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United States Department of Agriculture



THINGS TO KNOW FOR BACK-COUNTRY HIKERS

Are you and others in your party physically fit?

Is your equipment proper for extended day trips?

Make sure all equipment you take is leak proof, sturdy, double checked for wear and tear and generally in good condition.

Take no one who cannot "make it" back in case of breakdown. (Remember additional items are needed)

Human efficiency declines in cold for overnight trips.

What is the weather forecast?

Don't travel in a storm.

Turn back if the weather turns bad.

If visibility is reduced or area is unfamiliar, follow your tracks back out.

Pack proper clothing and extras:

Sunglasses, socks, boots, headgear, suntan lotion, etc.

Going alone?

If you find it necessary to go alone, then leave word with a friend as to where you are going and when you are expected to return.

Include lunch and emergency food.

When leaving on your hike take the following:

- 1) Extra water
- 2) Food
- 3) Extra socks
- 4) Trip planner
- 5) 1st Aid Kit
- 6) Tarp
- 7) Recent weather forecast
- 8) Survival kit

Avoid avalanche terrain.

Avoid thin ice.

Avoid unsafe river crossings.

Equip your day pack or fanny pack with extra food, water, first-aid kit, and other items found on the check-list which may become necessary if you become stranded overnight.