

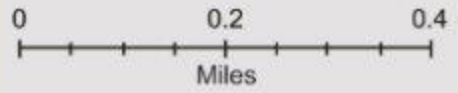
Crescent Lake

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### Legend

- Hiking Trails  
(blazed as displayed on map)
- - - Unmarked Connector Trails



Map produced by Connecticut Forest & Park Association

## How To Use the Emergency Trail Marking System



If you become lost, injured, too tired to keep going, or have any other emergency **STOP and CALL 911**. Tell the Dispatcher the **closest number** you can see. Or, if you are lost off the trail, tell the 911 Dispatcher **the last number you remember** before you got lost. Once you give the number **STAY PUT**. This is especially important if you are off the trail, if you keep moving it is harder for emergency crews to find you. Follow the Dispatcher's instructions.

(See Hiking Trail Safety Tips below)

The Emergency markers are posted **every 100 feet** along established trails. They are placed in a way that they are always in the hiker's line of site, just like the trail color blazes should be. This not only helps you stay on the established trail but also allows you to read the marker numbers from any point on the trail.

The **Southington Fire Department** has maps with all the trail number locations on them. Emergency response personnel will be able to determine the quickest and best route to reach you. The members of the Southington Fire Department are highly trained Firefighter/EMT's and High Angle Rescue Technician certified, **capable of treating and extricating injured and lost hikers** from Southington's wilderness areas.

The **Southington Police Department** has the ability to have a **quick response** as they are always patrolling in all areas of the town and have a highly trained **K-9 Unit** trained in **tracking missing persons**.



## Hiking Safety Tips

### 1. STAY ON THE TRAIL!

- Wondering off the trail even 10-20 feet is enough to become lost
- Once you realize you are lost, STOP HIKING! The longer you try to find your way back to the trail the more lost you may become and will make it harder for us to find you.

### 2. **Make sure someone else knows where you are going and when you expect to be back**

- Text or call someone who will notice if you are not back in a reasonable time. This will give rescuers your starting location and establish a time of when you entered the trail and how long it should have taken you to hike.

### 3. **Things to remember to bring**

- Water, flashlight, appropriate gear for weather, cell phone
- If you have severe allergies or asthma, remember to bring your epinephrine or metered-dose inhaler.

### 4. **Checking the time. Be sure you have enough time to hike out by sunset**

- Because of the foliage and tree canopy the woods can get dark even before the sun sets.
- The average person can hike 2 miles/hour on easy mostly level terrain. Your hiking speed and the trail distance/difficulty should be taken into consideration before you head into the woods.

### 5. **DO NOT Climb on cliffs or rocks without safety equipment**

- Climbing is a highly technical and specialized recreational activity that requires training and experience to do it safely.
- The danger for the novice or “hiker turned climber “, is seeing something that looks relatively easy to climb but without safety equipment may fall and injure themselves or die.
- They also may climb up to a certain point and realize they are too high or cannot get to the top. Then realize it is too difficult to climb back down and are stuck on the side of the cliff.

### 6. **Fire Safety**

- There are many factors that create high fire danger any day of the year. **Never start a fire** in the wilderness. It is always best to not smoke in the wilderness but if you must please do it safely by making sure the smoking material is completely extinguished and take it with you to dispose of properly in a receptacle.

### 7. **Be aware of the Local Flora and Fauna**

- It is important to be aware of your surroundings and the dangers in the woods.
- Poison ivy, ticks, snakes, and bears are some of the things to be aware of along the trails.