WHAT TO WEAR
TO AN OUTDOOR NAP EVENT

Be prepared!
Make it easier to avoid nature’s hazards by wearing:

LONG PANTS
TALL SOCKS
BOOTS OR SHOES
LAYERED CLOTHING

Also recommended: water bottle, sunscreen, bug spray, hat.

Nature happens! At outdoor NAP events, you may encounter these hazards:

CUTS, BITES, AND RASHES
- Thorns
- Brush
- Poison ivy
- Ticks
- Mosquitoes

WEATHER
- Direct sun
- Wind
- Rain
- Mud
- Snow
- Freezing temps

TRIPS AND FALLS
- Uneven ground
- Exposed roots
- Rocky trails
- Steep hills
- Fallen trees
- Dense brush

Be like this volunteer: cover those ankles!!