

## Activities

**Make your own trail mix:** Prepare for your next outdoor by following this recipe – [Maple Glazed Trail Mix Recipe](#)

**Try Geocaching:** Use a smartphone app to locate hidden caches (usually small containers) in your neighborhood parks, out on trails and in many other locations where others in the geocaching community have hidden them. Follow these tips for social distancing outdoors – [How to Spend Time Outside While Social Distancing](#)

**Meditate outside:** For full instructions on meditating in nature, click [here](#).

**Practice knot tying:** [Best Knots for the Outdoors](#)

## Adventure Books

***No Summit out of Sight: The True Story of the Youngest Person to Climb the Seven Summits*** – An inspiring young adult memoir that includes color photos, he tells how he achieved such great heights.

***Downriver*** – No adults, no permit, no river map. Jessie gets sent to an outdoor education program where she and six companions “borrow” the company’s rafting gear and take off down the Colorado River through the Grand Canyon on their own adventure.

***My Side of the Mountain*** – Sam Gibley runs away from his crowded NYC apartment to the solitude-and danger-of the mountains, where he finds a side of himself he never knew.

***A Walk in the Woods: Rediscovering America on the Appalachian Trail*** – Discusses the history and ecology of the trail and to some of the other hardy (or just foolhardy) folks he meets along the way—and a couple of bears.

## Movies

***Free Solo*** – If you’re craving a some adrenaline from the comfort of your couch, *Free Solo* is for you. Watch Alex Honnold’s historic attempt to free solo (climb without ropes or safety gear) 3,200 feet.

***Maidentrip*** – Follow 14-year-old Laura Dekker who sets out on a two year voyage to become the youngest person ever to sail around the world alone.

***Cast Away*** – A classic story of a man stranded on an uninhabited island.

## Podcasts

***She Explores***

A podcast by, about and for adventurous women everywhere. Enjoy interviews from women from across the outdoor community, covering a range of topics, like conservation, going solo, diversity and more. Choose an episode for all your friends to listen to, and then have a virtual discussion!

### **Wild Ideas Worth Living**

Each episode reveals the stories of those who have taken the road less traveled. Learn how Kim Chambers uses fear as motivation to tackle daunting challenges like swimming from the Farallon Islands to San Francisco or get counseled by *Wild* author Cheryl Strayed on how to choose your best adventure. An REI Co-Op led series.