



KAWARTHA LAND TRUST

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Hike Smart

Hiking can be a fun and exciting form of physical activity. As with most physical activities, there are a few things you will need before heading out to our trails. Proper shoes, clothing and the use of insect repellent and sunscreen will keep you comfortable. The idea is to be prepared for most situations so you can enjoy yourself and all the benefits hiking can bring.

Protect Yourself

In addition to your standard first aid items, you'll need to bring things along that will protect you from pesky bugs.

- Wear loose, light-coloured long-sleeved tops and trousers and apply insect repellent on clothing and exposed parts of the body. For kids, choose a spray that has been specially formulated for children.
- Wear shoes that cover the entire foot, avoid wearing sandals or open shoes.
- Avoid using scented shampoos, lotions, or perfumes before going on your hike. They can attract unwanted bugs.

Some plants on our properties are harmful to hikers. For example Poison Ivy, Giant Hogweed and Wild Parsnip can be found on some of KLT's properties. These plants can cause human health concerns because their sap is toxic to skin. Other plants such as Common Buckthorn have sharp thorns and can cause physical injuries to people. To protect yourself:

- Wear long-sleeved clothes and long trousers.
- Wear shoes that cover the entire foot, avoid wearing sandals or open shoes.
- Beware of thorns when in contact with plants.
- Stay on KLT's designated trails. Venturing off our trails may put you in contact with Poison Ivy and other harmful plants.

Peterborough Public Health has some excellent resources, please visit their website for more information about ticks and lyme disease.

www.peterboroughpublichealth.ca/my-home-environment/my-environment/lyme-disease/

