



# GET OUTSIDE

A Journal  
for Refreshing Your  
Spirit in Nature



Ink &  
Willow

**SNEAK  
PEEK**

# GET OUTSIDE

A JOURNAL FOR  
REFRESHING YOUR SPIRIT  
IN NATURE



THESE ADVENTURES BELONG TO

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I love to think of nature as an unlimited  
broadcasting station, through which God speaks  
to us every hour, if only we will tune in.

—GEORGE WASHINGTON CARVER

## INTRODUCTION

As Robert Frost once wrote, sometimes taking the road less traveled can make all the difference. We couldn't agree more! We are glad you've decided to take what may be your first steps to finding God in nature with us. Whether you're new to outdoor adventure, an avid weekend trekker, or a wilderness expert, we share your enthusiasm and hope this book will enhance your experiences.




In the pages that follow, you will find an interactive activity log, guided journaling pages, inspiring quotes from nature lovers throughout the ages, as well as blank pages for sketching or posting photos of your adventures. Plus, we couldn't resist including additional practical features such as:

- \* how to read the clouds
- \* top outdoor attractions for each U.S. state
- \* tips for navigating by the stars
- \* ways to improve your nature photography
- \* and much more!

Remember, every journey begins with a single step. May each destination you encounter expand your worldview and help you see the fingerprints of God everywhere you look.



DATE	LOCATION
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ACTIVITY TYPE	RATING
	    

MEMORIES & IMPRESSIONS




DATE	LOCATION
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ACTIVITY TYPE	RATING
	    

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ACTIVITY TYPE	RATING
	    

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ACTIVITY TYPE	RATING
	    

MEMORIES & IMPRESSIONS

Take some time to be quiet and still while you are walking through nature. Write down your thoughts and insights. Do you sense God speaking to you? If so, write down those things as well.

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## #GETOUTSIDE

No matter where you live or travel in the United States, there are countless outdoor adventures to enjoy. As you plan your next nature hike or wilderness excursion, consider visiting the following national and state parks as well as the other top outdoor destinations. Although this is by no means an exhaustive list, each state contains beautiful settings where you can experience the natural world.

### ALABAMA

- ☐ Bankhead National Forest
- ☐ Conecuh National Forest
- ☐ Little River Canyon National Preserve
- ☐ Natchez Trace National Scenic Trail
- ☐ Tuskegee National Forest

### ALASKA

- ☐ Denali National Park
- ☐ Gates of the Arctic National Park
- ☐ Glacier Bay National Park
- ☐ Kenai Fjords National Park
- ☐ Wrangell-St. Elias National Park

### ARIZONA

- ☐ Grand Canyon National Park
- ☐ Monument Valley Navajo Tribal Park
- ☐ Petrified Forest National Park
- ☐ Saguaro National Park
- ☐ Sunset Crater National Monuments
- ☐ Vermillion Cliffs National Monument

### ARKANSAS

- ☐ Buffalo National River Park
- ☐ Hot Springs National Park
- ☐ Ouachita National Forest
- ☐ Ozark-St. Francis National Forests
- ☐ Sylamore National Forest

### CALIFORNIA

- ☐ Death Valley National Park
- ☐ Joshua Tree National Park
- ☐ Muir Woods National Monument
- ☐ Point Reyes National Seashore
- ☐ Sequoia & Kings Canyon National Parks
- ☐ Yosemite National Park

### COLORADO

- ☐ Garden of the Gods
- ☐ Great Sand Dunes National Park
- ☐ Mesa Verde National Park
- ☐ Pike National Forest
- ☐ Rocky Mountain National Park
- ☐ San Juan Skyway Scenic Byway

### CONNECTICUT

- ☐ Gillette Castle State Park
- ☐ Hammonasset Beach State Park
- ☐ Kent Falls State Park
- ☐ Sleeping Giant State Park
- ☐ White Memorial Foundation and Conservation Center

### DELAWARE

- ☐ Cape Henlopen State Park
- ☐ Delaware Seashore State Park
- ☐ Fenwick Island State Park
- ☐ White Clay Creek State Park

### FLORIDA

- ☐ Apalachicola National Forest
- ☐ Dry Tortugas National Park
- ☐ Everglades National Park
- ☐ Gulf Islands National Seashore
- ☐ John Pennkamp Coral Reef State Park
- ☐ Juniper Prairie Wilderness

### GEORGIA

- ☐ Black Rock Mountain State Park
- ☐ Chattahoochee-Oconee National Forest
- ☐ Crooked River State Park
- ☐ Etowah Indian Mounds Historic Site
- ☐ Franklin D. Roosevelt State Park

### HAWAII

- ☐ Haleakala National Park
- ☐ Hawaii Volcanoes National Park

- ☐ Makena State Park
- ☐ Na Pali Coast State Park
- ☐ Pu'uhonua o Hōnaunau National Historical Park

### IDAHO

- ☐ City of Rocks National Reserve
- ☐ Craters of the Moon National Monument and Reserve
- ☐ Frank Church River of No Return Wilderness
- ☐ Hagerman Fossil Beds National Monument
- ☐ Sawtooth National Forest

### ILLINOIS

- ☐ Cahokia Mounds State Historic Site
- ☐ Midewin National Tallgrass Prairie
- ☐ Shawnee National Forest
- ☐ Starved Rock State Park
- ☐ Volo Bog State National Area

### INDIANA

- ☐ Clifty Falls State Park
- ☐ Hoosier National Forest
- ☐ Indiana Dunes State Park
- ☐ Marengo Cave
- ☐ McCormick Creek State Park

### IOWA

- ☐ Effigy Mounds National Monument
- ☐ Lacey-Keosauqua State Park
- ☐ Lewis & Clark National Historic Trail
- ☐ Loess Hills National Scenic Byway
- ☐ Wildcat Den State Park





Are there places you've always dreamed of visiting? In the space below, create your own bucket list of outdoor destinations you plan to see.

