

# SAFETY DURING HIKE

## HIKE

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Essential Tips for a Safe and Enjoyable Hiking Experience



HIKE



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# SAFETY DURING HIKE

## Common risks and challenges

- Planning and preparation
- On the Trail
- Wildlife
- Route Finding
- Weather Conditions
- Emergency and Rescue



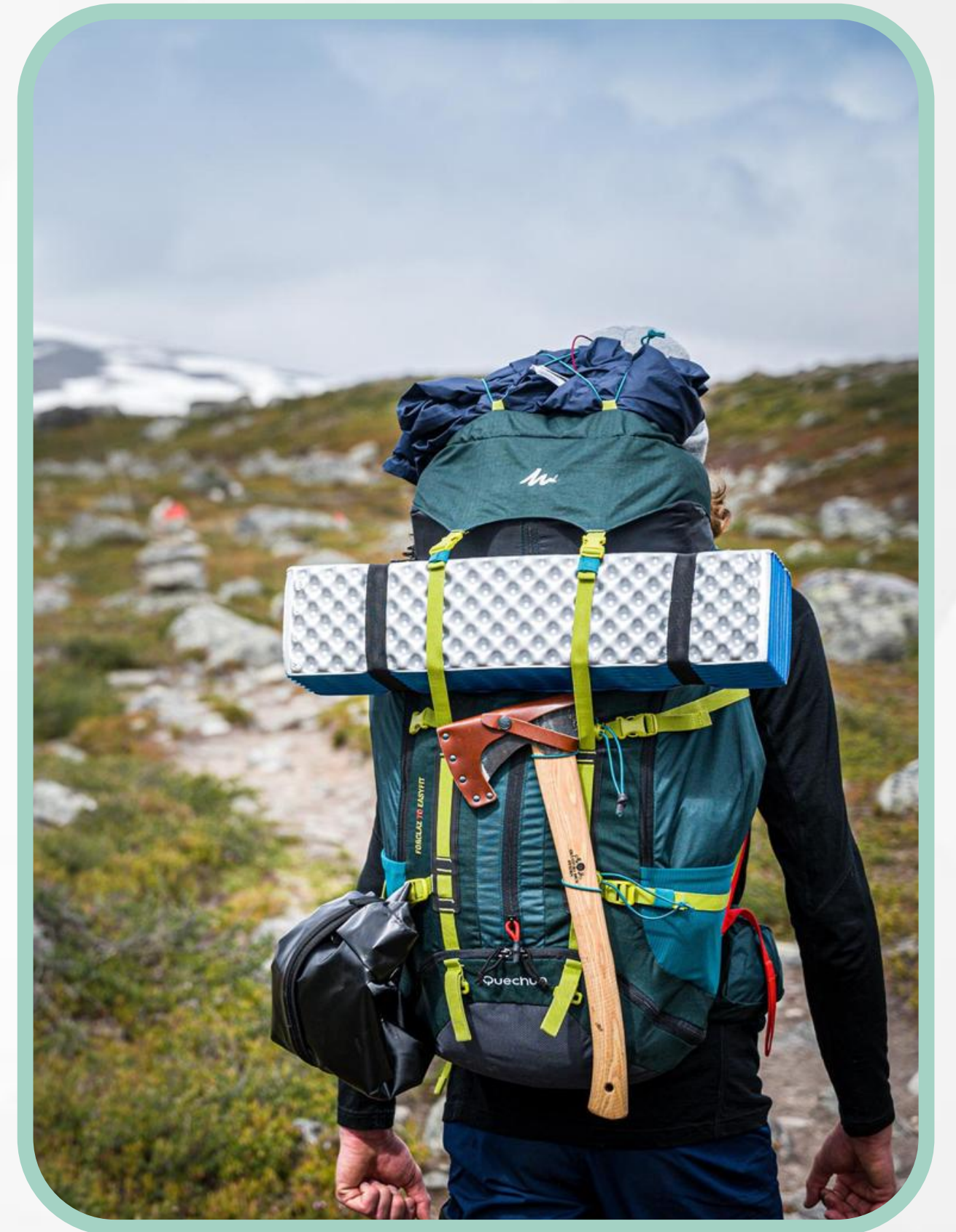






# SAFETY ON THE TRAIL

- Stay on marked trails. If you can't see a waymark or signpost, go back to the last one and look again.
- Stay hydrated.
- Dehydration/heatstroke strikes without warning and can cause a heart attack or fit, in hot weather we advise against walking alone. If you feel dry-mouthed and light-headed; get in the shade, get cool by wrapping a wet scarf round your head and drink water with rehydration salts immediately.





# WILDLIFE



- Store food securely to avoid attracting wildlife
- Wild animals will keep out of your way unless surprised, so whistle or sing as you go.
- Be aware of local poisonous plants (e.g., poison ivy, poison oak)
- Wear long sleeves and pants to minimize contact
- If you are nervous of dogs, load a dog scaring app onto your phone.
- Check the local species of scorpions and snakes





# ROUTE FINDING

- The Tolerance Way and Via Francigena routes are waymarked in red-and-white paint at least every 80 m.
- Load the latest GPS tracks to your smart phone or GPS device.
- Ignore public data and take advice from your local route representative in order to avoid outdated route information.
- Ensure your GPS device or phone is fully charged
- Regularly check your location on the map



# ORIENTATION

- If you are totally lost, and you have no phone signal, you can pick up clues from your environment
- In the Mediterranean, the prevailing wind is from the west – so trees bend to the east
- The sun rises in the east (6am) and sets in the west (6pm). At midday it is to the south – if you can't see the sun, look at shadows. Use these clues to turn your map in the right direction.

