

# SIMPLE STEPS FOR SAFELY WALKING, BIKING, OR JOGGING AT NIGHT



## REFLECTIVE GEAR

Many athletic jackets, shoes, and pants are made with reflectors. Reflective bands or tape can also help you be seen.

## LIGHT THE WAY

Use a headlamp or flashlight to light up your path.



## BE CAUTIOUS OF TRAFFIC

Be aware of traffic around you. Face oncoming traffic to see the approaching headlights.

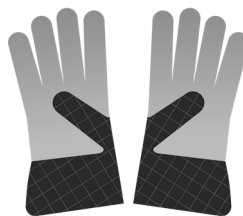


## BRING A FRIEND

Drivers are more likely to see two walkers than one. Getting out with friends is also more enjoyable.

## LAYER UP

Stay warm and layer up. You can wrap a jacket around your waist if you get too warm. Mittens and hats can fit into pockets.



**HAVE FUN AND STAY SAFE!**