

CAMPING AND HIKING

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award

Beginning

	<u>Date</u> <u>Completed</u>	<u>Leader's</u> <u>Initials</u>
1. Name five things you should bring for a day walk.	_____	_____
2. What is the least number of people needed for a long hike?	_____	_____
3. Should you always let someone know where you are going to be?	_____	_____
4. List four (4) items in a first aid kit.	_____	_____
5. What direction does a compass point?	_____	_____
6. What do you do if you see a snake?	_____	_____
7. Is a campfire permit required?	_____	_____
8. -What three (3) tools do you need for a safe campfire?	_____	_____
9. How do you start a safe campfire?	_____	_____
10. How do you put out a campfire?	_____	_____
11. How much ground and tree clearance is needed for a campfire?	_____	_____
12. What are the basic items needed in a first aid kit? Name at least 5 things.	_____	_____
13. How do you know if water is safe to drink?	_____	_____
14. What are two main concerns on a rainy camp-out?	_____	_____
15. What foods would you bring for three balanced meals in one day?	_____	_____
16. Name three things to do when you are lost.	_____	_____
17. Is it safe to dive if you don't know how deep the water is where you are swimming?	_____	_____
18. Should you stand in a boat or canoe?	_____	_____
19. Is it safe to swim alone?	_____	_____
20. Is it ever safe to hike alone?	_____	_____
21. Plan and go on a day trip.	_____	_____
22. Give a demonstration to project group, club or at County Presentation Day.	_____	_____
23. Enter your project for exhibit at a local or state fair.	_____	_____

Project Leader's Signature of Completion: _____

Date: _____

Club Leader's Signature of Completion: _____

Date: _____