



Global Medical Response (GMR) reminds you to be safe when hiking. Hiking is an enjoyable recreational activity and an excellent form of exercise, but it has its dangers—especially as temperatures start to climb.

To help everyone safely enjoy the outdoors, GMR offers these hiking tips:



PLAN AHEAD

- Plan your hike route and approximate completion time
- Avoid hiking in the dark
- Tell someone where you are going and when you plan to be back



STAY HYDRATED

- Carry water, sports drinks and healthy snacks, especially if the hike lasts more than 30 minutes



KNOW YOUR ABILITIES

- If you can't talk while walking, the hike may be too strenuous



USE SUN PROTECTION

- Apply and reapply sunscreen regularly
- Wear protective clothing, such as a wide-brimmed hat, long pants and long sleeved shirt



DO NOT FOLLOW OR APPROACH WILDLIFE

- Always observe at a distance
- Avoid venomous animals like bees rattlesnakes, spiders and scorpions