

## What to bring on a hike

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

- ✓ Sturdy footwear—sneakers or boots
- ✓ Comfortable clothing
- ✓ 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](http://www.mass.gov/guides/alphabetical-list-of-massachusetts-state-parks) or [www.discovertheforest.org](http://www.discovertheforest.org).



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## Get Out!

Exploring the Wonders of our Local Parks



The Every Kid Outdoors initiative provides the opportunity for 4th graders to visit and explore federal lands and waters with a free pass for them and their family.



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

## PLANTS



☐ Queen Anne's lace



☐ Daisy



☐ Common buttercup



☐ Fern



☐ Mushroom



☐ Milkweed



☐ Maple tree



☐ Birch tree



☐ Oak tree



☐ Pine tree

## 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



☐ Red-tail hawk



☐ Chickadee



☐ American crow



☐ Squirrel



☐ Chipmunk



☐ Cottontail rabbit



☐ White-tail deer



☐ Red fox