



# Let's Go Outside: Some Safety Tips for Enjoying Nature

Are you going hiking?  
Picnicking? Fishing? Boating?  
Camping? Birding?

- Be prepared. Plan ahead. Check the weather forecast. What clothes are best? Does someone know where you're going and when you expect to return? Take along a cell phone for emergencies, but be aware that cell phones don't work in all areas.
- Use protective equipment. Some outdoor activities require protective gear. For example, hiking boots that support your ankles are helpful. If you're going fishing, shoes with non-skid soles and a personal flotation device are a good idea.
- Take along water. You may get thirsty a lot faster than you think.
- Protect yourself from biting insects and overexposure to weather.
- Respect nature. Observe wildlife from a safe distance.

Most important, have fun! Whether you're hiking, camping, fishing, or just spending time outside, the most important thing is to have fun! With a little planning and preparation, your



outdoor experience can be just what you want it to be.

Here are some helpful Web sites:

**USDA Forest Service:  
Recreational Activities, Outdoor  
Safety**

<http://www.fs.fed.us/recreation/safety/safety.shtml>

**KidsHealth: Playing It Safe  
Outdoors and on the Road**

<http://kidshealth.org/kid/watch/index.html>

**Poison ivy, oak and sumac**

[http://www.aad.org/public/publications/pamphlets/skin\\_poison.html](http://www.aad.org/public/publications/pamphlets/skin_poison.html)

**Lyme disease**

[http://www.sciencedaily.com/news/health\\_medicine/lyme\\_disease/](http://www.sciencedaily.com/news/health_medicine/lyme_disease/)

**U. S. Fish and Wildlife Service**

August 2009