



PLANOVAIO
PLAN YOUR NEXT ADVENTURE



— THE FREE FIELD CHECKLIST

The National Parks *Bucket List*

Tick off all 63 parks, the wildlife you spot and the plants you find along the way. Print it, pin it up, and check off each box as you go.

All 63, by region

RIGHT OF EACH PARK: STATE · BEST TIME TO VISIT

The West 14 PARKS

- Channel Islands CA
APR – OCT
- Crater Lake OR
JUL – SEP
- Death Valley CA · NV
NOV – MAR
- Great Basin NV
JUN – SEP
- Joshua Tree CA
OCT – APR
- Kings Canyon CA
MAY – OCT
- Lassen Volcanic CA
JUN – OCT
- Mount Rainier WA
JUL – SEP
- North Cascades WA
JUL – SEP
- Olympic WA
JUN – SEP
- Pinnacles CA
MAR – MAY · OCT – NOV
- Redwood CA
MAY – SEP
- Sequoia CA
MAY – OCT
- Yosemite CA
MAY – OCT

The Southwest 12 PARKS

- Arches UT
APR – MAY · SEP – OCT
- Big Bend TX
OCT – APR
- Bryce Canyon UT
MAY – SEP
- Canyonlands UT
APR – MAY · SEP – OCT
- Capitol Reef UT
APR – JUN · SEP – OCT
- Carlsbad Caverns NM
MAY – OCT
- Grand Canyon AZ
MAR – MAY · SEP – NOV
- Guadalupe Mountains TX
OCT – APR
- Petrified Forest AZ
MAR – MAY · SEP – NOV
- Saguaro AZ
NOV – MAR
- White Sands NM
OCT – APR
- Zion UT
APR – MAY · SEP – OCT

The Rockies 7 PARKS

- Black Canyon of the Gunnison CO
MAY – OCT
- Glacier MT
JUL – SEP
- Grand Teton WY
JUN – SEP
- Great Sand Dunes CO
MAY – JUN · SEP
- Mesa Verde CO
MAY – OCT
- Rocky Mountain CO
JUN – SEP
- Yellowstone WY · MT · ID
MAY – SEP

Alaska 8 PARKS

- Denali AK
JUN – AUG
- Gates of the Arctic AK
JUN – AUG
- Glacier Bay AK
MAY – SEP
- Katmai AK
JUL · SEP
- Kenai Fjords AK
JUN – AUG
- Kobuk Valley AK
JUN – AUG
- Lake Clark AK
JUN – SEP
- Wrangell–St. Elias AK
JUN – AUG

The Midwest 8 PARKS

- Badlands SD
MAY – JUN · SEP
- Cuyahoga Valley OH
MAY – OCT
- Gateway Arch MO
APR – JUN · SEP – OCT
- Indiana Dunes IN
MAY – SEP
- Isle Royale MI
JUN – SEP
- Theodore Roosevelt ND
MAY – SEP
- Voyageurs MN
JUN – SEP · WINTER FOR AURORA
- Wind Cave SD
MAY – SEP

The East 10 PARKS

- Acadia ME
JUN – OCT
- Biscayne FL
DEC – APR
- Congaree SC
MAR – MAY · OCT – NOV
- Dry Tortugas FL
NOV – APR
- Everglades FL
DEC – APR
- Great Smoky Mountains TN · NC
APR – JUN · OCT
- Hot Springs AR
MAR – MAY · OCT – NOV
- Mammoth Cave KY
MAR – NOV
- New River Gorge WV
APR – OCT
- Shenandoah VA
APR – JUN · OCT

Islands & Territories 4 PARKS

- National Park of American Samoa AS
JUN – SEP
- Haleakalā HI
APR – OCT
- Hawai'i Volcanoes HI
YEAR-ROUND
- Virgin Islands VI
DEC – APR

Animals to spot

GROUPED BY CLASS · SCIENTIFIC NAMES IN ITALICS

Mammals *Mammalia*

14

- American Bison**
Bison bison
- Grizzly Bear**
Ursus arctos horribilis
- Black Bear**
Ursus americanus
- Mountain Lion**
Puma concolor
- American Pika**
Ochotona princeps
- Elk**
Cervus canadensis
- Moose**
Alces alces
- Bighorn Sheep**
Ovis canadensis
- Sea Otter**
Enhydra lutris
- Gray Wolf**
Canis lupus
- Mountain Goat**
Oreamnos americanus
- Humpback Whale**
Megaptera novaeangliae
- Desert Bighorn**
Ovis canadensis nelsoni
- Kit Fox**
Vulpes macrotis

Birds *Aves*

15

- California Condor**
Gymnogyps californianus
- Bald Eagle**
Haliaeetus leucocephalus
- Golden Eagle**
Aquila chrysaetos
- Great Horned Owl**
Bubo virginianus
- Sandhill Crane**
Antigone canadensis
- Roadrunner**
Geococcyx californianus
- Peregrine Falcon**
Falco peregrinus
- Steller's Jay**
Cyanocitta stelleri
- Trumpeter Swan**
Cygnus buccinator
- Atlantic Puffin**
Fratercula arctica
- Western Tanager**
Piranga ludoviciana
- Gila Woodpecker**
Melanerpes uropygialis
- Hooded Oriole**
Icterus cucullatus
- Painted Bunting**
Passerina ciris
- Hawaiian Goose**
Branta sandvicensis

