

REI KIDS' ADVENTURE JOURNAL



THIS JOURNAL BELONGS TO

Name

City, State

Age

Year

PLACE A
PHOTO OF
YOURSELF
HERE



LET THE ADVENTURE BEGIN!

We hope you're excited to start.
Embracing adventure is smart.
See new things by going outside.
This fun-filled journal is your guide.
Add plenty of pictures and notes
to share with your friends and your folks.
The puzzles and games are quite fun.

Find more of them here when you're done:

REI.com/family-adventure

Adventure is easy,
you'll see. It's simple as
one, two, three!



- 1** Need some ideas on where to go?
Find lists of local hikes and bike rides
that are fun for you and your family
at **REI.com/family-adventure**.
- 2** After each outdoor adventure, place a
sticker onto one of your adventure pages.
You can also add notes about any of the
cool things you did or saw!
- 3** Finished your first adventure? Great!
Get your official certificate of completion
by visiting Customer Service at any
REI store. You can also print the official
certificate at **REI.com/family-adventure**.

There is just one
more thing: Here is what
you should bring.



- ❶ Sun protection: hat, sunscreen and sunglasses
- ❷ Healthy snacks
- ❸ Lots of water
- ❹ Watch
- ❺ Pen or pencil for filling in your journal
- ❻ Small first-aid kit
- ❼ Emergency whistle (in case you need help)

For a bike trip, add these items:

- ❽ Helmet
- ❾ Tire pump, patch kit and tire levers
- ❿ Bike lock
- ⓫ Elbow and/or knee pads

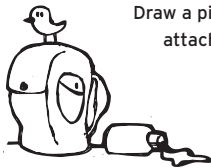
You might also want to bring a camera.

Share photos from your adventures and enter to win one of five REI gift cards. See details on back page.

WHAT DID YOU SEE TODAY?



Draw a picture here of something you saw, or
attach a photo of you on your adventure!





Today's date _____

Where did you go? _____

Who went with you? _____

Weather: Part of every adventure is weather, whether it's sunny or stormy.
Circle every way you experienced the weather today.



See something new? What animals, trees or plants did you spot today?

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Notice any interesting noises? The natural world is full of surprising sounds. What caught your ear? Write it here.

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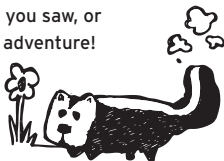
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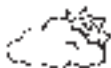


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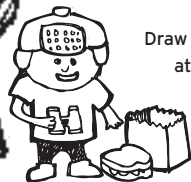
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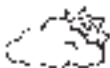


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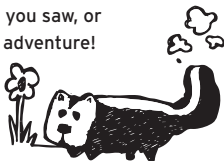
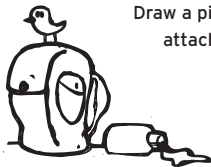
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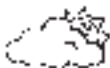


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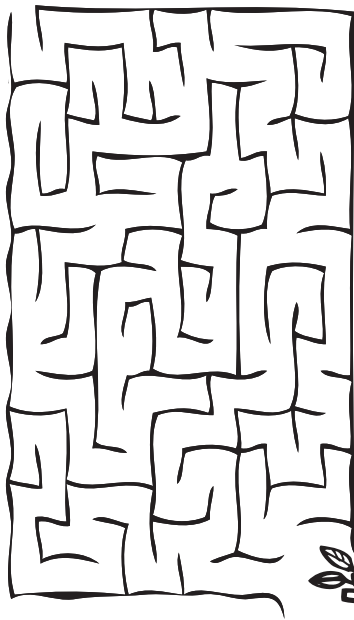
Turtle's Camp Needs Color!

Turtle's wondering where all the color went. Can you add some to Turtle, his friend, the trees and tent?



WHOOOO Can Find Wise Owl?

The hiker has a question for wise, old owl. Help him find his way without running afoul.



Sing it soft or sing it loud, this camp song pleases every crowd!
When this classic song is done, it's time to sing another one.

Ants Go Marching (author & copyright unknown)

Sing to the tune of "When Johnny Comes Marching Home"

The ants go marching _____ one _____ by _____ one _____, *

Hurrah, hurrah!

The ants go marching _____ one _____ by _____ one _____, *

Hurrah, hurrah!

The ants go marching _____ one _____ by _____ one _____, *

The little one stops to _____ eat a plum _____, *

And they all go marching

Down into the ground

To get out of the rain

Boom, boom, boom

(repeat)

*Sing the phrase that matches the verse you're on:

one by one

eat a plum

two by two

tie her shoe

three by three

climb a tree

four by four

slam the door

five by five

find a hive

six by six

pick up sticks

seven by seven

count to eleven

eight by eight

close the gate

nine by nine

hide a dime

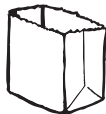
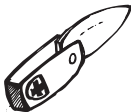
ten by ten

shout "the end!"



One + One = Clever Fun

Add the pictures up to see what the outdoor phrase will be!



Answers: pocket knife, tree trunk, trailhead, sleeping bag.

Scavenger Hunt:

What Can You Find Outside?

A spider, a leaf, a print made by a paw—check off all the things you saw!

