

BEFORE YOU GO: HIKING TIPS

(ADAPTED FROM THE REDDING LAND TRUST BOOK OF

TRAILS: [HTTPS://REDDINGCTLANDTRUST.ORG/BOOKOFTRAILS](https://reddingctlandtrust.org/bookoftrails))

FOOTWEAR: WEAR A COMFORTABLE PAIR OF BOOTS OR WALKING SHOES.

BRING WATER.

TRAIL BLAZES: MOST TRAILS ON LANDS UNDER THE JURISDICTION OF THE TOWN AND THE LAND TRUST ARE BLAZED WITH WHITE PAINT. SINGLE BLAZES (A TWO-BY-SIX INCH MARK) INDICATE THE ROUTE OF TRAVEL. TWO BLAZES, ONE ABOVE THE OTHER, INDICATE AN IMPORTANT CHANGE IN THE DIRECTION OF THE TRAIL. THIS SYMBOL IS A WARNING TO STOP AND LOOK. CONNECTING OR ALTERNATE TRAILS, AND CUL-DE-SACS OFF MAIN TRAILS, ARE USUALLY BLAZED IN BLUE. TRAILS UNDER THE JURISDICTION OF OTHER BODIES MAY USE DIFFERENT MARKING SYSTEMS.

POISONOUS PLANTS: POISON IVY IS COMMON IN REDDING; POISON SUMAC IS RARE AND BOTH SHOULD BE AVOIDED. IF YOU DO NOT KNOW HOW TO IDENTIFY EITHER PLANT, CONSULT YOUR HIKING GUIDE.

TICKS: DEER TICKS ARE PREVALENT THROUGHOUT CT AND IN THE WOODS OF REDDING.

PRECAUTIONS MAY BE TAKEN AGAINST LYME DISEASE BY TUCKING YOUR LONG PANTS INTO YOUR SOCKS, SPRAYING CLOTHING WITH REPELLENT, AND WEARING A HAT. AFTER A HIKE, CAREFULLY CHECK ALL CLOTHING AND SKIN AND SHOWER IF NEEDED. IT IS UP TO YOU TO TAKE THE NECESSARY PRECAUTIONS; HERE IS MORE DETAILED INFORMATION FROM THE STATE OF CONNECTICUT.

SNAKES: THE NORTHERN COPPERHEAD IS THE ONLY POISONOUS SNAKE EXTANT IN REDDING. THE REST ARE HARMLESS, AND SO IS THE COPPERHEAD IF YOU LEAVE IT ALONE.

KEEPING IT CLEAN: IT GOES WITHOUT SAYING THAT IF YOU CARRY IT IN, CARRY IT OUT.