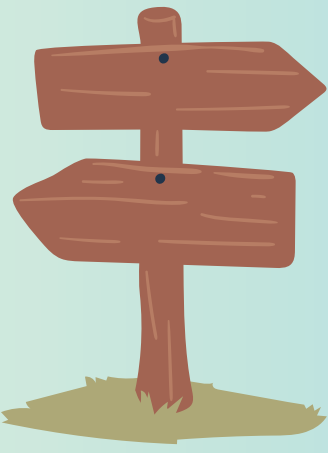


# HIKING SAFETY TIPS

Live Life Easy



## 1 Stay on Designated Trails

Always stay on designated trails to avoid getting lost or damaging the environment. Be aware of your surroundings and keep an eye out for potential hazards like loose rocks, slippery surfaces, and wildlife.

## 2 Explore the Great Outdoors Safely

Before you hit the trails, make sure you have the right gear, including sturdy shoes and appropriate clothing.



## 3 Wildlife Encounter

If you encounter wildlife, give them plenty of space and do not approach them.

## 4 First Aid Kit

Pack a first aid kit and know how to use it in case of an emergency.



## 5 Weather Forecast

Be aware of the weather forecast and be prepared for sudden changes in conditions.



LEARN MORE AT: <http://live-life-easy.net/>