

# A Hiking We Will Go & the #10

"A hiking we will go,  
A hiking we will go,  
Hi ho in rain or snow, a hiking we will go!"

Plan a family or friend hike. Choose and pack 10 items to ensure a fun trip. Make sure to have a backpack, water, a map, good shoes, sunscreen, a whistle (to blow in case you get separated), a hat and a snack, a camera, and a jacket for your hike. Count your 10 items as you get ready. Talk about being prepared and safe on a hike. Pick a nice child friendly hike or a place where you will find trees or water (a park or nature preserve.) Pack a snack, or make a trail mix using: peanuts, raisins, m&m's and any other favorite little snacks.

Enjoy nature, getting exercise and having fun with friends and family!

