10 Essentials for Outdoor Safety

Because being prepared is a smart idea!

1) Navigation (map and compass)
2) Sun protection (sunglasses/sunscreen)
3) Insulation (extra clothing)
4) Illumination (headlamp/flashlight)
5) First-aid supplies
6) Fire (waterproof matches/lighter)
7) Equipment repair kit and tools
8) Nutrition (extra food)
9) Hydration (extra water)
10) Emergency shelter

How To Enjoy Your Walk

Plan Ahead
- Check the weather forecast.
- Let someone know where you’re going.
- Invite a friend to walk with you.

Be Prepared
- Bring a water bottle, healthy snacks, rain gear & this guide!
- Wear appropriate footwear for the distance and terrain.
- Carry the 10 Essentials.
- Bring a cellphone if you have one.

Respect The Resource
- Respect public and private landowners’ property.
- Respect natural resources, historic structures and wildlife.
- Carry out your trash.

Health Benefits of Walking

1) A recent Harvard study showed that walking at a moderate pace (3 mph) for up to 3 hours a week (or 30 minutes a day) can cut the risk of heart disease in women by as much as 40%. The benefits for men are comparable.

2) Walking offers the same benefit you would get from aerobics, jogging, or other vigorous exercise.

Along with its benefits to the heart, walking:
- improves circulation and helps breathing
- combats depression and bolsters the immune system
- helps prevent osteoporosis and controls weight
- helps prevent/control diabetes

Walking Guide
Canaan, NH

A project of the Canaan Recreation Commission and Upper Valley HEAL

Play On!
For more information on area recreation activities, check out the latest announcements which can be found on the Canaan and Enfield Town websites:
www.cannannh.org or www.enfield.nh.us.