



Outdoor Adventures Project Brief

Learning Objectives

- Plan a hike selecting the best gear
- Learn best places to hike
- Use a compass
- Plan a camping trip
- Prepare camp meals
- Maintain gear and equipment
- Leave no trace
- Backpack with friends
- Compare different types of gear
- Experiment with meals and snacks for backpacking

Fair Projects

- Equipment for hiking, camping, back packing
- Reading maps
- Assemble a back country first aid kit
- Camping equipment
- Photo of adventures
- Scrapbook of a trip backpacking, camping or hiking
- Poster on preparing a campsite
- Model campfire

Demonstration Ideas

- How to use a compass or GPS
- Safety
- Comparing equipment
- How to build a campfire
- How to prepare a camp meal
- Suiting up for a backpack trip

Field Trips

- Parks and Recreation Service
- Missouri state parks
- Local trails and camps
- Bass Pro Shops

Ideas for Speech Topics

- Importance of Missouri parks system
- History of Missouri state parks
- Benefits of outdoor activities
- The fun of camping

Critical Thinking

- Describe other situations in which you have to think about safety before beginning an activity?
- Why is it good to “layer” your clothing?
- Why is it important to learn to use a compass?
- What would you do if you encountered lightning on a hiking trip?
- What do you need to consider when planning for a hiking trip?
- Why is working in a group to make decisions important?
- What are the differences between shelters and the advantages and disadvantages to them?
- Why is it important to have plenty of information before making decisions?
- Why is good tent pitching and striking important?

Community Service

- Set up an outing for others
- Help post signs at parks
- Build benches to put along trails
- Sponsor a clean up Missouri parks day
- Help make improvements to parks

Science & Technology

How have you used science and technology in this project area?

Examples:

- Build a campfire
- Organize supplies for a trip to the outdoors
- Research different trails and camping sites
- Compare different equipment, camping areas, and trails
- Design your own backpack

Show Me Character

Trustworthiness - includes honesty, promise keeping and loyalty.

- Always go where you say you will be.
- Don't wander off the trails.
- Remember that wild flowers and animals are there for enjoyment of everyone, don't pick them or take them if a park ranger or leader has told you not to.
- Be Dependable- Carry your own pack!

Respect – includes courtesy and proper treatment of people and things.

- Don't quit if it gets too hard; remember you made a commitment to do your best.
- Set goals you know you and your group can accomplish
- Set a good example for less experienced outdoors people.

Responsibility - includes the pursuit of excellence, accountability and perseverance.

- Forgive others for their shortcomings.
- Be thankful for people who lead your hikes and adventures.
- Help people in need, even if they are not part of your group.
- Clean up after your group and any other trash you see.

Fairness – involves consistently applying rules and standards appropriately for different age groups and ability levels.

- Respect Mother Nature
- Move at the pace of your group's slowest person
- Choose places to camp based on the good of the group.
- Take good care of the property and land around you

Caring - promoting the well being of people and things in a young person's world. It denotes action and not just feelings.

- Make decisions as a group, don't make up your mind before hearing everyone's ideas.
- Be open-minded about trails and campsites.
- Treat everyone equally.
- Make decisions based on information and past knowledge.

Citizenship - includes making the home community and county a better place to live for themselves and others.

- Be a good citizen; clean up your camping area and keep your area safe from outdoor hazards
- Obey the laws of the area you are in
- Take the time to learn the rules and guidelines of the area you are in.
- Volunteer to help clean up your favorite outdoor areas.

Show Me Standards

Missouri 4-H members will acquire the knowledge and skills to gather, analyze and apply information and ideas, communicate effectively, recognize and solve problems, make decisions and act as responsible members of society.

4-H members will acquire a solid foundation which includes knowledge of:

- **Health/Physical Education** – structures of, functions of, and relationships among human body systems; principles of movement and physical fitness.
- **Mathematics** – addition, subtraction, multiplication and division.
- **Communication Arts** - participating in formal and informal presentations and discussions of issues and ideas.
- **Science** – changes in the ecosystems and interactions of organisms with their environment.

Resources

761 Hiking – Unit 1

Y620 4-H Project Record
Y9101 Hiking Trails
LG9104 Group Activity Helper's Guide

762 Camping – Unit 2

Y620 4-H Project Record
Y9102 Camping Adventures
LG9104 Group Activity Helper's Guide

763 Backpacking Expeditions – Unit 3

Y620 4-H Project Record
Y9103 Backpacking Expeditions
LG9104 Group Activity Helper's Guide

To Order

Extension Publications online at <http://extension.missouri.edu/explore/shop/> or by phone at 1-800-292-0969
For additional resources check with your local University of Missouri Extension Center or www.4-hmall.org/