



Photo courtesy of TN National Guard &
Great Smoky Mountains National Park

Stay Safe: Delayed Emergency Services

- Pack extra food and supplies in case you have to wait for a day or more for first responders.
- Pack a well-equipped first aid kit.
- Learn what to do in an emergency on the A.T. at [appalachiantrail.org/safety](https://www.appalachiantrail.org/safety).
- Hike with at least one other person, especially through storm-damaged areas.
- Be prepared to self-evacuate.
- Consider taking a wilderness first aid course before your hike.