



Hiking

Read the rules for hiking. Check ✓
the circle for each rule being followed.
Otherwise, put a cross X.



Rules



Wear sunscreen and a hat to protect yourself from the sun.



If you have a whistle, only blow it if you are lost or in danger.



Drink water frequently.



Do not litter.



Dress appropriately and wear hiking shoes or boots.



Do not pick plants or feed animals.