

Alaska 4-H Camping and Outdoor Adventures

A Member's Guide

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Introduction and Overview

As a 4-H member living in Alaska, you are in a unique situation to participate in a wide variety of year-round wilderness camping and outdoor activities. Alaska has vast opportunities for all types of camping and outdoor recreation. Camping is one way to experience living close to nature and realize one's relationship to the natural world. Participating in outdoor adventure activities provides a chance to have fun, relax and enjoy the beauty of our state.

Alaska 4-H Camping and Outdoor Adventures is designed to help you learn about and experience camping and outdoor adventure activities in Alaska. This guide also serves as a 4-H project book and will complement many project areas. You will acquire and practice skills in outdoor living, safety and leadership, and develop confidence in the ability to prepare and provide for yourself in the outdoors. You can learn about the environment and the interrelationships within the ecosystems to better appreciate all aspects of nature. You will have fun planning and living cooperatively in a group and using leisure time constructively. You may also be inspired to learn and experience more about Alaska's natural resources, perhaps even as a future career. Resources listed in the back of this guide will help you learn more about your project. Local, state and national agencies and organizations may have additional information.

There are five levels in this project. You may choose how many levels you wish to complete and work on them at your own speed. You will need to complete a combination of skill options and personal development choice options to advance to the next level.

- ❖ **Level I – “Cheechako,”** begins to explore the many different aspects of the camping and outdoor adventure project.
- ❖ **Level II – “Alaskan,”** practices and refines the many skills involved in the project.
- ❖ **Level III – “Sourdough,”** develops further skills in the project.
- ❖ **Level IV – “Guide,”** works with others and shows leadership potential.

- ❖ **Level V – “Researcher,”** carries out a demonstration or experiment on some aspect of camping and outdoor adventures and prepares a paper or portfolio.

As you work through the project, you will develop life skills in decision making, learning to learn, record keeping, achieving goals, responsibility, planning and organizing, and communication. You and your leader will date each skill item as you complete it. When the required activities at each level have been completed, your leader will sign the form and turn it into the Extension (4-H) office. Many other 4-H project areas such as cooking, forestry, photography, fishing, shooting sports, GPS and more can also be part of this project. Leadership, community service and citizenship may also be included.

General Considerations

The first and most important step in any successful outdoor activity is careful planning. You will need to consider what time of year and where you are going, transportation, who will be along, what additional activities you may want to do when you get to your destination and what equipment is needed. Planning with family and friends will assure that everyone's ideas are heard.

The time of year and destination can make a big difference in planning. Summer is the most popular time for camping in Alaska, and many established recreational areas or popular activities can be crowded, particularly around holiday weekends. Some sites take reservations well in advance and you could check with the agencies in charge for details. All outdoor plans still need to take weather into consideration. Wilderness activities in the mountains or along the coast are often wet or even snowy well into summer. Insect and sun protection is important and forest fire safety may also be a concern. Spring and fall trips can be beautiful, relatively insect free and generally less



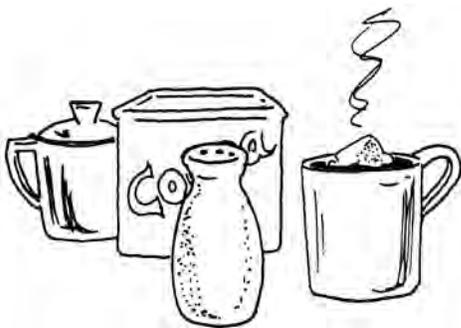
crowded. You should always be prepared for a variety of weather conditions regardless of the season. Be aware that some areas are only open late May through early September. Outdoor recreation in the winter can be exhilarating for the well-prepared, and using equipment rated for low temperatures is important.

Camping

Camping is popular year around and can be done in a recreational vehicle (RV), at an established campground with all utilities, in a wilderness setting and most anywhere in between. For this project, we will concentrate on tent camping, which can be done in a campground or wilderness setting accessible by car, boat, hiking, horseback or other means.

Camping in areas accessible by road is usually the easiest. Most designated campgrounds have tent sites, picnic tables, fire rings, restrooms and drinking water available. Most also charge a fee per night. Wilderness campsites may be accessible only by hiking, horseback riding, ATV or boat. These trips will take more planning and consideration. You will be limited on what can be packed or carried and will need to be prepared to pack out any waste generated.

Knowing who will be going on the trip is also important. You will need to be sure you have enough tent space, equipment and food for everyone. Try to include everyone in the planning process, choosing menus and activities. Once you get your camp set up, you can enjoy many activities, such as boating, swimming, wildlife watching, hiking, photography and fishing. More information on many of these activities is included in this project guidebook. Be sure you have packed enough equipment so that everyone can enjoy the activity.



