



HIKING JOURNAL

This journal

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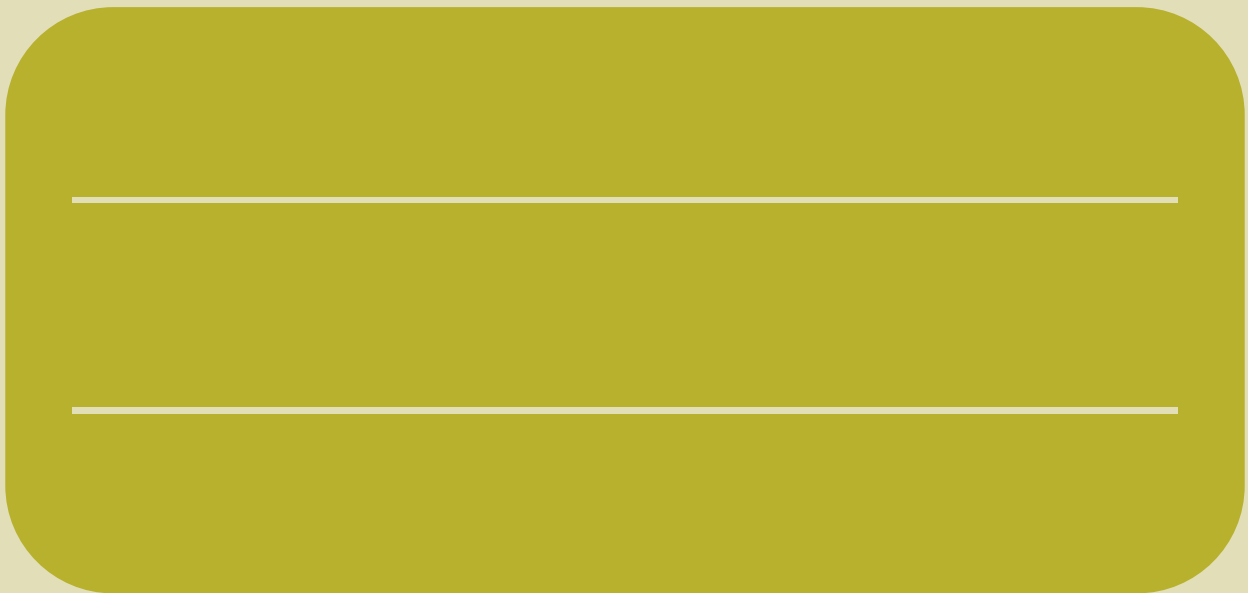


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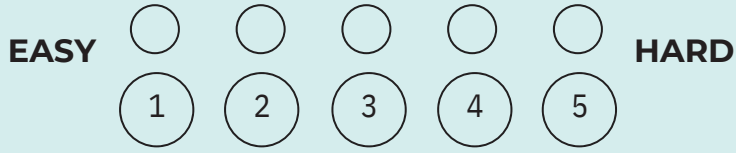
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CONDITIONS OF WEATHER



TERRAIN LEVEL



TRAIL TYPE

- LAKE
- RIVER
- SEA
- OCEAN

ANIMAL & PLANTS

GEAR & EQUIPMENT

TRAVEL NAME

LOCATION

DATE

COMPANIONS

START TIME

END TIME

DURATION

DISTANCE

ROUTE HIGHLIGHTS

MILESTONE

TIME

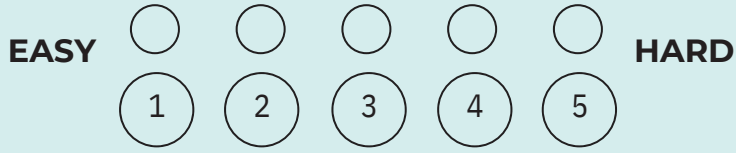
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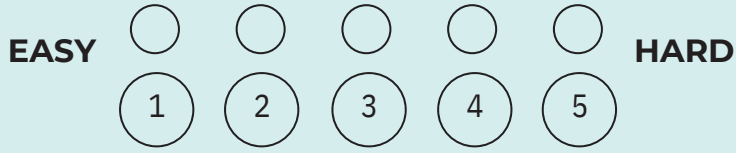
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CONDITIONS OF WEATHER



TERRAIN LEVEL

EASY

1 2 3 4 5

HARD

TRAIL TYPE

LAKE RIVER

SEA OCEAN

TRAVEL NAME

LOCATION

DATE

COMPANIONS

START TIME

END TIME

DURATION

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GEAR & EQUIPMENT

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MILESTONE

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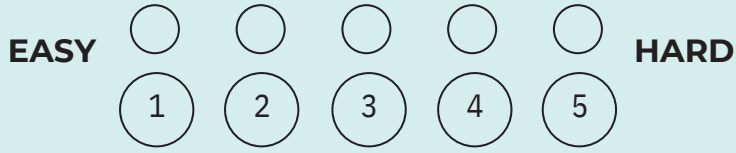
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DON'T FORGET TO CARRY THIS

- **Wood** (Some campsites forbid you from bringing in outside wood, while others forbid you from foraging around the campground for wood)
- **Batteries**
- **Flashlight**
- **Wet Wipes**
- **Duct Tape**
- **Ice**
- **Trash bags**
- **Trowel**
- **Toilet Paper**

HIKING SAFETY

Outdoor Plan: Cell connectivity in many state park units is limited or non-existent. Tell a responsible person back at camp or at home where you are going and when you plan on returning. Ask that person to notify local law enforcement if you do not return on time.

Hike with a friend or family member: The companionship in the great outdoors is fun and you can encourage one another to meet your fitness goals.

Don't walk off-trail: Do not walk off-trail or enter closed areas. Cutting across switchbacks erodes the hillside and eventually destroys the trail. Plus, walking off-trail increases your chance of suffering an injury or getting lost.

Be courteous and observe trail etiquette: Communicate with others and step aside to yield, if possible, when others approach you on a trail. Alert those in front if you wish to pass.

Take plenty of drinking water: Leave stream, river and lake water for the park wildlife. Although it looks clean and refreshing, mountain stream water can make you ill. Drink and carry plenty of water (a minimum of 1 quart every two hours).

Shoes: Wear sturdy, comfortable shoes to help prevent injury. Never feed or touch wildlife. Do not approach or attempt to move sick or injured wildlife. Please report any encounters with aggressive, sick or injured animals to a park ranger.

Wildlife lives in all state parks, even near urban areas: Although rare, black bears, mountain lions and rattlesnakes may be seen. If you encounter wildlife on the trail, keep your distance, back away slowly and do not run. Report your sightings to a State Parks ranger.



