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Hiking

Circle the ten animals that are camouflaged in the hiking trail. Then fill in the blanks and name the items that should be brought with you when you go hiking.

Always/Never drink water

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from springs or lakes.

Never _____ plants

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or feed animals.

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 Dress appropriately and wear hiking shoes.

Safety Rules

- Be aware of your surroundings and try to avoid all animals.
- Never hike alone.

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- Every hiker should bring along as much water as possible, and drink frequently to prevent dehydration.
- Apply sunblock frequently to avoid getting sunburn.
- Carry a map with you to make sure you are always on the right track.
- Carry a whistle and blow it if you are lost or in danger.