

JUNE 2018

# Stay Safe Outdoors!

*June 2nd, 2018 is National Trails Day!*

**When enjoying outdoor activities such as hiking with your family this summer, it is important to keep in mind some safety tips...**

## Be Prepared

- Bring healthy snacks and plenty of water
- Wear layers to protect against sun, bugs, and weather
- Protect against UV rays with a hat, a lightweight long-sleeve shirt, and sunscreen (at least SPF 30)

## Avoid Ticks

- Wear long-sleeve shirts and long pants
- Use insect repellent with at least 30% DEET
- Check yourself, children, and pets for ticks within two hours of leaving the trail

## When hiking with children...

- Choose short, kid-friendly hikes
- Provide children with a safety whistle in case they get separated

### Resources:

<https://americanhiking.org/national-trails-day/>  
<https://americanhiking.org/resources/hiking-with-kids/>  
<https://americanhiking.org/resources/ticks/>