

# National Parks Travel Guide

## Hiking & Camping Safety Tips

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

### 1. Pre-Trip Planning

- Research the park's terrain, weather, and guidelines.
- Share your itinerary with someone you trust.
- Pack navigation tools: maps, compass, and GPS.

### 2. Essential Gear Checklist

- First-aid kit and emergency supplies
- Proper footwear and weather-appropriate clothing
- Sufficient food, water, and purification tablets
- Flashlight, extra batteries, and multi-tool

### 3. Safety Practices

- Stay on designated trails to avoid getting lost.
- Be aware of wildlife and maintain a safe distance.
- Store food securely to avoid attracting animals.
- Know basic first aid and emergency procedures.

### 4. Environmental Responsibility

- Follow Leave No Trace principles.
- Dispose of waste properly.

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- Respect park regulations and other visitors.