



# 4-H OUTDOOR ADVENTURES



## Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

### Communication

- Do a presentation on benefits of biking
- Create a "How to tie knots" poster
- Do a working demonstration on how to set up a tent or equip a safe bike
- Create a blog on hot spots for fishing or great places to canoe

### Citizenship

- Volunteer to clean up community campgrounds or trails
- Help out at your local County Park
- Serve as a camp counselor
- Plan an event at your local park
- Map trees in city parks using GPS

### Leadership

- Clean up a pond or lake in your area to help the fish environment
- Help catch fish for a fish fry to raise money for a charity
- Plan an adventure for kids in your community
- Teach younger kids how to bait and cast a line

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## Are You Into It?

Do you like being outdoors? You can become the ultimate explorer by designing your own outdoor adventure! Choose from backpacking, biking, camping, canoeing, fishing or hiking or create your own adventure in the outdoors.

- Develop skills in the adventure you choose (backpacking, biking, camping, canoeing, fishing, hiking or other)
- Plan an outdoor adventure for your club, friends and/or family
- Learn how to be a good environmental steward while engaging in your adventure
- Impress your friends and family with your knowledge, skills and wisdom

## Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> <li>• Choose your adventure (biking, camping, canoeing, fishing, hiking, etc.)</li> <li>• Learn about the proper gear for your adventure</li> <li>• Attend a summer camp at the Iowa 4-H Center or with your local 4-H club</li> <li>• Plan an outing for you and a friend or family member</li> <li>• Learn about first aid and safety with the adventure you choose</li> <li>• Find out what "Leave No Trace" means</li> <li>• Practice survival skills in different environments</li> </ul>	<ul style="list-style-type: none"> <li>• Route your adventure using technology like a compass or geospatial mapping</li> <li>• Learn about equipment maintenance for various types of outdoor adventures</li> <li>• Learn how to cast for fish in many situations</li> <li>• Become an Outdoor Iron Chef (learn how to cook outdoor meals)</li> <li>• Plan an overnight outdoor adventure for your family, friends or club</li> <li>• Practice good outdoor manners using Leave No Trace principles</li> </ul>	<ul style="list-style-type: none"> <li>• Teach others about Leave No Trace adventure ethics</li> <li>• Learn to prepare for emergencies in remote areas</li> <li>• Prepare for a big adventure such as RAGBRAI, or a backpack/canoe trip away from home</li> <li>• Start your own geo-caching adventure with your friends</li> </ul>



# Take Outdoor Adventures further!

Here are other opportunities to explore Outdoor Adventures:

- Register for an Iowa 4-H Center Camp: Pack and Paddle, Outdoor Iron Chef, Trail Trekkers, Climb & Canoe; X-Treme Camp, Vertical Challenge [www.extension.iastate.edu/4hcenter/](http://www.extension.iastate.edu/4hcenter/)
- Take a Wilderness Trip: Canoe the Boundary Waters or Backpack the Porcupine Mountains, or Horseback Ride through the Colorado High Country with other 4-Hers  
<http://www.extension.iastate.edu/4hcenter/>
- Look for opportunities with your County Conservation Board [www.mycountyparks.com/](http://www.mycountyparks.com/)
- Volunteer for Iowa DNR: Keepers of the Land [www.iowadnr.gov/volunteer/index.html](http://www.iowadnr.gov/volunteer/index.html)
- Apply for a camp counselor position at the Iowa 4H Center [www.extension.iastate.edu/4hcenter/](http://www.extension.iastate.edu/4hcenter/)
- Schedule a visit with Iowa State University and explore the following majors:  
[www.admissions.iastate.edu/majors.php](http://www.admissions.iastate.edu/majors.php)
  - The Environment
  - Education
  - Sports and Exercise Sciences  
(Health and Fitness, Community and Public Health, Performing Arts, etc).

## Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> <li>• Cooking Over Campfire Coals (4H 802)</li> <li>• Club Camping (4H 803)</li> <li>• Hiking Trails Level 1 (4H 805A)</li> <li>• Camping Adventures Level 2 (4H 805B)</li> <li>• Backpacking Expeditions Level 3 (4H 805C)</li> <li>• Fishing</li> <li>• All resources above can be purchased at <a href="http://www.extension.iastate.edu/store">http://www.extension.iastate.edu/store</a></li> <li>• Bicycling <a href="http://www.4-hmall.org/Category/4-hcurriculum-bicycle.aspx">http://www.4-hmall.org/Category/4-hcurriculum-bicycle.aspx</a></li> </ul>	<ul style="list-style-type: none"> <li>• Leave No Trace <a href="http://www.lnt.org/">http://www.lnt.org/</a></li> <li>• National Park Service <a href="http://www.nps.gov/index.htm">http://www.nps.gov/index.htm</a></li> <li>• National Wildlife Federation <a href="http://www.nwf.org/">http://www.nwf.org/</a> Pledge to spend more time outside!</li> </ul>	<ul style="list-style-type: none"> <li>• 4-H Yearly Summary (4H 0096)</li> <li>• Basic 4-H Project Record (4H 0096A)</li> <li>• Experienced 4-H Project Record (4H 0096B)</li> <li>• Advanced 4-H Project Record (4H 0096C)</li> <li>• Recordkeeping Self-Evaluation (4H 98, PDF)</li> </ul>

### Exhibit Ideas

- Develop a presentation showing how to set up and take down a tent (even in the rain!)
- Present on Cooking Outdoors
- Can you start a fire with just one match? Try it! Make a poster showing how you did it
- Can pizza be cooked over a campfire? Find out!
- Investigate the types of fish that are found in your area
- Develop a workshop that shows others how to make knots
- Write and illustrate a cookbook about catching and cooking fish
- Create an original piece of artwork using fish prints or other natural objects or dyes; start a working exhibit
- Plan an overnight camping trip- what to take, where to go; make a poster to share your plan
- Develop a display or notebook on water and boating safety. What things should you know before you go?
- Create a display or notebook to share common wildlife and plants that you will encounter hiking, biking or camping in your county
- Create a notebook on knowing where you are when hiking, biking and camping using a handheld GPS or Maps and compass
- Investigate and present on safety measures if you were to get lost or caught out in a storm

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