



Play Outside — Guides —

Family & Beginner Outdoor Checklist

Before You Go

- Check the weather
- Choose a short, easy activity (park, trail, bike ride)
- Tell someone where you're going
- Keep expectations simple and flexible

Notes: _____

What to Wear

- Comfortable closed-toe shoes
- Weather-appropriate clothing
- Light layers
- Hat for sun protection
- Sunscreen (if sunny)

Notes: _____

Food & Water

- Water bottle for each person
- Easy snacks (granola bars, fruit, trail mix, crackers)

Notes: _____

What to Pack

- Small backpack
- Tissues or wet wipes
- Basic first-aid kit (bandages, antiseptic wipes)
- Phone (fully charged)
- Map or trail info (optional)
- Plastic bag for trash or wet items

Notes: _____

Kid-Friendly Extras (Optional)

- Small toy or comfort item
- Binoculars
- Nature scavenger list
- Notebook or pencil

Notes: _____

Hiking Safety Basics

- Stay on marked trails
- Let kids set the pace
- Take breaks when needed
- Watch for weather changes
- Carry water at all times

Mindset for a Great Trip

- Start small
- Focus on fun, not distance
- Let kids explore
- Be flexible
- Make it an adventure

Reminder: Short trips still count. Every outing builds confidence.