

Safety Checklist

Print this list and check off the boxes. Then, bring it with you!

Best if reprinted each time before going on the trail.

Before Leaving

- Prepare for weather
- Bring basic supplies
 - Safety gear
 - Examples: helmet, flashlight, reflective clothing
 - Water and non-perishable food
 - Sunscreen
 - Bicycling & Trail Guide*
 - Cell phone
 - With important phone numbers
- Tell someone
 - Where you are going
 - When you will be back

On the Trail

- Share the trail
- Obey all traffic laws



Created by: Brittany Bunk