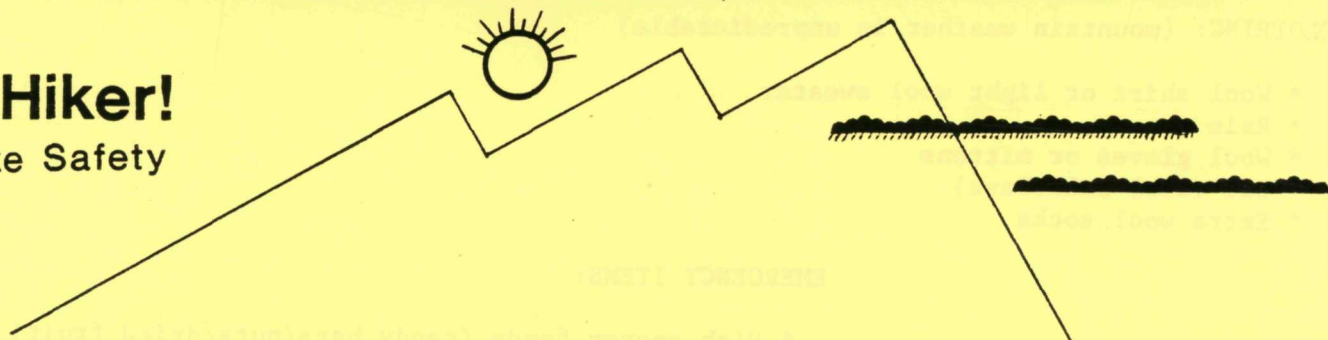


Glacier

National Park
National Park Service
U.S. Department of the Interior

Hey Hiker! Day Hike Safety



To experience Glacier completely you must leave the controlled environment of your automobile and venture into the park's backcountry. Glacier is a hiker's paradise. Over 700 miles of trails lead through dense forests to high mountain meadows and glacially fed lakes.

Trails vary from short self-guided strolls on boardwalks to backcountry adventures of many miles and several days. Day hike opportunities abound and account for the majority of backcountry use.



General Rules



* A BACKCOUNTRY PERMIT IS
REQUIRED IF YOU PLAN AN
OVERNIGHT HIKE.

Never underestimate the potential difficulties of backcountry travel in a wild place like Glacier. What begins as an easy day hike could become a disaster for the unprepared. Should you become lost or injured, you must be capable of taking care of yourself until help arrives.

1. Check on trail and weather conditions before starting your trip.
2. Hiking alone is not recommended; be sure your group stays together, and should you become lost - stay put until help arrives.
3. Leave a trip plan with someone who will alert authorities if you do not return on schedule.
4. Stay on the trail; don't shortcut switchbacks.
5. Avoid hiking at night.
6. Know your hiking ability; don't tackle a trip that is more than you're physically able to handle. Allow extra time for rugged or steep terrain.
7. Watch the weather--it can change quickly in the mountains. Be prepared for the worst.
8. Use extra caution when crossing swift, cold mountain streams or walking near wet, slippery rocks. Don't attempt to cross fast moving water which is above your knees.
9. All wildlife can be dangerous. Do not approach any wild animals and be sure to watch for bear sign along the trail. Make noise while hiking & be familiar with the actions to take if a bear is encountered.
10. Wear comfortable footwear appropriate for the hiking conditions.
11. Think about and be prepared to handle potential emergencies along the trail.

