



Go Take a Hike Session Outline For the Outdoor Skills Program

- I. Welcome students and ask group what they remember or learned in the last session.
- II. Activity: Planning a Hike
- III. Discussion: Ask students where they could go on a hike in the area. Have students do the hiking journal pages.
- IV. Activity: Food for Fuel
- V. Frisbee Moment: Ask the students what they enjoyed most about today's session and what they enjoyed the least.

The Outdoor Skills program is a partnership with Nebraska Games & Parks and the UNL Extension/4-H Youth Development Program to provide hands-on lessons for youth during their afterschool time and school days off. It provides the opportunity to master skills in the areas of hunting, fishing, and exploring the outdoors. This educational program is part of the 20 year plan to recruit, develop and retain hunters, anglers, and outdoor enthusiasts in Nebraska.

Inventory

Session: Go Take A Hike

Kit Materials & Equipment

- (4) Backpacks
- (4) Sets of “Pack it” items: rain poncho, first aid kit, flashlight, compass/whistle combination, map of Nebraska , sun screen, hat, water bottle, pocket knife (*please do not allow students to use*), jacket/sweatshirt, granola bar, and a No Trace Left Behind card
- (4) Extra item for backpacks (example items): deodorant, candy, pop, flip flops, makeup
- (2) Measuring Cups

Supplies Instructor Provides

- Plastic Baggies
- Trail mix food items: nuts, raisins, M&Ms, sunflower seeds, and cheerios – *refer to recipes*

Session: Go Take a Hike

Activity: Planning a Hike

Objectives: Participants will

1. Discover the value of hiking
2. Identify a safety plan for hiking
3. Assemble a backpack with essential items

Method: Students will pack a backpack for a day hike.

Materials Contained in Tub:

- Hiking “Pack It” Check List (in journal)
- Camo Blanket
- 4 Backpacks
- 4 sets of “Pack It” Item For Bag Raincoat, First Aid Kit, Flashlight, Map, Pocket Knife, Sun Protection (sunscreen & hat), Bug Spray, Water Bottle, Whistle, and other items not needed on the hike.

Materials Needed to Conduct Activity:

- Journal and pencil

Duration: 1 hour

Group Size: any

Setting: Indoors or outdoors

Key Terms: hiking, backpacking, safety, distribution

SET Abilities: organize, collaborate

Background Information:

Hiking is a form of walking, undertaken with the purpose of exploring, enjoying scenery and for physical exercise. Hikes vary in length; a few miles, day hike or overnight.

Backpacking is another name for overnight hikes. Additional preparation, planning and gear would be required for an overnight backpacking trip. This lesson will focus more on a short or day hike.

Organizing and planning a hike is an important for a hike of any length or location. Prepared hikers will have a map of the trail, dressed appropriately to stay warm and dry, wear great fitting comfortable shoes, be cautious of safety, and pack a backpack with essential gear.

Hiking Safety

- Never hike alone. Hiking is a fun outdoor activity to do with family and friends.
- Hikers should always tell someone (not on the trip) where you are going and when you plan to return.
- Know your emergency plan.
- If you think you are lost:
 - Stay where you are so rescuers can find you. Don't try to find your way back.
 - Sit down in the open where people can see you.
 - Blow your whistle three times if you hear rescuers.

Get Packing

Backpacks are beneficial in a number of ways; comfortable means to carry gear, free up hands to investigate nature, and hold a walking stick. When packing a backpack the hiker anticipates their needs while on the trip. If there is room available you may include items that are helpful to have.

“Pack It” List:

1. Clothing and Rain Gear - In case you get wet, chilled or it is windy. Never know when that unpredicted rain storm will brew in the sky.
2. First Aid Kit - Use for a non emergency injury. Should be in a bright colored container so it is easy to find. Check to make sure the medications have not expired. Include your emergency plan.
3. Flashlight and Batteries - It may get darker quicker than anticipated.
4. Food - Healthy snack(s) and/or meal for energy.
5. Map/Compass - Know where you are and where you are going.
6. Matches/Fire Starter - A day hiker may not plan to use them, but may plan to use in an emergency situation or if you became lost.
7. Pocket Knife - Handy and necessary tool for different situations
8. Sun Protection - Hat, sunscreen and sunglasses will protect you from the harmful sun.
9. Water - Make sure you stay hydrated. Don't trust that water will be available or safe to drink along the trail.
10. Whistle – use in emergency situations, get hurt or lost.
11. Leave no Trace Card/Recycle Fish Bags – great reminder for how to treat nature while on a hike.

Leave no Trace (yellow card) –

Leave no Trace teaches people how to enjoy the outdoors responsibly.

“Helpful to Have” Items:

These items may be taken if you have room in your backpack or want to carry.

