

# RIDE + STRIDE SAFETY TIPS

## Stay on footpaths



Always stay on designated footpaths to avoid getting lost or damaging the environment. Be aware of your surroundings and keep an eye out for potential hazards.

## Wear the right gear

Before setting off on your trip, ensure that you have the appropriate gear, including sturdy shoes and weather-appropriate clothing.



## Wildlife and livestock

If you encounter wildlife or livestock, give them plenty of space and do not approach them.



## First Aid Kit

Pack a first aid kit and know how to use it in case of an emergency.



## Weather Forecast

Be aware of the weather forecast and be prepared for sudden changes in conditions.



## Charge your phone

Before setting off, make sure your mobile phone is fully charged and take a portable charger if you have one available.



## Take a map

Like most of rural England, phone signal in the Oxfordshire countryside should not be relied on. Make sure you take a map.



## Tell someone where you're going

Be sure to tell a friend or family member your route and the approximate time that this will take.



## Pack essentials

Remember to pack water and snacks.



## Leave no Trace

Take all of your litter home with you, leave gates as you find them and respect wildlife and livestock,

