







Most bears will avoid humans, especially if they hear you coming. The exception is if they have found food. Never come between a bear & his food.

If you encounter a bear rummaging through a trash bin, do not try to separate the bear from the food. Move away slowly. Never turn your back on a bear. Never run.



In the event a bear has noticed you and is paying attention to you, there are steps you can take to de-escalate the situation:

It's best to hike in groups. Groups of people are noisier & the bear becomes aware of them at greater distances & will avoid you.

Talk calmly so the bear recognizes you are human & not prey.

Remain still but slowly wave your arms. A curious bear may stand on its hind legs to get a better look or smell. A standing bear is usually non-threatening.

