

ADVICE ON STAYING FOUND IN THE WOODS

- * Tell someone where you are going and when you plan to return.
- * Know your limits, and don't push them too much.
- * Hike with a friend, because 1 is the loneliest and least safe number.
- * Don't wing it, but plan your hike from start to finish before you go.
- * Print or sketch a map, to visualize the area, and take it with you on your hike.
- * Take appropriate clothing, footwear, equipment, food and water, but not too much weight.
- * Take a compass, watch, flashlight, first aid kit, lighter, knife, small tarp, heavy twine, whistle, and some extra food.
- * If using a GPS, be prepared to get out of the woods without it.
- * Never lose track of the last trail marker until you find the next one.
- * Carry flagging tape to re-do sketchy or missing trail markings.
- * Look around and back frequently, to see the trail from the opposite direction.
- * Know where you are in the woods at all times.
- * Always know the "bailout" direction, in case you have to get out of the woods by going cross-country, using your map and compass.
- * Keep track of time and distance, and turn around before the point of no return.
- * Remember that it gets dark early in the woods.
- * If you do have to spend the night in the woods, settle in before dark, build a fire and rest.