Equipment

Here is a list of suggested camping equipment. You may need to add or subtract items from the following list:



- ❖ tent, tarp or plastic for a lean-to
- ❖ sleeping bag and pad
- ❖ appropriate clothing (include long-sleeved shirts)
- ❖ sturdy, comfortable shoes with traction
- ❖ toilet articles (towel, soap, toothbrush, etc.)
- ❖ camp saw or hatchet
- ❖ rope
- ❖ knife
- ❖ first aid kit
- ❖ matches (waterproof)
- ❖ compass, GPS and maps of the area
- ❖ insect repellent
- ❖ shovel
- ❖ camp stove and fuel
- ❖ cooler or other food storage
- ❖ cooking pans, utensils
- ❖ lantern or flashlight
- ❖ water container
- ❖ outerwear (rain/snow gear, hat, gloves)

Optional

- ❖ camera
- ❖ fishing gear
- ❖ binoculars or spotting scope

Food

Food should be lightweight and easy to pack. Meals should be simple to prepare and require a minimum of equipment. Dried, instant or quick-cooking foods are best. Commercially prepared camping foods can get expensive, but there are many items you can prepare yourself at home beforehand. Some fresh meat, fruits and vegetables add variety but should be used in the first day or two. The following are some meal ideas. There are many other suggestions in camping books, magazines, cookbooks and camping equipment stores.

Breakfast

- ❖ instant oatmeal
- ❖ dried fruit
- ❖ canned sausages
- ❖ dried pancake mix
- ❖ powdered eggs
- ❖ pilot bread and jam
- ❖ freshly gathered berries

Lunch

- ❖ hard sausage, such as salami
- ❖ cheese (in plastic bags)
- ❖ dried fruit and nuts
- ❖ sardines, herring, etc. (can or foil pouch)
- ❖ canned meat spreads
- ❖ crackers or hard crust breads
- ❖ durable fresh fruit or vegetables (apples, carrots, etc.)

Dinner

- ❖ complete dried meals or Meals Ready to Eat (military MREs)
- ❖ macaroni and cheese or similar boxed meals
- ❖ canned meats
- ❖ canned soup or stews
- ❖ freshly caught fish
- ❖ fresh or frozen meats (use when thawed)

Desserts, Snacks and Beverages

- ❖ instant cocoa, coffee or tea
- ❖ powdered drink mixes
- ❖ instant puddings
- ❖ granola bars
- ❖ trail mix
- ❖ s'mores (graham crackers, chocolate bar, roasted marshmallows)



Be sure to remember salt, pepper and other seasonings, sugar, butter, cooking oil, powdered milk, ketchup, relish and other favorite condiments. Many of these can be purchased in small foil packets, which are ideal for camping. Other items such as hot pads, tongs, spatula,

dish soap, scouring pads, large nylon or plastic spoon and a can opener may be very helpful to have. Remember, wildlife and many insects are attracted to food. It is a good idea to store food in bear-resistant containers and tie it out of reach, high in a tree a short distance from camp. Cook away from your tent. Food waste may also attract animals so if it is appropriate, dispose of the waste a safe distance from your campsite. In wilderness areas, it is not appropriate to dispose of any waste and everything will need to be packed out. In this case, store waste with your food supply in bear-resistant containers away from the campsite. Never store food in the tent with you at night.

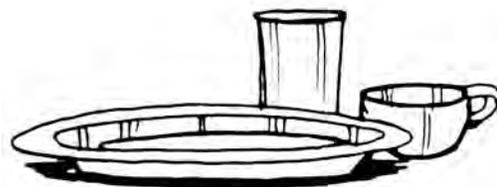


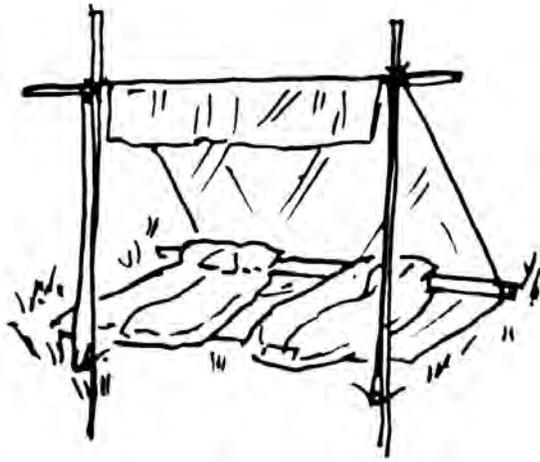
Recipes

There are many good camping cookbooks and recipes available. The University of Alaska Fairbanks Cooperative Extension Service also has resources, such as the *Cooking Around the Campfire With Kids* booklet, FNH-00559.

