Safety while Hiking - and at the Campsite

It's always safest to hike or camp with at least one companion.
Pack emergency signaling devices, and know ahead of time the location of the nearest telephone or ranger station.
Leave a copy of your itinerary and pertinent medical information with a responsible person and/or at the ranger station.
Make sure your equipment is in good condition, and you know how to use each piece of equipment.
Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, erect a temporary shelter, or give first aid. Practice your skills in advance.

Hiking checklist - important safety items

- Candle and matches
- Cell phone
- Clothing (extra socks, warm clothing, rain gear)
- Compass
- First Aid Kit
- Food (bring extra)
- Flashlight
- Foil (to use as cup or signaling device)
- Hat
- Insect repellent
- Map
- Nylon filament
- Pocket knife
- Pocket mirror
- Prescription glasses
- Medications
- Radio with batteries
- Space blanket or piece of plastic
- Sunglasses
- Sunscreen
- Trash bag
- Water
- Waterproof matches
- Water purification tabs
- Whistle