stay warm and stay put” until help arrives.



Naval Safety Command
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