Setting up Camp

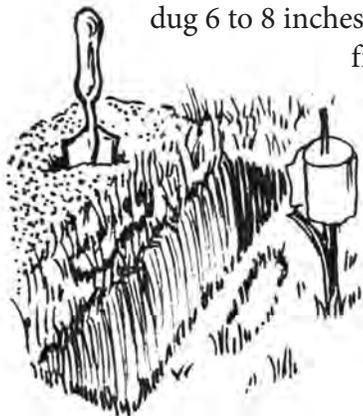
When camping in an established campground, be sure to use designated tent pads and sites for setting up your tent. If you are not camping in an established campground, try to select a tent site that is located on a durable surface (rock, gravel, dried grasses or snow) that is flat and high enough to avoid flooding. To minimize impact on lakes, streams and associated riparian areas, locate your campsite at least 200 feet away from the water. Keep in mind that good campsites are found, not created. Do not alter your selected site.





The first job of setting up camp is unloading the equipment and supplies. This is everyone's responsibility. Be sure to conduct these activities on a durable surface. The tent is next. Remove sticks and rocks from your tent site before setup and face the door to meet your needs. Job assignments can be made and everyone should help with camp chores, such as getting water, cooking and cleanup.

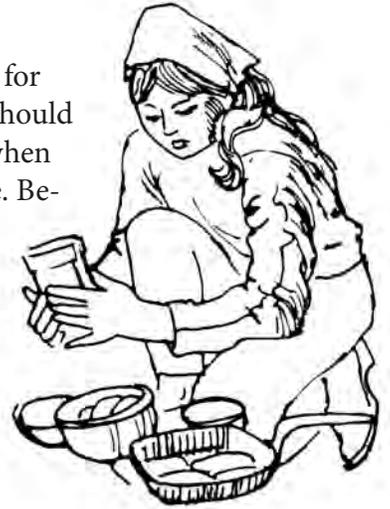
If the campsite does not have an established restroom, there are a variety of portable systems available for providing a camp latrine. Human waste should never be disposed of in areas where others may follow. If camping in public facilities, be prepared to remove your waste from the site. The simplest is a 5-gallon bucket with a plastic bag liner; hang a tarp or other screen around the bucket for privacy. Be sure to bring along a supply of disposable (latex) gloves to be used when changing bags and cleaning up. It's also a good idea to bring along enough plastic bags to double bag everything. In more remote or wilderness areas — if you are not required to pack out all (including human) waste — deposit solid human waste in holes dug 6 to 8 inches deep at least 200 feet



from water, camp and trails. Cover and disguise the hole when finished. Pack out toilet paper and hygiene products.

Building a Fire

Safety for yourself and for the surrounding area should be your first thought when considering a campfire. Because of the potential to spread, campfires or any open burning may be prohibited during the fire season (April through September in Alaska).



Be sure to check with local agencies before entering an area to find out if any restrictions are in place. Campfires should be avoided on windy days, and if building a fire without an established fire ring or site, be aware of surrounding conditions. Even if a fire is allowed, conditions in your chosen site may present a high risk and it would be better not to have a fire than risk spreading the fire to other areas. Remember to think ahead and avoid taking an unnecessary risk.

Campfires can cause lasting impacts in wilderness and backcountry areas. When camping in these areas, use camp stoves for cooking and lanterns for lights as much as possible. If you are camping in an established site that allows campfires, use fire rings and pans, if provided, or build small, mound fires. If building a fire on bare ground, scrape the area down to mineral soil. Be sure to keep the fire small — gathering only small pieces of wood from the ground that can be broken by hand. Do not collect large pieces from the surrounding area as they play an important role in the regeneration of more trees. Burn your fire down to just ashes and put out completely; when cool, scatter the ashes.

If you will be camping in an established area that permits campfires, consider bringing your own dried and split firewood. Many campgrounds will have firewood for sale, but since campfires are popular, don't assume there will be wood available. Do not gather and collect trees and logs from areas surrounding your campground. That will impact others that follow. If building a campfire, here are some pointers that might help:



- ❖ Tepee fire — good for cooking. Place small twigs on the ground and lean larger sticks against each other, around them, tepee style. Slowly add larger sticks, then logs as the fire grows.
- ❖ Hunter-trapper fire — good for cooking. Place two green logs (3–4 feet long, 6–9 inches thick), 6 inches apart. Build a fire between the logs. Fry pans or pots can rest on the logs while cooking.
- ❖ Trench fire — good for windy days. Dig a trench just wide enough for your pots, about 1 foot deep and 3–4 feet long. Dig it so the wind will blow into one end and help the fire.
- ❖ Log cabin fire — good for windy days. Place small twigs on the ground, then lay sticks or logs around it in a square crosswise pattern, similar to a log cabin.
- ❖ Reflector fire — good for baking or warming. Build a fire against a rock or logs to reflect back the heat.

