

OUTDOORS

A Walk on the Wild Side

Leaders' Guide

THE 4-H PLEDGE

"I pledge:
My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service
My Health to better living
For my club, my community and my country."

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OUTDORL

PURPOSE OF THE 4-H PROGRAM

The primary purpose of the 4-H program is the personal development of youth in rural Ontario.

In 4-H, members will be:

- encouraged to develop self-confidence, a sense of responsibility, and a positive self-image;
- helped to develop their skills in communications, leadership, problem solving, and goal setting; and
- offered the opportunity to learn about the food production, processing, and marketing systems and the heritage and culture of Ontario through projects such as livestock and crop production, financial management, food preparation, nutrition, recreational activities, and career development.

WELCOME TO 4-H

The 4-H Club Leaders' Handbook says that, "Volunteer 4-H leaders are a blend of friend, teacher and parent." What a big order to fill! But you will discover that you have many talents as a 4-H leader. Having an interest in young people and their development and being willing to take up the challenge of 4-H leadership is the first step to success.

This project focuses on hiking and outdoor activities. However, the development of members as individuals is your real goal. You will get to know the club members very well and where their interests lie. Use this knowledge, your own expertise and imagination to plan a fun, interesting and challenging club program for your members. And enjoy being a 4-H leader!

WHAT ARE MY RESPONSIBILITIES AS A 4-H LEADER?

Before your club begins:

1. Attend a leader training session,
2. Advertise the project and organize a club which will have a minimum of six members, and
3. Review available resources and begin planning the club program.

During the club:

1. Attend each meeting and the Achievement Program,
2. Assist members in planning and presenting the club program,
3. Provide a FUN, learning atmosphere,
4. Have members complete enrollment cards and the club membership list and forward to the Ontario Ministry of Agriculture and Food office by
5. Help each member to set and reach goals for personal development,
6. Encourage members to work together as a group,
7. Provide guidance in choosing and completing an Achievement Program, and
8. Evaluate the club program.

4-H CLUB PROGRAM PLANNING

WHY DO I NEED TO PLAN THE CLUB PROGRAM?

A successful 4-H club doesn't just happen! Careful planning is necessary and very important. As a 4-H leader, you have a responsibility to do the best job you can in providing a fun, learning experience for the 4-H members. Planning will make this a reality. Some other benefits of planning include:

- setting goals to strive for,
- sharing the workload,
- ensuring that club time will be productive,
- providing better communications,
- avoiding calendar conflicts,
- providing a role for each person,
- knowing who will be responsible for what part of the program,
- making the best use of available resources, and
- learning planning skills.

O.K. ... HOW SHOULD I PLAN?

You will want to make some initial plans before the club starts but involve 4-H members at some point early in the planning process. Achieve this by one or more of the following.

- hold a general meeting and have the entire membership suggest ideas
- meet with the elected club officers
- form a planning committee of members and leaders (parents and sponsors could also be included)

It doesn't matter which approach you take but there are some basic steps to follow.

1. Look at the club's situation.
 - ages, interests and locations of members
 - successes and failures of past clubs
 - county/regional activities
 - available time
2. Identify the club's goals.
 - base these on the club's situation
3. List possible activities.
 - how goals can be met
 - brainstorming is a good technique at this stage
4. Determine activities.
 - keep goals and the club's situation in mind
 - balance business, learning and social recreation
5. Prepare the Club Program Plan.
 - when will activities take place, where will they be held, what will they be, who will do them
 - share and discuss the plan with the entire membership

HOW CAN I MAKE THE BEST USE OF RESOURCES?

There are many resources available to 4-H leaders. Awareness of these resources and how to use them will help in planning the club program.

1. 4-H MEMBERS' MANUAL and LEADERS' GUIDE

The Members' Manual has been developed as a reference for information that can be covered during the 4-H meetings. **IT IS NOT NECESSARY TO COVER ALL OF THE INFORMATION THAT IS IN THE MANUAL.** Remember your club's situation and select topics that will be of greatest interest. Only use the information that is at the right level for your members and suits your geographic location. The key here is to **BE FLEXIBLE** and meet the needs of your members.

DIGGING DEEPER is a new section that has been added to the Members' Manual. The information in this section is more in depth than the basics in the rest of the meeting and may be of interest to senior members. At some point in the meeting you might like to split the club into juniors and seniors. This information and related activities could be used for senior members while the junior members review some of the basic skills. Or it can be left as reference for the older members to look at if they wish.

The Leaders' Guide suggests possible activities, presentation ideas, discussion questions and time guidelines for meetings. Use this as an aid in planning the club program. Again, **ONLY USE THE ACTIVITIES YOU HAVE TIME FOR AND THOSE THAT FIT YOUR PROGRAM PLANS.** You will have ideas from the members and ideas of your own to use too.

USE READING ALOUD (by you or a member) **SPARINGLY** as a method of sharing information. Daydreaming, fidgeting, whispering, and perhaps even snoring are sure to follow this type of presentation.

When selecting activities and methods keep this chart in mind.

Method	Retention	Examples
Reading	Members will retain 10% of what they read.	- Members' supplement
Hearing	Members will retain 20% of what they hear.	- Lectures, speakers, being read to
Seeing	Members will retain 30% of what they see.	- Exhibits, posters, illustrations
Hearing and Seeing	Members will retain 50% of what they see and hear.	- Observe videos, demonstrations, films, slides, tours
Saying	Members will retain 70% of what they personally explain.	- Discussion groups, judging, expression ideas
Saying and Doing	Members will retain 90% of what they are personally involved in saying and doing.	- Practice, explore, demonstrate, build

2. CLUB MEMBERS

The ages of the members in your club probably cover a span of several years. This means there will be many different needs, strengths and abilities. Although it is important for the club members to learn to work together you must also recognize individual differences.

Junior Members - These members will be active and full of energy.

Capitalize on this energy by providing lots of variety in the meeting to hold their interest.

Senior Members - This group is striving for increased freedom from adult controls. When the junior members need some undivided attention, have the seniors plan and/or carry out an activity on their own. For times when the whole club must be together, encourage senior members to share their skills and experience with juniors by guiding them through an activity.

