

TAKE A HIKE TODAY

WHERE YOU CAN GO

JACKSON COUNTY



STARVE HOLLOW

TRAIL 4 - CABIN SITE TRAIL - WHITE MARKERS

0.81 mile

Park/Forest Trail
Natural/Gravel Surface

SPILLWAY TRAIL

1.06 miles

Park/Forest Trail
Natural Surface



MUSCATATUCK NATIONAL WILDLIFE REFUGE

TURKEY TRAIL

0.98 mile

Park/Forest Trail
Gravel Surface

CHESTNUT RIDGE ASPHALT TRAIL

0.38 mile

Park/Forest Trail
Asphalt Surface



JACKSON-WASHINGTON STATE FOREST

TRAIL #10

3.00 miles

Park/Forest Trail
Natural Surface

TRAIL #3

1.00 mile

Park/Forest Trail
Natural Surface



HOOSIER NATIONAL FOREST

HICKORY RIDGE TRAIL 18

3.58 miles

Park/Forest Trail
Natural Surface

HICKORY RIDGE TRAIL 14

0.96 mile

Park/Forest Trail
Natural Surface



Jackson County
Healthier Together™

HOW TO PACK FOR A HIKE

HYDRATION

At a minimum, you need about half a liter of water per mile you plan to hike.

Benefits of water:

- helps you stay alert
- keeps your body cool
- helps avoid fatigue and headaches



MISCELLANEOUS

Some other things you may need:

- bathroom essentials
- hand sanitizer
- layers of clothes
- portable charger
- inhaler
- sunscreen
- bug spray
- cell phone
- flashlight



NUTRITION

Focus on non-perishable, packable, and nutrient dense foods.

Good hiking snacks:

- nuts, trail mix
- dried fruit
- granola bars
- applesauce pouches

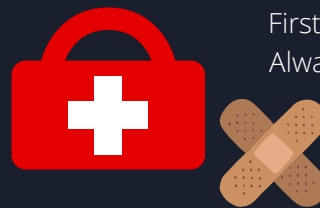


FIRST AID KIT

First aid kits are an essential for hiking. Always be prepared for an emergency.

What you may need:

- band aids
- cold compress
- gauze
- tweezers
- antibiotic ointment
- antiseptic pads



GAMES YOU CAN PLAY

SCAVENGER HUNT

Take a photo of the following items

- sign posts
- foot prints
- the route on a map
- a water droplet
- a wild animal
- bird footprints
- a bridge
- a flower
- a pattern in nature
- a multi-colored plant
- someone jumping in the air
- an unusual gate
- a rainbow
- an animal shaped cloud
- an insect

GEOCACHING

Geocaching is finding containers that are camouflaged to blend into their surroundings. Inside, there's a log book to sign and possible trinkets.

Download a geocaching app. It will tell you locations of caches.

When you find caches, replace trinkets with something else.

Make sure to bring a pen so you can sign log books and keep track of what you find!

PRESS FLOWERS

Make flowers and leaves last a long time!

All you need is a thick book. Pick a flower or leaf and place between the pages of the book. Close the book, and keep the flower or leaf there for one day. When you open up the book again, you'll have a dry flower that will look like it did before you pressed it!

Make sure that you are able to pick the flowers or leaves. Some forests are protected!

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