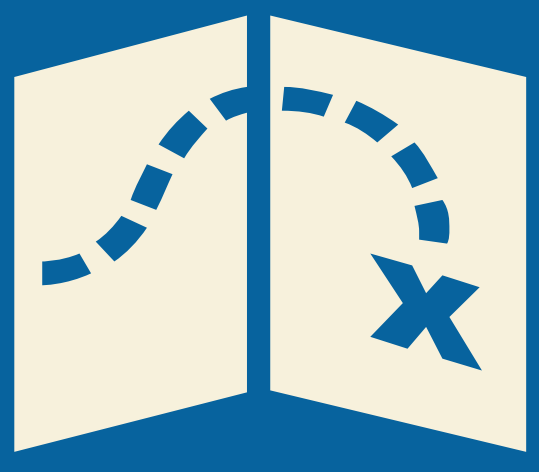


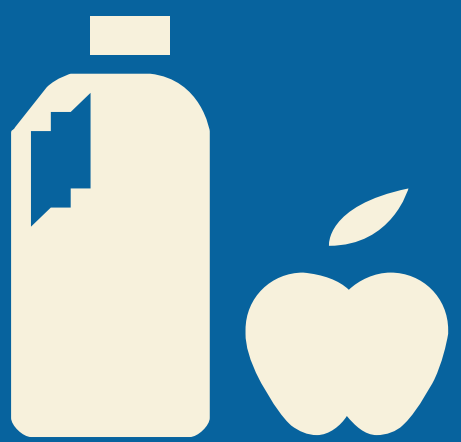
HIKE SMART



Have a plan, know where you are, and carry a map (or snap a photo of the preserve map). Consider your physical ability before choosing a trail.



Carry it in. Carry it out. Keep this nature preserve beautiful by leaving no trace and packing out any trash you find.



Eat snacks and drink water. Prevent dehydration and keep your energy high while you hike. Consider salty snacks on hot days.



Have a first aid kit and know how to use it. Make sure it contains any personal medications (like an EpiPen) that you might need.



Be weather ready. Check the weather forecast before you hit the trail. Don't take a chance if conditions are unsafe.



Spray for mosquitoes and check for ticks. Use repellents and wear long sleeves and pants to protect yourself from diseases like Lyme.

IN CASE OF EMERGENCY, CALL 911