

## **Tips for Having Fun on Your Hike**

Please remind students to bring only what they need for the hike. Heavy backpacks make the hike feel much longer! If you brought your lunches, leave them on the bus.

Each student should bring:

- Name tag
- Full bottle of water
- Close-toed, sturdy walking shoes (sneakers work)
- Hat and sunscreen
- Insect repellent
- Light jacket or rain coat, just in case!
- Lightweight string type 'backpack' to hold above unless coats have appropriate pockets.

If you are staying for lunch, make sure you clean up the areas around you.

Pick up all of your trash, and a bit of what a less considerate person left behind.

Put trash in the trash cans, or carry it out with you.