

PREPARING FOR AN OUTDOOR TRIP

THIS IS PART 1 OF A 10 PART SERIES FOCUSED ON BUILDING SKILLS USED IN OUTDOOR RECREATION & CAMPING. THIS ACTIVITY IS ALL ABOUT PLANNING AND PACKING FOR A TRIP INTO THE OUTDOORS.

HOW TO PLAN YOUR ADVENTURE IN 5 STEPS:

1. DECIDE ON THE ACTIVITY YOU'D LIKE TO DO

WHAT DO YOU WANT TO DO OUTDOORS? CHOOSE IF YOU WOULD LIKE TO HIKE, BIKE, CAMP, GO TO THE BEACH, OR DO SOMETHING ELSE! THINK ABOUT WHAT IS ACCESSIBLE IN YOUR AREA, WHAT IS APPROPRIATE FOR THE TIME OF YEAR AND YOUR EXPERIENCE LEVEL, AND WHAT YOU ARE EQUIPPED FOR. ALSO CONSIDER HOW LONG YOU WOULD LIKE TO DO THE ACTIVITY FOR.

2. DECIDE WHERE YOU WOULD LIKE TO GO

BASED ON THE ACTIVITY YOU SELECTED, WHERE IS A GOOD PLACE TO GO NEAR YOU? DO YOUR RESEARCH TO MAKE SURE WHERE YOU WANT TO GO IS OPEN. MAKE A NOTE OF ANY RECREATION PASSES YOU NEED AND CONSIDER HOW YOU WILL GET THERE. WHAT IS THE BEST ROUTE?

3. FIND SOMEONE TO GO WITH YOU

DECIDE ON ONE OR MORE FRIENDS OR FAMILY MEMBERS YOU WOULD LIKE TO JOIN YOU AND INVITE THEM. GET FEEDBACK FROM THEM ABOUT THE TRIP YOU ARE PLANNING. DECIDE ON THE BEST DAY AND TIME FOR YOU ALL TO GO AND AGREE ON HOW YOU ALL WILL CARPOOL OR MEET UP.

4. CHECK THE WEATHER

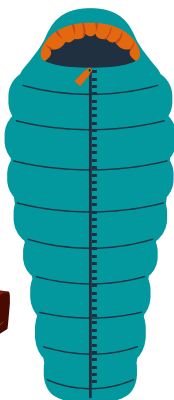
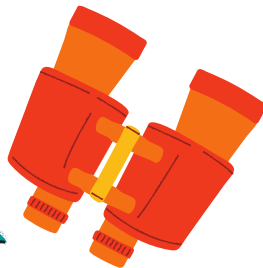
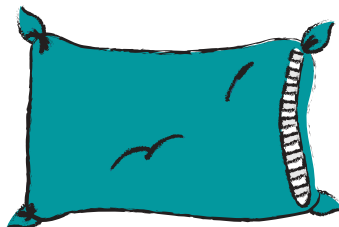
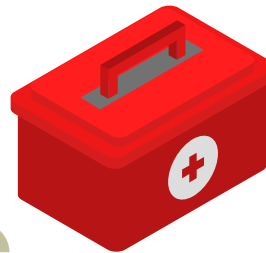
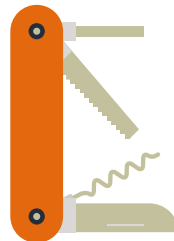
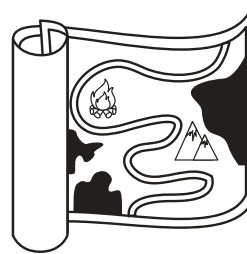
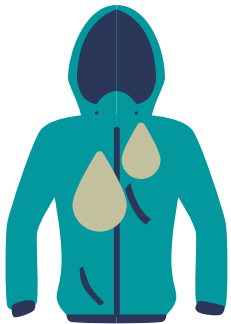
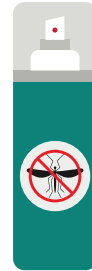
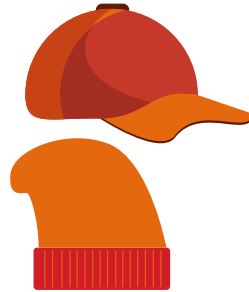
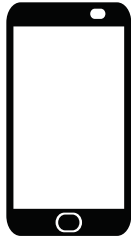
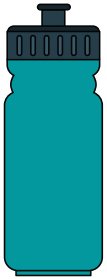
LOOK UP THE WEATHER FOR TIME AND PLACE YOU WANT TO GO. GIVEN THE WEATHER PREDICTION, WILL YOUR TRIP WORK ON THIS DAY? SOME PEOPLE LOVE TO HIKE IN THE RAIN. IF THAT IS YOU, GREAT! IF NOT, CONSIDER RESCHEDULING YOUR TRIP, CHANGING THE LOCATION, OR DO A DIFFERENT ACTIVITY.

5. MAKE A LIST OF EVERYTHING YOU WILL NEED, THEN PACK IT ALL UP

WRITE DOWN ALL THE THINGS YOU THINK YOU SHOULD BRING FOR A SUCCESSFUL TRIP. MAKE SURE TO TAKE THE WEATHER (TEMPERATURE, WIND, RAIN OR SNOW) AND THE TYPE AND LENGTH OF ACTIVITY INTO ACCOUNT WHEN PLANNING. ASK A FRIEND OR FAMILY MEMBER TO LOOK OVER YOUR LIST WHEN YOU'RE DONE. THEN PACK EVERYTHING UP, CROSSING EACH ITEM OFF YOUR LIST ONCE YOU PACK IT. COORDINATE WITH THE OTHERS GOING ON YOUR TRIP TO MAKE SURE EVERYONE HAS WHAT THEY NEED. USE THE FOLLOWING SHEET TO PRACTICE YOUR PACKING SKILLS!

WHAT TO PACK?

PRETEND YOU ARE GOING ON A 3 MILE HIKE THROUGH THE FOREST IN A STATE PARK ON A COOL SUMMER DAY. YOU PLAN ON BEING GONE FOR 4 HOURS AND THERE IS ONLY A SLIGHT CHANCE OF RAIN. WHAT WOULD YOU PACK FOR THIS ADVENTURE?



ANYTHING ELSE?
