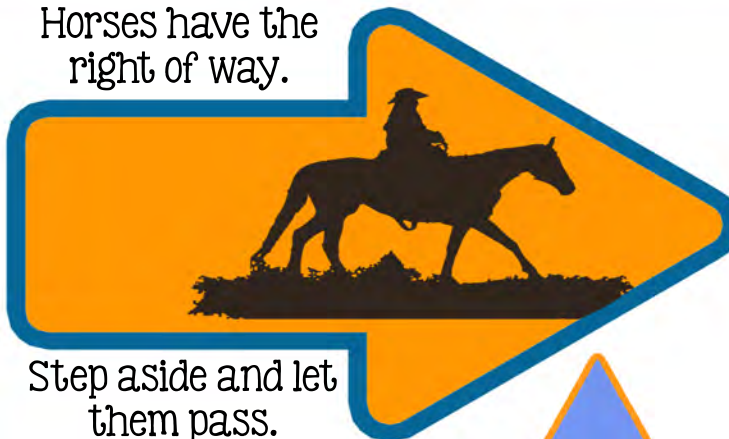




The Dos and Don'ts of **HIKING**

Horses have the right of way.



Step aside and let them pass.



Never leave trash behind and don't forget to recycle!

Use sun protection on your summer hikes!



Don't touch the animals!
See with your eyes,



NOT with your hands!



Wear proper clothing and footwear to stay comfortable. Trails may be rocky or muddy!



Always stretch before you hike!



Freeze for bees! Don't bother them & they won't bother you.



Drink lots of water, especially in warm weather.

Designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey

For more information on HLP visit our website:
<https://www.arcnj.org/information/healthylifestyles.html>

Contact us:
NJSAP@ArcNJ.org / 732-749-8514

