



Douthat State Park has a lot of visitors. Help us clean up after those that didn't clean up after themselves. Use a bag and collect 10 or more pieces of trash from the park. Show the bag to a Park Ranger and get their initials!

Park Ranger Initials: \_\_\_\_\_

**Leave No Trace**

There are seven *Leave No Trace* principles to keep in mind as you explore the park and go on adventures. Read and see how many you can remember:

1. Plan ahead and prepare
2. Travel and camp on a durable surface
3. Dispose of waste properly
4. Leave what you find
5. Minimize campfire impact
6. Respect wildlife
7. Be considerate of other visitors

Ask an Interpretive Ranger to teach you the hand signals. **Park Ranger Initials:** \_\_\_\_\_

**The Junior Ranger Promise**

I,

\_\_\_\_\_

(write name)

**pledge to be kind and respectful to nature and all the creatures that call Douthat State Park home. I promise to Leave No Trace whenever I am in nature. I vow to learn about the plants and animals that live in the park and share my knowledge with others. Above all, I promise to have a blast while embarking on my journey to becoming a Douthat State Park Junior Ranger!**



\_\_\_\_\_

**Douthat State Park**  
 14239 Douthat State Park Rd.  
 Millboro, VA 24460  
 540-862-8100

**Douthat State Park  
 Junior Ranger  
 Adventure Guide**



## Ranger Activities

The Junior Ranger in training must participate in 3 ranger-led programs. To obtain credit for each program attended, have the ranger initial your guidebook. Be sure to say if you enjoyed it!

1. Name of Program: \_\_\_\_\_

Date: \_\_\_\_\_ Initials: \_\_\_\_\_

Rate the Program 

2. Name of Program: \_\_\_\_\_

Date: \_\_\_\_\_ Initials: \_\_\_\_\_

Rate the Program 

3. Name of Program: \_\_\_\_\_

Date: \_\_\_\_\_ Initials: \_\_\_\_\_

Rate the Program 

## Ranger Rambles

Get to know a Park Ranger by asking questions and learning more about why its great to be a Virginia State Park Ranger!

**What do you like best about being a Park Ranger?**

\_\_\_\_\_

\_\_\_\_\_

**Ask your own question and write their answer.**

\_\_\_\_\_

\_\_\_\_\_

## DID YOU KNOW?

Virginia was the first state to open an entire state park system on the same day June 15, 1936. Six state parks comprised the system: Douthat, Fairy Stone, Staunton River, Hungry Mother, Seashore (now First Landing), and Westmoreland!

*Attend our Step Back in Time History Walk to learn more about our park's history.*



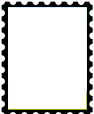
### Activities

1) Pretend you're in the CCC writing a letter to your family back home! What would you share with them? Write or draw in the postcard below!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



2) Write one thing, not mentioned above, about the history of Douthat State Park:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Map Reading 101

**Grab a yellow trail map to complete the following activities. If you already have one, do you know how to read it?**

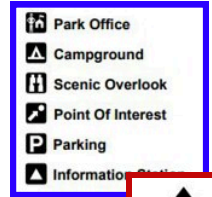
### Parts of a Map:

**Legend:** Explains what the symbols mean.

**Trail List:** Includes all trail names, distance, difficulty, and more! (look on your map)

**Compass Rose:** Shows north

**Scale:** This helps you measure distances on the map. Each map will have its own scale.



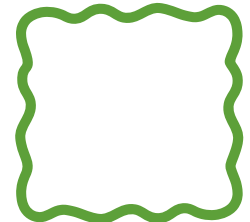
### Activities:

*Use the tools above to answer the questions*

**What is the longest trail in the park?**

How long is it? \_\_\_\_\_

**What does the campground symbol look like? Draw it!**



**Go on an adventure and hit the trail!**

Be sure to wear sturdy shoes and bring water!

**Which trail did you choose?** \_\_\_\_\_

**What did you see? Plants? Animals? Or Animal signs?** (Write or draw in the space below)

