



*Climb a tree* ☐

*Walk or cycle to school* ☐

*Walk, run or ride a lap of your home town* ☐

*Sleep outside* ☐

*Make a fire and cook on it* ☐

*Learn to read a map* ☐

*Build a raft* ☐

*Follow a river from source to sea* ☐

*Canoe down a river* ☐

*Go on a big hiking adventure* ☐



*Alastair Humphreys'*  
**10 ADVENTURES  
YOU SHOULD TRY  
BEFORE YOU'RE 13**