



Know Before You Go

Preparing to Visit a National Forest

Slips, Trips and Falls

The best way to treat injuries is to avoid them. When hiking or walking on trails, it is important to take preventative measures. Use the guidelines below to avert potential hazards and threats to your health.

Safety Checklist

- Stay on the trail.** Stay on developed trails or dry, solid rock areas with good footing. Think about your footing while traveling near cliffs. Trees and bushes can't be trusted to hold you.
- Share your plans.** Tell someone where and when you are going, when you expect to return and how many individuals are in your party.
- Know your limits.** Be in appropriate physical condition for your planned activity. Set a comfortable pace as you hike. A group trip should be designed for the least capable member of the group.
- Dress correctly.** Wear appropriate clothing for the trail conditions and season.
- Be weather wise.** Keep an eye on current and predicted weather conditions.
- Learn basic first aid.** Know how to identify and treat injuries and illnesses. Carry a first aid kit with you.
- Camp before dark.** Traveling after dark has resulted in many accidents from falls, so travel only during daylight. Set up camp well away from the edge of cliffs, and learn the terrain during daylight. If you have to leave camp after dark, stay in areas you have seen in daylight, go with a friend and always use a good flashlight.
- Watch your step.** Be alert for slippery areas and take your time to avoid tripping. Low-hanging branches and variable terrain make running unsafe. Leaves can hide slippery areas underneath. Log crossings can be especially dangerous. Find alternate routes across streams.



First-Aid Checklist

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| <input type="checkbox"/> Adhesive bandages | <input type="checkbox"/> Scissors | <input type="checkbox"/> Moleskin for blisters |
| <input type="checkbox"/> Gauze | <input type="checkbox"/> Digital thermometer | <input type="checkbox"/> Aloe gel for sunburns |
| <input type="checkbox"/> Elastic wrap for sprains | <input type="checkbox"/> Antibacterial and antifungal ointments/creams | <input type="checkbox"/> Lubricating eye drops |
| <input type="checkbox"/> Antiseptic | <input type="checkbox"/> 1% hydrocortisone cream | <input type="checkbox"/> Allergy medication |
| <input type="checkbox"/> Tweezers | | <input type="checkbox"/> First-aid quick reference card |

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