

# Procedures for Hiking/Backpacking

- Prior to departure watch the weather forecast and gather information on how storms tend to develop in the local area.
- While on the trail continue to watch the weather (changes in cloud formation, wind speed/direction, sudden changes in temperature).
- Adjust routes as necessary to avoid being in high risk areas such as peaks, ridges, and higher terrain before thunderstorms arrive.
- If thunder is heard when on exposed high ground move to lower ground as quickly and safely as possible.
- Avoid open areas that are 100 m wide or wider.
- Take shelter in a dry ravine or depression/low spot, and have participants spread out as much as possible.
- Consult [Procedures When Safe Indoor Shelters are Unavailable](#) for additional information.