



# 5 Steps to becoming an Outdoors Father

## 1. Get your priorities straight

**Your family comes first, both in time and energy; even if all you want to do is get away.** By giving your family the first spot all the time, when you do want to go for a couple of days in the wilderness by yourself or a climbing weekend with your friends or a family adventure out of their comfort zone, you will have the support you need.

Every man knows that your partner can be your biggest ally and biggest enemy. In the week leading up to your time away, put extra care in spending time with your children and partner, and by the time you are ready to go you will have all the support you want.

## 2. Maximize your time

**We are busy – family, home, work, training and more, so use every second when going outdoors.** Reach the trailhead on Friday night and camp/sleep in or near the car, so that you can start your outdoors time first thing in the morning. Stay out later and for longer on the days you are out to snatch a few more fresh air minutes.

## 3. Get the right skills

**More than anything, having the right skills will give you confidence, flexibility and freedom.** Knowing how to survive outdoors, navigate, tend injuries and provide for yourself and your loved ones means that you don't have to rely on trails or organized trips - you can make your own adventure. When gaining new skills make sure to learn in phases, honing your skills as you learn by taking baby steps out of your comfort zone.

## 4. Have the right gear

**Being ill prepared outdoors might endanger you and your loved ones, get you all uncomfortable and forever scare your kids and partner from joining you again.** Make sure that you have all that is needed for an enjoyable and safe adventure. Know you and your family's limitations in terms of what they need what you can actually carry. Gear is with you to serve your needs and protect you, not to enslave you when trying to have fun.

## 5. Planning, planning, planning

**With family obligations, work obligations and time constraints, planning well will be your greatest asset.** Plan every adventure in as much detail as possible so you can hit the ground running – hit the trail, set up the tent or start cycling - the moment you get the time for it. Don't waste time on "finding the place" – know where it is and get there in the most efficient way: your goal is to be outdoors.