For more information about building a fire, see Extension's *Cooking Around the Campfire With Kids*. Always put out your fire completely by soaking it with water, then stirring and soaking again. Wet the ground around the fire area also. Cover the fire area with dirt. Test the area with your hand. If it is still hot, the fire is not out. When you are sure the fire is out, pour over one more bucket of water.

Safety and First Aid

Safety awareness and accident prevention are important goals in any outdoor activity, but it is best to always be prepared. Remember insect repellent and bee sting kits if you have allergies. A basic first aid class is recommended and a first aid kit is an important piece of equipment at any activity. A first aid kit should contain:

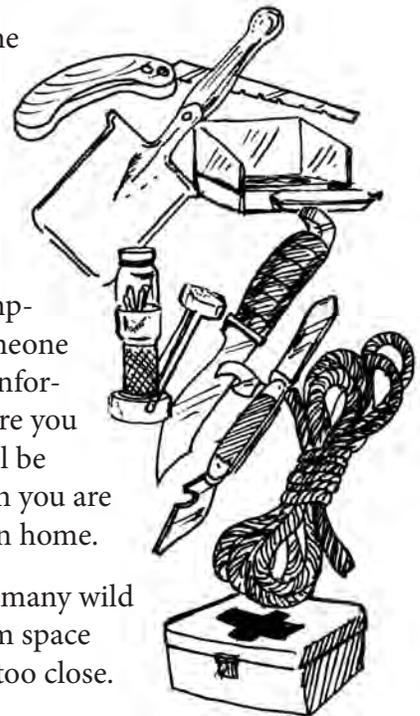
- ❖ bandages
- ❖ gauze
- ❖ tape
- ❖ antibiotic ointment
- ❖ burn cream
- ❖ aspirin
- ❖ disinfectants
- ❖ ace bandage
- ❖ safety pins
- ❖ tweezers

It is also a good idea to carry a small pack with emergency items including:

- ❖ large trash bag for shelter
- ❖ whistle or signal mirror
- ❖ waterproof matches and case
- ❖ fire-starting material (Vaseline-coated cotton balls)
- ❖ aluminum foil
- ❖ duct tape
- ❖ drinking water
- ❖ flashlight
- ❖ toilet paper
- ❖ first aid items
- ❖ small wire saw
- ❖ hard candies
- ❖ 150 feet of rope (such as parachute line)
- ❖ compass
- ❖ knife and sharpening steel

Always let someone know where you are and never go off alone. Just like a pilot who will file a flight plan before flying off, leave your camping plans with someone at home. Include information about where you are going, who will be with you and when you are expecting to return home.

Alaska is home to many wild animals. Give them space and avoid getting too close.





Even small animals can be aggressive if they feel threatened. Be alert for wildlife and make noise when in bear or moose areas. Be extra careful around young animals and their mothers. If you encounter a bear, be calm and don't run. Identify yourself as a human by talking or waving. If

it attacks, curl up and play dead. If it is a black bear following you, fight back. With aggressive moose, try to run behind a tree or something else solid.

Drinking water is an important part of any successful camping or outdoor adventure activity. Plan to drink 3 to 4 quarts of water daily to stay hydrated. Many established camping areas provide a safe, potable supply of drinking water. However, it is not unusual to get there and find none available. As part of your advance planning, you should contact the agency at your destination to make sure that drinking water will be available.

If there is not a source of drinking water, available water will need to be purified before using. If you have time and the appropriate equipment, boiling water is very effective. Bring water to a full, rolling boil for at least 1 minute (3 minutes at elevations about 6,600 feet). If camping close to your vehicle, bringing along a supply of water from home is one option to make sure you have plenty of clean, safe drinking water. Other methods include portable filtration systems, iodine or halazone tablets. Filtration systems should filter out giardia and cryptosporidium. New technology such as SteriPENS is also now available and ensures a safe supply of water without a lot of equipment. Part of your planning should include learning about available water in your chosen destination and researching and identifying the most appropriate method of water purification for your situation.

Other things to consider when camping

If you get lost you should:

- ❖ Stop, sit down, and try to figure out where you are. Use your head, not your legs.
- ❖ Drink plenty of water to stay hydrated.

