

# Procedures for Hiking/Backpacking

- Watch the weather and know when storms develop in the local area.
- Plan to be away from high risk areas such as peaks, ridges and higher terrain before a thunderstorm arrives.
- Move to lower ground quickly if thunder is heard when on exposed high ground.
- Avoid open areas that are 100 m wide or wider.
- Look for a dry ravine or depression and spread out to reduce multiple injuries.
- Avoid trees with large trunks if lightning strike is close.