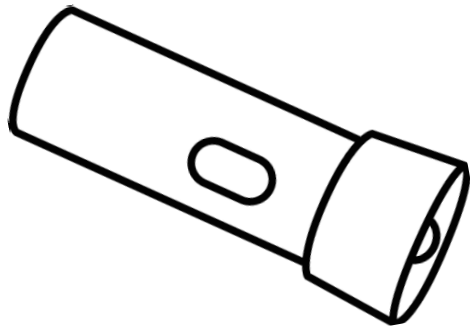


# Carry a Light And Enjoy The Dark



## Carry a light for safety.

You may need to use it, especially on uneven ground or in very dark areas.

## Enjoy the Dark

Limiting the use of light will allow your eyes to adjust to the dark. It can take up to 45 minutes for your eyes to fully adjust to the dark. There is a lot to see even in low light conditions. You will be surprised at what you will notice. Once your eyes have adjusted, light will disrupt your night vision so avoid looking straight into the light if you can.

## Red Light

Our eyes are less sensitive to red light which means it won't affect your night vision as much as other colors of light. Some flashlights and headlamps come with a red setting. You can also easily convert a typical flashlight into a red light by using a rubber band to secure a piece of red cellophane over your light.



**Discover the Night**  
with the Albany Pine Bush