- ❖ If lost at night or in a fog or in a storm, stop at once and make camp in a sheltered area. Build a fire in a safe place. Gather plenty of dry fuel.
- ❖ Don't yell, don't run and don't give up. Make your camp comfortable while you wait.
- ❖ In an emergency situation, build a smoky fire. Smoke can be seen for a long way.
- ❖ Find a clearing, and make a sign with fir boughs or other materials.
- ❖ Don't worry — you will be found.

If you are unsure of where you are and decide to keep moving, find a way of marking your path so that you can return to where you started. This will also allow others to follow your markings and find you.

Remember, GPS units are great to use in the outdoors. You can mark your beginning point and then mark points along your path as you go. If necessary, you can backtrack following the GPS points to find your way out. This can also give you your longitude and latitude to supply to rescue teams if there is a first aid emergency. Another great resource to help in emergency situations is a cell phone if you are going where there is service. A lot of territory in Alaska does not have cell service so another option is finding a company that will rent or lease a satellite phone or personal locator. These have reception everywhere, which is beneficial in case of an emergency, but they can be costly.



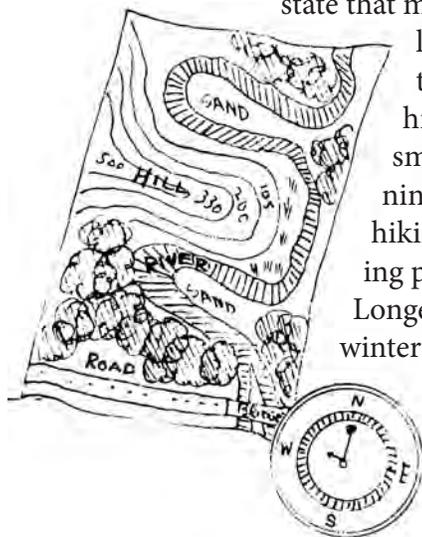
Leave No Trace/Breaking Camp

Have you ever camped in an area where there is trash left around and junk in the fire ring? Someone's trash can take away from your outdoor experience, just as your trash would do for the people coming after you. "Leave No Trace" practices are encouraged whenever you camp, and are required in many areas. Leave No Trace is an educational program designed to ensure that everyone enjoys their outdoor experiences and leaves the campsite and surrounding area looking like no one has been there. It means packing in and packing out everything. In some backcountry areas, special containers may be required for food and waste and other items may be prohibited. It may also mean no firewood gathering, and no trees, shrubs or plants may be cut or picked. Even in areas not designated as a "Leave No Trace" area, a responsible camper leaves a clean campsite for the next person.

When you get home from your trip, be sure to air out and dry sleeping bags, tents and tarps and wash everything before storing. A clear plastic tote or other container helps to keep everything organized and easy to find until your next trip. Restock items that have been used so that you are ready to go the next time.

Outdoor Adventures: Hiking and Backpacking

Hiking and backpacking may be part of a camping trip or day trip. Winter hikes, ski or snowshoeing trips may also include overnight camping. Alaska has many beautiful hiking trails in all parts of the state that may be explored in as



little as an hour or up to many days. Short hikes need only a small amount of planning whereas overnight hiking will involve camping preparation as well. Longer hikes, as well as winter activities, may also need more planning and physical preparation. Other activ-



ities such as photography, bird-watching and fishing may be enjoyed while hiking or backpacking.

Trail Riding: Mountain Bike, Horse and Dog Mushing

Camping activities may also be part of mountain biking or horse trail riding. More preparation is needed, particularly when horses or dogs are involved. Riders need to check whether horses, dogs or bikes are allowed on the trails or the area they plan to go. Sometimes they may be used only during certain dates. Horses and dogs may need to be conditioned before any long distance or strenuous trail riding. Transportation, animal feed and care, and additional emergency and first aid concerns should also be considered.

Trail Riding: All Terrain Vehicles (ATV) and Snowmachine

Snowmachine and ATV trips may also include camping. Winter camping with snowmachines will take much more planning. Winter survival preparation will be an important part of the planning process, with weather, trail and terrain to be considered. Special consideration should be made if open water or ice may be crossed.

Canoeing and Kayaking

Camping can be extra fun when combined with a canoe or kayak. Many campgrounds are near lakes or rivers with canoe access. Rentals may be available or you may need to bring your own. Some canoe areas have designated routes and camping areas. Coastal beaches are also popular for camping but be prepared for high tide levels and weather changes.

With this type of camping you may need to be more prepared as you may be much farther away from supplies or emergency services. You should always be prepared for sudden weather changes and know how to handle a canoe or kayak. Alaska waters are always cold. Be sure to wear a personal floatation device (life jacket) at all times while in the boat or around water.

