FUN THINGS TO DO IN NATURE

What should you pack?
A whistle for each person in your party is always good to have, as well as camping seat or sleep pads. Bring hot drinks, water, food, and snacks to keep energetic and warm. Extra socks, gloves, and a mobile phone are also good to have. Study the map together at home, so that everyone knows roughly where you are going. Bring a bag for rubbish or nature crafts that you may want to bring home.

1. Try nature parkour
Who decided that walking can only be done on trails? Look around and make an obstacle course of what you find. Balance over the fallen log, jump over another. Zigzag between stumps and rocks, crawl under tree branches, jump over low-hanging ones. Nature parkour is all about finding new ways to move in nature.

2. Play scientist
Bring a magnifying glass, a hand net, and binoculars and crawl around in nature, as close to the ground as you can. Watching small insects up close is an awesome experience. Study their passages under bark, logs, and rocks. Write down what they look like and determine their species at home.

3. Go treasure hunting
There are treasures all around you. Google "geocaching", download the app, and read the rules. The treasures are registered on a map – decide on one to have as your goal. The real treasure you find is a box of contents to be left behind for the next geocacher. So bring your own reward as well.

4. Cycle in nature
Cycling in nature is completely different from cycling on paved ground. Rent or borrow a mountain bike and go on a day trip over roots and rocks.

5. Build a hut
Place fallen branches against a tree with a low overhanging branch. Then place smaller sticks over them. Fallen branches with lots of needles provide great protection against the wind. A hut is fun to build, makes for a perfect snack hideout, and provides great shelter from the rain and wind. Remember the right to public access – don't harm or destroy what is living.

6. Reflector hike
Nature is just as awesome in the dark. While it's still daylight, you can mark out a trail with reflectors. Attach them to trees appropriately spaced from each other. Then explore the trail, each with your own flashlight.

GENERATION PEP! SWEDEN

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