



COLORADO STATE UNIVERSITY  
EXTENSION

4 - H



# OUTDOOR ADVENTURES

General/Natural  
Resources Projects



## Resources

- MD5001 Hiking Trail
- MD5002 Camping Adventures
- MD5003 Backpacking Expeditions
- Outdoor Adventure Tip Sheet
- Outdoor Adventure e-Record
- Outdoor Adventure Score Sheets
- State Fair Exhibit Requirements

Do you like to hike or camp? Then this is the project for you. You will learn how to plan a day hike and work up to planning overnight camping trips to extended backpacking expeditions as you make your way through the three units.

Hiking Trails - Unit 1 Jr./Int./Sr.	Camping Adventures - Unit 2 Jr./Int./Sr.	Backpacking Expeditions - Unit 3 Jr./Int./Sr.
<p>This unit is for members 8-18 years old who have little to no experience in hiking.</p> <p>Members will accomplish the following experiences:</p> <ul style="list-style-type: none"> <li>• Learn hiking essentials</li> <li>• Learn how to plan a healthy hike</li> <li>• Learn the "Leave No Trace" behind ethic</li> <li>• Learn about finding shelter and observing nature</li> </ul>	<p>This unit is for members 8-18 years old who have some experience in hiking and camping.</p> <p>Members will accomplish the following experiences:</p> <ul style="list-style-type: none"> <li>• Learn about camping gear</li> <li>• How to find the right camping spot</li> <li>• Camping cuisine</li> <li>• Learn how to care for nature</li> </ul>	<p>This unit is for members 8-18 years old. This unit is for the experienced camper and backpacker.</p> <p>Members will accomplish the following experiences:</p> <ul style="list-style-type: none"> <li>• Learn to plan a healthy and safe backpacking trip</li> <li>• Apply the "Leave No Trace" ethic when backpacking</li> <li>• Learn to find your way</li> <li>• Train for your trip</li> </ul>