Gotta-Have Gear Scramble

The following is a list of items that you should always pack for a hiking trip. Unscramble the words and write the word in the blanks provided. Then draw a line matching each word to its definition.

<table>
<thead>
<tr>
<th>Word</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>HGCOLITN</td>
<td>You will need this, just in case, to take care of any injuries or illnesses.</td>
</tr>
<tr>
<td>TWREA</td>
<td>Extras of these are important in case you get cold or wet.</td>
</tr>
<tr>
<td>SIRFT DN TH</td>
<td>These are helpful to build a campfire.</td>
</tr>
<tr>
<td>UNS NPOORITTLE</td>
<td>A sunburn can ruin your trip! A hat, sunscreen and sunglasses will protect you.</td>
</tr>
<tr>
<td>SHGHATLFIT</td>
<td>No matter the weather forecast, you want to pack this just in case!</td>
</tr>
<tr>
<td>NAIR EAGR</td>
<td>You will burn lots of energy and need this to ‘refuel’ often during your hiking trip.</td>
</tr>
<tr>
<td>MSSCOPA</td>
<td>This device will help you keep track of where you are and where you are headed.</td>
</tr>
<tr>
<td>ODOF</td>
<td>Just in case you don’t get back before nightfall, you will need this to ‘see.’</td>
</tr>
<tr>
<td>TTBAEIEERS</td>
<td>Don’t drink this from a stream - you never know if it’s safe. Pack your own.</td>
</tr>
<tr>
<td>KCPTEO IENFK</td>
<td>This sharp object is used for a number of tasks - cutting, scraping, carving, etc.</td>
</tr>
<tr>
<td>EATHCSM</td>
<td>You need these to operate your flashlight. Pick extras of these just in case.</td>
</tr>
</tbody>
</table>
CAREER SEARCH

1. Using the Internet, research the following careers that involve recreation.
   - Parks/Recreation Director
   - Outdoor Adventure Store Manager
   - Camp Director
   - Nutritionist
   - Fitness Instructor

2. Write a short essay (or 4-H speech) about these careers. Answer the following questions based on the information you find:
   • What do you do in this job?
   • How are recreation skills used?
   • What kind of education do you need?
   • Is this a career you might be interested in pursuing? Why or why not?

SERVICE IDEAS

Share your knowledge with others! Create a scrapbook, DVD or Power Point™ presentation about your outdoor adventure.

Go with younger 4-H members on a hiking or camping venture.

Volunteer to clean up a hiking trail, community park or natural area.

Create a camp game or song book for other Recreation Project groups to use.

RESOURCES

• School and public libraries
• Outdoor adventure stores
• Park and recreation leaders
• 4-H project leader/groups

The Web sites listed below were used to create this activity sheet. To learn more about recreation visit:
• www.utextension.utk.edu/4h/projects/perf-arts-rec.htm
• www.n4hccs.org

Don’t forget! For more ideas and info, contact your local 4-H office.

ACTIVITIES

• 4-H Demonstrations
• 4-H Skill-a-thon

• Conduct a fitness workshop for others who are interested in hiking and camping.

• Continue your learning! Visit www.n4hccs.org and go to ‘tying knots’ to learn how to tie overhand, figure-eight, square, sheetbend, clove hitches, half hitches and bowline hitches.

DEFINITION DISCOVERY

In the “Take a Hike!” section, the word pronate was used several times. What does pronate mean? Look it up in the dictionary. Write the definition on the line below.

FLAT FOOT - people with flat feet tend to overpronate; need extra support on inside of foot to ‘create’ an arch

HIGH ARCH - people with high arches tend to underpronate; need extra support on inside of foot to cushion and protect the arch

NORMAL - people in this category have proper pronation

TAKE A HIKE!

Selecting the right hiking boot is important. Like your body, your feet need to stay warm and dry. Improperly fitting shoes can make your feet sore, blistered and tired. When shopping for hiking boots, remember a few of these tips:

1. Kick your boot toe against a firm object. Does your toe touch the end of the boot? If so, try a larger size. Your toes should not touch the end of your boot.

