

Draw your adventures!

Grab a pen and use this space to draw during your day out! Try trace around leaves, draw a map of your trip or simply draw your experience today.



Play Outdoor Bingo

See how many things you can see on your outdoor adventure. First one to get FOUR in a row (horizontal, vertical or diagonal) wins! Top tip: If you use a pencil, you can reuse the sheet and play again!

 A bird on the ground	 A track junction	 A bee or insect	 A river
 Moss	 Signage	 People	 Litter (Pick it up)
 A cicada	 A fern	 Footprints	 A bird in a tree
 Clouds	 A berry	 A feather	 A bridge

Now you're home safe...



It's the perfect time to reflect on what you experienced to make your next adventure even better!

HAVE YOU TOLD SOMEONE YOU'RE HOME SAFE?

WHAT DID YOU ENJOY MOST ON YOUR TRIP?

WHAT WOULD YOU DO DIFFERENTLY NEXT TIME?

HOW DID IT MAKE YOU FEEL?



Never again!



I was scared



Was okay but hard



Pretty good time!



Loved it!

You've earned a badge!

Well done! Share on your Instagram with #GoWeekNZ to find a sticker badge for your story. Or add a photo to Facebook and tag @Getoutdoorsweek #GOWeekNZ So, what have you got planned next?



Complete the 5 steps below before you go!

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Gain further detail from trusted people
- Visit doc.govt.nz or go to the local DOC Visitor Centre.
- Ask someone who has been exploring the region before.

- Do you want to see wildlife?
- Do you have the right gear?
- Do you want to swim?
- Are you taking a dog or pram?
- What's the weather doing?
- How fit are you feeling?

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What's the right trip for you?
Choosing the right trip for you is essential for a great time!
Consider the following:

- Findabeach.co.nz
- Local Councils
- Local iSTEs
- Clubs/Communities
- Social Media
- Department of Conservation
- Walking Access Commission
- Guidesbooks

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Get started!
There are heaps of options to choose from, so jump online or ask around in your destination region for ideas!

How to choose an adventure

BEFORE YOU GO INTO THE OUTDOORS...



Starter gear list

Below is a basic list of items for a trip outdoors:



- Sturdy footwear
- Clothing layers X3 (Polyprep, fleece and vest)
- A rain jacket
- A drink bottle (2L per person)
- Food for the day + extra for an emergency
- Head torch + spare batteries
- First-aid kit + personal medication
- Communication device
- Sun safety such as sunscreen and a hat
- Swimming? Add togs and a towel!

Need more tips?
You can find a full packing list in Plan My Trip
www.mountainsafety.org.nz/plan-my-trip

How to be safe on the land and water

Outdoor Safety Code

- Plan your trip.** Seek local knowledge, plan the route you will take and the amount of time you can reasonably expect it to take.
- Tell someone your plans.** Tell someone your plans and leave a date for when to raise the alarm if you haven't returned.
- Be aware of the weather.** New Zealand's weather can be highly changeable. Check the forecast and expect weather changes
- Know your limits.** Challenge yourself within your physical limits and experience.
- Take sufficient supplies.** Make sure you have enough food, equipment and emergency rations for the worst-case scenario. Take an appropriate means of communication.

Water Safety Code

- Be prepared.** Learn to swim and survive. Use safe and correct equipment. Know the weather and water conditions before you get in.
- Watch out for yourself and others.** Always watch children around water. Swim with others and in lifeguard zones.
- Be aware of the dangers.** Enter water feet first and obey all safety signs and warnings. Do not drink alcohol and swim.
- Know your limits.** Learn safe ways of rescuing others without putting yourself in danger.

Share your adventure! goweek.org.nz
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HOW TO ENJOY THE OUTDOORS

DISCOVER > PLAN > GO > SHARE

