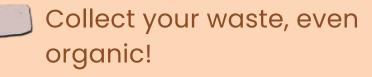


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Do not touch nests, eggs or dens, you may alter their smell and affect animals living there.

- If you pick mushrooms, remember to pat them and do not put them in plastic, to spread the spore and guarantee new mushrooms.
- Do not light up fires if possible!

 Consider taking a course on how to hike responsably first.



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- Use reef-safe or organic sunscreen, to avoid polluting the water when you go swimming.
- Try not to alter the seabed, it may be home for sea creatures.
- Do not take sea stars out of water: the change of pressure will destroy their gills and they will not be able to survive, even if you put them back in water!
- If you encounter a jellyfish, try to warn other people to swim around it or just to relocate it. Do not kill it! It's also part of the ecosystem.
- Always bring with you a bag for collecting trash.

