



52 Hike Challenge Kids Edition Checklist

1. Journal about or discuss with an adult what you hope to gain by taking the 52 Hike Challenge journey.
2. Learn the Seven “Leave No Trace” principles and apply them on the trail.*
3. Hike to a waterfall, even if there is no water flowing.
4. Hike near a body of water. Examples include: ocean, lake, river, or creek.
5. Hike in a Nationally designated area. Examples include: National park, National preserve, National monument, etc.*
6. Hike outside of your city.
7. Hike in a state park.*
8. Find a heart shaped item on the trail. For example: rock, leaf, etc.
9. Join a group hike and draw your favorite memory from the day.
10. Join a non-profit event to volunteer on the trail. Examples include: building a trail, maintaining a trail, native tree planting, etc.*
11. Hike with a family member you haven't hiked with yet.
12. Take a friend on a hike.
13. Enjoy a meal on trail.
14. Bring a book and read, or have it read to you, on your trail break.
15. Share three things you're grateful for on your hike with your trail buddy.
16. Touch five trees on your hike (remember to stay on trail!)*
17. Scout for wildlife. Examples include: birds, lizards, chipmunks, etc.
18. Go on a 3 mile or more hike.
19. Observe the flowers along the trail and draw them without picking them.
20. Go on a geology hike.*
21. Observe the rocks on your hike and draw them.
22. Go outside at night and stargaze.
23. Observe the animals on your hike and draw them.
24. Go on a full moon hike (make sure to bring a headlamp and park is open.)
25. Put on your rain jacket, waterproof boots and go on a rain hike. Don't forget to jump in some puddles.
26. Journal or discuss with an adult how you feel about being halfway through your 52 Hike Challenge.
27. Adventure to an iconic spot. Examples include: bridge, stairs, landmark, etc.*



28. Become a trail steward! Volunteer to clean up a park or pick up trash on a hike.
29. Observe the trail's micro details and draw them. Examples include: mushrooms, snails, tree moss, leaves, pinecones, plants, etc.
30. Take a Spring hike and look for wildflower blooms.
31. Go on a birding hike. Count the amount of times you see birds.
32. Bring a new friend hiking with you.
33. Opt Outside. Let an adult know where you'd like to go next.
34. Bring a sketchbook on your hike and draw something you're inspired by.
35. Go on a designated nature walk.*
36. Bring a toy and have an adult photograph you with it on your hike.
37. Hike to or in an historical place.*
38. Learn about the 10 essentials and pack them in your day pack.*
39. Hike an out and back trail.*
40. Hike a loop trail.*
41. Go on a geocaching hike.*
42. Use your imagination on the trail.*
43. Go camping (the backyard works too!)*
44. Go on an urban hike around your neighborhood.
45. Spend an hour playing at the park. Examples include: beach, local park, etc.
46. Share the 52 Hike Challenge with another kid hiking on the same trail.
47. Have someone take a photo of you at your hike's destination.
48. Hike in a canyon.
49. Hike with a pet on a pet-friendly trail.
50. Hike in a forest.*
51. Hike in a desert.
52. Journal or discuss with an adult your thoughts or feelings on completing your 52 Hike Challenge!
53. Bonus: Hike in the snow.*



You don't need to do these activities in order, but we do recommend you do the journaling / discussion prompts on hikes one (1), twenty-six (26), and fifty-two (52) as a reflection and to teach your kids mindfulness. If you are unable to complete a task, you can swap for another activity. Re-doing an activity is allowed. You can go to a park, go hiking or just go outside in your own backyard for some of these activities, however, we recommend taking the kids outdoors and on trail for best results.

We came up with these activities because we want to help immerse kids in nature and to make it fun for them! Our children need to be outside feeling, touching, and experiencing nature - it's innate in us. This is also a time to bond with loved ones away from screens and distractions.

If you come up with some cool ideas on your journey, please let us know so we can modify / add to this list and give more kids the gift of the outdoors and nature. Contact us here:

<https://www.52hikechallenge.com/pages/contact-us>

Please consider purchasing a patch, stickers or our printable activity kit that comes with 52+ coloring / activity pages, this checklist, and more! See the merchandise here:

<https://www.52hikechallenge.com/collections/52-hike-challenge-kids>

To learn more about this challenge visit this page:

<https://www.52hikechallenge.com/pages/kids-series>

We have added extra information and resources for items marked with an asterisk (*). Check it out here:

<https://www.52hikechallenge.com/blogs/blog/resources-for-completing-the-kids-series-challenge>

Don't forget to tag us using #52HikeChallengeKidsSeries and #52HikeChallenge(YEAR)

Lastly, by participating in the 52 Hike Challenge Kids Series you also agree to our Disclaimer and Terms of Service which can be found here:

<https://www.52hikechallenge.com/policies/terms-of-service>

Thank you for taking the challenge,

Karla, Micha, Bri and the 52 Hike Challenge Team