

You think you have what it takes to handle the outside world? With all of those creatures out there? Well, we know you definitely got this!

But just in case you may need some adventuring help along the way, this handy-dandy little handbook will help you out!

For your convenience and to maximize your fun, we are breaking this handbook into 3 little steps:

- 1. Safety**
- 2. Respect**
- 3. Navigation**

Safety

Every good explorer knows that safety is key to having the best adventure! Here are some basic safety precautions you can take to make sure you're going to have a great time!

1. **Footwear:** It is super annoying to accidentally get dirt or rocks in your shoes! It is even worse if your shoes can make you trip and fall!

- Wear socks that go above the ankle. The higher and wackier the better! High socks prevent shoe blisters and bright colors make it easier to spot and shoo away any bugs that might take a liking to you!
- Wear sturdy sneakers or boots and keep your shoes tied or buckled tight enough to be comfortable! If you have long laces, tuck them into the back and sides of your shoes to prevent tripping and falling



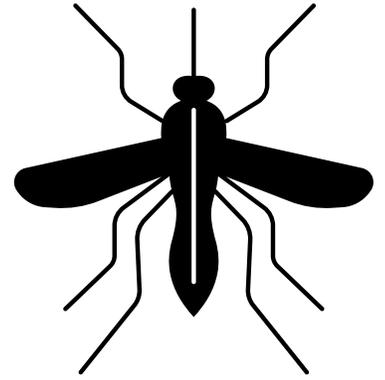
2. **Health:** Sometimes accidents or illnesses can happen! Sometimes you can get hot and sweaty and need a drink of water. It is best to be prepared for these situations!

- Pack a first aid kit. Make sure you have band-aids and other items like ibuprofen, neosporin, sanitizing wipes and ace bandages.
- Always pack plenty of water! Make sure you have enough for yourself and more just in case! Don't bring too much water that it makes your backpack difficult to carry; just enough will do! We suggest 1-2 liters minimum!



3. Diseases like Malaria and Lyme are carried by insects.

- Malaria is commonly found on mosquitos and Lyme is commonly on ticks. Wear bug spray and long cool-wick clothes to keep them off of you! The most effective bug spray is the kind that has DEET in it. Keep an eye on the wounds and note when and where it could have happened so you have as much information as possible to tell the doctor.
- If you happen to get bit by one of these bugs, keep an eye on the wound and note when and where the bite could have happened! If a tick is stuck on you, get an older child or adult to help gently tug it out with tweezers and put the bug in a bag labeled with the date, location, and time. DO NOT use any essential oils or other liquids before extraction because this will make the tick 'throw up' and will increase chances of getting Lyme Disease.
- Snakes can bite and some have venom. If you are bit by a snake and do not know if the snake is venomous or not, seek medical help. If you are certain that the bite was from a venomous snake, seek medical help.



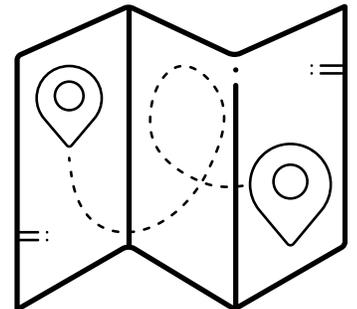
4. No Running!

- It is easy to slip on rocks, leaves or trip on a tree root or something else on the ground. It is best to take your time. You also might miss seeing something awesome if you run! Only run where it is definitely safe to, like a flat patch of grass!



Respect

When you go outside, you can be entering wildlife's home! Just as you are respectful to others' homes, you must be respectful to wildlife's homes! The best way to respect the outdoors is to think of the **Leave No Trace rules:**



1. Prep:

- Learn about the area you are going to visit and look up if there are any rules! You must follow them to ensure that you will have a great time! Also check and make sure you have a map handy to not get lost.

2. Don't Stray:

- Trails and walkways are there for a purpose! Use them so you won't accidently step on a special plant or small animal!

3. Trash your Trash:

- If you eat a granola bar or some other snack, be sure not to litter! Littering is rude and sometimes animals might mistake trash for food. Unlike you, they do not know better to not eat plastic wraps or paper. Keep your trash in your backpack or pockets until you find a trash can that is not overflowing. If you have an adult's permission and safety gloves, you can pick up any litter you see and carry it in a trash bag! The litter may not be yours, but the outdoors is there for you and all to enjoy! Be sure to recycle



4. Leave it Alone!

- Do not destroy, draw on, or remove anything that is in nature. You wouldn't like it if someone came into your house and drew their name on your walls or took one of your favorite items or even you! The wilderness doesn't like that either.



5. Wildlife are Not Pets

- Do not feed, approach, or do anything that may scare or harm the wildlife! You do not know if the animal will charge at you or if it will get sick from the snacks you are feeding it.

6. Be Kind and Quiet

- Keep your voices to an inside level so you won't disturb anyone else enjoying the outdoors or scare away an animal! Just like you are trying to have a fun time, so are they. If you are hiking and someone else is about to pass you on a bike on land or a bigger boat in the water, you must go to the side for them to get past you.

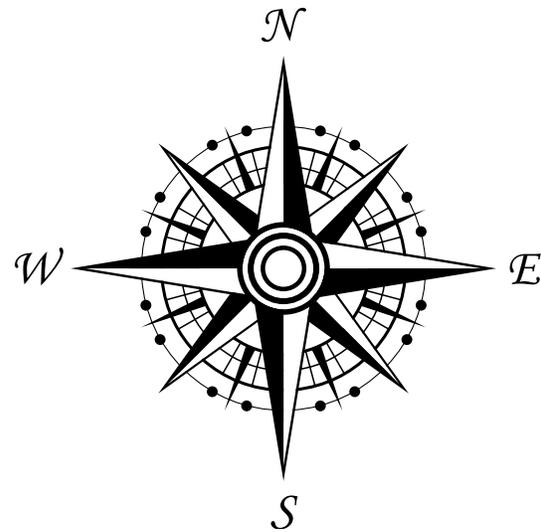


Navigation

1. Remember that there are 4 Cardinal Directions:

North, South, East and West!

They are arranged in a compass with North always being at the top and South always being at the bottom. If you are without a compass, you can determine where north is depending on where the sun is rising or setting! The sun always rises in the East and sets in the West!



2. **Clouds can help determine the weather!** Use the Cloud ID chart on the Water Cycle Worksheet to help you guess what the weather will be! Check your local weather app, website, or TV station to make sure you won't get caught in any intense rain, wind, lightning and thunder, or snow! Also, be mindful about how hot it is. If you are planning to go outside on a very hot day, make sure to wear proper clothing and SPF that protects you, as well as pack water. Try to avoid going out during the hottest hours of 12noon to 3pm.

