



## Plan Ahead and Prepare: “Are You Ready?”

**Audience:** Ages 8 and up. Groups of any size.

**Time:** 15 to 45 minutes.

**Materials:** Ask participants to bring a daypack packed for a day hike, don't tell them what to bring. You will need photos of various environments (desert, alpine, river, etc.) and conditions (rain, sun, etc.).

**Leave No Trace Objective:** To give participants a greater understanding of what to bring on a day hike as well as a general better understanding of the principle, Plan Ahead and Prepare.

**Directions:** Once the participants arrive with their packs, break them up into groups of three to five. Explain to them that they are going on an imaginary day hike. Build suspense by asking the participants to guess the destination. Give each group a photo and tell them that it is a photo of where they will be going. Give each group a goal for their trip – for example, wildlife viewing or fishing. Ask the groups to unpack their packs and discuss answers to the following questions:

- Do the contents of your pack properly prepare you for this trip?
- Do the contents ensure your safety?
- Do the contents ensure that you will Leave No Trace?
- Do the contents ensure that you will meet the goal of your trip?

**Debrief:** Because the participants packed their packs with no information as to the destination, chances are they will be unprepared. Use these questions to frame your discussion. Bring the groups back together and give every group a chance to share their answers to the questions that they discussed.