

Hiking Safety

1. Scouts should choose a buddy and always stay with that buddy.
2. One adult should be in the front and one in the rear of the group. Do not hike with less than 4 individuals, i.e. if one gets hurt, one adult stays with them, the other takes the rest of the troop out and gets help.
3. Hike during the daylight on an established trail, if possible.
4. Wear appropriate clothing; layer up so you can remove clothing if it gets too hot. Wear a hat or bandanna to prevent ticks from getting into your hair.
5. Let someone at home know your hiking plans, where you are going and when you plan to return.
6. The group should bring water with them and other items depending upon the terrain, weather conditions, and length of the hike. These things may include day pack with poncho, compass, reflective item, whistle, high energy snack, sweatshirt, reflective blanket, change of socks, flashlight, and first aid kit.
7. Girls should be made aware of hazards on the hike, such as difficult terrain, poisonous plants, dangerous animals, etc



Spring



Summer



Fall

POISON IVY

Poison ivy can be a single plant, a vine on a tree, or a bush. The stem can be hairy. "Hairy is scary!" Three leaves, can have jagged edges.

8. Travel using quiet voices in order to observe more wildlife, but in areas where there may be bears, use medium voices so you do not surprise the animals. Make noise if you encounter a bear, back up, still facing the animal. Never get between a mother and her cub.
9. Use proper hiking boots with wool socks or wool/cotton blends. Many hikers wear two pairs of socks to prevent blisters. During a long hike, take breaks to give time to adjust boots or place band aids on sensitive areas to prevent blisters. If socks get wet, change them.
10. Respect the environment. Do not pick leaves or other plants, do not approach wildlife, do not drink water from streams or eat wild foods. Do not litter.
11. A first aider must be present to deal with hypothermia, blisters, sprains, fractures, insect stings, ticks, snake bites and sunburn.
12. Adults and girls should review a search and rescue plan for lost hikers. Hikers stay put, stay on the established trail, hug a tree, and make a natural shelter if necessary. Lost scouts may use a whistle, but do not shout for help, stay dry, huddle together for warmth. Move only if there is imminent danger such as flash flooding or a forest fire. Rescuers will have an easier time to find you if you do not move around. Be able to make a distress signal to call for help.