**Hiking, Jogging, Cycling**
- Be aware of your surroundings.
- Try not to hike alone.
- Keep kids within sight and close by.
- Make noise so bears in the area can avoid you.
- Leave earbuds at home.

*Cyclists and joggers traveling quickly and quietly can easily surprise bears.*

- Carry bear spray and know how to use it.
- Double bag your food. Pack out all food and trash.

*Leaving scraps, wrappers or “harmless” items like apple cores and banana peels teaches bears to associate trails and campsites with food.*

**Keep Dogs Leashed**
Keep dogs leashed at all times, or leave them at home. Letting dogs chase or bark at bears is asking for trouble; don’t force a bear to defend itself.

**Camping or Picnicking**
- Keep a clean camp.
- Don’t burn food scraps or trash in your fire ring or grill.
- Do not store food, trash, clothes worn while cooking or toiletries in your tent. Store these items out of sight in a locked vehicle OR in approved bear-resistant containers OR suspended in a tree.
- Never spray your tent, campsite or belongings with bear spray.

**In the Backcountry**
- Set up camp away from dense cover and natural food sources.
- Cook at least 100 yards from your tent, downwind if possible.
- Suspend “bear attractants” 12 feet off the ground and 6 feet away from any part of the tree.

**Food Storage Requirements**

**CHEROKEE NATIONAL FOREST**
CNF food storage order (36 CFR 261.58(c)) requires that food, garbage, and other bear attractants be under immediate control (within sight or 100 feet) or stored properly in a closed hard-top vehicle, bear-proof storage container, or suspended at least 12 feet off the ground and 6 feet from limbs.

**If You Encounter a Bear**
Black bears are seldom aggressive and attacks are rare.

- **If you see a bear before it notices you:** stand still, don’t approach and enjoy the moment. Then move away quietly in the opposite direction.

- **If you encounter a bear that is aware of you:** don’t run; running may trigger a chase response. Back away slowly in the opposite direction and wait for the bear to leave.

Visit [BearWise.org](http://BearWise.org) to learn what to do if a black bear approaches, charges or follows you.

**Hunting & Fishing**
Hunters and anglers are more likely to encounter bears because they move quietly and travel during early morning and late evening hours when bears are most active.

- Follow tips for hiking and camping safely.
- Carcasses, gut piles, and bait may attract bears.
- If a bear beats you to your catch or kill, don’t try to reclaim it; leave the area when it is safe to do so.

**Learn More:**
[BearWise.org](http://BearWise.org)

---

**BearWise**® – Created and Supported by State Wildlife Agencies and Bear Biologists • © 2019

**CHEROKEE National Forest**

**Forest Service** • **US Department of Agriculture**

**Tennessee Wildlife Resources Agency**