

# STAY SAFE

# HAVE FUN



# HIKE ON

## Be Safe On The Trail

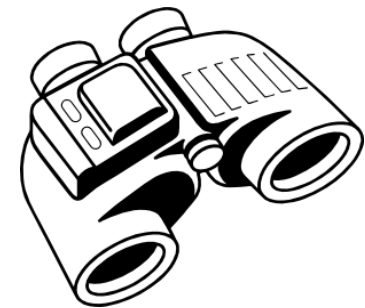
1. Tell someone your hiking location and trail plan.
2. Bring a trail map and compass; be sure to know how to use the compass.
3. Bring a phone in case of emergency.
4. Dress appropriately for the day's weather.
5. Bring plenty of water. Bring a snack if you plan to be out for a while.
6. Wear bug spray, tick repellent, sunscreen, and hat.
7. Bring small first aid kit that includes bandaids, antiseptic, tweezers, extra sunscreen.
8. Bring a whistle in case of emergency. Phones are not always an option!



## Have Fun!

### Scavenger Hunt\*

- Bird's nest
- Squirrel or chipmunk
- Animal tracks
- Bird
- Moss
- Wildflower
- Water fountain
- Crabapple tree
- Lily pad
- Rabbit/bunny
- Mouse
- Trail marker
- Hawk
- \_\_\_\_\_



\* Protect and conserve the habitat!  
Please do not litter. Leave no trace!

# Avoid Poisonous Plants

## IDENTIFYING POISONOUS PLANTS

POISON IVY HAS THREE POINTY LEAVES AND CHANGES COLOR IN FALL. IT CLIMBS TREES AND BUSHES.



POISON IVY



POISON OAK ALSO HAS THREE LEAVES AND CHANGES COLOR IN FALL. IT IS USUALLY FOUND AS A BUSH.

POISON OAK

POISON SUMAC HAS BETWEEN 7-13 LEAVES. IT GROWS IN WET, MARSHY AREAS, AND AROUND RIVERS AND PONDS.



POISON SUMAC

## Preventing Tick Bites\*

- \* Stay on the trail
- \* Use repellent
- \* Wear light colored clothing
- \* Long sleeves and long pants highly recommended!
- \* Do a full body tick check- don't forget behind your ears, belly button, armpits, and your hair!

\*Source: cdc.gov, Center for Disease Control & Prevention

# Get Involved!

Here are local organizations you can support if you want to do more:



Acton WildAware

[actontrails.org/acton-wild-aware/](http://actontrails.org/acton-wild-aware/)



Acton Land Stewardship Committee

[actontrails.org](http://actontrails.org)

[lsc@acton-ma.gov](mailto:lsc@acton-ma.gov)

Mass Audubon

[massaudubon.org](http://massaudubon.org)

Learn more about becoming a member by visiting the Membership section of the website.

# Girl Scout Troop #65298

Our goal is to educate the community on how to stay safe while hiking the trails of Acton.



Troop #65298 is part of Girl Scouts of Eastern Massachusetts.

For more information visit [GSEMA.org](http://GSEMA.org)

Thank you to the Acton Land Stewardship Committee and Acton WildAware for their support and guidance. Acton Golden Trails cover image was created by Acton resident and Boy Scout leader Pete Jones.