

# Hiking Safety

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As the chairperson of the school Hiking Club, I am not glad to hear the reports of accidents that have happened to people hiking on their own in remote areas recently. Some of them got injured and several citizens died. Hoping to protect our students from accidents, I would like to suggest some practical safety measures concerning hiking and what should be done in case of an emergency.

Since most of the victims hike on their own, it is wise to find a companion to go hiking with you. Having an experienced mate is important during the journey because both of you can look after each other. The experience that your companion has can guide you to finish the whole path safely. Even if you get into trouble, your mate will help you immediately.

Also, you should be well equipped before the journey. Obviously, a common cause of accidents is the lack of preparation. For example, some teenage hikers got heat stroke because they brought insufficient drinks and they wore improper clothes. As we know, it is difficult and even impossible to get any supplements in remote areas. So, you must put enough medicine, food, drinks and any useful hiking equipment in your backpacks and check these materials carefully before the journey. With good preparation, you may no longer be in danger.

Moreover, all hiking lovers should familiarize yourselves with the hiking path. It is clear that numerous accidents happened when people got lost and failed to report their location to the rescue team. In order to have a good understanding of your location, you must bring updated maps and do careful research in advance. As the weather may change suddenly, you should have a regular check of the weather information. As a result, it could minimize the chance of getting hurt.

As life is always unexpected, you may unluckily encounter some dangers during the journey. The following advice could help you in case of an emergency.

First of all, you must not panic. Panicking can make the situation worse because you will lose the ability to make a right decision. Then, you

cannot escape from the trouble. Only when you are calm can you think of some solutions to help yourself. Thus, a clear mind can save your life.

Obviously, asking for help is more reliable. As the rescue teams are experienced in saving hikers, you should request for help under safe conditions. You should clearly report your location and situation to the 999 station. You can identify your location with the signs shown along the path. Then, a helicopter can be sent to your position to save you more quickly.

To conclude, good preparation can save you from danger. If you make a wise decision, you will be your own lifesaver. I hope you will find my suggestions useful. Enjoy your hike!

**Teacher's Feedback :** This is a user-friendly guide. Thank you for your effort, Albert. (Miss Tse Kit Wan)

**Food For Thought :** Do you like hiking? If you do, what other safety measures can you suggest for enjoying a safe hike?