

Hike Safely

Tips for Minimizing COVID-19 spread on the Appalachian Trail

Do

- ✓ Leave the A.T. if you experience COVID-19 symptoms.
- ✓ Wear a mask when near others, on or off the A.T.
- ✓ Stay 6 feet from others.
- ✓ Clean your hands regularly.
- ✓ Use a personal shelter and bear canister.
- ✓ Be respectful and mindful during A.T. community visits.
- ✓ Bury human waste in catholes instead of using privies.

Don't

- ✗ Visit the A.T. when experiencing symptoms of COVID-19.
- ✗ Share gear or food.
- ✗ Use shelters or set up camp within six feet of others.
- ✗ Use crowded trailheads.
- ✗ Block gates or roads with your vehicle.

