

# 4-H

## Camping and Outdoor Adventure

### Proficiency Program

#### A Member's Guide

#### OVERVIEW

The **4-H Camping and Outdoor Adventure Proficiency Program** helps you learn what you need to know about your 4-H camping and outdoor adventure project. Camping and Outdoor Adventure is an interesting 4-H project. You acquire skills in outdoor living and develop confidence in the ability to live safely and healthfully outdoors. Through this project, you will better understand the environment, the inter-relationships within the ecosystems and appreciate all aspects of nature. You will have fun living cooperatively in a group, and learn how to use leisure time constructively.

There are many resources to help you learn more about your project:

- ◆ The *4-H Publications Catalog* lists a variety of project materials and resources recommended for use in your project.
- ◆ The *4-H Educational Resources Lending Library* at your county 4-H office includes other books, videos and reference materials that can be checked out by members and leaders.
- ◆ Stores that sell backpacking and camping supplies may offer classes and other educational activities as well as equipment. Many communities have local sports enthusiast groups that can be a great resource to you.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- **Level I – “Explorer”**, you begin to learn about many different aspects of your camping and outdoor adventure project.
- **Level II – “Producer”**, you practice and refine the many skills involved in your project.
- **Level III – “Consumer”**, you become an experienced producer in your project.
- **Level IV – “Leader”**, allows you to show your own leadership potential.
- **Level V – “Researcher”**, you carry out a demonstration or experiment on some aspect of your camping and outdoor adventure, and prepare a paper or portfolio.

As you work through the proficiency program, your leader will date each skill item as you complete it. When all items in a proficiency level are completed, your leader will sign the Certificate of Achievement and notify your 4-H office.

# Camping and Outdoor Adventure Proficiency

## Level I - Explorer

Date \_\_\_\_\_  
Completed \_\_\_\_\_

- \_\_\_\_\_ 1. Explain these terms: erosion, ecosystem, conservation, vegetation, predator, food chain, habitat and biodegradable.
- \_\_\_\_\_ 2. Demonstrate how to find the four basic directions (N, S, E, W) using the sun or the moon and a campus
- \_\_\_\_\_ 3. List the appropriate foods to take on a day trip.
- \_\_\_\_\_ 4. Name at least ten basic items you would take on a day hike or field trip.
- \_\_\_\_\_ 5. Prepare a basic first aid kit.
- \_\_\_\_\_ 6. List ten common courtesies or outdoor manners expected during outdoor adventure activities.
- \_\_\_\_\_ 7. Demonstrate how to build a safe fire.
- \_\_\_\_\_ 8. Demonstrate safe use of at least three outdoor equipment items such as a hatchet, knife, matches, stove, lantern, etc.
- \_\_\_\_\_ 9. Make a craft item out of things collected from nature during one of your project outings.
- \_\_\_\_\_ 10. Make a collection of ten different shapes, forms or patterns from nature (like rocks, leaves, shells, bark rubbings, feathers, etc.). Label the items and share the collection with your project group.
- \_\_\_\_\_ 11. Keep a field notebook of sketches and notes of your observations and details from at least three outings. Include animals, plants, weather and terrain, etc.
- \_\_\_\_\_ 12. Participate in a lost hiker exercise. Explain what steps to take when someone is lost.
- \_\_\_\_\_ 13. Describe three different ways to get yourself in shape for a specific outdoor activity. Demonstrate these to your leader and explain your fitness plan. Keep a record of your progress for one month.
- \_\_\_\_\_ 14. Take a short hike and identify at least ten different items that are polluting the environment. Take along appropriate equipment to help reduce the pollution.

