



hikeSafe and Kids

Children also need to be made aware of the safety measures they can take into the mountains

White Mountains, NH — hikeSafe stresses the importance of educating children about mountain safety. Kids head out into the backcountry with summer camp groups, church and youth groups, and on school-sponsored field trips. With the proper knowledge and respect for the areas they will be in, they will be aware of how to stay safe on their adventure.

Children need to know how to be safe in the woods, and parents need to be sure that every outing is appropriate for the child's ability and interest level—again, stressing that hikers know and respect the abilities and limitations of the weakest.

The main focus for children is to teach them how to stay safe in a situation where they are separated from the group or find themselves lost off the trail. When that happens, there are several things that children can be taught to keep them out of danger and improve their chances of reuniting with their party:

- **Stay in one place:** If the lost child is wandering through the woods, it makes it harder for the rescue team to find them.
- **Proper gear and emergency supplies:** A whistle and garbage bag are just two of the items that can keep a child safe in the woods. A whistle is an effective signaling device for rescuers. And, in the case of inclement weather, the garbage bag can be used to keep dry and retain warmth.
- **Bright clothes:** Children should dress in bright clothes so they can more easily be spotted if they become lost.

Kids often think differently than adults do when they are in the woods; for example they might be so engrossed in exploring a new area that they forget to stay on the trail. Once they realize that they are lost, it's possible they will be more afraid of their parents being angry with them for getting separated than fearful of what might happen to them alone in the woods. Parents need to stress that they aren't going to be angry with their kids for getting lost—they just want them to use what they've been taught so they can be found safely.

###



www.hikesafe.com