

What to Bring on Your Walk

- Water (if weather is warm or you plan to walk more than 30 minutes)
- Cell Phone
- An ID in case of an accident or medical emergency
- Pedometer or stopwatch for tracking steps or time
- Music or audio books (make sure you can hear what's going on around you)
- A friend or dog, or both

Warm Weather

- Sunscreen
- Sunglasses
- Hat

Cold Weather

- Jacket
- Scarf
- Gloves

This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.

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