OUTER CAPE, MASSACHUSETTS · USA

Cape Cod National Seashore

Forty miles of Atlantic beach and dune on the outer Cape, with grey seals in the surf, humpback whales off Provincetown, piping plovers on the sand and huge flocks of sea ducks in winter.

120 animals

25 mammals, 64 birds, 9 reptiles, 5 amphibians, 1 fish, 11 other sea life, 3 butterflies and 2 dragonflies

Best time: Jun to Oct

Seen _____ of 120

ANIMAL DATE AND PLACE

01 Whales and dolphins 8

- ☐ Humpback Whale
- ☐ Fin Whale
- ☐ Minke Whale
- ☐ North Atlantic Right Whale
- ☐ Atlantic White-sided Dolphin
- ☐ Common Dolphin
- ☐ Harbour Porpoise Rare
- ☐ Long-finned Pilot Whale Rare

02 Seals 3

- ☐ Grey Seal
- ☐ Harbour Seal
- ☐ Harp Seal Rare

03 Sharks and sea turtles 6

- ☐ Great White Shark
- ☐ Basking Shark Rare
- ☐ Ocean Sunfish
- ☐ Leatherback Turtle Rare
- ☐ Kemp's Ridley Sea Turtle Rare
- ☐ Loggerhead Sea Turtle Rare

ANIMAL DATE AND PLACE

04 Seabirds and sea ducks 19

- ☐ Northern Gannet
- ☐ Great Shearwater
- ☐ Cory's Shearwater
- ☐ Sooty Shearwater
- ☐ Wilson's Storm Petrel
- ☐ Common Eider
- ☐ Surf Scoter
- ☐ White-winged Scoter
- ☐ Black Scoter
- ☐ Long-tailed Duck
- ☐ Red-breasted Merganser
- ☐ Bufflehead
- ☐ Brant
- ☐ Common Loon
- ☐ Red-throated Loon
- ☐ Razorbill
- ☐ Parasitic Jaeger
- ☐ Black-legged Kittiwake
- ☐ Dovekie Rare

05 Beach, marsh and shorebirds 21

- ☐ Piping Plover
- ☐ American Oystercatcher
- ☐ Least Tern

ANIMAL | DATE AND PLACE

05 Beach, marsh and shorebirds continued

- [ ] Common Tern
- [ ] Roseate Tern Rare
- [ ] Laughing Gull
- [ ] Herring Gull
- [ ] Great Black-backed Gull
- [ ] Sanderling
- [ ] Black-bellied Plover
- [ ] Semipalmated Plover
- [ ] Ruddy Turnstone
- [ ] Red Knot
- [ ] Dunlin
- [ ] Short-billed Dowitcher
- [ ] Willet
- [ ] Greater Yellowlegs
- [ ] Great Blue Heron
- [ ] Great Egret
- [ ] Snowy Egret
- [ ] Black-crowned Night Heron

06 Birds of prey 7

- [ ] Osprey
- [ ] Northern Harrier
- [ ] Red-tailed Hawk
- [ ] Bald Eagle Rare
- [ ] Peregrine Falcon
- [ ] Merlin
- [ ] Snowy Owl Rare

07 Land birds 17

- [ ] Wild Turkey
- [ ] Northern Bobwhite
- [ ] Eastern Towhee
- [ ] Prairie Warbler
- [ ] Pine Warbler
- [ ] Yellow Warbler
- [ ] Common Yellowthroat

ANIMAL | DATE AND PLACE

07 Land birds continued

- [ ] Grey Catbird
- [ ] Northern Mockingbird
- [ ] Black-capped Chickadee
- [ ] Blue Jay
- [ ] Carolina Wren
- [ ] Tree Swallow
- [ ] Bank Swallow
- [ ] Eastern Kingbird
- [ ] Horned Lark
- [ ] Snow Bunting

08 Land mammals 14

- [ ] White-tailed Deer
- [ ] Coyote
- [ ] Red Fox
- [ ] Raccoon
- [ ] Striped Skunk
- [ ] Virginia Opossum
- [ ] Eastern Cottontail
- [ ] Grey Squirrel
- [ ] Red Squirrel (American)
- [ ] Eastern Chipmunk
- [ ] Groundhog (Woodchuck)
- [ ] Muskrat
- [ ] River Otter Rare
- [ ] Fisher Rare

09 Reptiles and amphibians 11

- [ ] Diamondback Terrapin
- [ ] Painted Turtle
- [ ] Snapping Turtle
- [ ] Eastern Box Turtle Rare
- [ ] Common Garter Snake
- [ ] Eastern Hog-nosed Snake Rare
- [ ] Fowler's Toad
- [ ] Spring Peeper

	ANIMAL	DATE AND PLACE
09	**Reptiles and amphibians** continued	
☐	Green Frog	
☐	American Bullfrog	
☐	Eastern Spadefoot Rare	
10	**Shore and tide life** 9	
☐	Northern Sand Lance	
☐	Atlantic Horseshoe Crab	
☐	Atlantic Marsh Fiddler Crab	
☐	Lady Crab	
☐	Forbes' Sea Star	
☐	Northern Moon Snail	

	ANIMAL	DATE AND PLACE
10	**Shore and tide life** continued	
☐	Knobbed Whelk	
☐	Moon Jellyfish	
☐	Lion's Mane Jellyfish	
11	**Butterflies and dragonflies** 5	
☐	Monarch	
☐	American Lady	
☐	Common Buckeye	
☐	Common Green Darner	
☐	Seaside Dragonlet	

My trip

FROM _____ TO _____

TRAVELLING WITH _____

STAYING AT _____ SEEN _____ OF 120

FIRST ANIMAL WE SAW _____

BEST MOMENT _____

FIELD NOTES AND SKETCHES

ALSO SEEN, NOT ON THIS LIST

_____

_____

_____

KEEP IT IN WILDER

Tick them off in the app

Scan to open this checklist in Wilder. Add your photos, see your whole trip, earn badges and the Cape Cod passport stamp, and watch your life list grow.

BEST TIME

Jun to Oct

Cape Cod changes completely with the seasons.

A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Follow the local rules on distance.