








## Forest Hike Checklist: Things to Find

Take a hike in a forest near you. Remember to stay together as a group; no one should be running ahead. Be sure to stay on the marked trail. Look around at what you see. Listen for sounds in the woods. Here is a checklist of things you might see on your hike.

✓	Photo	Description
	 	<p>If the area where you decide to hike has a trail map, get a copy to help you decide which trail would be the best for you to hike. Most trails are marked with either a trail sign as the one pictured or a blaze that is painted on a tree. Be sure to stay on the trail.</p>
	 	<p>Sometimes a tree may blow down across the trail. This is called a “blowdown!” You may have to find a path around the tree until someone gets a chance to clear it away. If it is a branch that you can lift, please pick it up and throw it off the trail so others won’t trip over it.</p>
		<p>Try to find ferns that grow in shady places along the trail. It is one of the oldest plants on Earth.</p>
	 	<p>Look for mushrooms, also known as toadstools. They grow in moist areas and do not need sunshine. Many are edible, but don’t eat any unless you are with someone who knows all about them.</p>