## What to bring on a hike

dventur

iscoveru

Here is a checklist to help you be prepared and comfortable:

- ✓ Sturdy footwear—sneakers or boots
- ✓ Comfortable clothing
- $\checkmark$  Hat for sun protection
- ✓ Water bottle
- ✓ Snacks
- ✓ Insect repellent
- ✓ Sun block
- Other useful items:
- ✓ Basic first aid kit
- ✓ Whistle
- ✓ Camera
- ✓ Binoculars
- ✓ Magnifier

## Where to find our state forests and parks



For detailed information about these forests and parks, visit www.mass.gov/guides/alphabetical-list-of-massachusetts-state-parks or www.discovertheforest.org.



This grant is funded by the USDA Forest Service. Its mission is to sustain the health, diversity, and productivity of the Nation's forests and grasslands to meet the needs of present and future generations.



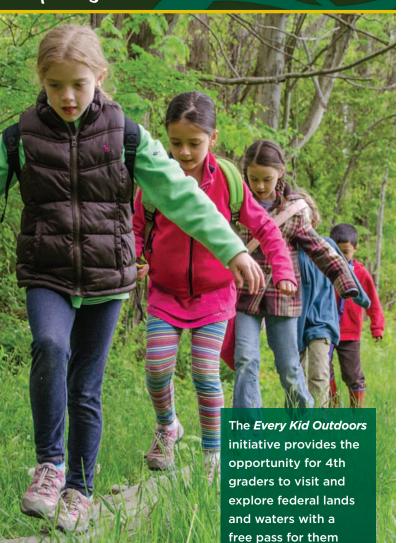


EDUCATION FOR A HEALTHY PLANET

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and their family.

# Use this guide to find as many of these common plants and animals as you can.

### PLANTS







Maple tree

Daisy



Common buttercup 



Fern



Mushroom



**INSECTS AND THEIR RELATIVES** 



Woolly bear caterpillar



Firefly



Ladybug



Grasshopper



Dragonfly



Mourning cloak



Eastern tiger swallowtail



Millipede 



Spider



Ground beetle 

#### **BIRDS AND MAMMALS**



Downy woodpecker



American robin







Chickadee 



American crow



Squirrel



Chipmunk



Cottontail rabbit



White-tail deer



Red fox



Oak tree  $\square$ 

Birch tree



Pine tree