

Hiking Checklist

- Map

- Check the weather

- Find out about wildlife to be aware of

- Water

- Food

- First aid kit

- Pocket tool

- Raincoat

- Flashlight

- Sunscreen

- Whistle

- Good shoes

- Hat

- Jacket

- Bug Spray

(Other)

10 things to remember for your hike

1. Stay on the trail. If you think you are lost, stay where you are.

2. Don't chase, scare, feed or try to pet Lightfoots's animal friends.

3. Don't carve tree bark or draw graffiti on trees and rocks.

4. Watch out for other people on the trail.

5. Don't litter or leave food trash behind.

6. Pick up trash left by other - as long as it is safe.

7. Don't pick plants, flowers, or take rocks.

8. Clean up after your pets.

9. Never hike alone. Always take a buddy.

10. Always tell an adult where you are going and when you will return.