

# How to

# Climb a Tree



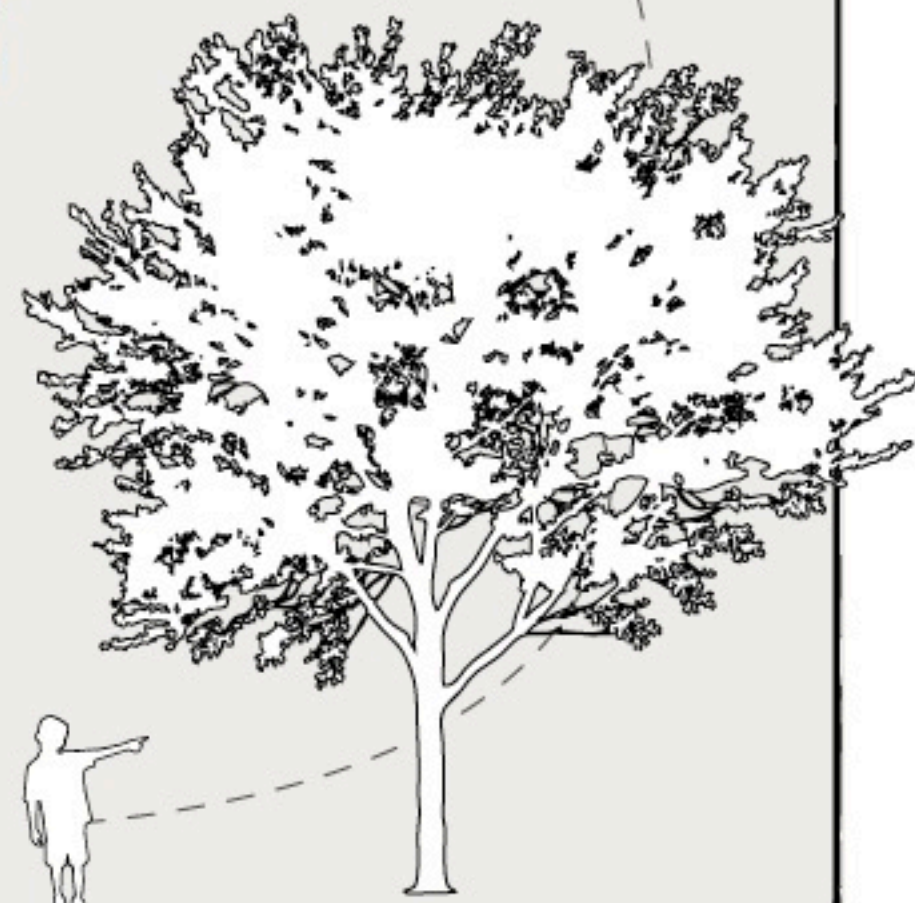
## HERE'S WHAT YOU DO

1. Look for a sturdy tree near you. One with low growing branches is great for beginners as you can practice climbing without getting too high. A Laurel or a Beech would be great for this.
2. Make sure the tree is not rotten - check the roots and the trunk for signs of decay and make sure the branches are not damaged before stepping on them.
3. Avoid branches that are thinner than your arm. The thicker the better!

### YOU'LL NEED:

- A GROWN-UP TO SUPERVISE WHILE YOU CLIMB.
- SUITABLE FOOTWEAR - SO YOU DON'T SLIP OR TRIP
- SUITABLE CLOTHING - DON'T WEAR ANYTHING TOO BAGGY

FILL YOUR SUMMER WITH FUN ACTIVITIES THAT DON'T NEED TO COST A PENNY! THIS SIMPLE GUIDE IS PERFECT FOR CHILDREN AGED 8+ AND WILL BE SURE TO KEEP THEM SAFE.



PARK

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