



Name _____

County _____

Hiking Trails

LEVEL **1**



OUTDOOR ADVENTURES PROJECT ACTIVITY GUIDE



Note to the Project Helper

Thank you for volunteering your time and talents to assist one or more young people in this project. This activity guide will introduce them to the exciting world of Outdoor Adventures. Your involvement will make a real difference in the quality of their experiences. You will play a valuable role in helping them learn the subject matter and practice the important life skills along the way. Your interest, enthusiasm and, most importantly, your time will be key ingredients to positive and successful experiences. With your guidance and support, youth will set goals and challenge themselves to work through the activities in this guide. It will be a journey into the world of Outdoor Adventures that everyone will enjoy.

Your Role

- Become familiar with the material in this activity guide and the *Outdoor Adventures Project Helper's Guide*.
- Support youth in their efforts to set goals and complete the activities.
- Date and initial the activities on the Achievement Program as the youth complete them.
- Help the youth know themselves, including their strengths and weaknesses.
- Incorporate the use of the experiential learning cycle in all learning experiences.



The Outdoor Adventures Series

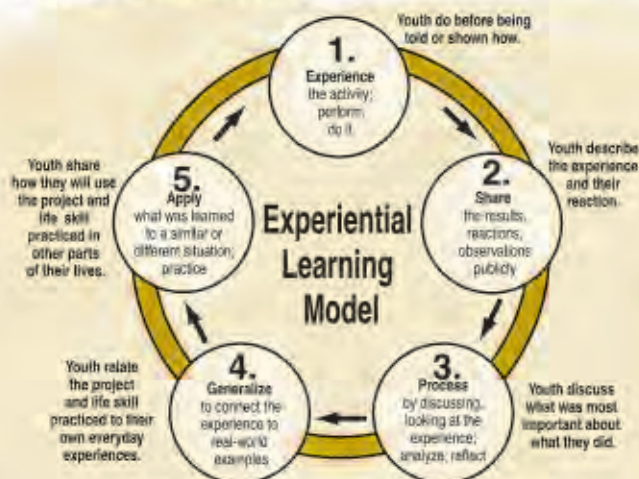
This guide, *Hiking Trails*, is the first in a series of three for youth that also includes *Outdoor Adventures 2 Camping Adventure* and *Outdoor Adventures 3 Backpacking Expeditions*. The three youth guides have been designed for grades 3–5, 6–8 and 9–12, respectively, but may be used by youth in any grade based on their skills, experience and interest.

Outdoor Adventures Outcomes

- Youth will practice and develop the life skills of relating to others, making decisions and communicating with others
- Plan and safely conduct camping, backpacking and wilderness excursions
- Develop minimum impact skills according to Leave No Trace techniques

Outdoor Adventures Helper's Guide

The fourth publication in this series, the *Outdoor Adventures Helper's Guide*, provides additional learn-by-doing activities that can be adapted to 4-H Outdoor Adventures project groups, clubs or other groups. You'll also find helpful hints about characteristics of youth, life skill development, teaching experientially, project meeting ideas and resources for organizing a community Outdoor Adventures program.



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals" © 1983 John Wiley & Sons, Inc. Reprinted with permission of John Wiley & Sons, Inc.

Experiential Learning Model

This five-step model is used in each activity in this series. The youth first attempt the activity independently. After the youth do as much as they can and answer the questions, you discuss the questions with them. What did they do? What was important about what they did? How does their accomplishment relate to their lives? And finally, how might they use the life and project skills practiced in the future? The more you ask additional thought-provoking questions and help them clarify and expand on their ideas, the richer the youths' educational experiences will be.

All activities support the experiential learning model endorsed by the 4-H Program. Each activity lists the project skill, the life skill to be practiced and a success indicator. The success indicator indicates what the youth will do to successfully complete the activity. In addition, in the *Helper's Guide* you will find an evaluation piece to use to determine what the youth have learned from each activity.

Good luck in your role
as Project Helper.

