



# 4-H PERFORMING ARTS/RECREATION ACTIVITY PAGE

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Beginning



Life Skill  
Responsibility

## Your 4-H RECREATION Project

Participating in an **outdoor adventure** is a healthy and exciting way to spend your free time. You can learn more about the outdoor world and might even see some pretty “wild” things. Start with something small like a day hike and work your way up to a new and exciting adventure like an overnight camping trip. You have to be responsible during your adventures, and safety and planning are two keys to successful experiences.

This 4-H project can help you learn things to help you be a responsible adventurer. Some of the skills you can learn and activities you can do in this project are listed below. Check your favorites. Then, work with your 4-H leaders and parents to make a 4-H project plan for what you want to do and learn this year.

- Learn how to plan and prepare for a day hike.
- Learn things you should take with you when hiking.
- Practice enjoying and protecting the environment.
- Observe and respect wildlife and natural areas.
- Have an adventure outdoors.
- Share outdoor adventure experiences with others.
- Other \_\_\_\_\_



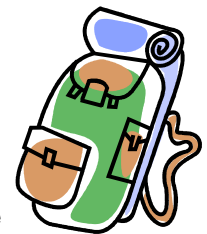
## Pack Your Pack

When you prepare for a hike, you have to decide what to take with you. The things you take along with you on a hike could mean the difference between life and death. You never know when an accident could happen, and cell phones don't always work in remote areas. What 10 items would you put in a backpack for a day hike? List them below.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Answers on back

Remember that you will have to carry everything—so, the lighter, the better. It's also important to load your pack a certain way. Look in books or on the Internet to find out how to correctly pack a backpack for a day hike. Share what you learn through a poster or demonstration in a 4-H meeting.



## Take a Hike

Whether you're planning a hike to a new location or to one of your favorite places, you should always make careful plans for what you're going to do. When planning a hike or another kind of outdoor adventure, you should always know:

**WHO** – Who is going? Who needs to know about your plans?

**WHERE** – Where are you meeting and going?

**WHAT** – What are you planning to do? What are you responsible for bringing? What will you do if it rains?

**WHEN** – When are you going? When are you returning?

**HOW** – How are you getting there? How are you getting home?

## LNT Principles

Public trails and protected natural areas belong to all of us. Knowing and practicing the LNT (**Leave No Trace**) principles help make an outdoor adventure fun for participants and provide the same opportunity for future hikers and campers. Remember: If you pack it in, pack it out when you leave. Also remember to

- ◆ Leave what you find – Don't pick the flowers or disturb the critters and natural areas.
- ◆ Minimize campfire impact – Build fires only in approved sites and put them completely out.
- ◆ Be considerate of others – Avoid loud noises or voices. Be courteous to others.
- ◆ Plan ahead and prepare – Avoid a lot of packaging or waste products.
- ◆ Travel and camp on durable surfaces – Stay on the trail. Observe trail rules.



## Happy Hiking

Now that you know the basics, go back to the beginning and have an outdoor adventure with your family and friends.

**1** **Plan your hike.** Remember that careful planning will help make your adventure fun and safe. Use the spaces below to plan the details of your hike.

**Who** \_\_\_\_\_  
**Where** \_\_\_\_\_  
**What** \_\_\_\_\_  
**When** \_\_\_\_\_  
**How** \_\_\_\_\_

**2** **Pack your backpack.** So your hands will be free for stability and balance, put your gear in a backpack. Take all the essential items you will need. Remember to put heavy items on the bottom. In the space below, list the items you pack in the order in which you pack them. Draw a picture of your pack if you want.

## Career Scavenger Hunt

By asking others, researching on the Internet, or reading a book or magazine—search for a job that uses recreation skills and knowledge. Here's what you are looking for.

1. Job Title \_\_\_\_\_
2. Job Description \_\_\_\_\_  
\_\_\_\_\_
3. Education Required \_\_\_\_\_  
\_\_\_\_\_

**3** **Practice the LNT principles.** As you and the others in your group hike, don't forget to **leave no trace** of your presence. In the space below, record how you did this. Did other hikers leave no trace? Describe what you saw.

"We do not inherit the land. We borrow it from our children."  
 ~ Native American Proverb

**4** **Have fun!** Enjoy your time in the outdoors. Learn about the world around you as you hike. Watch for wildlife and interesting trees or flowers. Pack a small journal to record interesting things you see. You might use a **Golden Guide** to identify what you find.

**5** **Tell about your adventure.** Once you return home, share your adventure with others. Use pictures, a written story, a video, a journal or a scrapbook. Record what you did, how you felt about your hike and any future plans you may have for another outdoor adventure. Share your work in a 4-H meeting.



It's important to wear good shoes when you hike. Wear socks with either hiking boots or tennis shoes that grip.



Safety is one of the most important things to remember when you hike. Look in books or on the Internet to learn about hiking safety. Make a poster about what you learn and share it in a 4-H meeting.

## Additional Resources

Responsibility is an important skill to have when you are on an outdoor adventure. Responsibility starts in the planning stage, when you are making decisions about your hike. It continues when you are on your hike and practicing the LNT principles. This sheet has given you the opportunity to prepare for a hike, take a hike and share your experiences with others. But this is just the beginning! Use the resources below to continue learning about recreation and outdoor adventures.

- School & public libraries
- Outdoor adventure stores and Web sites
- People who work in parks and natural areas
- The 4-H performing arts/recreation Web site:

[www.utextension.utk.edu/4h/projects/perf-arts-rec.htm](http://www.utextension.utk.edu/4h/projects/perf-arts-rec.htm)

For more ideas,  
 contact your  
 4-H office.

## Service Ideas

- Donate time to clean up a trail or natural area.
- Join in a fundraising project for parks or natural areas.
- Make and display a poster about using the LNT principles.

*Things to include in your backpack: extra clothing, first aid kit, flashlight and batteries, food, map/compass, matches, fire starter, pocket knife, rain gear, sun protection, water*

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