

RESPONSIBLE TRAVEL: HIKING

Whether you're hiking in the summer or winter, you should always be prepared for the Canadian backcountry with the Three T's

Responsible Recreation

- Hike on designated trails- grab a [trail map](#) from the Visitors Centre!
- Trash on trails and at campsites ruin the parks for everyone. It can also become a danger to wildlife. Pack out your garbage.
- Wildlife is meant to be wild- do not feed animals.
- Handle your "business" properly in the wild. Dig a hole 100m away from trails and water sources.
- Dogs can't always be off-leash and for good reason. Clean up after your pets.
- Prevent the spread of disease and invasive species by ensuring vehicles, boats, bikes, and boots are cleaned before and after visiting an area.
- Nice people make nature nicer, Keep nature serene!
- Use biodegradable sunscreen to reduce pollution in our sensitive waterways.



The Three T's

Trip Planning

- Plan your travel route.
- Know the terrain and conditions.
- Check the weather.

Training

Obtain the knowledge and skills you need before heading out in the backcountry. Once you are out in the wilderness, it is up to you and your team to keep each other safe. Know and stay within your limits. Brush up on your skills with the [Survive Outside Program](#) by [Adventure Smart](#), and have someone with first aid training on your trip.

Taking the 10 Essentials

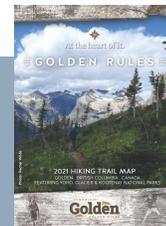
Being responsible and keeping yourself safe will start with what you pack. Whether you're going out for a few hours or several days, always be prepared for any situation by packing these basic survival essentials.

10 Essentials

- Flashlight
- Fire making kit
- Signaling device (i.e. whistle)
- Extra food and water
- Extra clothing
- Navigational device
- Communication device
- First aid kit
- Pocket knife
- Sun protection



The Golden Visitors Centre is open 7 days a week from 9:00am to 5:00pm MST
(250) 439-7290



[View the Hiking Trail Map here](#)

