

Hiking Safety for Beginners

Hiking is a fun, healthy, and affordable activity that is open to anyone. Inexperienced hikers, especially teens, are at the highest risk for injury, even death.



Enjoy your hike and stay safe with these hiking safety tips.

Have a Plan

Whether a planned hike or a quick walk along a trail, let someone know where you are going and when you will return. It's a good idea to have a hiking buddy and to always pay attention to your surroundings. Landmarks are a great way to mark your trail and ensure a safe return.

Dress Right

The saying is: cotton kills. Even if you are striking out on a warm sunny day, be prepared for rain and snow any time you visit the western Cascades. Dress in layers, wool socks, sturdy shoes and a jacket.

Know Your Limits

Poor conditioning and bad judgment can lead to injury, even death. Pay attention to how far you've gone and the amount of time it will take to return. Be aware of changing weather and time until sunset.

Know What to Do When Things Go Bad

A lost person who wanders around aimlessly can turn a bad situation in to a tragic one. Stay put, hug a tree, and wait for help to arrive. Whistles, mirrors, and cell phones are great tools in recovery.

Teen hiking safety tips are brought to you through a partnership with Safe Kids Snohomish County, US Forest Service and Washington Trails Association.



10 Essentials

Before you hit the trail, no matter how easy, no matter how short, no matter how close to home, make sure your backpack is loaded with the 10 essentials. Carry each one and know how to use them.

1. Map
2. Compass
3. Water and a way to purify it
4. Extra food
5. Rain gear and extra clothing
6. Firestarter and matches
7. First aid kit
8. Knife or multi-purpose tool
9. Flashlight and extra batteries
10. Sunscreen and sunglasses

Learn more about the 10 Essentials at www.wta.org.

Other Important Items:

Insect repellent, whistle, watch, emergency blanket, mirror, duct tape, gloves, extra socks, and an orange vest (during hunting season).



How to Administer First Aid on the Trail

Make sure you have the supplies to deal with all injuries, big and small. Check your first aid kit before every trip and know how to use every item in your kit.

1. Bandages [all sizes, shapes, types]
2. Alcohol swabs, antiseptic ointment, cotton swabs, dry-wash pads or wipes.
3. Safety pin, scissors, tweezers, bulb irrigating syringe.
4. Antacids, antibiotic, antihistamine, ibuprofen, hydrocortisone cream, iodine water treatment.

For more information visit us at
www.wta.org/teensontrail