



4-H HIKING PROJECT



4-H THRIVE

Help Youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic, and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent, and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character, or establish connections.

Hiking provides opportunities to be active while spending time in interesting, inspiring, and/or beautiful landscapes. Youth partner with adult leaders to explore natural landscapes, human impacts on the environment, outdoor safety, and eating healthy in the outdoors. Youth may learn

- differences in plant and animal habitats, as well as geological formations
- ways humans can impact and protect the environment, including “leave no trace” practices
- skills and strategies for minimizing risks to human health and safety while outdoors

Starting Out *Beginner*

- Learn about local landscapes, including identification of plants, animals, and rocks.
- Learn to assess the difficulty and accessibility of hiking trails.
- Introduce key concepts of “leave no trace” practices, including “pack it in, pack it out” and take only memories.
- Practice planning basics for weather, food, and first aid.

Learning More *Intermediate*

- Investigate differences in plant and wildlife habitats, as well as geological formations.
- Plan long (e.g., 10-mile) hikes, including meals on the trail.
- Learn how to dispose of human waste in the wilderness.
- Practice reading maps and using a compass.
- Practice overnight camping.

Exploring Depth *Advanced*

- Plan a backpacking trip, including learning about equipment, healthy and safe meal planning, and how to select a campsite.
- Participate in a lost hiker exercise with a law enforcement agency.
- Learn wilderness first aid skills and emergency response in the outdoors.
- Explore topographic maps and outdoor navigation.
- Practice fire skills, including building, eliminating, and cooking.

The activities above are ideas to inspire further project development. This is not a complete list.



Expand Your Experiences!

Science, Technology, Engineering, and Mathematics

- Design your own map, using natural landmarks, topography, and compass skills.
- Develop a local guide for plants and animals in your community.
- Participate in a citizen-science project to identify and count bird species.

Healthy Living

- Learn how to safely pack and prepare food outdoors to prevent illness.
- Spend time being physically active on hiking trails.
- Plan healthy meals for overnight backpacking trips, incorporating all food groups.

Civic Engagement

- Plan a trail cleanup to collect and remove trash left in the environments.
- Work with community groups to help build and maintain hiking trails.
- Create signage to teach others about “leave no trace” practices.

Leadership

- Start a 4-H Hiking or Backpacking Club in your community.
- Present about the plants and animals found in natural environments in your community.
- Plan and coordinate a group hike for National Take a Hike Day on November 17.

College and Career Readiness

- Get certified as a Wilderness First Responder.
- Sign up for an internship with a park ranger through the Parks and Recreation Department.
- Visit a college campus to learn more about their Parks, Recreation, and Tourism major.

Resources

- Hiking With Kids, American Hiking Society
<https://americanhiking.org/resources/hiking-with-kids/>
- Kid Friendly Trails, All Trails
<https://www.alltrails.com/>
- Hiking Safety, California Department of Parks and Recreation
https://www.parks.ca.gov/?page_id=24051

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events	Curriculum	4-H Record Books
<p>Presentation Days – Share what you’ve learned with others through a presentation.</p> <p>Field Days – 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> • Camp Activities with a Science Twist http://acabookstore.org/camp-activities-with-a-science-twist/ • Outdoor Adventures Curriculum: Hiking Trails, Camping Adventures, Backpacking Experiences, and Helper’s Guide http://shop4-h.org • Keep Foods Safe When Hiking and Camping https://www.ndsu.edu/fileadmin/4h/Food/fn659.pdf 	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit http://ucanr.edu/orb/.</p>





FOR FUTURE INFORMATION

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at <http://anrcatalog.ucanr.edu/> or phone 1-800-994-8849. You can also place orders by mail or request a printed catalog of our products from

University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

©2019 The Regents of the University of California. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/4.0/> or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Publication 8652
ISBN-13: 978-1-62711-100-3

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a U.S. veteran.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to: UCANR, Affirmative Action Compliance and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: titleixdiscrimination@ucanr.edu.

Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.



An electronic copy of this publication can be found at the ANR Communication Services catalog website, <http://anrcatalog.ucanr.edu/>. This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Human and Community–Youth Development Kendra Lewis.

California 4-H Project Sheet Technical Editors

NICOLE MARSHALL-WHEELER, 4-H Youth Development Advisor, UC Cooperative Extension, Colusa, Sutter, and Yuba Counties; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma Counties.

California 4-H Project Sheet Series Authors

VERA M. BULLARD, 4-H Program Representative, UC Cooperative Extension, Amador and El Dorado Counties; JENNA COLBURN, 4-H Program Representative, California State 4-H Office; ANNE IACCOPUCCI, 4-H Healthy Living Academic Coordinator, California State 4-H Office; ALLISON KEANEY, CEO, Sonoma-Marín Fairgrounds; SHANNON KLISCH, UC CalFresh Community Education Supervisor, UC Cooperative Extension, San Luis Obispo County; NICOLE MARSHALL-WHEELER, 4-H Youth Development Advisor, UC Cooperative Extension, Colusa, Sutter, and Yuba Counties; FE MONCLOA, 4-H Youth Development Advisor, UC Cooperative Extension, Santa Clara County; KATHERINE E. SOULE, Youth, Families, and Communities Advisor and Director of UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties; MAURA SPARREVOHN, 4-H Youth Member, Sacramento County; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma Counties.