



Walking for Your Health, Cranston Public Library - April 12, 2022

What to Wear for Safety & Comfort

- ▶ Headgear: brimmed hat, bandana, scarf
- ▶ Sunglasses
- ▶ Gloves
- ▶ Shirt: lightweight, synthetic fiber, long sleeves, layers to take off as weather warms
- ▶ Pants: long pants with pockets
- ▶ Socks
- ▶ Footwear: boots, athletic shoes with sturdy soles and tread, good ankle support

What to Take With You

- ▶ First aid kit: adhesive & elastic bandages, moleskin, gauze, sunscreen, insect repellent, antibiotics, antiseptic wipes, antihistamine, ice pack
- ▶ Map, compass
- ▶ Cell phone
- ▶ Two liters of water in refillable bottles
- ▶ Pocket knife or multi-purpose tool
- ▶ Extra clothing: socks, windbreaker, rain gear with hood
- ▶ Food: protein bar, trail mix, dried fruit, nuts, peanut butter

For Longer Hikes

- ▶ Matches and firestarters
- ▶ Whistle
- ▶ Flashlight or headlamp, extra batteries
- ▶ Shelter: plastic tube tent or plastic trash bag or bivy sack

Preventing Tick Bites

- ▶ Avoid tick-infested areas, such as tall grass, by walking in the center of trails
- ▶ Tuck pant legs into socks so ticks can't get inside
- ▶ Wear light-colored clothing
- ▶ Cover as much of your skin as possible
- ▶ Put on repellent with DEET, permethrin, or picaridin
- ▶ Cover ankles, wrists, and exposed skin
- ▶ After a hike, inspect ankles, behind knees, under arms, in and around ears, and in and around hair
- ▶ Check boots, socks, and clothing to avoid bringing ticks into the house