What to Bring on Your Walk	What to Bring on Your Walk
☐ Water (if weather is warm or you plan to walk more than 30 minutes)	☐ Water (if weather is warm or you plan to walk more than 30 minutes)
□ Cell Phone	□ Cell Phone
☐ An ID in case of an accident or medical emergency	☐ An ID in case of an accident or medical emergency
□ Pedometer or stopwatch for tracking steps or time	□ Pedometer or stopwatch for tracking steps or time
Music or audio books (make sure you can hear what's going on around you)	Music or audio books (make sure you can hear what's going on around you)
☐ A friend or dog, or both	☐ A friend or dog, or both
Warm Weather	Warm Weather
Sunscreen Sunglasses Hat	□ Sunscreen □ Sunglasses □ Hat
Cold Weather	Cold Weather
☐ Jacket ☐ Scarf ☐ Gloves	☐ Jacket ☐ Scarf ☐ Gloves
This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.	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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