



### Planning your trip

- Check the weather before heading out on a trail
- Make sure someone knows the trail you will be following and how long you plan to be there
- Know your fitness level and choose an appropriate trail

#### Trail Difficulty:

**Easy trails:** intended for just about anybody. These trails are appropriate for children above the age of four or a parent wearing a child carrier.

**Moderate trails:** intended for the fit family. These trails are uneven or rocky or include sections that might be difficult for children, backpackers or someone with a mild knee injury.

**Difficult trails:** intended for those with a great amount of physical activity experience and physical conditioning who are looking for a challenging adventure.

### What to wear

- Backpack or small daypack
- Bug repellent
- Clothing depending on the season, weather or time of day
- Extra layers (sweater and socks)
- Rainwear
- Comfortable and supportive shoes appropriate for the activity and weather
- Hat
- Sunglasses
- Sunscreen

### Safety items

- Water and healthy snacks
- Cell phone (fully charged)
- First Aid kit
- Flashlight (if before dawn or after dusk)
- Compass or GPS (fully charged)
- Map
- Proper safety equipment for specific activity (example: bike helmet for cycling or in-line skating)
- Whistle

### Items for your enjoyment

- Binoculars
- Camera
- Notebook or sketchbook
- Pencil or pen

### Items for your convenience

- Cash
- Garbage bag to carry your garbage
- Walking pole
- York Region Trail Guide

### Poison Ivy

Poison ivy is an important native plant, however it can cause a rash if you come in contact with it. Poison ivy is particularly common along trail edges throughout York Region, so please stay on the trails.



### Giant Hogweed

Giant Hogweed is a poisonous, invasive plant that can cause skin rashes, burns and blisters. If you suspect you have found Giant Hogweed, do not touch any part of the plant. If you think you have come in contact with Giant Hogweed wash the affected areas immediately, keep the affected areas out of the sun and seek medical attention. If you find Giant Hogweed, immediately notify your local municipality. [york.ca/gianthogweed](http://york.ca/gianthogweed)



### Lyme Disease and West Nile Virus

Fight the bite! Protect yourself against Lyme disease and West Nile virus.

West Nile virus is an illness spread through the bite of an infected mosquito and Lyme disease is spread through the bite of an infected blacklegged tick. Blacklegged ticks have been found in York Region.

Cover up in light colours. Wear long-sleeved shirts or jackets, long pants and socks. Pant legs can be tucked into socks for added protection. Use insect repellent containing DEET when outdoors. Always follow product instructions.

Remove attached ticks as quickly as possible to reduce the spread of Lyme disease.



For more information about West Nile virus and Lyme disease, including the safe removal of ticks, contact York Region Health Connection 1-800-361-5653, (TTY 905-895-4293) or visit: [york.ca/westnile](http://york.ca/westnile) or [york.ca/lymedisease](http://york.ca/lymedisease)