

YOU ARE AT YOUR STARTING POINT...

your eyes will take 15-20 min. to
dark adapt.

While you are walking let your feet be your
eyes--feel everything near you with them.

Let your other senses guide you--touch for
objects close by, smell for orientation, hearing
for awareness.

Your eyes will see more as they adapt to night--
-you may be tempted to use your flashlight,
only turn it on if you want to see something up
close.

What do you hear? smell? touch? Is there any
wildlife in the area; can you tell what birds,
reptiles, bugs are near? Are there water, rocks,
trees you have to navigate?

Many people fear being out at night mostly
because we lack experience & don't feel
confident in all our senses.

You will be amazed at all you see & feel when
out at night.

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NIGHT HIKING GUIDE

SOME QUICK TIPS FOR
ENJOYING YOUR
NIGHT SKY

BEFORE YOU GO...

- choose an area you know well
- terrain that is fairly smooth & open
- wear comfortable shoes, jacket if needed
- bring a flashlight covered with **red** cellophane/cover, walking stick

HAVE A GOOD TIME!



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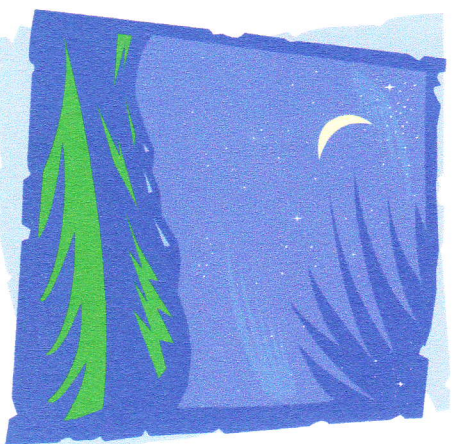
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