Acknowledgments

Design Team: Mark McLaughlin and Rod Lee, Co-coordinators, PA; Rod Buchele, KS, Liaison, KS; Josina Fluehr-Lobban, Writer, PA; Peg Boyles, Editor, NH; Michele Adcock, VA; Brian Brandt, WA; Nancy Franz, NH; Barry Garst, VA; Pat McNally, KS; Sarah Kleinman, VT; Mike Klumpp, AR; Jill Martz, TN; Terry Patterson, VA;

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For more Outdoor Adventures check the other guides in this series.



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BU-08044

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BU-08045

Level 3

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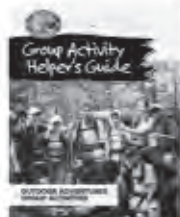
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BU-08046

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Let the Adventures Begin!

In this introductory manual, you will have the opportunity to get out and explore the natural world around you by going out on a day hike. You will learn how to pack a backpack for a day hike and what to put in your pack for a safe and enjoyable trip. The activities will allow you to experience new things and learn some important information. You will also find places where you can make notes about what you discover and what you have learned. Make sure you take an adult along on all your hikes!

Happy Hiking!

How This Activity Guide Works

In each chapter, you will find activities and specific information:

Get in Gear

The activities invite you to explore a specific topic related to day hiking. Other images will let you know that there is more information available for you to learn.



Booty will tell you about additional tips and tricks related to hiking.



This picture will connect you to environmental issues related to hiking and enjoying the natural world.



Reach the Peak encourages you to attempt additional activities pertaining to the topic.

At the end of an activity, if you still have questions, or would like to learn more, check out the Resources page at the end of the guide. You will also find glossary words in this section.



Explore more at

www.4-hcurriculum.org

National 4-H Curriculum



Hiking Trails

Project Guidelines

- Set your goals and record your Outdoor Adventures project highlights
- Complete the "What do you know? Before and After Evaluation"
- Complete the Hiking Trails Achievement Program within three years

Your Project Helper

Your helper will support you in working through this Outdoor Adventures project. This person may be an Outdoor Adventures leader or advisor, a parent, neighbor or an older friend who knows about backpacking and is willing to support you and learn with you. Discuss what you want to learn with your helper and how you can work together to make this a fun experience. As you do the activities, you'll discuss what you did by responding to the questions with your helper. Your helper may work with you to identify resources, including people, internet sites, organizations, events, magazines and books necessary to complete an activity.

Once you have successfully completed an activity, your helper will date and initial your achievement program record. Write the name, phone number and e-mail address of your helper below.

My Project Helper _____

Phone number _____

E-mail address _____

Planning the Journey

My Project Goals

What I want to learn about day hiking:

My Hiking Goals:

What Do You Know?—Before and After

Here is a great way to see if you learn something new and develop important skills in this project. Before you start doing the activities in this guide indicate what you know **NOW**. Then when you complete the Backpacking Expeditions Advancement Program indicate what you know **AFTER**. You may be surprised what you learned. Share the results with your helper.

Begin each skill with the words – **I know how to** _____.
Then circle **1** (to a great extent); **2** – (somewhat); or **3** – (not at all)

Hiking Trails	Before	After
Plan a day hike.	1 2 3	1 2 3
Select items for a day hike.	1 2 3	1 2 3
Organize and pack a backpack for a day hike.	1 2 3	1 2 3
Select appropriate outdoor clothing.	1 2 3	1 2 3
Plan the food you will take on a day hike.	1 2 3	1 2 3
Prepare a first aid kit.	1 2 3	1 2 3
Demonstrate blister prevention and care.	1 2 3	1 2 3
Identify examples of Leave No Trace principles.	1 2 3	1 2 3
Demonstrate the use of a compass.	1 2 3	1 2 3
Practice safety procedures for potentially dangerous weather conditions.	1 2 3	1 2 3
Identify outdoor safe shelters.	1 2 3	1 2 3
Observe plants and animals.	1 2 3	1 2 3

My Day Hike Log

Date	Location	Hiking Goals	Challenges



Hiking Trails

COMPLETION CERTIFICATE

I certify that

Hiking

has completed all requirement of the
Hiking Trails
Achievement Program
in the Outdoor Adventures Series.

