

**What’s in this *Check Out Nature* Backpack?**

**Binoculars** – first, use the ‘fold’ in the binoculars to adjust the distance between the eyepieces; next use the big focus dial in the center to focus your left eye on something; last, use the ring on the right eyepiece to adjust for your right eye.

**Bug observer and magnifying glass** – catch bugs that you find and watch their activity, but please return them to the land when you’re done.

**Ruler** – if you keep field notes, measurements tell you which place had the biggest caterpillars.

**Compass** – orient yourself on trail maps.

**First aid kit** – cuts and injuries can happen when you’re exploring.

**Guides** – What bird was that? What kind of shrub?

**Flashlight**

Please let us know if you’ve used first aid supplies.

**Before you go**

Bring your water bottle! It’s easy to become dehydrated. Bring enough water. Snacks too!

Put on sunscreen.

**Where to go?!?**

You can use **www.getoutsidesandiego.org** to find all the parks and protected nature spaces in San Diego County. See which ones have hiking, fishing, camping, play areas, or 16 other recreation types. The website works on mobile devices.





