

Tips For Hiking During The Pandemic

Hiking is a great way to enjoy the outdoors as well as an excellent way to get a workout and stay healthy. However, hiking during a pandemic is different than hiking before Covid-19 came along. You will need to be proactive to protect you and others from the virus by significantly reducing the risk of spreading this variant of the Coronavirus. We all know masks and social distancing are affective at fighting the virus. Here are a few tips for hiking during the pandemic.

- Hike in small groups. Smaller groups reduce the risk of spreading the virus. Many states and/or cities have limitations on the number permitted to gather. Those numbers could be as few as 8 or 10, but the fewer you have in your group, the better off you are during a pandemic. Of course, you should socially distance and wear masks to avoid being infected with the virus and to prevent spread of the virus to others.
- Use less populated trails. Some trails are [known to be busy](#). Plan out your hike and choose a less popular trail. That way, you will not encounter as many people. Other hikers could be asymptomatic and spread the virus when passing on the trail. If it is less populated, you will be much less likely to come into contact with others.
- Wear a mask if it is required in your state. Many states and cities have mask mandates, and if there is a mask mandate in place, be sure to wear a mask. Many government properties also require masks, so go prepared and take a mask along.
- Pack your own food and drink. You will need to stay hydrated while on the trail, and you may need to re-energize. Be sure to pack your own food and drink. Take along a reusable water bottle and mix up your own granola or trail mix. This reduces the risk of being near someone who has the virus at a dining establishment.
- Let people know when you pass them. If you are passing someone ahead of you, be sure to speak up so they will know you are coming around. That way, they can give you room and you can properly socially distance. Also, if you are passing people walking in your direction, you should be ready to step over and do your part to social distance.
- Know the rules where you are hiking. Even if you have hiked the area before, do your research. The pandemic has caused changes in rules and procedures. The schedule for the trail to be open may have changed, and there could be rules about groups and masks. Call the applicable office if you have any questions regarding the current policies for that hiking trail. The area where you plan to visit may have a shelter in place order, and if that is the case, you may not be allowed to go there to hike.
- Leash your dog so it does not run off. You do not want to have to go on a search for your dog. This could cause you to be around more people and increase the risk of catching Covid. Make sure your dog is on a leash and that it is attached to the collar properly and that it is in good condition, so it does not slip off.
- Do not take risks or use trails that are difficult to access. Use common sense and make safe choices. Staying safe can help limit your exposure as well as the exposure of anyone that may need to rescue you if you get hurt or lost.

With the proper planning, you can [enjoy hiking](#) during the pandemic.

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