



# Share the Wellness Tip

September 27, 2013

## Plan a Family Nature Hike or Bike Trip

A day on the trails can be invigorating. Have fun, but safe.

- **Research the area**, including terrain, conditions, weather, and possible hazards, beforehand. Decide on a route—including alternatives—and departure and return times. Share this information with others.
- **Ensure your equipment**, clothing, food, water, and emergency supplies are adequate. Test and learn to use equipment before leaving. Consider bringing extra clothing, food, and water. Bring a GPS-enabled smartphone if you have one.
- **Know your limits and be realistic**. Monitor energy levels, physical comfort, and supplies. Stop if you start to feel you can't complete the intended hike or bike ride.
- **Stay on your planned route**. Avoid contact with unknown plants and wild animals.
- **Have a plan for if something goes wrong**. If you become lost, hurt, or confused, stay put until someone finds you.



*Source: Association of National Parks Rangers*