Outdoor adventures are recreational activities that take place in the beauty of the great outdoors. Youth may participate in a variety of outdoor activities, including hiking, biking, boating, and camping. Youth learn to successfully and safely participate in those activities. Youth may learn:

- how to plan an outdoor adventure outing
- the equipment and safety skills needed for an outdoor adventure
- to cook meals in an outdoor setting
- about issues and careers related to outdoor adventures

### Starting Out
**Beginner**
- Identify various adventures that may take place outdoors (hiking, kayaking, caving, bicycling, etc.)
- Learn the equipment and clothing needed to participate in an adventure outing.
- Review general safety practices used in outdoor adventures.
- Learn “Leave No Trace” practices and apply them.

### Learning More
**Intermediate**
- Learn how to read a map and use a compass for navigation.
- Learn about wildlife and plants which may be present during outings.
- Practice packing a backpack or bag for an overnight adventure outing.
- Plan a menu and cook a meal over a fire or grill for an adventure outing.
- Arrange a group overnight outdoor adventure.

### Exploring Depth
**Advanced**
- Challenge yourself with more difficult adventures.
- Participate in a Wilderness First Responder class.
- Participate in an Open Water Lifeguarding class.
- Visit a park ranger and discuss issues facing the park they work in.
- Explore careers which are related to outdoor adventures.
- Plan a multi-day adventure outing.

The activities above are ideas to inspire further project development. This is not a complete list.
Expand Your Experiences!

Science, Technology, Engineering, and Mathematics
- Map your adventure using a Global Positioning System (GPS) or map and compass.
- Research ecosystems and how adventure outings may impact them.
- Create a video of an adventure outing.

Healthy Living
- Organize an outdoor fitness challenge for the members in your project.
- Take a break during your outdoor adventure to be in the moment and practice mindfulness.
- Identify healthy foods which could fuel your body when on an adventure outing.

Civic Engagement
- Lead a group clean-up in a local park or community outdoor area.
- Teach “leave no trace” practices to a group at another youth organization.

Leadership
- Become a Junior or Teen Leader.
- Become a 4-H camp teen counselor or counselor-in-training.

College and Career Readiness
- Explore college majors within the fields of recreation, parks, and natural resources.
- Host a career fair related to jobs which take place in the great outdoors.

Resources
- American Camp Association https://www.acacamps.org/
- Bureau of Land Management https://www.blm.gov/
- National Park Service https://www.nps.gov/index.htm
- Wilderness Connect https://www.wilderness.net/
- California 4-H Camps http://4h.ucanr.edu/Programs/Camps/

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events
- Presentation Days – Share what you’ve learned with others through a presentation.
- Field Days – 4-H members may participate in a variety of contests related to their project area.
- 4-H Camps – Day or overnight camps engage youth in outdoor activities.

Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.

Curriculum
- 4-H Wildlife Science https://shop4-h.org/products/wildlife-science-set-of-4-digital-download

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

University of California Agriculture and Natural Resources

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