Fishing, Hunting and Trapping

Fishing, hunting and trapping are all activities that may be part of a camping experience. Be sure you are following the appropriate state fish and game laws and license requirements. Hunting will require a gun safety and hunter education class. You will also need to know how to clean and prepare what you harvest. These activities will involve more preparation and equipment but can be very enjoyable. You may also enjoy some tasty meals with your catch.



Nature Study and Other Activities: Bird-watching, Photography, Crafts, etc.

Many more activities may be part of your camping trip. Nature study involves identifying and observing wildlife, birds, insects and plants. You may use a camera, field guides, binoculars, sketchbook or journal as you observe the flora and fauna around you. You may need to set your alarm clock for early morning or dusk when many wild animals are most active. Most birds and wildlife are afraid of humans and not easy to find near a campground. Always be careful around wild animals, especially if they have young with them. A plant identification guide will help you learn about plants and where they grow. Plants may also be gathered for foods and crafts. Always check with the rules first and leave some for others to enjoy. Rock hunting and gold panning are also interesting activities. Photographs or drawings of scenery, plants, animals and other natural materials may be taken for later display.

Conclusion

Whatever outdoor adventures you choose, enjoy your time and experiences in the great state of Alaska. As you gain outdoor skills and knowledge, you will also grow confident in your ability to make wise decisions, be safe in the outdoors, understand and appreciate nature and explore outdoor opportunities. Whether this inspires a future career, new hobby or just a fun time outside, we hope you enjoy this project.

Alaska Camping and 4-H Outdoor Adventures

Level I – Cheechako

Skills Choices (complete ten)	Date completed	Approved by
1. Take an overnight camping trip with your family or other 4-H members.		
2. Make a list of items to take on a day hike or overnight camping trip.		
3. Prepare for and cook a simple meal outdoors.		
4. Explain these terms: erosion, ecosystem, conservation, vegetation, predator, food chain, habitat and biodegradable.		
5. Demonstrate how to find the four basic directions (N,S,E,W) using a compass.		
6. Try a new outdoor activity, such as canoeing, fishing, hiking, horseback riding, skiing, snowshoeing, etc. List the activities you tried.		
7. Make a list of recreational areas nearby and popular activities.		
8. Prepare a basic first aid kit.		
9. List 10 common courtesies or outdoor manners expected during outdoor adventure activities.		
10. Demonstrate how to build a safe fire.		
11. Demonstrate safe use of at least three outdoor equipment items, such as a hatchet, knife, matches, stove, lantern, etc.		
12. Learn about a park or natural area's size, plants, animals, history, recreation and activities.		
13. Make a photography or art collection of 10 different shapes, forms or patterns from nature (like rocks, leaves, shells, bark rubbings, feathers, etc.) Label the items and share the collection with your project group.		
14. Keep a field notebook of sketches and notes of your observations and details from at least three outings. Include animals, plants, weather and terrain, etc.		
15. Participate in a lost hiker exercise. Explain what steps to take when someone is lost.		
16. Describe three different ways to get yourself in shape for a specific outdoor activity.		
17. Demonstrate these (#16) to your leader and explain your fitness plan. Keep a record of your progress for one month.		
18. Take a short hike and identify at least 10 different items that are polluting the environment. Take along appropriate equipment to help reduce the pollution.		
19. Identify five common birds, trees and plants in your area.		
Personal Development Choices (list and complete three)		
1.		
2.		
3.		

Member name: _____ has successfully completed Level III.

Project Leader's Signature _____ Date: _____

Alaska Camping and 4-H Outdoor Adventures

Level II – Alaskan

Skills Choices (complete ten)	Date completed	Approved by
1. Explain how to decide if water is potable. Describe two methods for making water potable.		
2. Draw a simple map that could be used by another person for directions on an outing.		
3. Demonstrate how to use a compass and a map to find your way from one point to another.		
4. Make at least one piece of practical equipment that can be used on an outing (example: solar oven, lean-to, outdoor shower, etc.)		
5. Plan a menu for a three-day overnight outing.		
6. Participate in one field visit to an outdoor equipment manufacturer or provider.		
7. Try one of the following with adult supervision and permission: kayaking, mountain climbing, rafting, mountain biking, caving, ropes course, snowboarding, etc.		
8. Demonstrate how to tie five different knots and tell how each should be used.		
9. Explain how and when measurements (weight, distance, etc.) are used in outdoor adventure experiences.		
10. Participate in an overnight outing and plan at least one part of it, such as the clothes you need to bring, a skit/song for the campfire, a meal for the group, etc.		
11. Using a field guide, identify 10 bird or plant species.		
12. Make a plaster cast of at least two animal tracks and display them at a project meeting.		
13. Help someone else by sharing your knowledge or by participating in an activity that has to do with preserving the outdoors in a pristine state or restoring a wildlife area.		
14. Demonstrate an ecosystem by building a terrarium.		
15. Identify five birds and mammals by song or sign.		
16. Identify at least five potential emergency situations that could occur in an outdoor adventure. Describe how to prevent the situation and how to deal with the emergency if it occurs.		
17. Describe how to choose a tent, sleeping bag, hiking boots or other camping item.		
18. Demonstrate or describe considerations in choosing a campsite.		
19. Keep records in at least two of the following categories: wildlife, plant/foilage, soil, rocks/minerals, fish, birds, etc. Describe what you saw, when seen, what it was like, where found, how many, etc.		
20. Learn about the geology or cultural history of your local area.		
Personal Development Choices (list and complete three)		
1.		
2.		
3.		

