



**Massachusetts Emergency Care Training Agency –  
MECTA, Inc. *OUTDOORS***

**Suggestions for:**

## **Hiking With Kids**

**Plan the trip with-in the child's limitations so the trip will be enjoyable.**

- **Make the trip short and with-in their physical ability**
- **Take numerous stops and pay attention to surroundings (e.g. ponds, frogs, worms)**
- **Show the child a map of the planned trip and the progress at the end.**
- **Do not walk too fast.**
- **Give the child a chance to look around.**
- **Keep safety in mind by explaining all activities (E.g. how to cross-stream etc).**
- **Always explain the dangers involved in activities, but do not scare the child.**
- **Develop games en route to help the child appreciate nature.**
  - **Not walking on ants**
  - **Not walking on roots**
  - **Seeing wild animals, birds, and looking for toads.**
- **Give the child a healthy snack along the way.**
- **Listen to the child and explain all noises and dark spots so that they are not afraid.**
- **Explain the hiking environment to the kids and the positive ecological features as well.**

**HAVE FUN, and Enjoy Nature!**

**MECTA™ Outdoors**

**“Discovering the World, One leaf at a Time” ®**

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