2. There should be one-finger width between the back of your boot and your heel with the boot untied.

3. You should be able to wiggle your toes comfortably.

4. The shape of your foot also will determine which boot works best for you. The examples below are diagrams of the three types of foot shapes. Which shape is your foot? Remove your shoes and socks. Get your feet wet and stand on a large sheet of newspaper so that you leave wet imprints of your footprint behind. Circle the diagram that comes closest to your own feet.

   - people with flat feet tend to overpronate; need extra support on inside of foot to ‘create’ an arch
   - people with high arches tend to underpronate; need extra support on inside of foot to cushion and protect the arch
   - people in this category have proper pronation
TRAIL MIX

You are going on a day hike with three other friends - Robert, Lauren and Morgan. You are in charge of planning the lunch menu and mid-afternoon snacks. It’s important that you have purchased enough food for everyone. On the left is the list of food you have purchased. The amount of each food you will need is listed under each person’s name. Total up the amount of food you will need and write it in the “Totals” column. Then answer the questions below.

<table>
<thead>
<tr>
<th>Item</th>
<th>YOU</th>
<th>ROBERT</th>
<th>LAUREN</th>
<th>MORGAN</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut Butter (24-ounce jar)</td>
<td>2 ounces</td>
<td>2 ounces</td>
<td>2 ounces</td>
<td>2 ounces</td>
<td>_______</td>
</tr>
<tr>
<td>Pita Bread (Six per package)</td>
<td>1 pita</td>
<td>1 pita</td>
<td>1 pita</td>
<td>1 pita</td>
<td>_______</td>
</tr>
<tr>
<td>Apple (Four total)</td>
<td>1 apple</td>
<td>1 apple</td>
<td>1 apple</td>
<td>1 apple</td>
<td>_______</td>
</tr>
<tr>
<td>Energy Bar (Six per package)</td>
<td>2 bars</td>
<td>2 bars</td>
<td>2 bars</td>
<td>2 bars</td>
<td>_______</td>
</tr>
<tr>
<td>Trail Mix (48 ounces)</td>
<td>16 ounces</td>
<td>16 ounces</td>
<td>16 ounces</td>
<td>16 ounces</td>
<td>_______</td>
</tr>
<tr>
<td>Bottles of Water (Six per package)</td>
<td>3 bottles</td>
<td>3 bottles</td>
<td>3 bottles</td>
<td>3 bottles</td>
<td>_______</td>
</tr>
<tr>
<td>Gatorade™ (Six per package)</td>
<td>3 bottles</td>
<td>3 bottles</td>
<td>3 bottles</td>
<td>3 bottles</td>
<td>_______</td>
</tr>
</tbody>
</table>

Do you have enough groceries for the meals planned? ________________

If not, which items do you need to buy more of? ______________________________________________________________

How many more of these items do you need to purchase? _______________________________________________________

FIRST AID KIT CREATION

The items listed in the three columns below are essential first aid supplies as suggested in the “Hiking Trails” Activity Guide from the National 4-H Cooperative Curriculum Systems, Inc. The web site is www.n4hccs.org. Read the “Supplies I Have ... Supplies I Need” listed below. Then, search through your medicine cabinet or first aid kit at home. Circle the supplies you have at home. Then answer the questions at the bottom.

Supplies I Have ... Supplies I Need

- Gloves
- CPR Mask
- Iodine /Antibacterial Ointment
- Scissors
- SAM Splint (optional)
- ACE™ Bandage
- Tweezers
- Moleskin
- Mole Foam™ (second skin)
- Gauze Pads (4 X 4)
- Antacid
- Anti-Diarrheal
- Antihistamine
- Bandages
- Gauze Rolls
- Athletic Tape
- Band-Aid™
- Safety Pins

What percent of the first aid supplies needed did you find at home? ____________________________

What percent of the first aid supplies needed do you have to purchase? ____________________________

What first aid skills would you like to learn? ______________________________________________