

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

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Column 2: Experiential activity

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| <input type="checkbox"/> Roamed through a native prairie... | <input type="checkbox"/> ...observing the stars or northern lights |
| <input type="checkbox"/> Took a spring night hike... | <input type="checkbox"/> ...listening and calling for owls |
| <input type="checkbox"/> Discovered a secluded place... | <input type="checkbox"/> ...finding birds in a mating display |
| <input type="checkbox"/> Enjoyed an afternoon in a meadow... | <input type="checkbox"/> ...hearing Iowa's state bird (Eastern Goldfinch) sing |
| <input type="checkbox"/> Spent an early evening in a field... | <input type="checkbox"/> ...catching and releasing lightning bugs |
| <input type="checkbox"/> Searched a county park... | <input type="checkbox"/> ...tagging monarch butterflies before migration |
| <input type="checkbox"/> Spent a morning hiking... | <input type="checkbox"/> ...gathering Iowa wild edibles |
| <input type="checkbox"/> Hiked to a streambed... | <input type="checkbox"/> ...collecting fossils, agates and Iowa's state rock (geode) |
| <input type="checkbox"/> Explored an Iowa cave... | <input type="checkbox"/> ...discovering its character |
| <input type="checkbox"/> Used a compass or GPS... | <input type="checkbox"/> ...navigating a trail or geocache site |
| <input type="checkbox"/> Trekking along fence lines... | <input type="checkbox"/> ...searching for whitetail deer sheds |
| <input type="checkbox"/> Jogged along gravel roads in summer | <input type="checkbox"/> ...stopping to smell Iowa's state flower (Wild Rose) |
| <input type="checkbox"/> Canoeed an Iowa river... | <input type="checkbox"/> ...watching Bald Eagles feed |
| <input type="checkbox"/> Wandered a remote creek... | <input type="checkbox"/> ...catching tadpoles, frogs, crawdads |
| <input type="checkbox"/> Spent time on a paddling trip... | <input type="checkbox"/> ...skipping rocks |
| <input type="checkbox"/> Enjoyed an afternoon of ice fishing... | <input type="checkbox"/> ...sharing your experience with a friend or relative |
| <input type="checkbox"/> Evaluated a local stream... | <input type="checkbox"/> ...participating in IOWATER monitoring program |
| <input type="checkbox"/> Swam on a hot, humid day... | <input type="checkbox"/> ...splashing in a local swimming hole or creek |
| <input type="checkbox"/> Kayaked alone... | <input type="checkbox"/> ...observing nesting activities of waterfowl |
| <input type="checkbox"/> Fished diverse Iowa waters... | <input type="checkbox"/> ...during each of the four distinct Iowa seasons |
| <input type="checkbox"/> Fly-fished a cold-water trout stream | <input type="checkbox"/> ...noting the type of insects present |
| <input type="checkbox"/> Snowshoed a recreational trail... | <input type="checkbox"/> ...identifying animal tracks that cross your path |
| <input type="checkbox"/> Sled for an afternoon... | <input type="checkbox"/> ...enjoying the warmth of winter |
| <input type="checkbox"/> Broke a cross-country ski trail... | <input type="checkbox"/> ...making the first marks in freshly fallen snow |
| <input type="checkbox"/> Camped in a primitive area... | <input type="checkbox"/> ...cooking meals over a fire |
| <input type="checkbox"/> Backpacked to a remote location... | <input type="checkbox"/> ...sleeping under the stars |
| <input type="checkbox"/> Climbed Iowa's state tree (Oak)... | <input type="checkbox"/> ...getting a different outlook of the landscape |
| <input type="checkbox"/> Biked an Iowa path or trail... | <input type="checkbox"/> ...viewing Iowa's agricultural richness |
| <input type="checkbox"/> Planted a tree or flower... | <input type="checkbox"/> ...studying the intricate design of leaves and blossoms |
| <input type="checkbox"/> Practiced archery skills... | <input type="checkbox"/> ...remembering the bison that roamed the countryside |
| <input type="checkbox"/> Rode a horse... | <input type="checkbox"/> ...exploring a new-found Iowa county or state park |
| <input type="checkbox"/> Spent a day in the Loess Hills... | <input type="checkbox"/> ...being inspired by nature's beauty and wonder |
| <input type="checkbox"/> Visited Effigy Mounds Nat'l Monmt... | <input type="checkbox"/> ...gaining knowledge of Iowa's original inhabitants |
| <input type="checkbox"/> Joined in a restoration project... | <input type="checkbox"/> ...learning of native prairie, wetland, woodland plants |
| <input type="checkbox"/> Assisted in conservation efforts... | <input type="checkbox"/> ...participating in a bird count |
| <input type="checkbox"/> Spent an afternoon playing... | <input type="checkbox"/> ...examining the local flora and fauna |
| <input type="checkbox"/> Hunted ring-necked pheasant... | <input type="checkbox"/> ...feeling the wind on your face & grass under your feet |
| <input type="checkbox"/> Picnicked in a city park ... | <input type="checkbox"/> ...looking for signs of the season |