

Walking Checklist



Carry a First Aid Kit to
Include any prescription
medication



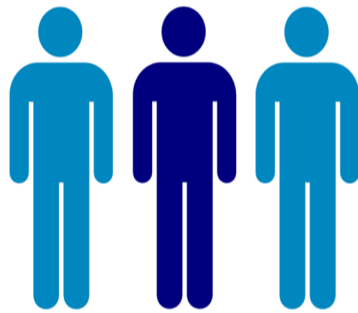
Wear suitable clothing and
footwear to ensure
comfort and maximise
safety



Carry a mobile phone,
handheld VHF radio and
GPS at all times



Carry something to attract
attention such as a
flashlight or whistle



Walk in groups of 3. If you
get injured, one person can
stay with you while the
other seeks help



Take at least 1 litre of water
and a sufficient amount of
food for your walk



Before walking, always seek
information about the Post
Box Walks preferably from a
field guide



Don't take shortcuts; always
stay on the path, if you get
lost, return to a point where
the path is more visible



Inform someone of your
walking plans, expected
leaving and returning times

* The information in this poster is intended as a general safety guide and the steps to be taken are not intended to be comprehensive for the activities in question. Have fun but be safe!



St Helena
Government



St Helena Island
Secret of the South Atlantic

