

COVID 19 TRAIL TIPS

BYO EVERYTHING. LEAVE NO TRACE OF VIRUS OR WASTE.



Studies show outdoor activity benefits physical health and helps reduce stress and anxiety. But we're writing a new playbook when it comes to spending time outdoors during the COVID-19 crisis since we've never experienced a health emergency like this before. Here are a few tips to help us safely share trails and parks with our neighbors while staying as healthy as possible.

BEFORE YOU GO!

- Bring your own water bottle since water fountains will be closed.
- Go to the bathroom before you arrive because the bathrooms will be closed.
- Pack a trail map and your own snack in a reusable container since welcome centers and cafes will be closed.
- Before and after your hike, wash hands with soap and water for at least 20 seconds or use hand sanitizer as frequently as possible.

**Ecolunchbox developed these tips based on information from the National Recreation and Park Association and East Bay Regional Parks.*

WHILE YOU HIKE!

- Maintain at least a six-foot social distance from other individuals at all times. Walk single file if you need to pass another group of hikers.
- Cover coughs or sneezes (into the sleeve or elbow, not hands).
- Due to minimal staffing, follow leave no trace principles, which means you won't use the trash cans. Implement zero waste practices.
- Regularly clean high-touch surfaces, including water bottles, snack containers, car door handles, pet leashes and other accessories.
- Don't congregate in parking lots or at trailheads. Don't shake hands or hug (obviously!)