

PlantShoe Safety Checklist (5/16/16)

We ask that you please abide by the “Safety First” and “Better Safe than Sorry” rules. In that regard, we trust you will remain vigilant and safe and recommend each PlantShoe bring with them a first aid kit in case of emergency. You can build your own following the guidelines at the American Red Cross (<http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>) or purchase one at a pharmacy or grocery store. Lastly, the AF-PICS team asks that you take a moment before each trip to the woods and review the following safety checklist.

Before going to the woods make sure:

1. Your IOS or Android device is charged
2. You have packed bright colored cloth or flagging
3. Your shoes are sturdy and water bottle filled
4. You have checked the weather and are prepared for the conditions
5. You are going only to public land, your property, or have permission to visit other property
6. To let someone know where you are going and how long you plan to be away
7. To wear something bright and visible
8. To check the weather and dress accordingly
9. To go with a partner if at all possible

When in the woods please:

1. Be aware of your surroundings and avoid unstable or very steep and/or rocky areas
2. Look up regularly and stay clear of hazard trees, or those trees with dead tops or cracked limbs, and those that are leaning against another tree or downed across a trail or opening
3. Do not attempt to cross fast moving water bodies and be careful on wet rocks and roots
4. Do not veer far from major trails and other corridors unless you are very familiar with the area
5. Stay out only during daylight hours and avoid stormy conditions
6. Hydrate, hydrate, hydrate (drink lots of water)
7. Do not trespass