Reptiles *Reptilia*

6

- American Alligator**
Alligator mississippiensis
- Gila Monster**
Heloderma suspectum
- Green Sea Turtle**
Chelonia mydas
- Desert Tortoise**
Gopherus agassizii
- Collared Lizard**
Crotaphytus collaris
- Western Diamondback**
Crotalus atrox

Amphibians *Amphibia*

5

- Hellbender**
Cryptobranchus alleganiensis
- Red-eyed Tree Frog**
Agalychnis callidryas
- Rocky Mountain Toad**
Anaxyrus woodhousii
- Pacific Tree Frog**
Pseudacris regilla
- Rough-skinned Newt**
Taricha granulosa

Insects *Insecta*

5

- California Tortoiseshell**
Nymphalis californica
- Tarantula Hawk**
Pepsis grossa
- Glacier Stonefly**
Zapada glacier
- Firefly**
Photinus carolinus
- Monarch Butterfly**
Danaus plexippus

Plants to find

GROUPED BY FAMILY (LATIN) · SPECIES IN ITALICS

Pinaceae *Pines & firs* 9

- Great Basin Bristlecone Pine**
Pinus longaeva
- Lodgepole Pine**
Pinus contorta
- Pinyon Pine**
Pinus edulis
- Bristlecone Pine**
Pinus aristata
- Whitebark Pine**
Pinus albicaulis
- Sitka Spruce**
Picea sitchensis
- Mountain Hemlock**
Tsuga mertensiana
- Western Hemlock**
Tsuga heterophylla
- Engelmann Spruce**
Picea engelmannii

Cupressaceae *Cypresses & redwoods* 4

- Giant Sequoia**
Sequoiadendron giganteum
- Coast Redwood**
Sequoia sempervirens
- Utah Juniper**
Juniperus osteosperma
- Bald Cypress**
Taxodium distichum

Asteraceae *Daisies & sunflowers* 4

- Haleakalā Silversword**
Argyroxiphium sandwicense
- Prairie Sunflower**
Helianthus petiolaris
- Desert Marigold**
Baileya multiradiata
- Rosinweed**
Silphium

Asparagaceae *Yuccas & agaves* 3

- Joshua Tree**
Yucca brevifolia
- Soaptree Yucca**
Yucca elata
- Mojave Yucca**
Yucca schidigera

Ericaceae *Heaths & azaleas* 3

- Texas Madrone**
Arbutus xalapensis
- Flame Azalea**
Rhododendron calendulaceum
- Wild Blueberry**
Vaccinium angustifolium

Salicaceae *Willows & poplars* 2

- Quaking Aspen**
Populus tremuloides
- Cottonwood**
Populus fremontii

Cactaceae *Cacti* 1

- Saguaro Cactus**
Carnegiea gigantea

Onagraceae *Willowherbs* 1

- Fireweed**
Chamaenerion angustifolium

Poaceae *True grasses* 1

- Prairie Grass**
Andropogon gerardii

Rhizophoraceae *Mangroves* 1

- Mangrove**
Rhizophora mangle

Cyperaceae *Sedges* 1

- Sawgrass**
Cladium jamaicense

Sapindaceae *Maples* 1

- Sugar Maple**
Acer saccharum

Myrtaceae *Myrtles* 1

- Ohia Lehua**
Metrosideros polymorpha

Rosaceae *Rose family* 1

- Tundra Wildflowers**
Dryas octopetala

Cyanobacteria *Blue-green algae* 1

- Cave Algae**
Cyanobacteria

Fagaceae *Oaks & beeches* 1

- Island Live Oak**
Quercus tomentella

Marattiaceae (ferns) *Giant ferns* 1

- Tropical Rainforest Fern**
Angiopteris evecta

Hydrocharitaceae *Seagrasses* 1

- Seagrass**
Thalassia testudinum

Magnoliaceae *Magnolias* 1

- Southern Magnolia**
Magnolia grandiflora









How far have you gone?

COUNT YOUR TICKETS, THEN FIND YOUR RANK







Parks visited

OF 63

	1–9	Trailhead Rookie Your journey has begun.
	10–24	Weekend Wanderer You've got the bug now.
	25–39	Seasoned Explorer Hardened by the trail.
	40–54	Park Veteran You've seen it all — almost.
	55–62	Master Ranger The final summits await.
	63	Grand Slam Legend All 63. You did it.


Animals spotted

OF 45

	1–9	Wildlife Watcher First sightings logged.
	10–19	Tracker You know where to look.
	20–29	Naturalist A trained eye for the wild.
	30–39	Field Biologist Few creatures escape you.
	40–44	Wildlife Expert Master of the field guide.
	45	Apex Spotter Every animal, seen.

Plants found

OF 38

	1–9	Plant Spotter Learning the green world.
	10–18	Botanist-in-Training Names starting to stick.
	19–27	Field Botanist You read the landscape.
	28–36	Master Botanist A walking herbarium.
	37–38	Herbarium Hero Every plant, found.

Track it all automatically

Mark parks, wildlife and flora on the website and watch your badges unlock as you go.

planovaio.netlify.app/journey