



# Hiking Safely



## 1 - Watch the Weather

Always check the weather forecast before setting out and avoid challenging weather (rainstorms, windstorms, heatwaves).



## 2 - Dress Appropriately

Use clothing and equipment which suit the terrain and the weather (shoes, boots, clothing, hat, sunscreen, raincoat...).



## 3 - Bring Water

Hydrate yourself before you start. Bring plenty of water and non-perishable foods - allow for more than you think you may need.



## 4 - Keep in Contact

Bring a fully-charged mobile phone and tell someone of your hiking plan.



## 5 - Team Up

Hike with others if possible. When hiking as a member of a group, look after each other.



## 6 - Be Realistic

Don't push yourself and plan your trail according to your abilities.



## 7 - Follow the path

Enjoy the beautiful and natural landscape but stay on designated trails.



## 8 - Take Responsibility

Be a responsible hiker who respects safety rules and protects the trail's assets for future generations.



[www.trailgazers.eu](http://www.trailgazers.eu)

Trail Gazers Bid is co-financed by the Interreg Atlantic Area Programme through the European Regional Development Fund.