

**TIPS ON  
HIKING  
SAFELY  
DURING A  
PANDEMIC**

# Questions to ask yourself

## FIRST:

- AM I IN ADEQUATE CONDITION TO HIKE RIGHT NOW?
- HOW IS THE SITUATION IN MY CURRENT AREA RIGHT NOW?
- WILL I BE SEEING ANY HIGH-RISK INDIVIDUALS SOON AND/OR MY PARENTS?  
(IT'S RECOMMENDED TO WAIT 2 WEEKS BEFORE SEEING THEM AFTER BEING OUTSIDE)
- AM I ABLE TO SELF-ISOLATE FOR 2 WEEKS IF I TEST POSITIVE AFTERWARDS?
- AM I BEING RESPONSIBLE IN THE WAY I'M GOING ABOUT THIS?

**NOTE:** PLEASE CONSULT MEDICAL PROFESSIONALS BEFORE HIKING IF YOU HAVE CONCERNS ABOUT YOUR HEALTH; I AM NOT A MEDICAL EXPERT.

# Checklist of THINGS TO PACK:



## FACE MASK

PACK A SPARE IN CASE YOU LOSE ONE. WEAR IT WHEN YOU TAKE PUBLIC TRANSPORT, IF YOU'RE ON A PATH WITH A LOT OF FOOT TRAFFIC, ETC.



## MOISTURE-WICKING CLOTHING + SPARE RAIN JACKET



## SNACKS + LUNCH



## GLOVES, BANDANA OR BUFF



## PHONE & ELECTRONIC DEVICES



## EXTERNAL BATTERY PACK(S)



## PHOTO ID, SPARE CASH, WHISTLE (FOR EMERGENCIES)



## HAND SANITIZER

# Checklist of TEN ESSENTIALS:



## NAVIGATION

COMPASS, PERSONAL LOCATOR BEACON, GPS DEVICE, SATELLITE MESSENGER



## HEADLAMP

PACK EXTRA BATTERIES



## SUN PROTECTION

SUNSCREEN, SUNGLASSES, HAT, SUN-PROTECTIVE CLOTHING



## FIRST AID

ALSO: INSECT REPELLENT



## REPAIR

KNIFE, GEAR REPAIR KIT, DUCT TAPE



## FIRE

MATCHES, LIGHTER, AND/OR STOVE



## SHELTER

CARRIED WITH YOU AT ALL TIMES IN CASE OF EMERGENCY



## EXTRA GEAR

FOOD, CLOTHING, WATER - ALL BEYOND MINIMUM EXPECTATION

**NOTE:** PLEASE RESEARCH ONLINE (I.E. REI) FOR FURTHER DETAILS

# General

## TIPS:

- USE YOUR BEST JUDGMENTS WHEN RESEARCHING HIKES
- SHOWER IMMEDIATELY WITH HOT WATER WHEN YOU RETURN FROM A TRAIL
- DO NOT RE-WEAR ANY OF YOUR HIKING CLOTHES AFTER YOU'VE ALREADY BEEN OUTSIDE
- HIKE LOCALLY & DON'T STRAY TOO FAR
- ALWAYS LET SOMEONE KNOW WHERE YOU'RE GOING AND WHEN YOU'LL BE BACK
- IF CAMPING OVERNIGHT, RESEARCH THOROUGHLY AND ENSURE YOU HAVE ACCESS TO RESOURCES, EMERGENCY NUMBERS, ETC.

# Additional RESOURCES:

FOLLOW TRUSTWORTHY  
SOURCES:

■ @BEARFOOTTHEORY  
@DARETOBEAWILDFLOWER  
@BEARWHISPERER  
@HIKERCHICKSROCK  
@WOMENWHOHIKE  
@BACKPACKERMAG

DOWNLOAD THESE APPS:

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- ALLTRAILS
  - GAIA GPS
  - WILDWALKS (AUSTRALIA)
  - HIKING PROJECT
  - VIEWRANGER
  - KOMOOT

■ JOIN FACEBOOK HIKING GROUPS

■ JOIN SUBREDDITS  
(R/HIKING, R/BACKPACKING,  
R/CAMPINGANDHIKING,  
R/CAMPINGGEAR)

# Best Places for CHEAP GEAR ONLINE:

- REI.COM/REI-GARAGE  
REI.COM/USED
- USEDGEAR.ARCTERYX.COM
- WORNWEAR.PATAGONIA.COM
- THECLYMB.COM
- STEEPANDCHEAP.COM
- GEARX.COM
- GEARTRADE.COM
- OUTDOORPLAY.COM  
(CHECK SALE SECTION)
- FACEBOOK MARKETPLACE  
(RESEARCH THOROUGHLY)