

# Iowa Outdoor Recreation Life List

Iowa outdoors has a lot to offer a person who is looking for physical activity, unique experiences or simply relaxation. We have a wide variety of natural resources, four distinct seasons, welcoming communities and overwhelming opportunities for outdoor recreation! Items from the two columns below can be completed as a single event, mixed and matched, or accomplished separately. However you decide to use this checklist, no matter what your age, you are helping yourself reduce stress, and stay in good mental and physical health while enjoying Iowa outdoors.

## What have you experienced of Iowa outdoors?

Column 1: Physical activity → → →

- Roamed through a native prairie...
- Took a spring night hike...
- Discovered a secluded place...
- Enjoyed an afternoon in a meadow...
- Spent an early evening in a field...
- Searched a county park...
- Spent a morning hiking...
- Hiked to a streambed...
- Explored an Iowa cave...
- Used a compass or GPS...
- Trekking along fence lines...
- Jogged along gravel roads in summer
- Canoed an Iowa river...
- Wandered a remote creek...
- Spent time on a paddling trip...
- Enjoyed an afternoon of ice fishing...
- Evaluated a local stream...
- Swam on a hot, humid day...
- Kayaked quietly...
- Fished diverse Iowa waters...
- Fly-fished a cold-water trout stream
- Snowshoed a recreational trail...
- Sled for an afternoon...
- Broke a cross-country ski trail...
- Camped in a primitive area...
- Backpacked to a remote location...
- Climbed Iowa's state tree (Oak)...
- Biked an Iowa path or trail...
- Planted a tree or flower...
- Practiced archery skills...
- Rode a horse...
- Spent a day in the Loess Hills...
- Visited Effigy Mounds Nat'l Monmt...
- Joined in a restoration project...
- Assisted in conservation efforts...
- Spent an afternoon playing...
- Hunted Ring-necked Pheasant...
- Picnicked in a city park ...



Column 2: Experiential activity

- ...observing the stars or northern lights
- ...listening and calling to owls
- ...finding birds in a mating display
- ...hearing Iowa's state bird (eastern goldfinch) sing
- ...catching and releasing lightning bugs
- ...tagging monarch butterflies before migration
- ...gathering Iowa wild edibles
- ...collecting fossils, agates and Iowa's state rock (geode)
- ...discovering its character
- ...navigating a trail or geocache site
- ...searching for whitetail deer sheds
- ...stopping to smell Iowa's state flower (wild rose)
- ...watching bald eagles feed
- ...catching tadpoles, frogs, crawdads
- ...skipping rocks
- ...sharing your experience with a friend or relative
- ...participating in IOWATER monitoring program
- ...splashing in a local swimming hole or creek
- ...observing nesting activities of waterfowl
- ...during each of the 4 distinct Iowa seasons
- ...noting the type of insects present
- ...identifying animal tracks that cross your path
- ...enjoying the warmth of winter
- ...making the first marks in freshly fallen snow
- ...cooking meals over a fire
- ...sleeping under the stars
- ...getting a different outlook of the landscape
- ...viewing Iowa's agricultural richness
- ...studying the intricate design of leaves and blossoms
- ...remembering the bison that roamed the countryside
- ...exploring a new-found Iowa county or state park
- ...being inspired by nature's beauty and wonder
- ...gaining knowledge of Iowa's original inhabitants
- ...learning of native prairie, wetland, woodland plants
- ...participating in a bird count
- ...examining the local flora and fauna
- ...feeling the wind on your face & grass under your feet
- ...looking for signs of the season