- ☐ Hiking trail (name: _____)
- ☐ River or creek (name: _____)
- ☐ Clouds
- ☐ Bird
- ☐ A plant higher than your head
- ☐ A plant smaller than your foot
- ☐ Animal (Which one? _____)
- ☐ Feather
- ☐ Animal pawprint
- ☐ Deciduous tree (drops its leaves in winter)
- ☐ Evergreen tree (doesn't drop its leaves in winter)
- ☐ Leaf
- ☐ Lake or pond (name: _____)
- ☐ Spider web
- ☐ Insect (Which one? _____)
- ☐ Flower

A Secret Riddle

Seeds and nuts, leaves and cones—use them all to crack this code!

What kind of room has no windows or doors?



S

O

U

R

M

H



PINECONE



MAPLE
LEAF



GINKGO
LEAF



OAK
LEAF



ACORN



COTTONWOOD
LEAF

Answer: mushroom.

Camp Craze

Create some funny tips for all your camping trips! (Have someone ask you for words to fill in the blanks. Then read your crazy camping story out loud.)

1. After you _____
verb your tent, _____
verb your sleeping bag so you will be _____
adjective in the morning.
2. Put your _____
noun in a _____
adjective container to keep _____
plural animal from eating it.
3. The secret to making a tasty camp lunch is to always _____
verb your _____
plural noun. For extra flavor, add some _____
a color plural noun.
4. Wear lots of _____
adjective sunscreen on your _____
body part so you don't get a _____
noun.
5. When you see a _____
adjective _____
noun on the trail, leave it where it is for other _____
plural noun to enjoy.



GREAT AMERICAN BACKYARD CAMPOUT

SATURDAY, JUNE 26, 2010

OPEN THE DOOR AND SLEEP UNDER THE STARS

- Join thousands of others this June in the Great American Backyard Campout.™
- A one-night event on the fourth Saturday every June when families, youth and individuals camp out in a backyard or local park to discover the fun of being in the outdoors.
- To register for the event, and for tips on how to make your campout fun and memorable, go to **backyardcampout.org**.



**NATIONAL
WILDLIFE
FEDERATION®**

Make This Summer Healthier, More Fun!

The REI Family Adventure Program sets you up for excellent outdoor adventures: where to go, what to do, and how to do it. Visit your local REI store or **REI.com/family-adventure** to start your family's best summer yet!

- FREE Kids' Adventure Journals—like this one—are available at any REI store. Kids can log their explorations and play fun games.
- FIND a list of family-friendly hiking and biking trails in your area at **REI.com/family-adventure**.
- GEAR UP with everything you need to make your outdoor adventures comfortable and memorable.
- SHARE your adventures by posting photos and tips at **REI.com/family-adventure**.
- LEARN outdoor basics, from teaching a child to ride a bike to GPS use. See videos and articles on camping, backpacking and cycling with kids at **REI.com/expertadvice**. Many REI stores offer free classes; find your local store's schedule at **REI.com/stores**. REI Outdoor School also offers hands-on training (for a fee) for all skill levels: see **REI.com/outdoorschool**.
- TRAVEL! REI Adventures offers active family vacations to the world's most exiting destinations. Special pricing for kids under 17 on most trips. And REI members always get special pricing. See all 14 family adventures at **REI.com/familytrips**.

Share Your Adventures!

Share photos of your family adventures, see photos that other families have taken and enter to win a drawing in which five randomly chosen winners will receive a \$50 REI gift card at **REI.com/family-adventure**.

Hey Kids—Give This Page to a Grown-Up.

Here are some great tips for hiking with kids!

- 1. Plan together.** Make trip planning a family affair so that kids feel important and involved. Read up on your destination. Engage the kids in planning the food and packing their gear. Find some gear checklists at [REI.com/expertadvice](https://www.rei.com/expertadvice).
- 2. Keep it easy.** Remember, enjoyable destinations can be close to home. Less time traveling means more time for your activity. How far to go on a hike? A rule of thumb is 1/2 a mile per year of a child's age.
- 3. Start early.** Children tire easily in the afternoon. Take advantage of their energy in the morning and start your activity early.
- 4. Take breaks.** Plan on taking a lot of short breaks. Also allow time for play, especially during a long outdoor activity.
- 5. Bring snacks.** A well-timed snack can keep kids happy. It's hard for them to enjoy a new activity when they're tired, hungry or thirsty.
- 6. Focus on fun.** Play games like counting bugs and flowers. Sit down and explore a small area: How many ants are in a square foot of forest?
- 7. Invite playmates.** If possible, bring your kids' friends along, too. When you travel with other families with children, both families will appreciate the company of other playmates and adults.
- 8. Celebrate bloopers.** Embrace the unexpected. A kids' favorite memory of the trip might be when you all got drenched by a sudden downpour. Be prepared to cope with inconveniences (such as outhouses). Be willing to laugh when things go haywire!

Be sure to discuss the Leave No Trace Principles on the back cover.

SEVEN PRINCIPLES OF LEAVE NO TRACE

1. Know Before You Go

Pack what you might need, and learn about where you are going.

2. Choose the Right Path

Be safe: Don't wander off the main trail alone.

Allow small trees and flowers to grow by not stepping on them.

3. Trash Your Trash

"Pack it in, pack it out."

4. Leave What You Find

So others can enjoy it and wildlife can use it.

5. Be Careful with Fire

Be sure it's OK to build a fire where you're visiting.

Make sure fires are completely out before you leave.

6. Respect Wildlife

Observe animals from a distance, and do not feed them.

7. Be Kind to Other Visitors

If you are quiet, everyone will observe more wildlife.



Want to leave no trace?

For information, visit REI.com/peak or LNT.org



Recycled

Supporting responsible use
of forest resources

www.fsc.org Cert no. XXX-XXX-000
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