

**Account:** South Carolina State Parks

**Content type:** Facebook Page - Timeline posts

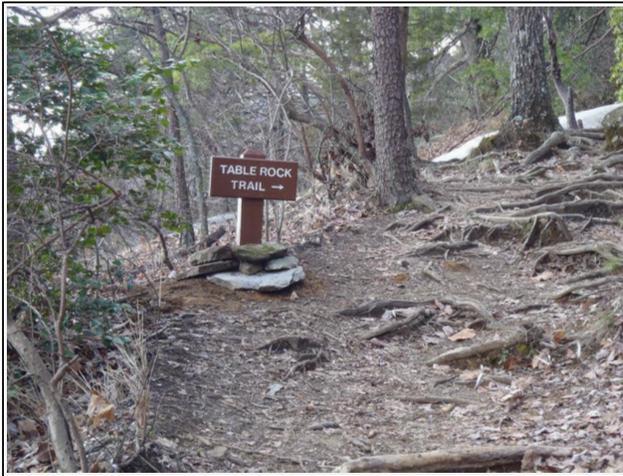
**Record ID:** 20130604South-Carolina-State-ParksTimeline-posts52748\_10151630138858166



**South Carolina State Parks**

at 14:30:01 on 6/04/2013 UTC · 🌐

TIDBIT! Summer is upon us and hiking is in order -- but the best hike, is a safe hike! Always remember these important tips: Before hiking, let someone know where you are going and when you plan to return. Be sure to sign-in if the trailhead has a hiking registration system. Carry 1-2 liters of water to stay hydrated. Wear appropriate clothing for the season. A fabric that wicks moisture from your skin and dries quickly can help prevent hypothermia. Know the weather forecast and sunset time. Stay on the trail to avoid hazardous terrain. Never approach the top of any waterfalls or slick surfaces near steep drop-offs. Watch your step. Venomous snakes and yellow jacket nests are difficult to see in leaf litter. So enjoy the outdoors but respect its wilder side!



**Dawn Watson Weaver** Also, we can't overstate the need for appropriate footwear. Hiking boots or sturdy athletic shoes are hands down preferred. A good summer suggestion is to leave a pair (per person) in your car for when those impromptu hikes happen. Flip flops are certainly standard summer footwear, but should never be found on hikes!

at 14:41:28 on 6/04/2013 UTC



**Patty Reed** Great Idea. Since my hikes are rarely impromptu I leave my flip-flops in the car for "feet-relief" when I return from hiking, that works too!

at 14:52:36 on 6/04/2013 UTC



**Patty Reed** A bladder for water/sports drinks in a sturdy backpack is a terrific solution to water bottles and sooo convenient also no waste.

at 14:55:52 on 6/04/2013 UTC



**Susan Cousins Richardson** The las time I walk up this mountain was in 2007.

at 15:25:17 on 6/04/2013 UTC



**Vickie Phillips** LOVE Table Rock!

at 16:35:26 on 6/04/2013 UTC



**Joshua Cook** I suggest a thermos to keep water cold

at 18:45:14 on 6/04/2013 UTC



**Susan Smith Elsen** Love my Table Rock!!

at 20:44:15 on 6/04/2013 UTC