HIKERS
Make sure you are properly prepared for your hike.
— Bring plenty of water and a park/trail map.
— Apply insect repellent before beginning your hike.
— Wearing pants and long sleeves decreases your chances of tick and mosquito bites.
— Light-colored clothing makes ticks easier to spot and deters mosquitoes.
— When your hike is over, make sure to do a thorough tick check of your body and clothes.

SUN
To better avoid mosquitoes, plan your hike in the late morning or afternoon.

TRAIL
Staying on the trail is one of the best ways to avoid ticks, poison ivy and other unpleasant encounters with nature.

POISON IVY
Although irritating for many people, poison ivy is a great food source for Missouri wildlife!
— Poison ivy can be a bush or a vine.
— Three leaflets make up the poison ivy leaf, which can be remembered by the saying “Leaflets three, leave them be!”
— The smaller side leaflets are lobed and often look like a child’s mittens.
— The center leaflet is on a longer stalk; the side leaflets look as if they grow directly from the stem.