



# OUTDOOR RECREATION

“There’s no such thing as bad weather, only inappropriate clothing!” –Ranulph Fiennes

Looking for a fun, active way to enjoy some fresh air? Here are a few things to consider before heading into the GREAT OUTDOORS!

## "Safety First"

- Be sure to pack plenty of water
- Pack a healthy snack to keep your energy levels up
- Wear protective gear such as sunglasses, hat, proper footwear, and proper clothing
- Always bring a buddy and tell someone where you're going

For more information visit:  
[fs.fed.us/recreation](https://fs.fed.us/recreation)

## What's the Weather?

Whether you are going hiking, biking, fishing, or kayaking, get out there and enjoy! You might check the local forecast so you are prepared for any inclement weather that may head your way.



## Be Aware!

Pay attention to the terrain you are trekking across, the wildlife you encounter, the plants you might brush against and be mindful of your surroundings. It might be best practice to carry a mobile device in case of an emergency.



## Why?

Most of the time, it's free! Nature walks, hiking trails, and Rail Trails are an inexpensive and healthy option for leisure activity.

## Benefits of Being Outdoors!

People who spend time outdoors might experience the following: Increased vitamin D levels, improved mood, improved ability to concentrate and faster healing. For more information visit The Harvard Health Letter at [health.harvard.edu](http://health.harvard.edu).