Member name: _____ has successfully completed Level III.

Project Leader's Signature _____ Date: _____

Alaska Camping and 4-H Outdoor Adventures

Level III – Sourdough

Skills Choices (complete ten)	Date completed	Approved by
1. Alone or with your group, plan and complete a community service activity related to your project.		
2. Invite a guest speaker to one of your meetings and introduce them to the group.		
3. Keep a personal reference library of literature and online resources that will be helpful in your project.		
4. Take part in a project-related demonstration or judging contest.		
5. Report the history of one aspect (origin, equipment, material, technique, etc.) of outdoor adventure.		
6. Contact a local, state, or national agency or organization related to your project. Explain to your project group what this association has to offer to its members and other interested individuals.		
7. Make a chart that compares three commercial food items for cost, weight, size of container, taste, satiety, backpack ability, appearance, time for preparation, ease of preparation, cleanup and environmental consciousness.		
8. Visit an expert in the field of an area of outdoor adventure and report what you learned at a project meeting.		
9. Describe four ways to save money and be economical in obtaining materials for use in your project.		
10. Design an item or piece of equipment that could be used in and outdoor adventure activity. Come up with a product name and convince your project group of the usefulness of this product.		
11. Compare and contrast two different outdoor adventures using the following factors: budget, transportation, time, weather, terrain, scenery, available water, need for maps.		
12. Identify at least five wild edible berries or plants and their uses.		
13. Research and present information about the geology of an area.		
14. Create a list of 10 or more practical rules for survival related to outdoor adventure activities and find a way to share them with others.		
15. Participate in at least three different outdoor adventure activities with your family or project group.		
16. Research a local environmental problem and possible solutions.		
17. Try out an outdoor sport or activity that is new to you.		
Personal Development Choices (list and complete three)		
1.		
2.		
3.		

Member name: _____ has successfully completed Level III.

Project Leader's Signature _____ Date: _____

Alaska Camping and 4-H Outdoor Adventures

Level IV – Guide

Skills Choices (complete eight)	Date completed	Approved by
1. Serve as a junior or teen leader in this project for one year.		
2. Assist younger members in designing and constructing needed equipment.		
3. Organize teaching materials for use at project meetings.		
4. Develop and put on a project-related demonstration or judging event.		
5. Speak on a project-based subject before an organization other than your 4-H group.		
6. Assist younger members in actually learning a specific topic in the project.		
7. Develop your own special project-related activity. Chart your progress, plan the activities, analyze successes and problems and report on findings.		
8. Assist a leader/adult in an outdoor adventure activity, organizing the group so that the chores/tasks are evenly distributed among the members.		
9. Take a first aid class and assist younger members in making a first aid kit. Teach them how and when to use it.		
10. Alone or with your group, select an outdoor adventure topic you would like to know more about, research this topic and share information with others in two of the following ways: bulletin board display, written pamphlet, news article, club/group discussion, judging kit, poster, or radio spot.		
11. Identify five wild edible berries or plants and prepare a food using at least one of them.		
12. Demonstrate an outdoor skill to a group and assist them in learning.		
13. Research and demonstrate an outdoor survival skill.		
14. Assist an outdoors activity show or conference.		
15. Attend an environmental organization or agency conference or workshop.		
16. Research a local environmental problem and assist in its solution.		
17. Research and compare an outdoor equipment item for price, quality, etc.		
18. Research "Leave No Trace" camping and present information to a group.		
19. Create and exhibit a display on camping or outdoor adventures.		
20. Investigate outdoor-related careers that you might be interested in.		
Personal Development Choices (list and complete three)		
1.		
2.		
3.		

Member name: _____ has successfully completed Level III.

