What to WEAR for an 'Outdoor Adventure'

ightharpoonup closed toed shoes (no sandals or flip flops) and $rac{1}{2}$ socks

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



hat is recommended

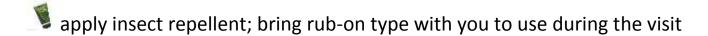
What to DO before starting an 'Outdoor Adventure'

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



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

