



OUTDOOR RECREATION



WHAT'S IT ALL ABOUT?

This 4-H project is for those who like hiking and camping! Progress from day hikes, to overnight camping trips and then to extended backpacking expeditions as you hike through the three activity guides and the helper's guide. Experiences relate to food, shelter, Leave No Trace ethics, safety, navigation equipment and camp management.

HERE'S WHAT YOU CAN LEARN...

STARTING OUT

- ✿ Plan and pack for a day hike
- ✿ Learn to select appropriate outdoor clothing/shoes for hiking
- ✿ Understand how to use layering to regulate body temperature
- ✿ Plan appropriate food for hiking
- ✿ Prepare a basic first aid kit
- ✿ Understand how to care for blisters and hot spots
- ✿ Practice Leave No Trace principles
- ✿ Learn how to use a compass
- ✿ Identify hazardous weather and natural shelters
- ✿ Observe plants and animals

LEARNING MORE

- ✿ Plan an overnight camping trip
- ✿ Select equipment needed for overnight camping
- ✿ Determine backpacking gear needed for a team
- ✿ Demonstrate safe use of camping tools
- ✿ Learn to tie knots
- ✿ Select appropriate camping sites and shelters
- ✿ Plan a camping menu and the supplies needed to cook it
- ✿ Learn about purifying water
- ✿ Describe relationships between animals and plants

GOING FURTHER

- ✿ Plan a backpacking trip
- ✿ Select the correct backpack and gear for an overnight trip
- ✿ Be able to select a non-tent shelter when backpacking
- ✿ Choose the correct food for a backcountry adventure
- ✿ Share responsibilities for campsite tasks
- ✿ Learn about different environments
- ✿ Develop a personal conditioning program
- ✿ Use triangulation to find your location
- ✿ Understand emergency procedures in remote areas

RESOURCES

- ✿ *Hiking Trails* (08043)
- ✿ *Camping Adventures* (08044)
- ✿ *Backpacking Expeditions* (08045)
- ✿ *Outdoor Helper's Guide* (08046)

TAKE IT FURTHER!

- ✿ Attend 4-H camp or 4-H adventure camp
- ✿ Plan and conduct an outdoor adventure skillathon for your club or the general public
- ✿ Go on a night walk
- ✿ Learn about camouflage and why it is used
- ✿ Record your animal and plant adventures in a journal
- ✿ Take a first aid or CPR class
- ✿ Take a First Responder class or course
- ✿ Have a medical professional come and speak to your project or club
- ✿ Start a nature sketchbook
- ✿ Visit a training center or gym to meet with a health or fitness professional about body conditioning
- ✿ Develop a spice kit to take on your backpacking expedition
- ✿ Visit a camping store to explore your equipment options
- ✿ Sleep under the stars and compare it to sleeping with a shelter
- ✿ Go on a hike in your community.
- ✿ Visit your local Forest Ranger or Parks District to talk about local park and trail needs
- ✿ Visit a wildlife refuge or bird sanctuary

ENHANCE YOUR COMMUNICATION SKILLS

- Give a demonstration on how to use a compass
- Lead a tent pitching working demonstration
- Show your friends or family members how to pack light for a trip

GET INVOLVED IN CITIZENSHIP AND SERVICE

- Host an outdoor cooking contest for your community, offer free food for anyone that attends
- Create a flyer about working with allergies when planning food for a larger group
- Create and design camping equipment for people with different abilities
- Organize a clean up of a park or hiking trail

LEARN ABOUT LEADERSHIP

- Organize an outdoor adventure club in your community, see if you can recruit members to join 4-H
- Lead a game at your club meeting about Leave No Trace principles

EXHIBIT IDEAS

- ✿ Do a poster on water filtration
- ✿ Prepare GORP
- ✿ Display on Leave No Trace principles
- ✿ Design an outdoor shelter (real or mini version)
- ✿ Make a display of knots
- ✿ Make a map of your local area
- ✿ Make an outdoor cooking recipe
- ✿ Create a recipe book of outdoor cooking recipes
- ✿ Poster on how to use a compass
- ✿ Journal of your camping or hiking adventures
- ✿ A book of camping songs
- ✿ A display on selecting a camping site
- ✿ Poster on how to seal a tent
- ✿ A tent repair kit
- ✿ A display about weather safety



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