

Hiker Preparation & Best Practices Guide

Clothing & Gear

1. Wear sturdy boots or shoes with good tread and comfortable wool socks.
2. Dress in layers: wicking base, warming mid-layer, and a windproof or waterproof outer.
3. Choose light-coloured long pants and long sleeves for protection.
4. Use quick-dry synthetic fabrics; avoid heavy cotton.
5. Carry a small backpack for water, snacks, and extra clothing.

Safety & Essentials

6. Bring adequate water and snacks or a light lunch.
7. Use sunscreen and bug repellent when needed.
8. Carry a whistle for signaling.
9. Bring ID and a card with health information, allergies, and an emergency contact.
10. Carry a cell phone; if you use hiking poles, know how to use them safely.
11. Purchase a parking pass where required.

Trail Etiquette

12. Hike at a pace within your limits; know your comfortable speed, distance, and terrain.
13. Do not let hikers ahead get out of sight; keep the group connected.
14. Call back hazards such as roots, rocks, and slippery sections to those behind you.
15. Give space when following hikers using poles; pass poles through fences when crossing stiles.
16. Yield to hikers coming downhill; move aside for cyclists.
17. Follow 'Leave No Trace' principles to protect the trails.
18. Do not leave packs or gear on the trail when having a bio break.
19. Pack out everything you bring, including food scraps and tissues.
20. Be mindful and considerate of other hikers' abilities and circumstances.