Helper's signature _____

Date _____

My photo



So You Want to Take A Hike!?!

Planning Your Trek

Outdoor Skill:
Planning a day hike

Life Skill:
Planning and organizing

Educational Standard:
NPH.K-12.3 Physical Activity

Success Indicator:
Plans and organizes a day hike.

So, you want to take a hike? Hiking on the trail will give you the chance to have some exciting outdoor experiences and learn about the natural world. You might even discover something new about yourself! In this activity you'll practice your planning and organizing skills as you plan a hike.

Get in Gear

Here is your chance to plan your own day hike. First choose an area you have always wanted to explore. Then answer the questions included in the Day Hike Planning Checklist. The information in Outdoor Tips will help you complete the checklist.



You can discover a lot by exploring on a trails with buddies.

Day Hike Planning Checklist

When are you going? _____

How are you getting there? _____

Who is going? _____

Where will you go? _____

Why are you going? _____

What are you going to do along the way and/or when you get here? _____

What costs are involved with this day hike? _____

Other plans _____



Talk it Over

Share the Experience

- What did you include in your planning chart?
- What do you want to get out of your hike?
- What are some safety issues to consider?

Reflections

- How did answering the questions help you plan your trip?
- What did you learn about planning and organizing?

Now What?

- What are some other situations where these questions would be helpful in making decisions?

Glossary Words

Leave No Trace (LNT)
• Pristine • Terrain

Outdoor



Trip Planning Questions

When are you going? What date are you planning this day hike? What time will you leave and return? What season of the year are you planning your hike? You'll need to consider what to bring based on the local temperatures and weather conditions. If you are thinking about planning a hike in a busy state park or a National Park you may need to consider trail use and permits.

How will you get there? Will you drive to the trailhead with your family? With friends? Will you be able to walk right to the trailhead from the park campground where you might be staying?

Who is going? It is always a good idea to bring a friend and/or an adult on a hike. Not only will you have someone to share in the joys of walking and exploring together, but you also have a buddy in case of an emergency.

Where are you going? Make sure you have looked over the maps before you go! Have you looked over the road map to the trailhead if you are driving? Have you checked the mileage for your trip? What will the *terrain* be like?

Why are you going? Will you simply be exploring some new terrain on this hike? Are you going to a more remote stream or pond for a dip on a hot summer day? Are you taking on a challenging hike to reach a personal goal?

What will you do when you get there? Do you plan on eating lunch along the trail or at a scenic overlook? Will you take a camera or your sketch book to capture the beauty of the environment you are hiking in?

Are there any costs involved with this day hike? Will you need to buy or borrow any gear for your hike? Will you stop by the grocery store to pick up some trail snacks?



Did you know?

- The average adult walks about 2 1/2 miles an hour. Youth usually walk slower than adults.



1. Research local places where you could take a day hike with your family or your group. Use local hiking guide books, maps or information from a ranger. Share what you find with your helper or your family.

2. Determine how far you and a friend can walk in one hour. Walk for an hour on a trail with mileage markers, a quarter-mile track or someplace else where the distance is known.



Hiking Essentials

Outdoor Skill:
Choosing items to take on a day hike

Life Skill:
Making decisions

Educational Standard:
NPH.K-12.7 Understanding Challenge

Success Indicator:
Selects items for a day hike.

You've found your backpack and checked the maps. As soon as you pack your back pack you'll be ready to go. What do you plan to pack to make sure you are as safe and comfortable as possible? Being a well prepared hiker is all about making good decisions about what to pack and anticipating your needs. In this activity you'll decide what items are essential, helpful or not needed for your hike.

Get in Gear

From this list of possible items to take with you on a hike, check those you believe are essential, those that might be helpful to have and the items that are not needed.

Item	Essential	Helpful to Have	Not Needed
Bandana			
Binoculars			
Camera			
Cell Phone			
Clothing, Extras			
Cooking Gear			
Duct Tape			
First Aid Kit			
Flashlight, Batteries			
Food			
Map, Compass			
Matches, Fire Starter			
Mirror			
Pocket Knife			
Rain Gear			
Rope			
Sun Protection			
Toilet Paper			
Towel			
Walkman			
Water			
Whistle			



A camera may be a good choice, but if you bring a walkman, you might miss the beautiful sounds of nature.



