

SUMMER SAFETY

1. HYDRATE EARLY & OFTEN

Bring more water than you think you'll need. Dehydration sneaks up fast in summer heat — especially on steep or exposed trails or when you are exerting yourself.



2. CHECK THE WEATHER BEFORE YOU GO

Summer storms move quickly in Pennsylvania. Know the forecast, watch for lightning, and remove yourself from the water before storms hit.



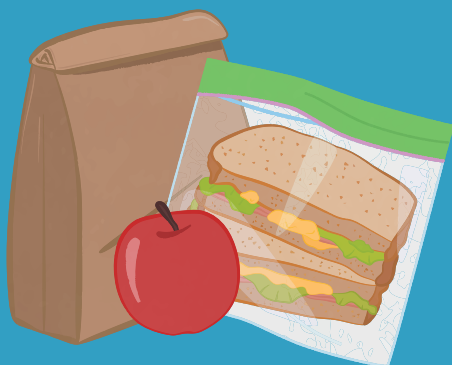
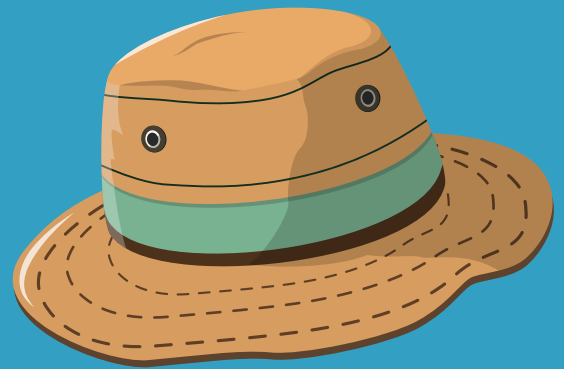
3. KNOW YOUR ROUTE

Download or carry a map — cell service isn't guaranteed. Tell someone where you're going and when you expect to return.



4. PROTECT YOURSELF FROM THE SUN

Wear sunscreen, a hat, and light layers. Heat exhaustion is preventable with simple prep. Plus, know the signs of heat exhaustion.



5. FOOD SAFETY

Harmful bacteria multiply rapidly in warm summer temperatures. Keep perishable foods chilled in coolers at 40 degrees F or below, and discard any food left out in the sun for more than one hour when temperatures exceed 90 degrees F.

6. GUARD AGAINST TICKS

Use repellent, wear light colored clothing, stay on the trail, and do a full tick check after your hike. Ticks are active all summer — prevention is key.



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