

# How to Stay Safe

Rules to live by:

1. Familiarize yourself with the categories
2. Read through the blocks and entire pamphlet to learn how to prevent or minimize your risk
3. We hope you don't spot or experience something on the board, but if you do, you can mark it off
4. Return to the board throughout your visit to keep you prepared and safe!

## Unsure? Ask a Ranger

Want to go on adventure and aren't sure where to go or how to prepare? Find a ranger and they'll be glad to help!

## Emergencies

**Call 911!** Wi-fi is available at Park Office, Lakeview Campstore and Beach Complex.

## Leave No Trace

There are seven *Leave No Trace* principles to keep in mind as you explore the park, that will help keep you and nature safe:

1. Plan ahead and prepare
2. Travel and camp on a durable surface
3. Dispose of waste properly
4. Leave what you find
5. Minimize campfire impact
6. Respect wildlife
7. Be considerate of other visitors



**Douthat State Park**  
14239 Douthat State Park Rd.  
Millboro, VA 24460  
540-862-8100

## Douthat State Park

Don't find yourself in  
**Jeopardy**



A scavenger hunt of categories where we hope you don't clear the board.

*Recreate Responsibly:* It always a good idea to wear sturdy shoes, pack plenty of water and use sunscreen and bug spray.

# Don't find yourself in Jeopardy

*Respect Wildlife:* A good rule of thumb is to stay far enough away to be able to close one eye and cover the critter with your thumb.

## Snakes

### Venomous

Snake with spade shaped head and two sharp fangs.

Bite Mark



*If bitten, seek medical attention!*

## Insects

### In a Cloud of Bugs

When the humidity is high the little bugs come out to bite. Be sure to wear bug spray.

## Weather

### Caught in a Storm

Stay weather aware and look out for:

- Anvil clouds
- Sudden temperate change
- Leaves on trees flipping

## Bears

### Left out Trash or Food

Did you find a mess in the morning?

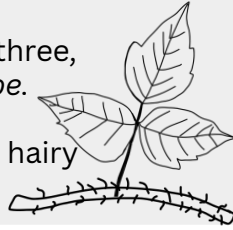
Help us keep park wildlife wild and secure your trash and food at night



## Plants & Terrain

### Got Poison Ivy

If you see leaves of three, let them be. This also applies to hairy vines.



### Copperhead

Like forested areas and move with the rain.

Blend in with leaf litter.



### Had a Tick on You

Wear bug spray and tuck in your socks to avoid tick encounters.

*If attached, be sure to remove properly*



### Stranded by Water

Heavy rainfall can cause Wilson Creek to rise rapidly and close low water bridges. Stay weather aware!



### Saw Bear Signs

Signs to take extra precautions:

- Scratches on trees
- Scat
- Paw prints



### Wandered Off-Trail

Did you get lost? Make sure to follow the blazes to stay on the trail. Download the free Avenza app before heading out.



### Daily Double

Yellow phase



Black phase

Timber Rattlesnake

### Bee Encounter

Bees and wasps will leave you alone if you stay still and haven't disturbed their nest. Try not to swat or squish them.

*If stung and allergic, seek medical attention!*



### Heat Exhaustion

Stay hydrated on hot days. Know the signs of heat exhaustion.



### Saw A Bear

Speak loudly, make yourself big and slowly back away. Do not try to approach!



Report sightings to Park Office

### Stung by Stinging Nettle

Keep your eyes peeled for this plant near water. Rinse skin if touched to get rid of the sting.

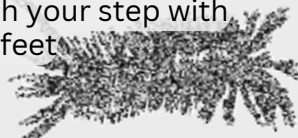


### Heard a Rattle

Rattlesnakes love hanging around rocky outcropping and under logs at high elevations. Keep your eyes and ears peeled on the trail.

### Stung by a Caterpillar

Even though it looks fuzzy, caterpillars with little spikes can sting. Watch your step with bare feet!



### Hypothermia

When the temperature of the air is below 50°F or the water is below 70°F, hypothermia is possible. Know the signs.



### Chased by a Bear

NEVER run away from a bear! They will think you are prey.

And never mess with a bear cub.



### Slipped and Fell

Exploring the outdoors means uneven terrain, loose rocks and slippery ground.

