

Let's Go GEOCACHING!

Created in 2000, geocaching is a real-world, outdoor treasure hunt - perfect for kids of all ages. Participants navigate to a specific set of GPS coordinates, trying to find a tiny "treasure" (such as fishing lures, small candles, colorful Band-Aids, miniature compasses, etc.) hidden there by another geocacher. While basic info is free online (www.geocaching.com), a premium geocaching membership with maps, ratings, statistics, support, and custom searches is only \$30 per year.

PLAN

Purchase a GPS device: The only essential piece of hide-and-seek equipment for geocaching is something that can track GPS coordinates; an inexpensive one is just fine.

Download a phone App: Probably the cheapest way to geocache, Groundspeak Geocaching App uses GPS, Wi-Fi, and cell towers to connect you to Geocaching.com.

Sign up on Geocaching.com: The basic free membership allows you to access geocache locations and share your experiences. Upgraded memberships provide more.

PLAY

Geocaching is perfect for families - it's a hi-tech, ongoing scavenger hunt that you can do geocaching anywhere! Here are 10 tips to make it fun for everyone.

- 1. Get kids involved:** Put them in charge of GPS, caches, and even lunch!
- 2. Take one, leave one:** Always leave something of equal or greater value.
- 3. Leave a signature cache:** Make your mark with an object that impresses.
- 4. Use creative containers:** Cover a waterproof box in camo tape, moss, or bark.
- 5. Add in adventure:** Choose cache locations that involve a hike or swim.
- 6. Create friendly competition:** Have teams race to find caches first.
- 7. Double the challenge:** Put a cache inside a maze in a cornfield or park.
- 8. Make it a hike:** Choose to seek a cache in a park that you want to explore.
- 9. Bring a camera:** Post your successes on a family blog or Facebook page.
- 10. Hide-and-seek safely:** Bring water, sunscreen, hats, and healthy snacks.

ENJOY

Make technology active! Technology often gets a bad rap for creating couch potatoes. Reverse the trend and have fun using technology to get the activity your body needs.