

BE READY FOR THE WEATHER

The best day in nature is the one where everyone is prepared!
Wondering what to wear on the trail? We've got you covered – literally!



General tips for hiking in hot weather

- Pick easier, shorter, shadier hikes on especially hot days.
- Limit physical activity during the hottest part of the day.
- Carry extra water - ALWAYS. Drinking water is not available in the preserves. Take frequent sips even if you don't feel thirsty.
- Take extra caution with hikers who are more sensitive to heat.



General tips for hiking in rainy weather

- Give the trails 1-2 days to dry out after a storm before hiking.
- After a winter storm, trails may be closed. Check our website for trail alerts and closures BEFORE you leave home.
- Carry extra water. Drinking water is not available in the preserves. While you may not feel thirsty in cold weather, hydration is still important.

Always let people know where you are hiking. Cell service in the preserves can be spotty, and it's important that someone knows where you are.
For more information on getting started hiking, visit our website: openspaceauthority.org/new-visitors

Please email ada@openspaceauthority.org for specific accessibility resource requests, questions or concerns.