

## Quick Tips for Outdoor Trips

- Bring water, sunscreen, and snacks.
- Give each child a small backpack or ziplock bag for collecting natural items (so you don't have to carry all the rocks).
- Provide one or two field guides.
- Keep clipboards and sketchbooks in the car. Take photos to use for drawing later. After the hike, find a place to draw near the parking lot (so you don't have to lug supplies around).
- Hike for under an hour. "Leave while they're happy."
- Encourage water play—bring a change of clothes and towels.
- Carry a plastic bag to collect trash you create or find. "Pack it in? Pack it out."