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

<table>
<thead>
<tr>
<th>Starting Out</th>
<th>Learning More</th>
<th>Exploring Depth</th>
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<tr>
<td><strong>Beginner</strong></td>
<td><strong>Intermediate</strong></td>
<td><strong>Advanced</strong></td>
</tr>
<tr>
<td>Identify various adventures that may take place outdoors (hiking, kayaking, caving, bicycling, etc.)</td>
<td>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.</td>
<td>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.</td>
</tr>
</tbody>
</table>

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

**4-H THRIVE**

**Help Youth:**

**Light Their Spark**

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

**Flex Their Brain**

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

**Reach Their Goals**

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic, and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you’re having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

**Reflect**

Ask project members how they can use their passion for this project to be more confident, competent, and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character, or establish connections.
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.

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**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 Outdoor Adventures Curriculum**:
  - Hiking Trails,
  - Camping Adventures,
  - Backpacking Expeditions, and Helper’s Guide
  - [https://shop4-h.org/products/outdoor-adventures-curriculum-set-of-4](https://shop4-h.org/products/outdoor-adventures-curriculum-set-of-4)
- **4-H Wildlife Science**
  - [https://shop4-h.org/products/wildlife-science-set-of-4-digital-download](https://shop4-h.org/products/wildlife-science-set-of-4-digital-download)

**4-H Record Books**

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.

To access the 4-H Record Book online, visit [http://ucanr.edu/orb/](http://ucanr.edu/orb/).

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**Resources**

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

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**University of California** Agriculture and Natural Resources

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