

Nature Walk Checklist

A simple starter sheet for your first local walk.

Best for First walks	Format Printable PDF	Use Print or save offline
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Before You Go

- Choose an easy route close to home.
- Check weather and daylight.
- Tell someone where you are going.
- Charge your phone.
- Save or screenshot your route.

Pack

- Water.
- Small snack.
- Comfortable shoes.
- Weather-appropriate layer.
- Sun protection.
- Small first-aid basics.
- Notebook and pencil, optional.

Notice Outside

- Three sounds.
- Three colors.
- One plant shape.
- One animal sign.
- One weather detail.
- One thing you want to learn more about.

After The Walk

- Write down where you went.
- Record what felt easy.
- Record what felt confusing.
- Pick one small improvement for next time.

Safety note: Conditions change. Check local guidance, stay on marked routes, and turn back early when conditions feel uncertain.