Youth Leader - If there is a senior member in the club who has completed several projects this may be the challenge he/she is looking for.

You can help this member put leadership skills into action by having him/her assist with delivery of the club program.

Club Executive - Make sure this group is aware of its responsibilities and then **LET THE MEMBERS LEARN BY DOING**. The executive is responsible for the business portion of the meeting; chairing, taking roll, and recording minutes, etc. The club might consider pairing a junior and senior member together for some of these positions.

3. PARENTS AND SPONSORS

Members will learn and enjoy more if their parents are interested in what they are doing. Likewise, sponsors will be more willing to continue their support if they can see the value of the 4-H program.

INFORM - Many parents and sponsors don't know what the goal of the 4-H program is or know how it benefits the members. Talk to them about 4-H at every opportunity.

INVITE - Parents and sponsors should be invited to a 4-H meeting to see the club in action.

INVOLVE - Once parents and sponsors are more aware of the 4-H program they are more likely to accept your requests for help (hosting a meeting, being a guest speaker, arranging for a tour). Recognize parents and sponsors for their support with thank you notes, newspaper articles, etc.

4. OTHER LEADERS, THE 4-H ASSOCIATION AND THE RURAL ORGANIZATION SPECIALIST

Don't feel that you are walking this road alone. Other 4-H leaders, the 4-H Association and the Rural Organization Specialist are willing to lend an ear for your ideas or offer suggestions.

5. GUEST SPEAKERS

Be sure to give a speaker lots of notice. Be specific about what you would like discussed and how much time he/she will have. As with your club program planning, the guest should be aware of the club situation, ages of members, attention span and interests. Encourage the guest to involve the members in hands-on activity rather than just lecturing to them.

6. SOCIAL RECREATION

4-H should be FUN! Using a variety of social recreation activities at each meeting adds enthusiasm and enjoyment. The age, sex and size of the group determine the kinds of activities. Possibilities include games, relays, active sports, picnics, singing, puzzles and refreshments. Involve members in planning and carrying out the activities.

These are just some of the resources available to you. Become familiar with your community and what it has to offer. The possibilities are endless.

HAS THE 4-H CLUB PROGRAM BEEN A SUCCESS?

Taking time to evaluate your 4-H club program is just as important as the initial planning. Ask everyone who was involved (members, other leaders, parents, sponsors and guests) for comments and suggestions. Their ideas will be very helpful in planning the program for your next club.

Here is a check list that may stimulate your thinking as you try to measure the success of the club program.

1. Did members and leaders enjoy coming to meetings?
2. Did each member have a chance to actively participate?
3. Did each member receive praise or encouragement in some way?
4. Did I plan for the differences in age level, abilities and interests of the members?
5. Did I give each member a chance to assume responsibility when it was appropriate?
6. Did members learn at least one new thing at each meeting?
7. Did all members feel they were "a part of" or "belonged to" the group?
8. Did I involve the parents and sponsors in some way?
9. Did all members and leaders have fun?

Always	Sometimes	Never

Some of the material in this section on "4-H Club Program Planning" was adapted from, "Managing a 4-H Club" and "Managing a 4-H Project" from the Manitoba 4-H program, and "Home Study 4-H Advisor Course" from Ohio Cooperative Extension Service.

4-H CLUB PROGRAM PLANNING CHART

MEETING OR EVENT	DATE	TOPIC ACTIVITY OR TASK	PEOPLE WHO COULD HELP	PRESENTATION IDEAS TO CONSIDER

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WHAT IS AN ACHIEVEMENT PROGRAM?

The Achievement Program is an opportunity for members to share the knowledge and skills they have gained during this 4-H project. Each member should be involved in some way. It should also inform the public about the purpose and goals of the 4-H program. Achievement Program ideas specific to this project are suggested below. Involve club members in selecting a suitable idea and making the necessary preparations.

Some clubs have their Achievement Program during the local fair, while others will want to put on a separate event, such as a display in a mall or an activity during Agri-Food Week.

- Participate in a cleanup of a trail, a stretch of the roadside or a wild area in your town or district. If there is an annual cleanup of a stretch of river or part of a trail, volunteer to help or have your club organize a cleanup on its own initiative. Make an inventory of all the garbage that you find and make a display. Take pictures of the area before the cleanup and after. Mount the display in a local mall, shopping center, a school or at the fall fair.
- Plan a hike for a group in your community. The group can be small children, the elderly, the physically or mentally challenged, parents, teachers or a church group. Choose the route so that it will teach the hikers something about the natural environment. Point out plants, trees, wildlife habitat and other items of interest along the trail. Have some members of the club make a record of the trip, either by taking photographs, drawing pictures or keeping a diary of the planning and the hike itself.
- Participate in a reforestation project in your area. The Ministry of Natural Resources (MNR) has a number of opportunities to involve groups in reforestation projects or habitat establishment programs. Call your local MNR office to find out what's going on in your area.
- Set up an outdoor education center for a natural area or trail. Your club will need to collect information on the history of the area or trail, wildlife population and habitats, varieties of plant life visible, recreational opportunities, etc. A presentation could be made to a service club, boys' or girls' group, church group, or some similar group. An information center could also be set up at the natural site, in a shopping mall, the fall fair, or other suitable place.

MEETING ONE

WHERE ARE YOU GOING?

SPECIAL NOTES FOR THIS PROJECT

1. This is a project designed to introduce members to the outdoors through hiking. The hikes are not meant to be tests of endurance but are supposed to be a fun way to teach members something about hiking, the equipment they should have for safe, comfortable hiking and about nature.

There is a lot of opportunity for you as a leader to be creative when planning these hikes. Each meeting could revolve around a short hike. A hike can be something as simple as a walk around the concession or block. In Meeting One you could plan a route that takes members through the streets of a town. To find their way members, must follow the route marked on a map. For Meeting Two you could walk from your meeting place to a sports store where someone will demonstrate the variety and types of equipment hikers use. Again, mark the route on a map — make it as complicated as you like — and have members follow it. Get to know the conservation areas and trails around you. Talk to members of local hiking clubs or nature clubs about routes that would be suitable for your members. The routes don't have to be long, just interesting. It is recommended that no hike for a meeting, except possibly Meeting Six, be longer than 2 or 3 kilometres.