Talk it Over

Share the Experience

- How did you decide what to pack?
- What would be the advantages/disadvantages of each item?
- What additional items would you want to take?

Reflections

- How do you feel about the decisions you made in selecting the items?
- How could your decisions impact the success of your hike?

Now What?

- What are other situations where it is important to have the right items with you?
- How might your list change if you were going on a longer hike, or a different kind of hike?



Hiking Essentials

Always pack:

- Clothing** – extras in case you get wet or chilled.
- First Aid Kit** – hopefully you won't need it, but accidents do happen and it's better to be prepared.
- Flashlight and Batteries** – a day hike should mean "day", but what if you don't get back before nightfall?
- Food** – hiking burns calories and you will need to refuel often.
- Map/Compass** – knowing where you are and where you are going is important while you are hiking.
- Matches/Fire Starter** – a day hiker may not plan to use them, but in an emergency situation or if you became lost, these can be helpful.
- Pocket Knife** – handy and necessary for all sorts of tasks.
- Rain Gear** – the weather can be unpredictable and protection from being cold and wet is often necessary.
- Sun Protection** – a sunburn makes for an unhappy hiker. Your sun protection should include hat, sunscreen and sun glasses.
- Water** – you need it to survive—no matter how clean a stream looks, it may not be safe to drink without treatment.

Helpful items

- Additional helpful items might include: binoculars, duct tape, mirror, rope, toilet paper and a whistle. A cell phone seems like a valuable items to have on a hike but reception may not be possible in remote locations.
- Look at the information describing the location for your hike. Depending on the site and what's available, you may not need to pack as many items.
- Check the weather conditions for the area where you plan to hike—that will give you a clue as to the type of climate to prepare for.
- Put your supplies in brightly colored stuff sacks or pouches to enable you to find them more quickly.



1. Gather up your gear for your day hike. Try to pack it all in your backpack...if it does not all fit, share the load with your hiking companions.
2. Help your hiking partners pack their backpacks.

Get Packing

Outdoor Skill:

Packing a backpack

Life Skill:

Planning and organizing

Educational Standard:

NPH.K-12.7 Understanding Challenge

Success Indicator:

Organizes and packs a backpack for a planned day hike.

Good packing is essential for a positive hiking adventure. Now that you know what to put in your pack for a day hike, this activity will help you learn the parts of your pack and how to pack it so it adjusts to your body.

Get in Gear

Pack the items you selected in the previous activity into your backpack or bag. Draw on the outline of the backpack where you packed each of the essential and possibly helpful items. When you have everything you want to take on your day hike walk around your yard or neighborhood, go up and down stairs or a steep slope to see how comfortable your backpack is. Finally practice adjusting each part of your backpack so it best fits your body and your hiking needs.



Day hiking
back pack.



Extended day hike
back pack
(1-2 day overnight)





Talk it Over

Share the Experience

- What did you decide to pack your items in?
- How did you feel after carrying your bag or pack for five, fifteen or thirty minutes?

Reflections

- How could your choice of a backpack and packing method affect your hiking experience?

Now What?

- How is packing a backpack like making decisions about what resources (time, money, energy) to use in other situations?



Selecting and Packing a Backpack

Selecting a Backpack

- Consider using a school backpack for a simple day hike.
- A backpack used for day hiking should fit comfortably, have wide straps that do not cut into your shoulders and distributes the weight evenly to allow your hands to remain free.

Packing a Backpack

- Place heavy items close to your back and near the bottom of your pack.
- Pack items you'll need in a hurry near the top, especially rain gear.
- Pack clothing and other lighter weight items around heavier items.
- Use a waterproof pack cover in case of rain or pack your things in a garbage bag or re-sealable plastic bags.



Did you know?

- Improperly packing and carrying heavy backpacks in school can lead to back problems.



1. Name the parts of the backpack.
2. Practice adjusting your backpack with different weights in it.