

Health and Wellness: Take a Hike!

| Challenge Instructions | Helpful Tips | Leadership | Curriculum and Resources |
|---|---|---|--|
| <ul style="list-style-type: none"> • Plan an adventure to a place you have always wanted to explore. • Create a list of supplies needed. Research clothing options available for outdoor activities. • Create a compact First Aid kit to take along on your adventure. <p>When finished, please visit: www.tinyurl.com/KS4H-Challenge to tell us what you learned. Thanks.</p> | <ul style="list-style-type: none"> • Start by using a map to plan out your route. • Ask parents to show you where to find weather information. • Always bring water. Staying hydrated is important. • Wear sunscreen and bug spray. • Know how long you can safely exercise. | <p><i>(Suggested for Intermediate and Advanced Levels.)</i></p> <p>Teach someone what you have learned.</p> <ul style="list-style-type: none"> • Invite classmates to help plan an adventure. • Encourage 4-H members to explore health and wellness with you. • Other _____ _____ _____ | <p>To learn more, visit the 4-H Health and Wellness project page.</p> <p>www.Shop4-h.org: National 4-H Curriculum Outdoor Adventures:</p> <ul style="list-style-type: none"> • Level 1: Hiking Trails • Level 2: Camping Adventures • Level 3: Backpacking Expeditions • Outdoor Adventures Group Activity Helper's Guide <p>Explore Outdoors Kansas www.getoutdoorskansas.org/</p> |

Life Skills Learned (check all that apply)

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

Share

- Give a presentation on healthy eating on a hike.
- Organize a hike for a 4-H club meeting as a recreation activity.
- Post pictures of your hike and share it with others.
- Other _____

Evaluate Your Experiences!

How did this challenge help you see Health and Wellness as a fun activity? _____

How did you use technology to help you plan your trip? _____

Name two supplies needed that you didn't know how to use prior to the challenge. _____

What was the hardest part of the activity? _____

To complete the Challenge, take a selfie while doing the activity. Upload the photo and take the survey about your Challenge experience. www.tinyurl.com/KS4HChallenge

Self-Evaluation After

Using the rating scale below, answer the following:

1 = not at all
2 = a little
3 = a lot

I know...
How to plan a hike route 1...2... 3

What supplies are needed for a hike 1...2 - 3

How to dress for my adventure 1...2 - 3

Local Contact Information

Kansas Clover Classroom
Adapted from NW 4-H Advisory
Challenge created by
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Essential Items for a Hike

First Aid Kit

Gather these emergency medical supplies and place them in a brightly colored stuff sack so you will be able to find them easily if you need them!

- Antiseptic wipes
- Antibacterial ointment
- Assorted bandages
- Gauze pads in various sizes
- Medical tape
- Moleskin or another type of blister treatment
- Ibuprofen (or another preferred pain-relief medication)
- Insect sting treatment
- Antihistamine for allergic reactions
- Non-stick pads
- Butterfly bandages
- Tweezers
- Safety pins
- Multi-tool
- Gloves (Latex or vinyl)
- First-aid cards that include instructions on how to use the items if you are not familiar with them

Personal Items

- Sunscreen
- Lip balm
- Bug spray
- Water
- Healthy snack for a longer outing
- Hand sanitizer