



Temperance River by Noah, age 15

STAYING SAFE

Plan ahead, and check the weather.

Make sure you've got good shoes or boots, the right clothes for the weather, and you know where you're going.

Bring plenty of food and water.

Stay on the trail.

Stay with your group, and if you can't find them, return to where you last saw them.

Respect wildlife, don't approach or feed animals.



LOVE OUR TRAIL? YOU CAN HELP!



Jay Cooke State Park's Swinging Bridge

To help keep the SHT in good shape and available to kids and families who love the outdoors, consider giving back.

Volunteering and becoming a member are both good ways to help.

Volunteers get to spend time outdoors working to keep the trail in good shape for everyone.

Members support that effort by contributing money.

How would you like to give back?

Superior Hiking Trail Association

618 1st Avenue

PO Box 315

Two Harbors, MN 55616-0315

www.superiorhiking.org

KIDS WITH CAMERAS ON THE TRAIL



Southern Terminus by Michael, age 17

How to stay safe, have fun, protect the Superior Hiking Trail, and take some great photos along the way!



HOW TO TAKE GOOD PICTURES WHILE PROTECTING NATURE

Leave a place as good as you found it, or better. Pack out all trash and pet waste. Leave what you find in nature. Don't move or remove things, don't build structures or rock cairns, and don't touch any artifacts like petroglyphs or historical structures. And leave geotags and locations off social media posts to keep your favorite spots from being overrun.

Check out the Leave No Trace seven principles at LNT.org



Kids on the Trail; Lookout by Michael, age 15

Your Camera

You can take great photos with just about any camera or smartphone, as long as it's in good condition. Especially take care of your lenses and don't let them get smeared or scratched. Use a clean microfiber cloth to clean your lenses, never tissues or anything scratchy.

Keep your camera dry and safe! You can use special covers to keep cameras and phones dry in the rain, but plastic bags also work. Some special cameras are waterproof and can even be used underwater, but remember that water droplets on the lens will still blur your photos.

Make sure your battery is charged up before you go out. Spare batteries or solar chargers can help if your trip is long. And treat your camera gently to help it last a long time.

RULE OF THIRDS:

Imagine your viewfinder split into thirds. (Some cameras actually have these lines drawn on.) Try to put something interesting at one or more of the intersections of this grid. It's also fine to directly center objects in the camera, but experiment with moving things around to see what you like best.



Prepared for Rain



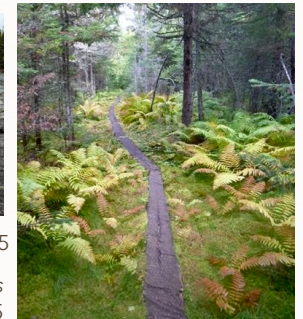
Birch Log by Nolan, age 15

FOREGROUND, MIDDLE, AND BACKGROUND:

What is your focal point? In other words, what's the most important thing in your photo? Compose the rest of your photo around your focal point. It's especially good for landscape photos to have something interesting in the foreground (front), middle, and background. That gives the whole photo good depth.



Perilous Log by Nolan, age 15



*Trail with Ferns
by Michael, age 15*

EXPOSURE AND COLOR:

Make sure your subject stands out from the background by having a contrasting color, texture, or brightness. Bracketing is taking photos at different exposures to see which one looks best. This is especially good to use when photographing sunsets or scenes with both bright and dark areas. Just about every camera will let you change the exposure, in one way or another.



*Northern Terminus
by Benjamin, age 14*



*Studying Ecology
by Ben, age 15*

Flyer and uncredited photos by Kathy Oaks