



## What to WEAR for an 'Outdoor Adventure'

 closed toed shoes (no sandals or flip flops) and  socks

 long pants (no shorts or capris); in warm weather try to wear lightweight pants instead of jeans



hat is recommended

## What to DO before starting an 'Outdoor Adventure'



fill with water instead of flavored drinks (these attract flying insects like bees & wasps) (**GREEN HINT:** bring a reusable drink container that you can use again when you go on another outdoor adventure; you don't have to buy bottled water!!)

*Hikers Motto: Pack it in, Pack it out*



apply sunscreen; bring with you to use during the visit



apply insect repellent; bring rub-on type with you to use during the visit



pack a lunch with foods you will eat! Water is recommended since it will not attract flying insects (**GREEN HINT:** bring a reusable lunch bag/box that you can use again; food doesn't have to be in a brown paper bag anymore!!)

*Hikers Motto: Pack it in, Pack it out*