Project Leader's Signature _____ Date: _____

Alaska Camping and 4-H Outdoor Adventures

Level V – Researcher

Skills Choices (complete five)	Date completed	Approved by
1. Report on the results of a demonstration comparing measurable differences in some aspect of your project (experiment).		
2. Prepare a paper of 300 words or more on one of the following topics:		
• Evolution of techniques used in an outdoor adventure area		
• History of a specific topic related to your project area		
• Markets and methods for marketing outdoor adventure products		
• Resource utilization and/or conservation		
• Development of equipment used in project area		
• Cultural influences in a specific topic related to your outdoor adventure activity		
• Ecology of a specific geographic area, terrain, locale, etc.		
• Other related topic		
3. Prepare a speech or illustrated talk to summarize your findings and present at a club or project meeting or other educational event.		
4. Create an outdoor activities guide or resources list for others to use.		
5. Develop a plan and take steps to address a local environmental concern.		
6. Prepare and conduct an outdoor activity workshop for a group.		
7. Participate in a student internship or job shadow experience at an agency, organization or business related to camping or the outdoors.		
8. Compare and contrast hunting or fishing regulations of two different areas.		
9. Investigate a controversial environmental issue and present your findings.		
10. Organize and conduct a panel discussion on an environmental topic.		
11. Present a workshop on outdoor survival techniques.		
12. Apply what you have learned about camping and the outdoors to another area of the country or world. How would you prepare? What would be the same or different? Present your findings in a report or group discussion.		
Personal Development Choices (list and complete three)		
1.		
2.		
3.		

Member name: _____ has successfully completed Level III.

Project Leader's Signature _____ Date: _____

Personal Development Choices

Use these ideas for your Personal Development Choice activities or come up with your own plans. Your parents, leaders or teachers may also help with your decisions. Be creative and have fun!

1. Lead a game or activity at a club meeting.
2. Write a news story for your local newspaper.
3. Present a demonstration or illustrated talk.
4. Participate in a community service project.
5. Participate as a junior or teen leader.
6. Attend or assist with a 4-H camp.
7. Assist with a districtwide 4-H activity.
8. Serve as a camp counselor.
9. Arrange for a project tour or field trip.
10. Create a project-related display.
11. Plan a club or district project program event.
12. Write a story, essay or report on your project.
13. Keep a journal or diary of your adventures.
14. Other ideas: discuss with your leader.

Resources

State and federal agencies have a wealth of information on Alaska and the outdoors: Alaska Department of National Resources, Alaska Department of Fish and Game, U.S. Forest Service, National Park Service, Bureau of Land Management and U.S. Fish and Wildlife Service are just a few.

The *4-H Sourcebook* lists a variety of project materials and resources recommended for use in your project. The 4-H Cooperative Curriculum System (CCS) project book series, including *Outdoor Adventures*, *Eco-Adventures*, *Forestry* and *Geospacial*, are particularly helpful.

The Leave No Trace Center for Outdoor Ethics offers extensive resources and educational opportunities on the “Leave No Trace” concept.

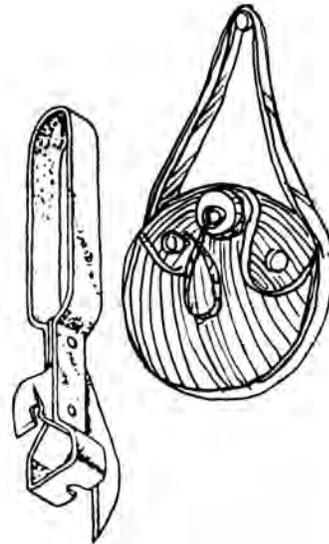
The Boy Scouts of America have camping and outdoors information and materials.

The National Bowhunter Education Foundation, www.nbef.org, has useful hunting and outdoor survival materials.

Your local or school libraries should have useful materials, and many online resources are also available.

Stores that sell backpacking and camping supplies may offer classes and other educational activities as well as equipment. Many communities have local sports enthusiast groups that can be a great resource to you.

To simplify information, trade names of products have been used. No endorsement of named products by the University of Alaska Fairbanks Cooperative Extension Service is intended, nor is criticism implied of similar products that are not mentioned.



*This publication replaces 4-H Camping in Alaska and acknowledges contributions from Jerry Purser.
All photos, artwork and figures UAF Extension, unless otherwise noted.*

www.uaf.edu/ces or 1-877-520-5211

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Published by the University of Alaska Fairbanks Cooperative Extension Service in cooperation with the United States Department of Agriculture. The University of Alaska Fairbanks is an affirmative action/equal opportunity employer and educational institution.

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5-14/DH-ML/5-17

Reviewed November 2014