

trail adventure

click title to open interactive worksheet!

Step 1: Choose your Outdoor Adventure

choose one: trail running and hiking (3 times)

choose one:

- try both trail running and hiking, then choose one
- make a mood board (see mood board example)

Step 2: Plan and Prepare

pick location, time, etc. and fill it out on your worksheet

submit a question for a rock climber [here](#)



Step 3: Gather Gear

show/list equipment you are using, you can use the checklist on the worksheet as a guideline

Step 4: Set a Goal and Train

□ practice makes perfect!!! go on a practice run, but keep in mind that even though your body may be in peak condition we still need to train minds



Step 5: Go on your outdoor adventure

□ if you signed your photo release form, feel free to post pictures on our [padlet](#)