



Helping PEOPLE, COMMUNITIES and the PLANET

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 49 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?
- **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!



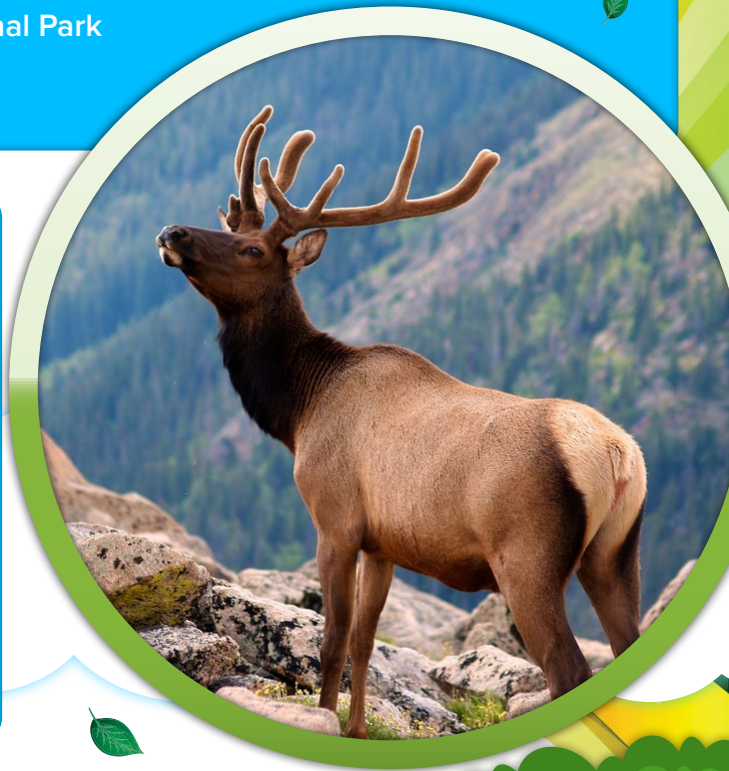
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DOCUMENT YOUR TRIP

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.



NATIONAL PARK TRIVIA

1 HOW MANY PEOPLE VISIT NATIONAL PARKS EACH YEAR?

- a) 2.8 million
- b) 28 million
- c) 280 million

2 HOW MANY ACRES OF LAND ARE IN OUR COUNTRY'S NATIONAL PARKS?

- a) 8 million
- b) 84 million
- c) 184 million

3 HOW MANY ENDANGERED SPECIES LIVE IN OUR NATIONAL PARKS?

- a) 40
- b) 400
- c) 4,000

4 WHAT WAS AMERICA'S FIRST NATIONAL PARK?

- a) Yellowstone National Park
- b) Clara Barton National Park
- c) Zion National Park

5 WHICH STATE HAS THE MOST NATIONAL PARKS?

- a) Delaware
- b) North Dakota
- c) California

6 WHICH FAMOUS PERSON LIVES IN A NATIONAL PARK?

- a) The President of the United States
- b) Shaun White
- c) Mickey Mouse