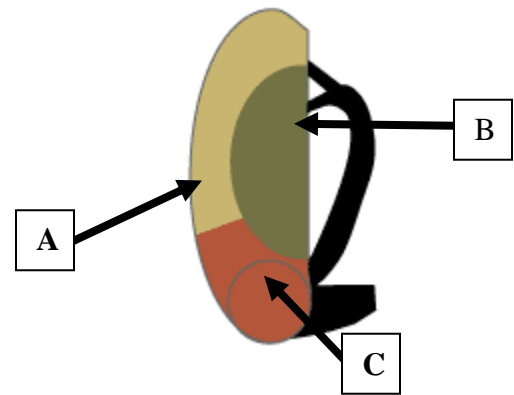
- Binoculars, camera and/or cell Phone. With a cell phone know you may not always have service.
- Bug Spray – if there is room. If not, spray on before you leave

All other items are up to your own discretion. Keep in mind that every additional item will add weight to your back. The lighter your backpack the happier you will be through out the entire hike.

Packing a Backpack:

Proper distribution of gear in the backpack will be more comfortable for the hiker. Not packing gear correctly may body aches, decreasing the enjoyment of the adventure.

- Pack heaviest items near your back, centered between your shoulders.
- Pack clothing and other lighter weight items around heavier items.
- Keep rain gear or items you will need in a hurry near the top for easy access.
- Use outside compartments for items that you will need or want while on the trail. Example; Water, snacks, whistle and sunscreen
- Tighten all straps on your backpack after it is packed so the load is compact as possible. Practice walking with the packed backpack.



A – Medium weight Gear

B – Heavy Gear

C – Lightweight Gear

Activity

Before the activity

1. Lay out camo blankets in four different locations making sure there is plenty of room between.
2. Place one bag on each camo blanket. Remove items in bag, leaving them next to the bag for the students to see.
3. Items for the bag will be marked with the corresponding number. Double check that all the “pack it” items are there. There will also be items there are not on the “pack it” list.

Procedure

1. Ask the students to share their hiking experiences. How long was the hike? Where did they go? Who did they go with?
2. Break students into four groups. Give each group a backpack with the items on the outside. As a group, students are to pack the hiking bag with the items they would want to take on a four hour hike.
3. When a group is completed, have a group member stand up wearing the bag. Don't make the activity a race. The purpose of having the student put on the bag and standing up will be focused on later in the lesson. Have that student continue standing with the bag on as you discuss the "pack it" gear.
4. Discuss the value and safety of having the "pack it" and "helpful to have" gear. There is a "pack it" list located in the journals.
5. Go over the "Leave No Trace" card. Refer to the card when you go on a hike. Have students with the

recycle fish bags to pick up trash while on the hike.

6. Go over why the other items are not needed. Emphasize that they do not need to take all the items.
 - a. Examples
 - i. Pop – not a healthy drink
 - ii. Bug Spray – spray on before you leave, no need to take along for a short trip.
7. Ask those students wearing the bag how it feels? Is the bag getting heavy or uncomfortable? Ask the groups if they packed a certain way or just put the gear in the bag. Using one of the group's bags, visually demonstrate packing the "pack it" gear; distributing heavy, medium and light items in the correct locations. Have a student retry on the bag to see if they notice a difference.
8. If time remains, have the groups repack their bags. Have them conduct a run way model show, demonstrating their stylish packed bags. You will go on a hike following the next activity.

Hiking “Pack it” List

- Flashlight and Batteries



- Food



- Map/Compass



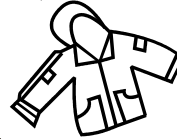
- Matches/Fire Starter



- Pocket Knife



- Rain Gear



- Sun Protection



- Water



- Whistle



- First Aid Kit



Hiking “Pack it” List

Flashlight and Batteries



Food



Map/Compass



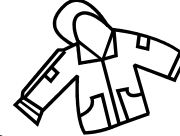
Matches/Fire Starter



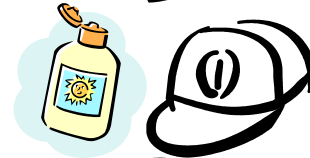
Pocket Knife



Rain Gear



Sun Protection



Water



Whistle



First Aid Kit



Pocket Knife



Session: Go Take a Hike

Activity: Food for Fuel

Objectives: Participants will

1. Plan and prepare food for a hike.
2. Identify essential energizing nutrients.

Method: Students will prepare a healthy snack.

Materials Contained in Tub:

- Trail mix food items (cheerios, nuts, raisins & M&Ms or coconut)
- Bottle of water
- Ziploc bags
- Measuring cup & tablespoon

Materials Needed to Conduct Activity:

- Journal and pencil
- Students bring water bottle.