2. Any page numbers refer to the Members' Manual unless otherwise indicated.
3. **The Members' Manual has been designed as a reference source. Hopefully, the members can leave their manuals closed for most of the meeting, allowing them to observe, learn and take part in the discussion and other activities.**
4. You will note in the Members' Manual that the title for each meeting only includes the meeting topic and not the meeting number. This is so leaders are free to change the order of meetings and information without confusing the members too much. The schedule of meeting dates has also been moved to page 3 rather than being recorded with each meeting.
5. **REMEMBER TO REFER TO YOUR 4-H CLUB LEADERS' HANDBOOK - (white and green binder) - You will find many useful tips and ideas covering topics such as program planning, successful meetings, parliamentary procedure, effective communicating and presentation methods. Refer to your Leaders' Handbook before you begin planning meetings. If you do not have a handbook, please contact your Rural Organization Specialist.**
6. **JUDGING - The Judge's Corner is an optional activity in Meeting Two in this project. Each member should have a 4-H Judging Handbook (4-H-1550-91) and be encouraged to use it. These can be obtained from your Rural Organization Specialist.**
7. You may find the OMAF Factsheet, Procedures for Meetings, 89-095, helpful.

8. Senior Members are to complete a special activity from the list in their manuals on page 2. If the topics that are suggested in the Members' Manual are not to the members' liking, they should be encouraged to develop their own activities as long as they relate to the outdoors.

OBJECTIVES

1. To show members how many different types of maps there are.
2. To teach members how to read a map.
3. To find out where local trails are.
4. To involve members in planning and running their club and in developing skills through active participation and leadership.

PREPARATION AND EQUIPMENT

- You will need several different types of maps: street maps, tourist maps, topographic maps of your area, trail maps, etc. Get as many different types of maps as you can and have enough copies so that members can study them. Maps can be obtained from sports stores, outfitters, trail clubs, Canada Map Office or from the Ontario Ministry of Natural Resources (addresses in Members' Manual, page 12).
- Colored and regular lead pencils, rulers, erasers, and enough large sheets of paper for members or small groups of members to draw maps on. Rolls of newsprint can be bought quite cheaply from art supply stores, printing shops or newspapers.
- Have some stiff cardboard and tape. Extra paper would be a good idea for a contour mapping activity.
- Have some information on trails in your area. Brief descriptions of difficulty and length are useful. Phone your area Parks and Recreation Department, trail association, nature club or information center to get details. This will help your club begin planning for the big hike in Meeting Six and encourage them to begin hiking in their area. There is a list of trail associations in the Members' Manual on page 12.
- If you plan to take your club for a "Walk on the Wild Side," have a 1-2 kilometre route marked on a map. You might consider breaking your club into smaller groups and giving them maps with different routes of approximately the same length marked on them, each route starting at the same point and ending at the same point. You could then make it a race to see which team can follow the map and reach their destination the most quickly. Synchronize your watches! If you want an extra challenge, make the walk a miniature scavenger hunt by requiring each team to come back with four objects you have listed.
- 4-H materials you will need for this meeting include:
 - Membership list
 - Enrollment cards

- Members' Manuals
- "4-H Club Member Lives Here" and "4-H Club Project" signs

TIME GUIDELINES

A time guideline has been provided for each section of the meeting. Please remember that this is only a guideline. The number of members, their maturity, specific interests and the way the meeting is structured will all influence the duration of specific activities.

With regard to the time guidelines for "A Walk on the Wild Side," the times are very approximate. The point here is to get your club used to walking as a group, with slow walkers and fast walkers and those in between working together. Encourage members to discover their own pace on these walks — but that doesn't mean they can poke along at any old speed!

IN A NUTSHELL	
Meeting Mixer	5 min.
Getting Started	15 min.
Roll Call	5 min.
A Road Map To Good Meetings	20 min.
Choosing Your Map	5 min.
How To Read A Map	15 min.
Where Are The Trails?	5 min.
A Walk On The Wild Side	20 min.
Before The Next Meeting	5 min.
	<hr/>
	95 minutes
Optional: Digging Deeper	

MEETING MIXER (5 minutes)

At this first meeting you should consider having a short activity to get your members talking to one another. Sometimes it is very difficult to get new members to contribute to the meeting, but if you make a game out of it right from the beginning, somehow the ice is broken. Here's a suggestion.

Take a sentence of 12 words or more, something like, "If you go out in the woods today you'd better not go alone" and write each word on a separate piece of paper. If you have two teams, write the sentence out twice and put the pieces of paper in an envelope.

Divide the club members into two or more teams and give each team an envelope. When the start signal is given, the teams are to try to put the words in the right

order to give you the sentence you originally wrote out. The first team to come up with the correct sentence wins.

GETTING STARTED (15 minutes)

1. Begin with the 4-H PLEDGE. Make sure new members have a copy to look at. See inside front cover of Members' Manual.
2. WELCOME the members. Introduce all leaders. Have members introduce themselves. Introduce the youth leader (if this has been decided). Ensure that everyone has a name tag.
3. Complete ENROLLMENT CARDS and MEMBERSHIP LIST.
4. Give a brief INTRODUCTION to the project.
5. Outline the OPPORTUNITIES members have such as taking part in the local fairs and shows, "4-H Go For the Gold", 4-H Members' Conference, etc.
6. DISTRIBUTE "4-H Club Member Lives Here" and "4-H Project" signs.
7. DISTRIBUTE the Members' Manuals.
8. Discuss the members' REQUIREMENTS for the project. See page 1.
9. Briefly discuss the ACHIEVEMENT PROGRAM - type, date, time, location.

The remaining time is used for discussion of meeting material. Try to keep the members interested and involved by using a variety of presentation techniques and presenters - leaders, youth leader, guest or senior members. Some material lends itself to small group or partner work.

ROLL CALL (5 minutes) page 7

Let the members know the general area they are to consider for this roll call question. Keep track of all the answers and later in the meeting, if members are looking at the topographic maps of your area, have them check to see which is the correct answer.

