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.