

# HERE IT COMES

are you ready for the hike?

- Hike with a friend or family member
- Tell someone where you are going
- Have a plan
- Take plenty of water
- Don't walk off the trail
- Bring a hat and sunscreen
- Know your limitations



# READY ...OR NOT?

**Ready ... or Not** is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their “readiness” for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we’re not. Navigating life’s challenges is all about decision-making.

So are **YOU** ready ... or not?



ARMY STRONG:



<https://safety.army.mil>