

# Hiking Basics for Families

PRESENTED BY THE STAYTON PARKS BOARD

Join the **Stayton Parks Board** for a fun and informative two-part lecture series on hiking! Perfect for young families and beginners, these sessions will introduce the basics of hiking safety, planning, and adventure.

Taught by Parks Board Member and experienced outdoor enthusiast, Dan Brummer, each session will walk you through key things to know before heading into the great outdoors. You will also leave with some information on local hikes you can do using the knowledge you gained.



# FREE

NO REGISTRATION REQUIRED





# Session Information



## SESSION 1: INTRO TO DAY HIKING

Date: 6/17/2025

Time: 5:30-6:30 p.m.

Location: Community Center  
400 W. Virginia St.

- How to plan a safe and fun day hike
- Tips for hiking with young kids
- What to pack and wear
- The 10 essential things every hiker should know

## SESSION 2: INTRO TO OVERNIGHT HIKING

Date: 6/24/2025

Time: 5:30-6:30 p.m.

Location: Community Center  
400 W. Virginia St.

- Gear and packing tips for overnight trips
- Campsite setup and safety
- Meal planning and Leave No Trace practices
- The 10 essential things every backpacker should know



**FREE TO ATTEND** NO REGISTRATION REQUIRED

Contact Stayton Parks & Recreation for more info:



[CityGovernment@StaytonOregon.Gov](mailto:CityGovernment@StaytonOregon.Gov)



[www.StaytonOregon.Gov/page/pw\\_Parks](http://www.StaytonOregon.Gov/page/pw_Parks)

