

■ FAMILY HIKING PLANNER

A Simple, Stress-Free Guide for Your First Adventure

By **Forward Geared**

Helping Kids Explore, Learn, and Grow Outdoors ■

■■ BEFORE YOU GO: THE BIG PICTURE

■ Where Are You Going?

- 1 ■ Easy, well-marked trail
- 2 ■ Short distance (1–2 miles max)
- 3 ■ Nearby parking or restrooms
- 4 ■ Shade and places to rest

Tip for parents: Choose a trail where turning around early is easy.

■■■■■■■■ Who's Coming?

Write the names of everyone hiking today:

■ WHAT TO PACK (KID-FRIENDLY)

- 1 ■ Water bottle
- 2 ■ Snack
- 3 ■ Comfortable shoes
- 4 ■ Weather-appropriate clothes

■ Parent Pack:

- 1 ■ Small first-aid kit
- 2 ■ Sunscreen
- 3 ■ Bug spray
- 4 ■ Phone or map
- 5 ■ Trash bag (Leave No Trace!)

■■ CHECK THE WEATHER

- 1 ■ No storms expected
- 2 ■ Safe temperatures
- 3 ■ Backup plan ready

Remember: If the weather changes, it's okay to head home early!

■ KIDS' TRAIL RULES (CIRCLE YES OR NO)

- 1 Stay with the group YES ■ NO ■
- 2 Listen to grown-ups YES ■ NO ■
- 3 Leave plants and animals alone YES ■ NO ■
- 4 Pick up your trash YES ■ NO ■

■ MAKE IT FUN: MINI TRAIL CHALLENGE

- 1 ■ A bird
- 2 ■ A cool rock
- 3 ■ A leaf bigger than your hand
- 4 ■ Running water
- 5 ■ Something that smells good

■ Bonus: Draw your favorite thing from the hike!

■ TALK IT OVER AFTER THE HIKE

What was your favorite part?

What would you do differently next time?

■ LEAVE NO TRACE PROMISE

- 1 ■ Stay on the trail
- 2 ■ Respect nature
- 3 ■ Leave things better than I found them

Signed: _____

Date: _____

■ YOU DID IT!

Your family just completed a real outdoor adventure.

More ideas, guides, and kid-friendly hiking tips at [ForwardGeared.com](https://www.forwardgeared.com)