A ROAD MAP TO GOOD MEETINGS (Total: 20 minutes) page 5

At the first meeting, it is important for everyone to get to know each other and become familiar with the basics of running a good meeting.

The club president will chair the short business section at the beginning of each meeting. Helping members to understand and use the basics of running a meeting will help them to become familiar with the process.

YOUR ROAD MAP TO GOOD MEETINGS (5 minutes) page 6

See the Sample Agenda in the Members' Manual. An agenda should suit the needs of the group, so your club may follow an agenda that is different from the sample. It contains most of the items a 4-H club would cover in a meeting and may suggest some new ideas for your club.

Suggestions:

1. Make an agenda for this meeting and discuss the format; OR
2. Give each member a piece of paper with one agenda item written on it. Have the members arrange themselves in the order of an agenda. Have each explain what part of the agenda he/she is and what his/her role is.

KEEPING YOUR CLUB GOING (5 minutes) page 6

Prior to encouraging club members to take an executive position, they should have a good understanding of each position.

Suggestions:

1. ask 4-H members, who have held these positions, to describe the duties involved; OR
2. ask the members what they think the duties of each position should be and develop their own list of responsibilities; OR
3. discuss the duties of each executive member using the members' manual as a guideline.

YOU HAVE A JOB TOO!

It would also be beneficial to discuss as a group, the responsibilities of club members and leaders.

Ways that a member/leader can help the club keep on track are:

1. Being on time for meetings,
2. Being prepared for meetings,
3. Contributing to meeting discussions,
4. Being courteous and polite, and
5. Being willing to volunteer.

ELECTING YOUR EXECUTIVE (5 minutes) page 7

If you have difficulty getting a member to take on the responsibilities of secretary, why not:

1. promote the position as "Recorder" not secretary; OR
2. try a rotating secretary. The responsibilities of taking attendance and minutes are given to a different member at each meeting.

There may also be a need for the club to establish positions other than the executive.

Examples:

- | | |
|-----------------------|--------------------|
| - social recreation | - membership drive |
| - achievement program | - fundraising |
| - awards night | - club display |
| - fair committee | - refreshments |

Elections can be chaired by a youth leader, senior member or club leader. (Please note: The person chairing the elections is not eligible for any positions.)

Procedure:

1. All positions are declared vacant by the chairperson, who indicates this by saying, "I'd like to declare all positions vacant".
2. The group decides on the method of voting (i.e. show of hands, ballot, standing).
3. Chairperson accepts nominations from members for each position being filled. Nominations do not require a seconder. Nominations are closed by motion or declaration by the chairperson.
4. Each member nominated is asked if he/she will stand for the position. Names of members who decline are crossed off.

NOTE: If only one name is left, then that member is acclaimed to the position. No vote is needed.

5. Voting takes place by selected method and majority rules (i.e. member with most votes).
6. Announce the name of the successful member. Offer congratulations and thank all others that ran for the position.
7. Procedure is repeated for each remaining position.
8. If ballots are used, a motion to destroy the ballots is required and voted on.

The following information is not included in the Members' Manual. Please refer to it if your members are not familiar with how to make a motion.

STEPS IN MAKING A MOTION (5 minutes)

The motion is a very important key to having good meetings. Motions are a way of introducing topics for discussion and allowing each member to speak and vote. Any member can make a motion.

Steps in Making a Motion

1. Address the chairperson (i.e. raise your hand).
2. Wait for the chairperson to acknowledge you.
3. Make the motion: "I move that.."
4. Another person seconds the motion: "I second the motion."
5. Chairperson states the motion.
6. Chairperson calls for discussion of the motion.
7. Chairperson calls the vote: "All in favor? Opposed?"
8. Chairperson announces the result of the vote - Motion "carried" or "defeated".

Suggestions:

1. To help members become familiar with the steps in making a motion have the group role-play making a motion.

Use humorous motions or topics not specifically related to the 4-H club to hold their attention (i.e. students should get 4 months for summer vacation).

2. Activity similar to that suggested for designing an agenda. Members receive a piece of paper with one step in making a motion written on it, members arrange themselves in order of steps.

ADDITIONAL ROAD SIGNS TO WATCH FOR

Suggestion: Ask members or small groups for definitions of the following terms as they come up in your discussion.

Chairperson: - responsible for presiding or having control over the meeting, activity, committee work.

Club Executive: - group of individuals that perform certain duties to help the club keep going in the right direction (President, Secretary, Press Reporter, etc.).

**Nominate/
Nominations:** - refers to names which are submitted for each position being filled. Members nominate other members for positions. Nominations do not require a seconder.

Secunder: - motions require a seconder or someone to confirm that the motion is worthy of discussion.

Voting: - method used to make a decision (i.e. show of hands, ballot, etc.).

Minutes: - a written record of the proceedings at all club meetings and events from beginning to end.

Adoption of Minutes: - motion required to adopt the minutes as read, circulated, or amended.

