

BE A BEAR



Women say they'd rather encounter a bear than an unknown man alone in the woods. Don't take it personally. **Take it seriously.**

HELP WOMEN FEEL SAFER ON THE TRAIL. FOLLOW THE BEAR CODE:

1

MAKE YOUR PRESENCE KNOWN EARLY

When approaching from behind, call out calmly from a distance:
"Hi, passing on your left."
Don't suddenly appear beside her.

2

PASS PREDICTABLY

When letting someone pass, step into an open, visible spot. When passing, do it promptly rather than lingering beside her.

3

GIVE SPACE

Don't tailgate or match her pace from behind. Pass efficiently or drop well back. If she seems uneasy, create more distance.

4

KEEP IT FRIENDLY, NOT FLIRTY

A brief hello or nod is fine. Keep it neutral, take your cue from her response, and move on without taking offense if she doesn't engage.

5

AVOID PERSONAL QUESTIONS

Don't ask whether she's alone, where she lives or is staying, or her exact route or schedule—even as casual conversation.

6

ASSUME COMPETENCE

Skip comments about her gear, pace, body, or preparedness, and don't offer advice unless asked. Speak up only for an immediate, specific hazard.

7

BE AN ALLY

If someone is making a woman feel unsafe, step in to help. Create distance, offer to stay with her or help her reach other people, and call for help if needed. Follow her lead and don't escalate.