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## THE DOS AND DON'TS . . .

### DO

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- ✓ Research equipment and clothing needs for weather forecast and destination.
- ✓ Be prepared for an emergency by carrying the following: whistle, knife, extra layers, first aid kit, compass, flashlight, and map.
- ✓ Drink plenty of water before, during, and after your hike.
- ✓ Bring high-protein snacks such as granola bars or trail mix.
- ✓ Study a trail map or app before you leave to familiarize yourself with the area. Take a photo or screenshot of the map so you're not dependent on internet or cell service for directions.
- ✓ Leave the trails in better condition than you found them.
- ✓ Carry a fully charged cell phone.
- ✓ Wear sunscreen, sunglasses, and a hat.
- ✓ Prevent altitude sickness by consuming plenty of water and carbs, avoiding alcohol, and climbing at a slow and comfortable pace.



## . . . OF DAY HIKING

### DON'T

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- ✗ Hike alone or leave without letting someone know where you're going.
- ✗ Touch if you don't know what it is!
- ✗ Turn your back on a bear or other wild animal.
- ✗ Wear inappropriate shoes.
- ✗ Attempt to hike an overly strenuous trail if you're not up to it.
- ✗ Remove anything from the forest or trail.
- ✗ Leave litter or other trash behind.
- ✗ Disturb the land. As much as possible, refrain from stacking cairns, building fire pits, or clearing underbrush.





## THE TOP TEN OUTDOOR MYTHS

### MYTH #10

#### **Bears attack humans frequently.**

**TRUTH:** The number of bear attacks is greatly exaggerated. There were only ten fatal bear attacks in the US between 2010 and 2016.

### MYTH #9

#### **You don't need to drink as much water when enjoying outdoor activities in the winter.**

**TRUTH:** Cold and dry days can make you just as prone to dehydration as hot ones. It's always wise to carry plenty of water with you unless you have a portable water filter.

### MYTH #8

#### **Rub two sticks together to start a fire.**

**TRUTH:** Although friction is an effective way to create a flame, you can't just rub any two sticks together. It takes a great deal of patience, practice, and luck to make a fire this way. If you are on an extended outdoor trip, make sure to carry waterproof matches (or regular matches in a waterproof container).

### MYTH #7

#### **You should try to suck the venom out of a snakebite.**

**TRUTH:** Snakes strike only when they feel threatened or surprised, so always be on the alert when you spend extended time outside. If you do get bitten, do not try to suck out the venom. Snakebites can be quite deep and venom travels through the bloodstream very quickly, so trying to arrest that process is virtually impossible. In addition, your mouth and saliva are teeming with bacteria that could cause infection if you put it on an open wound. Get to a hospital or emergency room as soon as possible for treatment.

### MYTH #6

#### **Drinking alcoholic beverages will warm you up in cold weather.**

**TRUTH:** Liquor is the last thing you should drink in a cold-weather survival scenario. You may feel warmer, but alcohol dilates skin-surface blood vessels and capillaries, which will cause your core to become colder more quickly. Instead, enjoy a hot beverage such as tea or coffee.

### MYTH #5

#### **Rub frostbitten skin.**

**TRUTH:** Don't. Ever. Frostbite occurs when ice crystals form in your skin and other tissues. Rubbing the area causes more tissue damage as the ice crystals lacerate new cells. Instead, treat the victim with painkillers as you slowly rewarm the tissue—frostbite hurts!

### MYTH #4

#### **Carrying a first-aid kit makes you safe.**

**TRUTH:** Along with supplies, it's essential that you have the knowledge to treat the most common injuries. Consider taking a first-aid course or do some research online beforehand so you know what to do in the case of a cut, burn, or other mishap.

### MYTH #3

#### **In a survival scenario, you should drink your own urine to stay hydrated.**

**TRUTH:** Urine is full of the body's waste products. If conditions are grim enough to inspire you to consider urine as a beverage, then you are most likely severely dehydrated. The urine of a dehydrated person should not be reintroduced into the human body under any circumstances. Pee can be handy in other ways: Use it to dampen clothing for evaporative cooling in hot climates. But it's not safe or smart to drink it.

### MYTH #2

#### **Moss always grows on the north side of the tree.**

**TRUTH:** Moss tends to grow where conditions are cool and moist. This is frequently on the north side of tree trunks, which often are protected from direct sunlight. However, all sides of the tree are likely to be shaded in the woods, so this directional clue isn't reliable.

### MYTH #1

#### **Use a tourniquet if you're bleeding.**

**TRUTH:** Tourniquets are actually very dangerous since they can damage blood vessels, kill tissue, and possibly make amputation necessary. A tourniquet should only be used as a last resort for someone who would otherwise quickly bleed to death.

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INFORMATION ADAPTED FROM  
THE FOLLOWING SOURCES:

<https://urbansurvivalsite.com/20-common-survival-myths/>

<https://www.outdoorlife.com/articles/survival/2016/04/dead-wrong-26-survival-myths-can-get-you-killed>

<https://www.outwardbound.org/blog/11-wilderness-backpacking-myths-explained/>

<https://www.wideopenspaces.com/10-false-myths-grew-hearing/>



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