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STEP 5: PLAN FOR SAFE, FUN AND HASSLE-FREE

Age-appropriate risk-taking is good for children’s healthy development but keeping everyone safe is a critical part of your outing.

- **BE PREPARED:** Bee stings, poisonous plants and allergies don’t have to hold you back. Make sure to bring a first-aid kit and let everyone know where it is.
- **SET EXPECTATIONS:** Remind participants that the natural world is full of surprises and paying attention is part of getting to know nature.
- **USE THE BUDDY SYSTEM:** Group families with similarly-aged kids together so they can adjust activities to fit their ability level.

There are many good resources for safety tips in the outdoors. Review your plans in advance of your outing and always bring appropriate first-aid supplies. When you announce the event, make sure to mention any special supplies that people should bring or safety precautions they should consider. If your group will be near water, suggest a change of clothes. If you are hiking in the woods, encourage tick checks. Consider inviting a CPR trained participant.

ESSENTIALS

- Water
- Layered clothes appropriate for weather
- Backpack
- Snacks or picnic lunch
- Sunscreen
- Hat
- Whistle
- First-aid kit

EXTRAS

- Change of clothes
- Pad and pencil
- Magnifying glass
- Bug box
- Butterfly nets
- Binoculars
- Field guides or ID cards
- Flashlight for night hikes

