

Hiking / Climbing

Hiking / Climbing Safety

Planning and preparation is the most important aspect of any climbing and hiking activity!

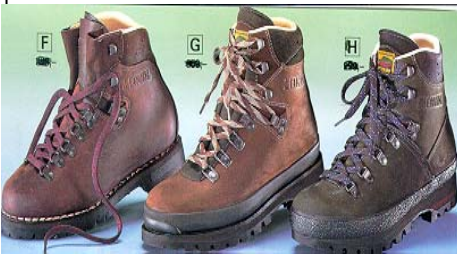
Get in shape before you hike. Muscle strains and cramps are the results of untrained bodies.

Clothing

Always wear comfortable garments that do not bind or chafe. Wear a hat; it protects you from the sun and from ticks. Have a lightweight jacket with you for wind and rain protection.

Footwear

Good hiking boots are a must for any trekking activity. Look for boots with high ankle support and solid soles.



Hiking Tips!

Use hiking sticks for rough terrain.

Wear special hiking socks or heavy wool socks to minimize blisters.

Plan breaks and snacks for longer trips. Drink fluids, the body can quickly dehydrate.

Walk only on marked or authorized hiking routes.

Some areas in the US and Europe are infected with poisonous ticks. Avoid these areas or get a tick vaccination. Information is normally available through the local Safety Office or through sporting stores that specialize in climbing equipment.



Use Hiking Sticks!

Use insect/tick repellent on exposed skin if you are going to be walking through brush or high grass. Wear light colored pants and long stockings if the weather permits. Mosquitoes and ticks are attracted to darker colors.

Climbing

Attend a climbing class.

Outdoor Recreation Offices normally offer climbing classes.

Join local climbing clubs in your area.

Never go on your own!!

Never climb alone!!