



TAKE CARE OUT THERE

PREPARE | **CARE** | **CONNECT**

PREPARE

✓ PLAN AHEAD

Prepare before you head out, consider what you want to see and experience, your group's physical abilities and what's realistic to do in the time you have. Can you visit off peak to avoid crowds?

✓ BE READY

Check conditions. Pack your Ten Essentials. Got the right shoes for the terrain? Water? Cell phone? You may not always have coverage, so take a picture of the trail map or bring one with you. Consider hiring a guide.

✓ DON'T FORGET

Let someone know where you're headed and when you plan to be back. Tuck some cash in your pocket for park fees (that help maintain our natural spaces).

CARE

MAKE SMART CHOICES

- ✓ Know your limits and when to stop for the day. Follow the signs; they're there to tell you important stuff like how to avoid injuries and not get lost.

BE RESPECTFUL

- ✓ If you're lucky enough to spot wildlife, use your zoom lens and observe from afar. Share trails with others. Know who manages the land you access and what the rules and regulations are.

✓ KEEP IT NATURAL

Stay on designated trails and areas to protect the landscape. Don't take anything home but your trash—and please, please take your trash with you. Make wildfire prevention a top priority.

CONNECT

✓ ENJOY YOURSELF

Experiencing the quiet, awe-inspiring beauty of nature can not only uplift your spirits, it can improve your health. Think of Oregon's vast outdoors as your place to relax and recharge.

✓ SAY HELLO

Greet fellow adventurers and spark a conversation. Check in at a visitor center, ranger station and/or local business to learn from the locals, grab a map and gather local insight.

✓ SPREAD GOODWILL

Share your knowledge with others if it's helpful. Support the community—eat, drink, shop and stay local. Stop by cultural centers to learn our history and relationship to place.

