girlgonegood® presents

SAFE SOLO HIKER *tips*

little habits with big impact

awareness

- always let someone know your trail, route, and ETR (estimated time of return)
- choose a more popular trail if hiking solo
- hike in groups and/or bring your dog
- catch up to another group of hikers if someone creeps you
- have your phone on if there is cell reception
- consider an emergency spotter if no cell reception
- never disclose that you are alone
- do not hike with earphones in
- do not wander off trail
- if your gut tells you something is off, leave

preparedness

- carry the 10 essentials
- carry bear spray and know how/when to use
- follow and practice Leave No Trace principals
- eat and drink even when you don't feel like eating and drinking

the ten essentials

- ☐ navigation
- ☐ headlamp
- ☐ sun protection
- ☐ first aid
- ☐ knife/gear repair kit
- ☐ fire
- ☐ shelter
- ☐ extra food
- ☐ extra water
- ☐ extra clothes

golden rule

never post your location on social media until you've left the location

notes

"For safety is not a gadget but a state of mind." – Eleanor Everet

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