

# 9 SAFE HIKING GUIDELINES

## DURING A PANDEMIC

1. Hold-off on any trails activity if not feeling well
2. Follow local government guidelines for trail usage, masks, etc.
3. Minimize stops for gas, snacks, restroom breaks, etc., to limit contact
4. Avoid potential virus spread to different communities by hiking local trails
5. Do not carpool to a destination unless with members of your household
6. Only socialize (hike/picnic/camp) with members of your household
7. Minimize exposure to crowds and maintain social distancing
8. Get a trail map and be prepared with plenty of water
9. Follow safe hiking practices as noted by the American Hiking Society



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SOURCE: AMERICAN HIKING SOCIETY