# GETTING STARTED

So you want to try exploring the outdoors—but where to start? First things first: you need to decide what you're going to do. Is there an activity you've never done before but have always wanted to try? Well, today's the perfect day to put things into action! The great outdoors might seem daunting at first, but don't worry: start by making a plan, and remember—the most important thing is to have fun.

## START SMALL!

Every big adventure starts with the first step, so don't overwhelm yourself until you feel ready.

**How to start planning?**

Make a wish list! Write down all the things you'd like to try, then pick one of them. Is there something you can do nearby? Ask your friends or family if there's anything they would like to do and then do it together!

**What if something goes wrong?**

Don't worry! It's normal for things not to go exactly as planned. Prepare a back-up plan in case something changes unexpectedly.

## Making a Plan

Write down a plan for your adventure before you get going. There are lots of things to think about!

*Everybody is different, so make sure you plan an adventure that everyone in your group can participate in. For example, if you have a friend or family member who uses a wheelchair, check in advance if the place you're going to will be accessible to them.*

I'm going to try:

I'm going to start at this time:

I'll be back at this time:

I'm going with:

We'll go to:

We'll get there by:

I need to bring:

The weather is forecast to be: