Exploring hills and forests can be exciting. But it is very important to be well prepared for any emergency. You will need to decide where you are going and who will accompany you. Always go with an adult. You should never explore forests alone. Be sure to wear suitable clothing. Many people wear long pants and socks to protect their legs from insect bites and scratches from the undergrowth. It is a good idea to wear a loose shirt with long sleeves that can be rolled up. Comfortable shoes or walking boots are essential. You will need a sunhat, too. Take a sturdy backpack. The best packs have useful pockets on the outside. Put a waterproof jacket, a warm sweater, and an extra pair of socks in your pack, just in case the weather changes. Pack a plastic lunch box with fruit, vegetables, nuts, and sandwiches that you can eat during the day. Snacks such as cookies and chocolate bars will help to give you energy. Take a large bottle of water to prevent dehydration. The adult with you should take a cell phone and a small first-aid kit. Don't forget the sunscreen. Before you leave, check the weather forecast. Last of all, remember to tell someone where you are going and when you expect to return.