

# My Winter Walk Checklist

Am I ready for my winter walk?

Check off and colour what you will wear, and if you miss any gear, don't forget to grab it before heading out!

Warm Hat

Mittens

Scarf

Winter Jacket

Snow Pants

Winter Boots

I have all my gear,  
now I am ready!

I, \_\_\_\_\_,  
PLEDGE to walk to school  
during Winter Walk Month.



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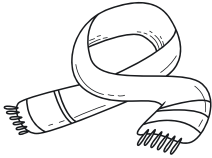
# WINTER TIPS

## To Enjoy Being Outside



1. Wear well insulated, waterproof gear, and boots with good threads or grips to avoid slips, trips, or falls

2. Dress in layers to keep warm



3. Wear reflective/bright clothing to be seen by others



4. Choose safe, well-lit paths and avoid icy areas



5. Stay updated on weather conditions

6. Walk with friends or family, especially when exploring new areas



7. **Always** be safe and seen when walking to school



- Cross at pedestrian crosswalks
- Stop, look, and listen for cars before crossing

Let's have fun walking to school this winter!



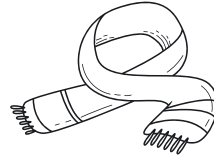
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