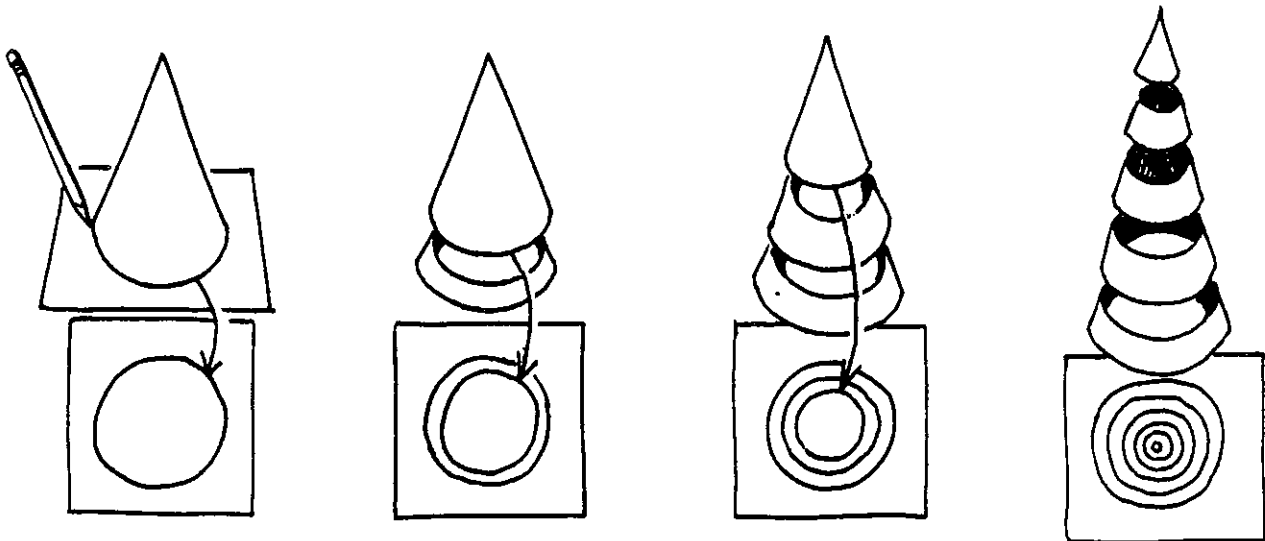
CHOOSING YOUR MAP (5 minutes) page 9

Ask members what kind of maps they have in their homes or have used — you might show examples of street maps, provincial maps, or an atlas with maps of other countries.

HOW TO READ A MAP (15 minutes) page 10

Before you bring out the maps, have the members, individually or in small groups, draw a map of a route or area they know well. Give them about 5 minutes to do this.

Now bring out the maps and talk about the information that is available on each one. Spread the maps out on a large table that is accessible from all sides and let the members look at the maps. Now they can find out the highest point of land in the area. After the members have had a chance to look at the maps, encourage them to go back to the maps they were drawing and complete them. Encourage them to develop legends, figure out a scale and fill the map with as much information as possible.



To illustrate a topographical map, make a cone out of the stiff cardboard. Draw lines around the cone and cut along them. Then take a heavy pencil or felt pen and draw the individual pieces of cone on a piece of paper. You have just done what topographers do - given a one dimensional representation of a three-dimensional object! This exercise could be done by small teams of members.

WHERE ARE THE TRAILS? (5 minutes) page 11

Ask members what sort of hiking they have done in the area. Have they any favorite trails? How long were the hikes? Are there any trails they would like to try?

A WALK ON THE WILD SIDE (20 minutes)

This can be arranged like a scavenger hike or as a race between teams. Don't make the walk long — just fun!

Have a route marked on a map. Make it as complicated as you like but make it short and interesting. You could make this a competition by giving dividing the members into teams and having them follow different routes to the same destination. The routes must be the same distance.

BEFORE THE NEXT MEETING (5 minutes) page 12

Members should be divided into teams. (Mix up the junior and senior members.) As a team, members should decide what they would pack for an overnight trip and bring these items, packed in a knapsack, etc. to the next meeting.

Members are to come to the next meeting prepared to do some stretching exercises.

Senior members are to have chosen a project by the next meeting. If they have any difficulty coming up with a suitable project idea, they should talk to the leaders.

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 13

READING THE WEATHER

The first step in the weather exercise is to go outside and see what the weather is like. Is there a wind? From which direction is it blowing? Do members know where the prevailing winds in Ontario come from? (West) Is it cloudy? What kind of clouds are they? It's pretty easy to establish if it's raining or snowing.

Ask members what sayings about weather they have heard. These would include: An east wind means a change for the worse in the weather. There's always calm before the storm.

This may not seem like the most earth shattering activity ever attempted in a 4-H club but the point here is to get members to look at the natural world around them and try to describe it.

MEETING TWO

HIKING IS FOR EVERYONE

OBJECTIVES

1. To show members the type of equipment they will need to hike safely and comfortably.
2. To introduce members to the concept of low-impact hiking.
3. To give members a chance to practice judging skills.

PREPARATION AND EQUIPMENT

- The hiking packs the teams packed and brought to the meeting can be used several ways: as part of the Roll Call, as an illustration for the person talking on hiking gear to use during his/her presentation and/or as the object of the judging activity.

A judging activity is an optional activity for this meeting. As mentioned, you could use the packs brought to the meeting. Or you could set up another class, perhaps for junior members of one or two items for hiking, such as shoes or socks.

- Make sure you are familiar with the stretching routine for this meeting. You may want to ask a couple of senior members to lead the club or you may consider having a fitness professional come to your meeting.
- A route planned for a Walk on the Wild Side.
- Some plastic bags or small containers for members to use to collect litter during the Walk on the Wild Side.
- It might be fun to have someone talk to members about taking pictures in nature. It is a good way to hone watching skills and reinforces the idea of "Take only pictures, leave only footprints."
- For the Digging Deeper activity, you will need several compasses, at least one of which should be a Silva compass. If you want to have the members practice using a compass, set out a simple route for them to follow, writing the directions on a piece of paper.

IN A NUTSHELL

Roll Call	5 min.
Stretching The Limits	15 min.
Hiking Gear	20 min.
Overnight Kits	10 min.
Just Before Take-Off..	10 min.
Take Only Pictures, Leave Only Footprints	5 min.
A Walk On The Wild Side	20 min.
Winter Hiking	5 min.
Before The Next Meeting	5 min.
	<hr/>
	95 min.

Optional: Judging Activity
Digging Deeper

ROLL CALL (5 minutes) page 15

Make a list and later in the meeting compare it to the expert's list or to the presentation made by the speaker.

STRETCHING THE LIMITS (15 minutes) page 16

Stretching or warming up before you start any physical activity is a great idea. It prepares your muscles and joints for exercises and helps guard against injury. It stretches your tendons, which are the strong cords of tissue which you use to move your bones. Watch some tendons dance around the back of your hand as you tap your fingers lightly on the table.

You should warm up for at least 5 minutes before any activity and cool down, doing the same exercises, for 5 minutes after you are done.

You may have invited a fitness professional to your meeting to lead the club in a stretching routine. If not, one of the leaders can use the routine included on page 16 of the Members' Manual.

HIKING GEAR (20 minutes) page 17

We do not want to give members the impression that you have to go out and buy a lot of stuff in order to go hiking. Most of the equipment and clothing that you will be showing can usually be put together from an active person's regular wardrobe. There may be a few small items, like a whistle or whatever, that the member may want to go out and buy but hiking is meant to be an inexpensive, enjoyable activity.

