

## 1. Planning



- ✓ Before hiking, it is essential to plan the route and have a backup plan
- ✓ In addition to bringing the Lands Department's countryside maps to ensure safety, it is also advisable to pre-download some Hong Kong countryside map mobile applications with offline functionality
- ✓ Make a copy of the itinerary and information of fellow hikers, and leave it with family, friends, or the organization responsible for the activity. In case of an accident or failure to complete the journey on time, they can notify the police and seek assistance

## 2. Weather checking



- ✓ Check the weather conditions before setting off, especially paying attention to whether there will be thunderstorms, wind, rain, or sudden temperature drops. Visiting the Observatory's website for more information

## 5. Equipment



- ✓ Equip yourself with appropriate hiking attire and shoes, and bring sufficient water, a sun hat, a hiking stick, a map, a compass, first aid supplies, a flashlight, a whistle, and paper and pen. Also, carry spare clothing to keep warm when temperatures drop
- ✓ Communication devices and backup batteries are essential for emergency use if you get lost

## 6. Partner



- ✓ Avoid hiking alone; hike with companions and look out for each other, preferably in a group of four. In case of an injury, one person can stay to care for the injured while the other two go down to seek help
- ✓ Ensure that at least one of your companions has hiking experience and first aid knowledge

## 7. Communication



- ✓ Bring communication devices such as a mobile phone and ensure they are fully charged
- ✓ Before hiking, activate the Agriculture, Fisheries and Conservation Department's "GPS Hiking Tracking" service, or install an emergency rescue application like HKSOS on your phone

## 8. Help



- ✓ In case of an accident during the hike, use your mobile phone to call 999 or 112 to contact the police for help, or use the emergency call devices installed in country parks or mobile emergency rescue applications to seek assistance

# Civil Aid Service

# Hiking Safety Tips



## 3. Choose your trails carefully



- ✓ Choose trails that are commonly used by hikers and stick to the planned path, avoiding shortcuts and unclear mountain paths

## 4. Clothes



- ✓ Wear appropriate clothing and hiking shoes
- ✓ It is recommended to wear multiple layers of thin clothing instead of one thick piece of clothing to help retain warmth and effectively wick sweat