Member's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**KEEP IN YOUR RECORD BOOK WITH YOUR PROJECT RECRDS.**

*Approved by Lake County 4-H Council, 1999*

# Camping and Outdoor Adventure Proficiency

## Level II - Producer

Date \_\_\_\_\_  
Completed \_\_\_\_\_

- \_\_\_\_\_ 1. Explain how to test water for potability. Describe two methods for making water potable.
- \_\_\_\_\_ 2. Draw a simple map that could be used by another person for directions on an outing.
- \_\_\_\_\_ 3. Demonstrate how to use a compass and a map to find your way from one point to another.
- \_\_\_\_\_ 4. Make at least one piece of practical equipment that can be used on an outing (example: solar oven, lean-to, outdoor shower, etc.).
- \_\_\_\_\_ 5. Plan a menu for a three day overnight outing.
- \_\_\_\_\_ 6. Participate in one field visit to an outdoor equipment manufacturer or provider.
- \_\_\_\_\_ 7. Try one of the following with adult supervision and permission:  
Fishing Canoeing Kayaking Mountain Climbing  
Rafting Mountain Biking Backpacking Skiing  
Wind Surfing Snorkeling Boating Caving  
Ropes Course Rock Climbing Snowboarding Other
- \_\_\_\_\_ 8. Demonstrate how to tie five different knots and tell how each should be used.
- \_\_\_\_\_ 9. Explain how and when measurements (weight, distance, etc.) are used in outdoor adventure experiences.
- \_\_\_\_\_ 10. Participate in an overnight outing and plan at least one part of it, such as the clothes you need to bring, a skit/song for the campfire, a meal for the group, etc.
- \_\_\_\_\_ 11. Make a plaster cast of at least two animal tracks and display them at a project meeting.
- \_\_\_\_\_ 12. Help someone else by sharing your knowledge or by participating in an activity that has to do with preserving the outdoors in a pristine state, or restoration of a wildlife area.
- \_\_\_\_\_ 13. Demonstrate an ecosystem by building a terrarium.
- \_\_\_\_\_ 14. Identify at least five potential emergency situations that could occur in an outdoor adventure. Describe how to prevent the situation and how to deal with the emergency if it occurs.
- \_\_\_\_\_ 15. Keep records in at least two of the following categories: wildlife, plant/foilage, soil, rocks/minerals, fish, birds, etc. Describe what you saw, when seen, what it was like, where found, how many, etc.

Member's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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# Camping and Outdoor Adventure Proficiency

## Level III - Consumer

Date \_\_\_\_\_  
Completed \_\_\_\_\_

- \_\_\_\_\_ 1. Alone or with your group, plan and complete a community service activity related to your project.
- \_\_\_\_\_ 2. Invite a guest speaker to one of your meetings and introduce them to the group.
- \_\_\_\_\_ 3. Keep a personal reference library of literature that will be helpful in your project.
- \_\_\_\_\_ 4. Take part in a project related demonstration or judging contest.
- \_\_\_\_\_ 5. Report the history of one aspect (origin, equipment, material, technique, etc.) of outdoor adventure.
- \_\_\_\_\_ 6. Contact a local, state, or national association related to your project. Explain to your project group what this association has to offer to its members and other interested individuals.
- \_\_\_\_\_ 7. Make a chart that compares three commercial food items for cost, weight, size of container, taste, satiety, backpack ability, appearance, time for preparation, ease of preparation, clean-up and environmental consciousness.
- \_\_\_\_\_ 8. Visit an expert in the field of an area of outdoor adventure and report what you learned at a project meeting.
- \_\_\_\_\_ 9. Describe four ways to save money and be economical in obtaining materials for use in your project.
- \_\_\_\_\_ 10. Design an item or piece of equipment that could be used in an outdoor adventure activity. Come up with a product name and convince your project group of the usefulness of this product.
- \_\_\_\_\_ 11. Compare and contrast two different outdoor adventures using the following factors:  
budget transportation time weather terrain  
attitude scenery available water need for maps and compass
- \_\_\_\_\_ 12. Create a list of ten or more practical rules for survival related to outdoor adventure activities and find a way to share them with others
- \_\_\_\_\_ 13. Participate in at least three different outdoor adventure activities with your family or project group.

