

Montco Trail Challenge Safety Tips

- 1) Leave a note or send a text; let someone know where you are going and how long you plan to be gone. Consider using an app like [Road ID](#).
- 2) Know your path. Take a map or save a picture of your route to your phone.
- 3) Take your phone.
- 4) Bring water; having water on hand keeps you hydrated and allows you to stay active longer.
- 5) Stay alert; keep any music low (or an ear bud out) to hear your surroundings and be mindful of other trail users.
- 6) Wear the right gear- supportive shoes, sunglasses, sunscreen, bug spray, hat, etc.
- 7) Be prepared with band aids or a small first aid kit.
- 8) Check the weather forecast for the duration of your activity.

