

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**