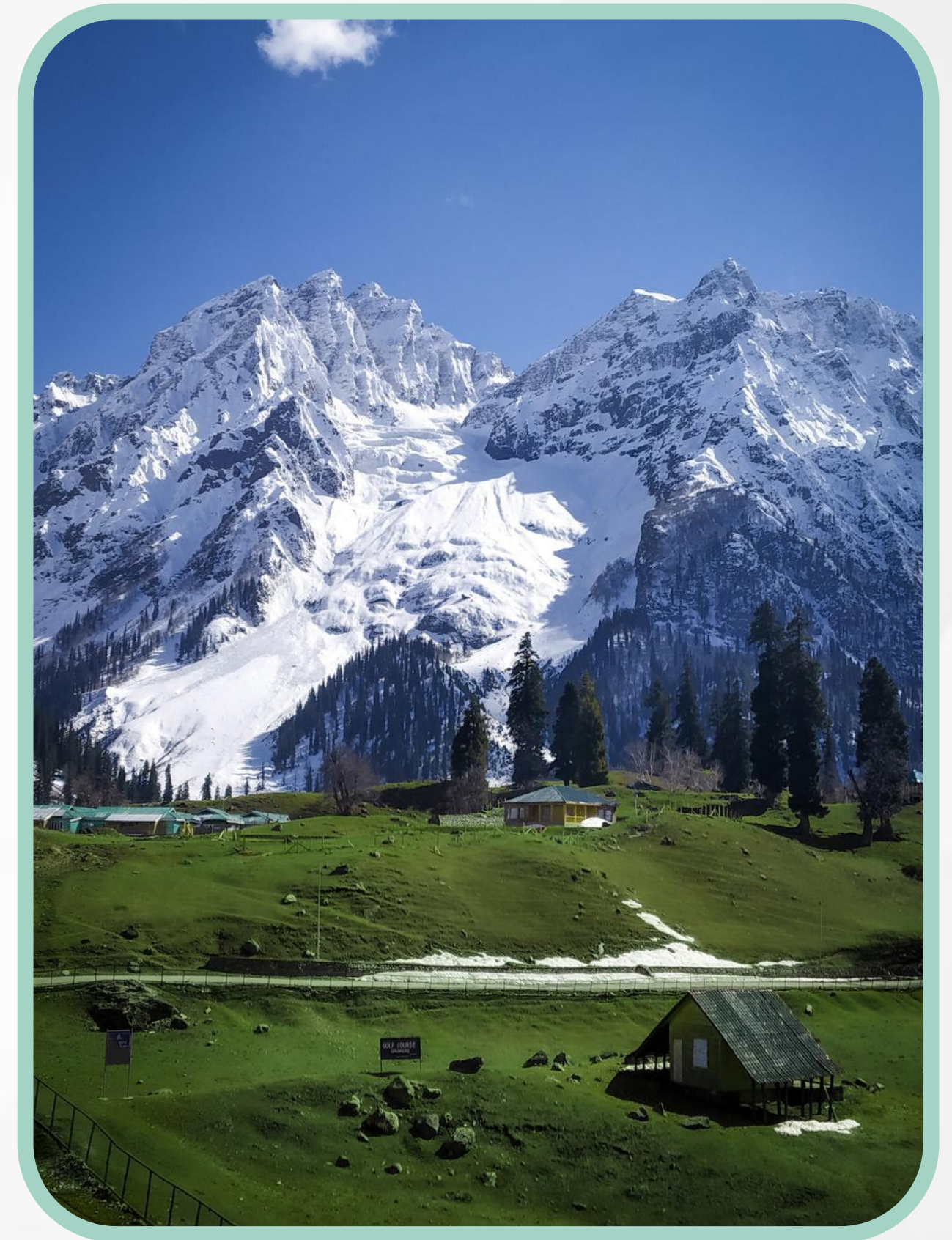
Now look for points on the map

- Look for the highest points around you and try to identify them on your map
- You may hear the call to prayer or church bells and so identify the direction of the nearest village
- Look for electricity lines or telephone masts/poles – they always run to settlements and may be marked on the map.
- Look for nearby rivers or valleys and the direction they flow. Try to identify the valleys on the map. If you are tired or injured, or it is dark, stay where you are until you are found. If you decide to descend but have no map or are confused,
- Leave a pile of stones with a message saying what you plan to do.
- Take all your equipment and water with you.
- Choose a landmark in the most likely downhill direction and head towards it.
- Look for more clues and continue to another landmark until you find .
- Do NOT walk in the dark – bivouac until morning.



## WEATHER CONDITIONS

- Review weather forecasts before heading out
- Pack suitable equipment accordingly
- If you are climbing higher altitudes, take a compass and the gps tracks as waymarks are not visible under snow.
- Know how to recognize and respond to weather-related hazards (e.g., lightning, hypothermia)





# EMERGENCY & RESCUE

- Inform a friend or family member of your itinerary
- Leave details about your route and expected return time
- Take note of local emergency numbers and other useful contacts.
- If you think you are lost, return to the last waymark you saw and look carefully for clues (cairns, tracks, etc) until you find a mark.





THANK YOU  
FOR LISTENING

