



**LONG PANTS
TALL SOCKS
BOOTS OR SHOES
LAYERED CLOTHING**

WHAT TO WEAR

TO AN OUTDOOR NAP EVENT



Be prepared!

Make it easier to avoid nature's hazards by wearing:

**LONG PANTS
TALL SOCKS
BOOTS OR SHOES
LAYERED CLOTHING**



Also recommended: water bottle, sunscreen, bug spray, hat.

Nature happens! At outdoor NAP events, you may encounter these hazards:

CUTS, BITES, AND RASHES

Thorns
Brush
Poison ivy
Ticks
Mosquitoes

WEATHER

Direct sun
Wind
Rain
Mud
Snow
Freezing temps

TRIPS AND FALLS

Uneven ground
Exposed roots
Rocky trails
Steep hills
Fallen trees
Dense brush



Be like this volunteer: cover those ankles!!