

GET OUTDOORS ACTION KIT

Join Friends for Change and the National Park Foundation to Get Outdoors and discover a national park near you!



These special places are preserved for their natural beauty, diversity, history and amazing wildlife—from spouting geysers and gigantic peaks to twisting caves, crazy-deep lakes, and lands that are home to where buffalo roam.

PLAN YOUR
PARK VISIT

IN **4**
EASY
STEPS

1 PICK A PARK

There are national parks in all 50 states. Chances are there's one close to you!

Not able to visit a national park? Find out what fun you can have at a state or city park--from nature walks and paddle boating to birdwatching and more!

2 PLAN YOUR TRIP

Once you've picked a park, plan how to get there, and what to do when you arrive.

- **MAP IT OUT.** Download a map on the park's site (nps.gov), or grab an atlas.
- **RESEARCH TRANSPORTATION.** Planes? Trains? Automobiles? What works for you? Carpool or ride share whenever possible!
- **CALL A RANGER.** Talk to a park ranger to find out more about your destination.



3

PREPARE FOR ADVENTURE

Whether you're there for an hour or an entire week, national parks are full of activities!

- **GO ON A HIKE.** Try an easy nature walk or an overnight trekking adventure!
- **PADDLE A CANOE OR KAYAK.** Many parks have lakes or rivers to explore.
- **GO FOR RIDE.** Cruise along paved trails or go mountain biking and get muddy!
- **HOP ON HORSEBACK.** Some parks offer guided horseback, mule and even llama pack rides!
- **TAKE A DIP.** Dive into an ocean, lake or river. Some parks offer snorkeling too!
- **WATCH WILDLIFE.** How many different kinds of wildlife can you spot? Some may be species you won't see anywhere else in the world!
- **CAMP OUT.** Nothing lets you experience nature like sleeping under the stars!
- **TELL GHOST STORIES.** Gather 'round a campfire and tell spooky stories.
- **GET OFFICIAL.** Find out how to become a National Park Service Junior Ranger!



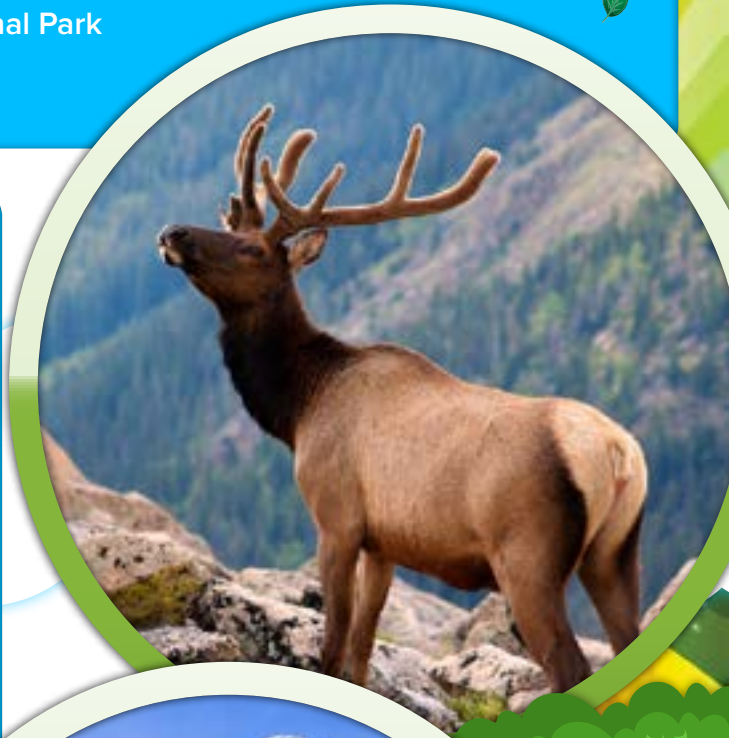
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DOCUMENT YOUR TRIP

Remember your trip and share your adventures with friends by documenting it!



- **JOURNAL IT.** Write journal entries, draw pictures, paste tickets and postcards.
- **CAPTURE IT.** Go on a photo safari; share your pictures online or in an album.
- **STAMP IT.** Get a Park Passport at the Ranger Station and have it stamped.
- **POST IT.** Share your photos on your favorite blog or social media site!



NATIONAL PARK TRIVIA

1 HOW MANY SITES ARE IN THE NATIONAL PARK SYSTEM?

- a. 401
- b. 112
- c. 305

2 WHICH NATIONAL PARK IS HOME TO THE HIGHEST MOUNTAIN IN NORTH AMERICA, AT 20,320 FEET?

- a. Big Cypress National Preserve
- b. Santa Monica Mountains National Recreation Area
- c. Denali National Park and Preserve

3 IN WHICH PARK BELOW CAN YOU FIND THE BIGGEST TREES IN THE WORLD?

- a. Sequoia National Park
- b. Great Smoky Mountains National Park
- c. Rocky Mountain National Park

4 WHICH STATE IS HOME TO THE LARGEST NATIONAL PARK?

- a. Texas
- b. Alaska
- c. California

5 HOW MANY MILES OF TRAILS CAN BE FOUND IN OUR NATIONAL PARKS?

- a. 5,000
- b. 12,000
- c. 17,000

