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

For detailed information about these forests and parks, visit www.mass.gov/guides/alphabetical-list-of-massachusetts-state-parks or 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
- Milkweed
- Daisy
- Maple tree
- Common buttercup
- Birch tree
- Fern
- Oak tree
- Mushroom
- Pine tree

**INSECTS AND THEIR RELATIVES**
- Woolly bear caterpillar
- Mourning cloak
- Firefly
- Eastern tiger swallowtail
- Ladybug
- Millipede
- Grasshopper
- Spider
- Dragonfly
- Ground beetle

**BIRDS AND MAMMALS**
- Downy woodpecker
- Squirrel
- American robin
- Chipmunk
- Red-tail hawk
- Cottontail rabbit
- Chickadee
- White-tail deer
- American crow
- Red fox