HOW TO PREPARE FOR A WALK

A little preparation makes every trail outing safer, more comfortable, and more enjoyable. Choosing a trail that matches your group's abilities and checking conditions before you go are two of the most important first steps.



- Choose a route that matches the age, fitness, and experience of everyone in your group.
- Check the weather and trail conditions before leaving home.
- Wear appropriate footwear and dress for the season.
- Bring water, snacks, sunscreen, bug spray, and a fully charged phone.
- Know where you are starting, where you are going, and how long the walk should take.
- Let someone know your plans if you are walking alone or on a quiet trail.
- Start early enough to finish comfortably and safely.

Prepared walkers have safer, happier, and more relaxed trail experiences.

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