

# Branching Activities for Hiking and Trailblazing

Fly Into Our

# NEHST

Nature Education

for

## HOMESCHOOL

Students & Teachers

at the

  
**Wetlands**<sup>®</sup>  
INSTITUTE ~ SINCE 1969

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## Hiking Checklist

- Bug spray
- Sunscreen
- Compass
- Penknife or multi-tool
- Fully charged phone
- Map of the area
- Small first aid kit
- Snacks & water
- Hiking stick
- Animal and plant ID guides
- Extra layers of clothes

## Create Your Own Hiking Stick!

Find an appropriate stick, use some paint, twine, or yarn to decorate it and make it your own! You could also decorate your stick with leaves, petals, rocks, or really anything that catches your eye on your hike!



## How Old Is That Tree?

When a tree is cut down you can determine how old it is by counting its rings. But how do you figure the age without cutting a tree down? Here's a helpful link with different methods to measure trees, along with some interesting facts: [How to Tell How Old a Tree Is](#)

## Make an Astrolabe!

Going on a night hike? Make an astrolabe to track the stars and planets throughout the night! This tool was used by the early astronomers to help them learn about Earth and how it revolves around the sun, as well as tracking eclipses and constellations.

Here's the link to make your own: [Make an Astrolabe](#)