Duration: 30 hour

Group Size: any

Setting: Indoors or outdoors

Key Terms: protein, energy, hydrated and dehydration

SET Abilities: measure, categorize/order/classify

Fair Exhibit: Trail Mix

Background Information:

It is important not to overlook taking food on the hike. As fuel keeps cars driving, healthy food will keep you going on a hike. Food should be nutritious providing lots of **protein** and **energy**. Along with being healthy, food should be easy to carry. Trail mix is easy to carry, nutritious, and very yummy! Making your own trail mix can be less expensive and you can add your favorite nutritious ingredients, leaving out the unwanted items. A healthy trail mix contains proteins, grains, fruits and fiber. Granola is a good snack for children with nut or seed allergies, but it is not as rich in protein. Nutritious muffins and granola bars are also healthy snacks to take.

Refer to the “*Trail Mix Ingredients Guide*” for food suggestions and nutrition.

Nuts and seeds should be added at a 1.5 ratio to the rest of the ingredients. An example recipe would be 1 ½ cup nuts/seeds, 1 cup nuts, 1 cup dried fruit and ¼ cup sweets. Ratios may change depending on allergies or taste.

Be aware of any food allergies. Do not add that particular food item to the mix if you or a hiking partner is allergic to a food. Nuts are a well known allergy.

Water is also a valuable nutrient to take on a hike. Without water, your body would stop working properly. Water is a component of your blood, which carries oxygen to all the cells of your body. Staying **hydrated** during a hike is important in keeping your body moving properly.

Dehydration is when your body does not have enough water. Signs of dehydration include thirst, dry mouth, headache, dizziness, muscles hurt and/or tired. Drink water when you are thirsty. Juice and pop are not substitutes for water.

Activity

Before the activity

1. **Be cautious of any food allergies.**
Do not use any food items that may contain ingredients that a student may be allergic to. If a student is allergic to a food, keep that particular ingredient in the tote away from the other foods.
2. Provide at least one food item from each of the ingredient categories. Use ingredients that have been provided in the tote. You may need to purchase additional ingredients if not enough to serve the entire group or buy substitutes if someone is allergic to a particular food.
3. Set out food and measuring cups for dipping. Each student will need a Ziploc bag for their mix.

Procedure

1. Explain the purpose in packing water and healthy food. Go over what is required for a nutritious snack (protein & energy). *Refer to the nutrition chart.* Make sure to stress limiting sweets.
2. Have students wash hands or use antibacterial lotion.

3. Students will make their own trail mix to have as a snack. Use one of the recipes. Divide out in portions, using the measuring cups. Explain the ratios and why using more nuts compared to the other foods. Recipe options are provide.
4. In order to have a full affect of eating their snack and carrying water “on the trail”, take the students on a short hike. Have four students carry the backpacks prepared in the previous session. Take time to eat the snack and drink water on the trail.
5. Have students follow the Leave No Trace procedures. Using the Recycle Fish bags collect trash along the path.



Journal Time!

While on the hike, use observation skill to seek out signs of wildlife. Refer to the Leave No Trace cards while observing wildlife. – respect wildlife. Have the students record their observations in the journal page, “On my hike I sensed

Healthy Trail Mix Recipes

Use the recipes or make your own version for your next hike or any other outdoor activities. Remember it is important to eat healthy food when activity in the outdoors.



Trail Mix Recipe #1

3/4 Cup Nuts/ Seeds – (1/2 peanuts & 1/4 sunflower seeds)

1/2 Cup Cereal – (honey nut cheerios)

1/2 Cup Dried Fruit - (1/2 cup raisins)

1/8 Cup (2 tablespoons) Sweets – (M&Ms)

Trail Mix Recipe #2

3/4 Cup Almonds

1/2 Cup Life Cereal

1/2 Cup Raisins

1/8 Cup (2 tablespoons) Coconut

Trail Mix Recipe #3

3/4 Pretzels

1/2 cup Cheerios

1/2 cup Dried Bananas

1/8 cup (2 tablespoons) Marshmallows

Trail Mix Recipe – What will you add?

Ingredients:

Food Item	Nutrition Value	Additional Information
Nuts (peanuts, almonds, cashews)	Protein & Fiber	Use low to unsalted nuts to reduce sodium intake. Salt will just make you thirstier.
Seeds (sunflower seeds, pumpkin seeds)	Protein	Use low to unsalted nuts to reduce sodium intake. Salt will just make you thirstier.
Dried fruit (cherries, pineapple, raisins, peaches, apples & bananas)	Vitamin C, Fiber & Energy	Dried peas or other veggies can be used in place of dried fruit.
Sweets (M&Ms, chocolate chips marshmallows & coconut)	Quick burst of energy & satisfy the sweet tooth	Use in moderation. Energy from sweets is burned quickly. Chocolate not a good choice when weather is warm.
Whole Grains (Cheerios, Kix, Life, Kashi, pretzels, oyster crackers)	Energy	Avoid sugary cereals.