What you take on a hike depends on where you are going, how long you will be away, and what your interests are. In addition to the Must Take items on page 17 of the Members' Manual, there are some suggestions for some very useful, and some For Fun items you could also take along.

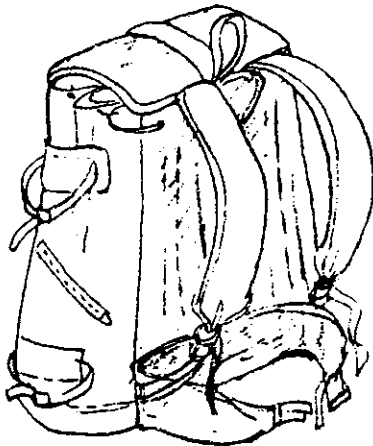
The only exception to this is shoes: members needn't buy shoes made especially for hiking but they must have a good pair of shoes, that are comfortable and have some kind of tread on them. For all the hikes members will be taking during this project, a good pair of athletic shoes or running shoes is sufficient.

During this presentation encourage members to empty and fill the packs and to try them on. Members should be allowed to handle all the equipment. You might want to lay each pack out separately on big tables that are easily accessible.

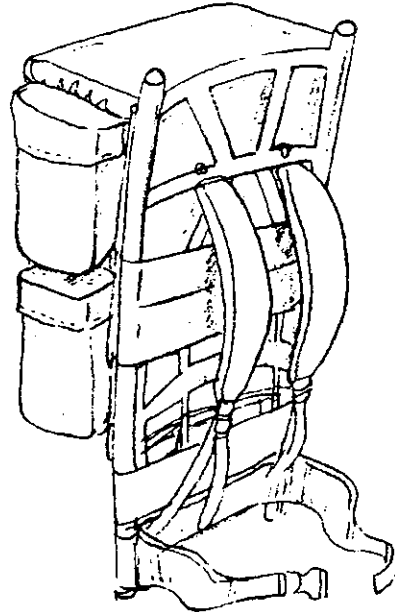
Members should also be encouraged to try to carry packs of different weights.

OVERNIGHT KITS (10 minutes) page 18

INTERNAL FRAME



EXTERNAL FRAME



Source: Sierra Club Hiking Guide

JUST BEFORE TAKE-OFF... (10 minutes) page 21

TAKE ONLY PICTURES, LEAVE ONLY FOOTPRINTS (5 minutes) page 21

Be sure to emphasize the importance of packing all your garbage out. Go quickly through the equipment again, showing what will have to be brought back and disposed of at home.

A WALK ON THE WILD SIDE (20 minutes)

Another short hike, during which members will pick up all the litter they find along the way, whether they are hiking in town or along a trail. Go through the

litter that members collect and talk about how the litter problem can be avoided. Some suggestions might be: to pack all garbage out; to remove packaging before you leave home; buy products with less packaging; make use of reusable containers when hiking.

Besides making an area look ugly, litter has other effects on the land. Leftover food attracts animals to campsites and they can quickly become a nuisance to all campers and hikers. Human food is not good for animals. Litter hurts, too. Broken bottles, sharp pull-top tabs from cans can cut animals and hikers alike. Plastic rings from pop packs can cause death or injury to animals.

WINTER HIKING (5 minutes) page 22

BEFORE THE NEXT MEETING (5 minutes) page 22

Members are to bring along a piece of equipment they feel would help them if they ever got lost.

JUDGING ACTIVITY (Optional)

Some ideas for a hiking-related class.

- best group of 4 items for a four-hour hike on a hot summer day
- best group of 4 items for a four-hour hike in winter
- most complete day pack in comparison to its weight?
- best shoes and socks for hiking

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 23

THE COMPASS

Take all the members outside and practice taking bearings of landmarks and/or buildings. Set up an obstacle, if necessary, and have members practice making a detour around it.

If you have access to a large, open area, have members follow a set of compass directions to get them to a set point.

MEETING THREE

TRAILWALKING

OBJECTIVES

1. To teach members basic rules of trailwalking.
2. To teach members to recognize a variety of trail markings.
3. To teach members how not to get lost and what to do if they do get lost.

PREPARATION AND EQUIPMENT

- If possible, this meeting should consist of a hike along a marked trail. Contact a hiking club in your area, a naturalists' club or Parks and Recreation staff for information on trails in your area if you haven't already done so. The trail should be no more than 5 km.
- Have an experienced hiker lead the hike or give a presentation. Many hikers have slides or pictures of some of the hikes they have taken in exotic places. Encourage them to bring the slides along.
- To play the lostproofing game you will need sketchbooks or pads for 2 groups, trail maps and whistles.
- For the Digging Deeper section you will need at least one Silva compass and a loonie coin or something bright and shiny about the same size (such as a piece of aluminum foil). There are orienteering clubs in Ontario. There might be one near you. Check with your local information services. Someone from the local hiking club might be experienced in orienteering, too. Such a person would be an excellent speaker both for the Digging Deeper section and the earlier parts of the meeting.
- There are some trail mix recipes on page 28 of the Members' Manual. You could have members make one as an activity, and take it on this meeting's hike.

IN A NUTSHELL	
Roll Call	5 min.
Trailwalking	10 min.
Treating Trails Right	10 min.
Keeping Your Energy Up	5 min.
Marks Along The Trail	10 min.
Lostproofing	45 min.
Before The Next Meeting	5 min.
	<hr/>
	90 min.
Optional: Digging Deeper	

ROLL CALL (5 minutes) page 27

Keep track of the members' comments about what they would do if they were ever lost and use them to illustrate the discussion on staying found.

TRAILWALKING (10 minutes) page 27

One good tip for hikers is to try to keep the people in front and directly behind in sight (or within hearing). If you lose sight of the rest of the group you are going too fast or too slow and should alter your pace. Have a senior member lead the hike. As leader, he or she is always first along the trail — no passing! You'll also need a Rear Admiral or tail-ender. He or she is always last. Always count your hikers before, during and after the hike.

TREATING TRAILS RIGHT (10 minutes) page 27

Be sure to point out any damage to the landscape you see caused by shortcuts.

