

1. Know Before You Go

Suggested Trail: Red Loop in FG

Materials Needed: Computer or phone w/internet access

Activity: Before you hike this trail, read about it on the [Glade Trails website](#). How many parking areas are there for this trail? What is the rating for this trail? Which direction should you hike this trail?

Know Before You Go

Suggested Trail: Any

Materials Needed: Kids Hiking Essentials Checklist page

Activity: Look over the checklist. With help from an adult, select items for today's hike and pack them in your backpack. Remember, backpacks can start to feel really heavy on long hikes or hot days, so pack carefully!

Know Before You Go

Suggested Trail: Black Mountain Loop

Materials Needed: Pencil and Paper

Activity: A trip plan can help others help you during an emergency. Ask an adult to help you write down:

The names of everyone who is going on the hike with you

The name of the trail you plan to hike (and where it is located)

The day and time you plan to arrive at the trail

The time you expect to get home from your hike

The make, model, color, and license of the car you will take to the trail

The cell phone number of someone in your hiking group (it is good to list more than one)

Leave this piece of paper with a trusted adult who is NOT going on this hike with you. Remember to let this person know when you get home safely!

2. Choose the Right Path

Suggested Trail: Seven Bridges w/St. George Loop

Materials Needed: None

Activity: It is important to stay on the trail when hiking so you don't damage plants, destroy wildlife shelters, or cause erosion. What types of "durable surfaces" are you walking on along this trail (name at least 3). Look for five living things (plant or animal) that you might harm if you stepped off the trail today.

3. Trash Your Trash

Suggested Trail: All trails

Materials Needed: Pencil and paper

Activity: At every trail, look for trash cans. Make a list of each trail that has trash cans and how many you see. If you are hiking a trail that has no trash cans, what should you do with your snack wrappers? If you were hiking with your dog and it pooped on the trail, what should you do?

4. Leave What You Find

Suggested Trail: Airport North Loop

Materials Needed: 4-ft piece of string, tied in a circle, "1-Foot Hike" worksheet, pencil, magnifying glass (optional)

Activity: Find a spot along the trail where you have space to work. You should keep your feet on the trail while you lay out your string in a square shape beside the trail (watch out for poison ivy and snakes). Look carefully at EVERYTHING inside your square and fill in the worksheet. What would happen if every hiker on the trail took home one beautiful flower or one cool rock or one tiny little snail?

Leave What You Find

Suggested Trail: Obed River Park Trail

Materials Needed: Paper (2 pieces), crayons (just a few colors) with paper removed

Activity: As you hike, look for the trees that have signs. How many different names can you read? Look at the size of the tree, the texture of its bark, the shape of its leaves. As you hike, gather 4 or 5 different leaves from the ground beside the trail (look for leaves that are not completely dried out or crumbly). At the end of your hike, visit the outdoor classroom at the parking lot. Lay one piece of paper on a table or bench and put one of your leaves on it with the leaf veins (on the underside of the leaf) facing up. Place the other piece of paper on top of the leaf. Turn a crayon on its side and rub the white paper on top of the leaf until you can see the shape of the leaf. Repeat with each leaf you collected and a different color crayon. When you are finished, scatter the leaves back on the ground anywhere outside the classroom.

5. Be Careful with Fire

Suggested Trail: Pioneer Short Loop Trail at CMSP

Materials Needed: None

Activity: Before or after your hike, visit the ranger's office at 24 Office Drive, in the park. Go inside and ask the ranger which backpacking trail has a primitive camp site. How long is the trail? What are the rules for building a fire at the camp site?

6. Respect Wildlife

Suggested Trail: Soldiers Beach

Materials Needed: None

Activity: When you reach the beach, draw a line in the sand, and ask your hiking buddy to stand there. Take 25 big steps along the sand, then turn to face your buddy, who is about 75ft away. This is the distance you should keep away from deer and most other wildlife. You should stay 100 big steps away from a bear!

7. Be Kind to Other Visitors

Suggested Trail: All trails

Materials Needed: None

Activity: Practice good trail manners when there are other hikers on the same trail. Hike single file so other hikers have room to pass. If the trail is too narrow to pass safely, step off the trail onto a durable surface (bare rock, bare dirt, dead leaves, pine needles). If you are hiking downhill, step off the trail so hikers going uphill don't have to slow down (it's also harder for them to see you because they are looking down).

Be Kind to Other Visitors

Suggested Trail: All trails

Materials Needed: None

Activity: Listen to the sounds of nature around you. What do you hear? Birds? Flowing water? Wind in the trees? Insects? What if you heard loud music instead? Or someone talking loudly on a cell phone? Or loud voices and laughter from another group of hikers? Explain (quietly) to your hiking buddy how those loud noises would (or did, if you encountered them) make you feel. Can you think of a polite way to tell a loud hiker that they are making it hard for you to enjoy the peaceful sounds of nature?

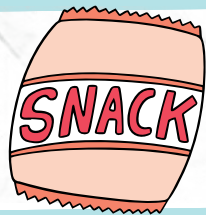
KIDS HIKING ESSENTIAL CHECKLIST

FIRST AID KIT



WATER BOTTLE

FLASHLIGHT



TRAIL FOOD

SUN PROTECTION



WHISTLE

MY 1-FOOT HIKE

MY LIST OF LIVING THINGS



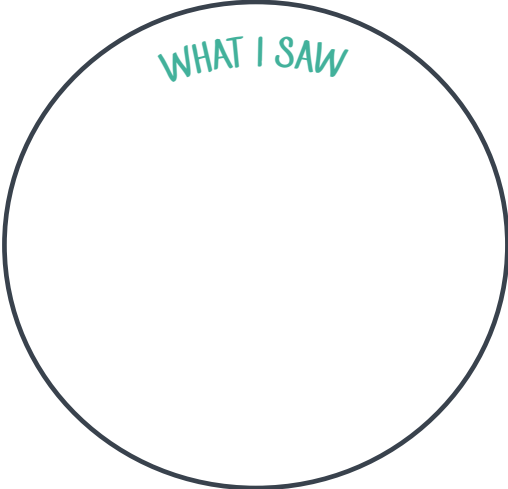




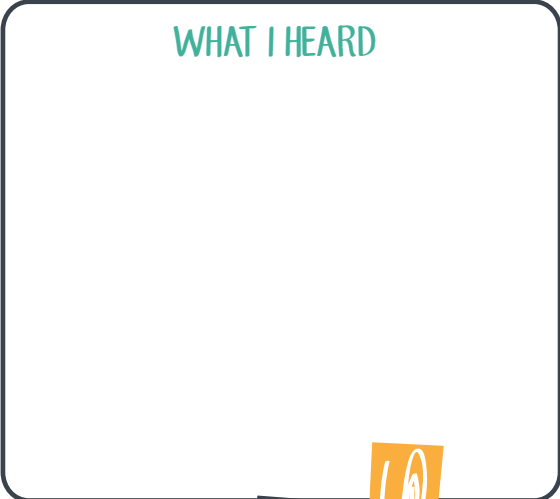




WHAT I SAW



WHAT I HEARD



TWO BIRDS I SAW

1. _____

2. _____

