



Hiking Safely is **YOUR** Responsibility

8 SUGGESTED ITEMS FOR SAFE HIKES

1. Trail map
2. Plenty of water
3. Appropriate foot gear
4. Extra food
5. Layers of clothing
6. Rain/wind gear
7. Flashlight, whistle, first aid kit
8. Insect repellent, sunblock

ADD FOR WINTER HIKING

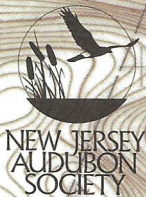
Extra layers of clothes	Wool hat
Gloves or mittens	Crampons
Insulated boots	Gaiters

Enjoy your visit & hike safely!



NEW JERSEY
AUDUBON
SOCIETY

NJAS' Weis Ecology Center
150 Snake Den Rd, Ringwood NJ 07456
www.njaudubon.org



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BE PREPARED!

- * Leave your plans with a family member or friend & include your hiking route
- * Have proper knowledge and gear
- * Stay together if hiking in a group
- * Turn back if weather conditions change
- * Emergency Contact: call Ringwood State Park at 973-962-2240

SUGGESTED FEE
(parking & facility use):
\$2 per person

Weis' parking, bathroom, and visitor facilities are funded by hikers like **YOU**

PLEASE SUPPORT US
to keep these facilities available for your use

Weis is **NOT** a state-funded facility
or part of Ringwood State Park
(which manages the adjacent state forest)

