# Hiking & Camping Safety Tips

## Introduction

Stay safe and prepared while exploring national parks. These tips ensure an enjoyable and secure adventure.

## 1. Pre-Trip Planning

- Research the park's terrain and weather.

- Share your itinerary.

- Pack navigation tools.

## 2. Essential Gear Checklist

- First-aid kit and emergency supplies

- Proper footwear and weather-appropriate clothing

- Sufficient food, water, and purification tablets

## 3. Safety Practices

- Stay on designated trails.

- Be aware of wildlife.

- Store food securely.

- Know basic first aid.

## 4. Environmental Responsibility

- Follow Leave No Trace principles.

- Dispose of waste properly.

- Respect park regulations.