


# Take a Hike!

Find a trail near you and take a hike with your family. Before you head out, read below:

1. Always be prepared. Be sure to take a backpack with water, a snack, bug spray, an extra jacket or sweatshirt, a hat, and a trail map if you have one. 
2. Talk about trail safety as a family. It is important to stay together as a group. Be sure you can see everyone in your family all the time. Don't run ahead!
3. Be a good trail steward. Stay on the trail, don't litter, and move any branches in the way.
4. Be sure to take only photographs. Leave what you find for others to enjoy.
5. As you hike, be sure to use all of your senses to enjoy the nature around you.



- Listen for the call of a bird.



- Find a maple leaf.



- Smell a wildflower. Please do not pick it. Do you know what kind it is?

- Touch a rock that is rough.



- Smell a pinecone



- Touch bark on a tree.

- Find something that has gone to seed. Blow the seeds away.



- Look around you. Find something that you really like.

6. What was the best thing about your hike today?

7. Did you and your family follow good hiking rules? What did you do to help?