

As a concrete jungle- Hong Kong, many people wish to escape into the nature, and breathe in fresh air instead of carbon dioxide. Therefore, hiking seems the best choice for them. That's why more and more people start hiking. But, did you ever think that the nature can kill you? Recently, there are a lot of accidents happened to hikers in the summer time. And most of those hikers are beginners; let me give you some advice to avoid the accidents.

Here are some safety measures. Firstly, you should go hiking with friends. About six as a team is recommended since you can take care of each others. And as a beginner, I suggest choosing an easier route as the difficulty is according to dangerous level. Also, it is important for you to have the plan done beforehand. Get use of the map. On the other hand, a long distance is not recommended. Think twice before what you plan. Secondly, check the weather. Weather is very important for hiking. In face, a good weather can reduce lots of accidents. Also, you need to bring a jacket with you as the temperature will be lower than that of the town.

For the items you need to bring, I suggest that you can bring chocolate or energy bar instead of snacks. Chocolate and energy bar can help you to refill energy immediately. Also don't forget to bring enough water with you. At least one liter per person is recommended. And your backpack should be well- equipped. Do not bring something you don't need to increase the weight of your backpack. Unfortunately, if you have accidents, you should call the police for help. But as the problem of signal, you may also press '112' for help. After that, please keep calm and wait for the help.

Although hiking is dangerous, it's a good choice for people to relax. Hope you can have a nice and safe hiking and back to the nature.