



This time of year, Deep River and area is a beautiful place to enjoy the outdoors. However, the weather can be unpredictable, and trails may look different with the changes to the vegetation and trees. The Deep River Police Service would like to remind everyone that if you go hiking to remember to bring a few essential items and that the weather can change rapidly throughout the day and night.

Items to bring:

Map
Whistle
Cell Phone
1-2 liters of water
First Aid Kit
Flashlight
Matches
Extra Cloths including hat, gloves, jacket
Pocket knife.

Tips to avoid getting lost:

Stay on well-marked trails
Never hike alone
Check the weather before you leave
Let someone know where you will be hiking
Know how to use and follow the map
Be aware of your surroundings

What to do if you are lost:

Stay dry
Blow your whistle
Look for trail markers
Use your cell phone
Look around for a safe sheltered place
Don't panic

By being prepared you will enjoy your trip, reduce the chance of getting lost and if you do get lost, you'll be able to help others find you quickly and keep yourself safe and warm while you wait.