

# SAFETY MINUTE



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# Day Hiking



- ❖ Tell someone where you are going and when you plan to be back
- ❖ Comfortable boots or trail shoes
- ❖ Be alert for wildlife, snakes, and ticks (and people)
- ❖ Mind the time
- ❖ Positive attitude 😊
- ❖ Backpack gear:
  - Compass and map
  - Extra clothing
  - Headlamp / flashlight
  - Water and snacks
  - Bear spray or whistle
  - Sunblock
  - Small first aid kit
  - Bug repellent
  - Fully-charged phone



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# Travel: Before You Go....


- ❖ Provide your itinerary to family or friends
- ❖ Ensure your car has had an oil change, check brakes, and top off fluids
- ❖ Pack a small emergency supply kit
  - Spare tire, jumper cables, multi-tool, first aid kit, blanket, flashlight, water, and snacks
- ❖ Turn on the emergency alerts setting on your cell phone
  - Download Red Cross Emergency app
- ❖ International travel
  - Check travel advisories and sign up for the State Department's Smart Traveler Enrollment Program (SMART)
  - Bring a photocopy of your passport




**Download this!**

Search "Red Cross Emergency app"

- ➔ Weather Alerts
- ➔ Safety Tips
- ➔ Shelter Locations

 American Red Cross



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# QUESTIONS?

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