KEEPING YOUR ENERGY UP (5 minutes) page 28

MARKS ALONG THE TRAIL (10 minutes) page 29

Have members identify the signs that are printed in the Members' Manual. The signs are:

Set A

- No Motorized Vehicles
- Camping and Fires Permitted
- No Horseback Riding
- Hunting Permitted
- No Fishing Allowed
- Trail Bikes Permitted

Set B

Hiking Permitted

No Camping or Fires Allowed

Horseback Riding Permitted

No Hunting Allowed

X-Country Skiing Permitted

No Trail Bikes Allowed

LOSTPROOFING (45 minutes) page 30

For this exercise it would be best if the members were not familiar with the trail, although the leaders should check it out or have someone along who is familiar with the trail. Divide the club into two groups and start them at opposite ends of a section of a loop trail. Try to choose a short loop that is physically interesting.

Members are to hike the trail, making notes of landmarks like fallen trees, turns in the trail, streams crossed and open meadows. They can make notes as they go along or, for a greater challenge, draw the map once they have hiked the trail. Members can draw their own maps or use a simple trail map to add their information to. Now have the two groups compare their maps. They should be exactly the same, but in reverse order. It is not likely that they will be, though. The point to bring home here is that the same trail can look very different depending on the direction you are coming from. That can be a danger if you are trying to retrace your steps. One way to guard against this is to stop every once in a while and look behind you.

If you don't have a loop trail near you, choose an interesting section of a straight trail and have half the group map the trail going one way and the other half map the trail on the return trip.

Senior members could add compass bearings to the map if they are skilled enough.

Kids like to yell and make noise and, while so far in this project we have stressed that it is important to keep quiet in the woods, now the members can let loose. It can be surprisingly difficult to give a loud yell, especially three times in a row, but you have to be able to do this if you are lost. Have a yelling contest to see who can yell the loudest, the longest, the most melodiously. Then let the kids really blow the whistle loudly. Ask members what they would do if they were ever lost in the woods.

BEFORE THE NEXT MEETING (5 minutes) page 31

Whether you live in the country or in town you can see a surprising amount of wildlife if you keep your eyes and ears open. Members are to begin honing their watching/listening skills with the wildlife diary included in the Members' Manual on page 32.

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 33

ORIENTEERING

Orienteering is an exciting and challenging sport. If you can, invite an experienced orienteer to your meeting. Perhaps he or she can lay out an easy route for your members to try. If not, play "The Loonie Hunt". This can be played in an open field or on a schoolground. Complete instructions are in the Members' Manual.

MEETING FOUR

WHAT'S ALONG THE TRAIL

OBJECTIVES

1. To encourage respect for the natural world.
2. To encourage members to become wildlife watchers.

PREPARATION AND EQUIPMENT

- This meeting is to take place along the trail — yes, even in winter!
- Invite someone from the naturalists' club to lead a short hike or talk to members inside if the weather is not good. The talk should focus on the geology of the region, and the animals and plants that can be spotted on a hike.
- Blindfolds for half the members.
- If the weather is not suitable for playing "Lie down and look" have some mystery bags made up. These mystery bags should be filled with objects from the forest floor, such as wood, moss, leaves, bark, twigs or branches, fungus, bones, cones, etc.
- If you and your group can't go for a nature walk, bring nature supplies with you for the craft activities. These might include seed pods, branches, cones, grasses and other material. The crafts can be made at the end of the trail, if there is a suitable area, or back at your meeting place.
- Encourage members to sketch or photograph wildlife, plants and trees they see along the trail.
- For the craft activities you will need crayons, thin paper, tape, lots of colored wool, homemade or commercial play dough, heavy paper plates, powder paint, paintbrushes, sheets of heavy cardboard, glue, ribbon. If you are doing the crafts indoors, you might like to bring along a glue gun.
- If you are going to make plaster casts of tracks you will need plaster of Paris powder, water, a container for mixing and a collar or form to put around the track.
- Invite a St. John Ambulance official or some other qualified first aid or emergency aid person to speak to the club for the First Aid Primer. He or she could present a very general discussion to all members of the club, then go into more detail with the senior members, if that is appropriate.

IN A NUTSHELL	
Roll Call	5 min.
What's Along The Trail	10 min.
Being A Wildlife Watcher	5 min.
Tracks	10 min.
Green Wildlife	25 min.
Before The Next Meeting	5 min.
	<hr/>
	60 min.
Optional: Digging Deeper	

ROLL CALL (5 minutes) page 35

Encourage members to continue their wildlife diary while they are out on the walk.

WHAT'S ALONG THE TRAIL (10 minutes) page 35

Poison oak or poison ivy is a common hazard for all hikers. Have someone experienced point out to members any patches of poison ivy they come across. All areas should be checked for poison ivy before members are encouraged to sit or lie down. Emphasize the dangers of coming in contact with poison ivy, as outlined in the Members' Manual.

The objective of "Lie down and look" is to experience through all the senses what life is like above and on the forest floor.

As you enter the wooded area, have the members lie down on their backs. Ask questions such as: How far away are the tree tops? Do you see shapes in the spaces between the leaves? Are the leaves closest to you moving? Are the leaves furthest up moving? Is the ground under you soft or hard? What can you hear?

Have the members turn over onto their stomachs. What is covering the forest floor? Note the various layers. Dig a "nose hole" and sniff. What do you smell? Is it wetter or drier, warmer or colder under the leaf litter? What's there?

Have them poke around with their fingers to see the decayed leaves, insects, seeds, roots, worms, spiders, etc.

This activity can be carried out in any season, although in the winter you may not want to lie on the ground but rather find a comfortable, dry spot to sit and just close your eyes.

If you cannot play "Lie down and look" you can try "Mystery Bags." Take several objects normally found on a forest floor (wood, moss, leaves, bark, twigs or branches, fungus, bone, cone, seed pods) and put each object in a separate bag. Pass the bags, one at a time, halfway around a circle of members. Each member in one half of the circle feels the objects and gives an adjective describing it (cold, smooth, crumbly, hard, etc.). The other half of the circle tries to guess what's in the bag. The last member that feels the object gets to show what it is. Make sure both halves of the circle get to guess and to feel.

