

Safety Tips for Bear Encounters on the Appalachian Trail

- Remain calm.
- Give the bear an escape route.
- Back away, while calmly repeating “Hey bear.”
- Leave the area.
- If attacked in a building or tent, **immediately fight back.**
- Do not lock the bear in a room. Instead, leave doors open as you exit.
- **DO NOT** run from a bear.
- **DO NOT** climb trees to escape a bear.
- **DO NOT** approach or try to make contact with the bear.