




## **Night Safety, Be Prepared**

Being prepared is the key to night safety. We all want to get our exercise in, but the shorter days sometimes makes that difficult. Walking after work is a great stress relief and something that we all look forward to after a long hard day. Here are a few tips for getting your walk in and feeling safe in the dark ...

- Know your surroundings
- Carry a flashlight with you 
- Carry mace or pepperspray with you
- Try to walk with a partner or your dog when it starts getting dark outside
- Don't walk the same route every night, you don't want to create too much of a pattern
- Tell someone where you are going and the route that you will be taking, as well as when you expect to be back
- Wear reflectors and put a reflective leash on your dog
- Walk on a street with street lights and traffic if possible (better than a deserted street, where you are all alone)
- Make a plan in your head while you are walking of what you would do at certain points if someone attacked you