



Health and Wellness Challenge: Take a Hike!



Get healthy, be active! In this Health and Wellness Challenge we take you outside to explore. The sun has many benefits to our daily health. Research tells us that 90% of our vitamin D comes from sunlight, but due to modern living we may not be getting as much as we need from the great outdoors. Whether you live in town, in the country, or are on vacation, use the tools in this challenge to plan and go on an adventure!

Inspire Kids to Do

Skill Building

- Learn to plan for a hike anywhere you want to go.
- Learn what supplies you will need for a successful hike.
- Learn about first aid and safety for your hike.

Goals

- Get active and adventurous.
- Learn how to organize supplies.
- Develop skills to be prepared.

Project Ideas

- Plan a successful hike around your neighborhood with your friends.
- Take photos to document your hike; exhibit the best ones.
- Keep a journal of your hikes.

Starting Out

Where to Hike

- Find a map of your town and route your adventure.
- Find a hiking trail near you and schedule a time and date to go.
- Make plans on how you are going to get to your hiking location.
- Who will be joining you on your adventure?

Learning More

Supplies Needed

- Make a supplies list needed for typical hikes.
- Day hike or night hike — narrow your list.
- Research your location to add needed items or remove items.
- Comfortable walking shoes will make the hike more enjoyable.

Expanding Horizons

Proper Clothing

- Look at the weather forecast to know what to expect while on your hike.
- As seasons change, so do your wardrobe choices. Layering clothing can help you stay comfortable outdoors. Test out the layers before the hike to see how many are needed.

Self-Evaluation Before

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

I know...

- How to plan a hike route 1 - 2 - 3
- What supplies are needed for a hike 1 - 2 - 3
- How to dress for my adventure 1 - 2 - 3

Health and Wellness: Take a Hike!

Challenge Instructions	Helpful Tips	Leadership	Curriculum and Resources
<ul style="list-style-type: none"> Plan an adventure to a place you have always wanted to explore. Create a list of supplies needed. Research clothing options available for outdoor activities. Create a compact First Aid kit to take along on your adventure. <p>When finished, please visit: www.tinyurl.com/KS4H-Challenge to tell us what you learned. Thanks.</p>	<ul style="list-style-type: none"> Start by using a map to plan out your route. Ask parents to show you where to find weather information. Always bring water. Staying hydrated is important. Wear sunscreen and bug spray. Know how long you can safely exercise. 	<p><i>(Suggested for Intermediate and Advanced Levels.)</i></p> <p>Teach someone what you have learned.</p> <ul style="list-style-type: none"> Invite classmates to help plan an adventure. Encourage 4-H members to explore health and wellness with you. Other _____ _____ _____ 	<p>To learn more, visit the 4-H Health and Wellness project page.</p> <p>www.Shop4-h.org: National 4-H Curriculum Outdoor Adventures:</p> <ul style="list-style-type: none"> Level 1: Hiking Trails Level 2: Camping Adventures Level 3: Backpacking Expeditions Outdoor Adventures Group Activity Helper's Guide <p>Explore Outdoors Kansas www.getoutdoorskansas.org/</p>

Life Skills Learned (check all that apply)

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

Share

- Give a presentation on healthy eating on a hike.
- Organize a hike for a 4-H club meeting as a recreation activity.
- Post pictures of your hike and share it with others.
- Other _____

Evaluate Your Experiences!

How did this challenge help you see Health and Wellness as a fun activity? _____

How did you use technology to help you plan your trip? _____

Name two supplies needed that you didn't know how to use prior to the challenge. _____

What was the hardest part of the activity? _____

To complete the Challenge, take a selfie while doing the activity. Upload the photo and take the survey about your Challenge experience. www.tinyurl.com/KS4HChallenge

Local Contact Information

Self-Evaluation After

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

I know...

How to plan a hike route 1 - 2 - 3

What supplies are needed for a hike 1 - 2 - 3

How to dress for my adventure 1 - 2 - 3

Kansas Clover Classroom

Adapted from NW 4-H Advisory Challenge created by Ashley Conness and Kristy Packard, 4-H Program Managers, Golden Prairie Extension District



Essential Items for a Hike



First Aid Kit

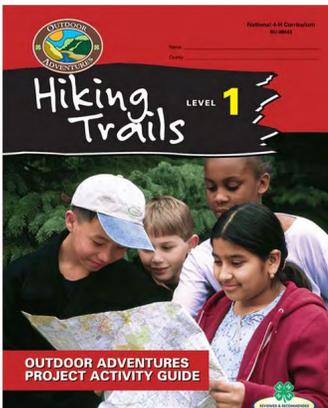
Gather these emergency medical supplies and place them in a brightly colored stuff sack so you will be able to find them easily if you need them!



- Antiseptic wipes
- Antibacterial ointment
- Assorted bandages
- Gauze pads in various sizes
- Medical tape
- Moleskin or another type of blister treatment
- Ibuprofen (or another preferred pain-relief medication)
- Insect sting treatment
- Antihistamine for allergic reactions
- Non-stick pads
- Butterfly bandages
- Tweezers
- Safety pins
- Multi-tool
- Gloves (Latex or vinyl)
- First-aid cards that include instructions on how to use the items if you are not familiar with them

Personal Items

- Sunscreen
- Lip balm
- Bug spray
- Water
- Healthy snack for a longer outing
- Hand sanitizer



Suggested items from "Hiking Trails" Level 1, 4-H Outdoor Adventures Project Activity Guide.

