

CAMPING AND HIKING

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award Intermediate

	<u>Date</u> <u>Completed</u>	<u>Leader's</u> <u>Initials</u>
1. Look at a map and locate where you are, and where you are going to go.	_____	_____
2. How much should your backpack weigh?	_____	_____
3. What are ten items you should pack with you?	_____	_____
4. Name three tools you should pack with you.	_____	_____
5. Create plaster molds from animal prints and identify.	_____	_____
6. Name three different ways how you can protect your self and your backpack from rain.	_____	_____
7. Create a fishing pole out of wood and string.	_____	_____
8. Describe a rattle snake and a gopher snake.	_____	_____
9. Create a campfire with only a match and a mirror.	_____	_____
10. How often should you stop and rest when hiking?	_____	_____
11. Make a food list for two days of hiking.	_____	_____
12. Demonstrate how to pack your backpack for one or two days (Food, clothes, tools, other items.)	_____	_____
13. Be able to pack to a destination with a full backpack using a compass and map.	_____	_____
14. Cook a meal with what you packed or caught going fishing.	_____	_____
15. What do you do with trash?	_____	_____
16. What is "Line of March?"	_____	_____
17. What do you do if you are lost? Name three things to do.	_____	_____
18. Name five items you should have for personal hygiene when camping.	_____	_____
19. How do you choose a site for your camp and tent?	_____	_____
20. When washing or bathing, there is a certain procedure to follow that will prevent pollution of the water source. What is it?	_____	_____
21. Name four good camping habits that members should develop and practice.	_____	_____
22. Give a demonstration at County level.	_____	_____
23. Make a still exhibit at County level.	_____	_____

Project Leader's Signature of Completion: _____

Date: _____

Club Leader's Signature of Completion: _____

Date: _____