Member's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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# Camping and Outdoor Adventure Proficiency

## Level IV - Leader

Date \_\_\_\_\_  
Completed \_\_\_\_\_

- \_\_\_\_\_ 1. Serve as Junior or Teen leader in this project for one year.
- \_\_\_\_\_ 2. Assist younger members in designing and constructing needed equipment.
- \_\_\_\_\_ 3. Prepare teaching materials for use at project meetings.
- \_\_\_\_\_ 4. Develop and put on a demonstration or judging event or train a junior team for an event.
- \_\_\_\_\_ 5. Speak on a project-based subject before an organization other than your 4-H group.
- \_\_\_\_\_ 6. Assist younger members in actually learning a specific topic in the project.
- \_\_\_\_\_ 7. Develop your own special project related activity. Chart your own progress, plan the activities, analyze successes and problems, and report on findings.
- \_\_\_\_\_ 8. Assist a leader/adult in an outdoor adventure activity, organizing the group so that the chores/tasks are evenly distributed among the members.
- \_\_\_\_\_ 9. Take a first aid class and assist younger members in making a first aid kit. Teach them how and when to use it.
- \_\_\_\_\_ 10. Alone or with your group, select an outdoor adventure topic you would like to topic, and share information with others in two of the following ways: bulletin board display, written pamphlet, news article, club/group discussion, judging kit, poster, radio spot.

Member's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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# Camping and Outdoor Adventure Proficiency

## Level V - Researcher

Date \_\_\_\_\_  
Completed \_\_\_\_\_

- \_\_\_\_\_ 1. Report on the results of a demonstration comparing measurable differences in some aspect of your project. (experiment)
  
- \_\_\_\_\_ 2. Prepare a paper of 300 words or more on one of the following topics:
  - Evolution of techniques used in an outdoor adventure area
  - History of a specific topic related to your project area
  - Markets and methods of marketing outdoor adventure products
  - Resource utilization and/or conservation
  - Development of equipment used in project area
  - Cultural influences in a specific topic related to your outdoor adventure activity
  - Ecology of a specific geographic area, terrain, local, etc.
  - Other \_\_\_\_\_
  
- \_\_\_\_\_ 3. Prepare a speech or illustrated talk to orally summarize your findings and present at a club or project meeting or other educational event.

Member's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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# *Certificate of Achievement*

*This certifies that*

\_\_\_\_\_

*has completed the \_\_\_\_\_ Proficiency*

*in \_\_\_\_\_ County.*

*Explorer*

*Producer*

*Consumer*

*Leader*

*Researcher*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Date*

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*Date*

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*Leader's Signature*  
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*Leader's*

## NOTES

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**Materials reviewed by:** Gary Markegard, Farm Advisor; Deborah Giraud, Farm Advisor, Humboldt County; Susan McBride, Marine Science Advisor, Humboldt/Mendocino Counties; North Region 4-H Youth Development Advisors and Program Representatives.

**North Region Review Committee:** Yvonne Steinbring, 4-H Youth Advisor, Shasta and Siskiyou Counties; Jeanne George, 4-H Youth Advisor, Glenn, Butte and Tehama Counties; Isela Valdez, 4-H Youth Advisor, Colusa and Sutter/Yuba Counties; Sharon Junge, County Director/4-H Youth Advisor, Placer/Nevada Counties; Valerie Coe, 4-H Youth Advisor, Modoc, Plumas/Sierra and Lassen Counties; Evelyn Conklin-Ginop, 4-H Youth Advisor, Mendocino County.

**Local Review Committee:** Marion Herrera, Luz “Nellie” Love, Mary Moore, Margaret Sager, Jennifer Stowe, Linda Leonardi, Andrea Molina, Marilyn Renner, Frances Scalvini.

**Editing and Layout:** Pat Johns, County Director/4-H Youth Development Advisor, North Region 4-H Program Coordinator, Lake County; Kandee Stolesen, Secretary, Lake County.

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