



I DIDN'T KNOW THAT!

Stargazing 101

White lights can harm your night vision.

This includes lights from flashlights, cell phones, or vehicle headlights.



A red light is much better for stargazing.

Many flashlights and headlamps have a red-light feature, or you can simply cover your light with red cellophane.



Want to get the most out of your stargazing adventure?

Follow these tips:

1

Check the weather before you go.

2

Check the phases of the moon to see how bright it will be.

3

Explore night skies virtually at [nps.gov/nightskies](https://www.nps.gov/nightskies)

