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 repellant, sunblock

ADD FOR WINTER HIKING
Extra layers of clothes    Wool hat
Gloves or mittens        Crampons
Insulated boots          Gaiters

Enjoy your visit & hike safely!

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