



# Trail Safety Tips

*With thanks to the Joplin Police Department, and Durham, NC, Police Department.*

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- Use the buddy system. Be on the trail with someone else whenever possible.
  - Make sure a responsible person knows your plans, where you will be and when you expect to return.
  - Carry identification that includes your name, phone number, pertinent medical information, and emergency contact.
  - Take a fully [charged](#) cell phone and make sure you can quickly make a call in case of an emergency or if you see any suspicious activity.
  - Wear bright colors while using the trails during the daytime hours,. At dawn or dusk, wear light color clothing or better yet a reflective vest.
  - Don't be on the trail after dark or before sunrise.
  - Reduce the volume of the music or audio on your phone or listening device so that you can hear people passing or approaching while you enjoy the park or trail.
  - Do not leave valuables or items visible in your vehicle when leaving your vehicle parked. Place valuables in the trunk of your vehicle or other secure location, [prior to](#) arrival at the trail.
  - Know your location at all times. Do not deviate from or leave established trails.
  - Choose or plan your routes for paths most frequently used by walkers, joggers and bikers.
  - Be alert and aware of your surroundings, especially when entering or exiting your vehicle.
  - If a suspicious person appears to be following you, create some distance and prepare to react by calling 911 or moving to a secure location. Acting alert and aware can deter bad guys.
  - Do not risk your safety to protect things that can be replaced, if an incident occurs. Afterwards call 911 and stay on the phone until help arrives.
  - Dial 911 if you see any suspicious activity, Suspicious activity does not have to be criminal. When in doubt, check it out.