



COLORADO STATE UNIVERSITY  
EXTENSION

# 4-H Outdoor Adventures



Do you like to hike or camp? Then this is the project for you. You will learn how to plan a day hike and work up to planning overnight camping trips to extended back-packing expeditions as you make your way through the three units.

## Hiking Trails - Unit 1

### Jr./Int./Sr.

This unit is for members 8-18 years old who have little to no experience in hiking. Members will accomplish the following experiences:

- Learn hiking essentials  
Learn how to plan a healthy hike
- Learn the “Leave No Trace” behind ethic
- Learn about finding shelter and observing nature

## Camping Adventures - Unit 2

### Jr./Int./Sr.

This unit is for members 8-18 years old who have some experience in hiking and camping. Members will accomplish the following experiences:

- Learn about camping gear
- How to find the right camping spot
- Camping cuisine
- Learn how to care for nature

## Backpacking Expeditions - Unit 3

### Jr./Int./Sr.

This unit is for members 8-18 years old. This unit is for the experienced camper and backpacker. Members will accomplish the following experiences:

- Learn to plan a healthy and safe backpacking trip
- Apply the “Leave No Trace” ethic when backpacking
- Learn to find your way
- Train for your trip

## Resources and Links

[Outdoor Adventure Tip Sheet](#)  
[Outdoor Adventure e-Record](#)

[Outdoor Adventure Score Sheets](#)  
[State Fair Exhibit Requirements](#)

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