BEING A WILDLIFE WATCHER (5 minutes) page 37

Emphasize the importance of keeping all senses working when on a nature hike.

TRACKS (10 minutes) page 37

Go over the examples of tracks and have members guess which tracks belong to which animal. You might want to divide members up into groups and give them 10 minutes to look for as many sets of tracks as they can find. Or you could broaden the search criteria to include any signs of animals at all. This might include droppings, feathers, burrows, grazed patches, etc. Limit the area of the search so that groups don't go wandering off in all directions.

CRAFT SUGGESTION

This activity is best for winter hikes.

You might want to encourage members to sketch any wildlife tracks or make plaster casts. Making plaster casts will probably take about 45 minutes, although you don't have to wait around and watch the plaster dry. Here's how you do it.

To make casts you need plaster of Paris powder, water, a container for mixing and a collar or form to put around the track.

You can recycle a milk carton into the tools needed for making casts. Put the plaster of Paris in a tightly closed plastic bag and the water in a tightly sealed small jar. Place both inside the milk carton. When you find a track, you can cut off a top section of the carton to use as the form and use the bottom as a mixing container.

METHOD

1. Brush away twigs, stones or dirt lumps near the track.
2. Put the collar around the track and press firmly into the ground, or snow. This will prevent the plaster from flowing out from underneath the collar.

3. For each 250 mL of water you use, put 400 mL of powder into the mixing container. (Measure the amount of water in the jar before you leave home and take as much plaster of Paris powder as you would need for that much water. If you use half the water, use half the powder.) The plaster should be the consistency of thick pancake batter.

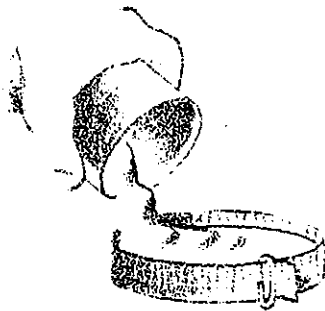
When making a cast of a track in the snow remember that the snow will melt unless you put lots of snow in the plaster to cool it.

1. Quickly pour the mixed plaster carefully over the print.
2. When the plaster has hardened (usually in 30 minutes) remove the collar carefully. Clean the track gently with a soft brush or cloth. You now have a negative cast.
3. To make a positive cast or a duplicate of the original print, grease the negative cast with light oil or petroleum jelly and repeat the casting process.

Step 2



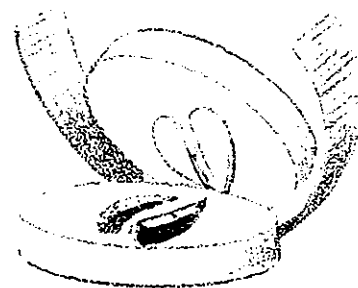
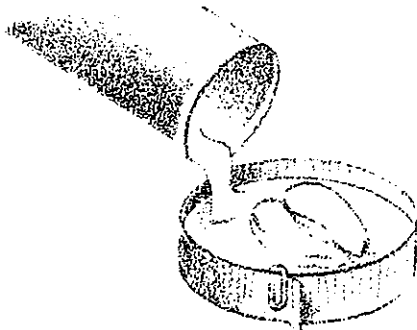
Step 4



Step 5



Step 6



GREEN WILDLIFE (25 minutes) page 38

Discussion points for diagram on page 38 Members' Manual.

Flowering plants: Almost two thirds of the plants you will see are flowering plants. Sometimes it's hard to see the flower, like with grasses and vines, and sometimes you would never think that a plant like a tree or a bush counts as a flowering plant. Flowering plants are any plant that produces a fruit with seeds in it.

Conifers: Conifers are pretty easy to spot: they are the plants that have cones, like a pine tree or a juniper bush. The leaves, or needles, of conifers stay green all year long, which is why they are also called evergreens. Squirrels and woodpeckers love these cones because the seeds of the tree or bush are hidden deep inside.

Ferns: Ferns grow in forests that get a lot of rain. Try counting the different kinds of ferns you see along your trail.

Mosses: Mosses are very small plants that have tiny spores instead of seeds. They grow in damp places. Look for moss on rocks and tree roots at the edges of streams, ponds, rivers and lakes. If you have a magnifying glass you will be able to see all the different shapes and varieties of mosses.

Algae: This is the green (or red or brown) scum you sometimes see on ponds or along the edges of slow-moving streams. It still counts as a plant!

Fungi: These are plants but they're not green! Fungi, along with bacteria, turns dead plants and animals into a kind of compost fertilizer like material that helps new plants grow. Mushrooms, toadstools and puffballs are fungi. Never eat wild mushrooms you may find on your hike. It takes a very experienced person to be able to tell a mushroom that is good to eat from one that is poisonous.

To start off this section you might want to play a game called "Tree." You play this game in a wooded area, a park will do. First you pair off the members. One of them, Susan, is then blindfolded by her partner, Megan. Megan then leads Susan to a tree (or it could be some other large object like a rock or plant) and turns her around a few times. Susan then touches, smells and tastes (if appropriate) the object to try to find out all she can about it. After a few minutes Megan leads Susan back to the starting point, spins her around a few times and takes off the blindfold. Susan then has to find the tree she was led to when she was blindfolded. She has three tries to find the right tree. When Susan is finished, she blindfolds Megan and carries out the same pattern with her.

CRAFT SUGGESTIONS

1. LEAF RUBBINGS

Place leaves on a table. Place a thin piece of paper on top of the leaves, and tape the paper to the table to stop it from moving. Remove all the paper from a crayon and rub it length-ways back and forth across the paper. Traces of the veins and ridge of the leaves will appear on the paper. Fern fronds are especially effective for this activity.

2. BRANCH WEAVING

You will need a branch with at least three smaller branches shooting out from it. Loop the wool around the top or bottom of one small branch to secure it. Continue to the next small branch and the next, making a warp base. (Warp threads are the first threads on a frame. They are stretched lengthwise and are usually placed side by side on the frame.) Once you have put on as many warp threads as you wish to on the branch, weave wool, grasses and other nature items through the warp wool strands to make a natural wallhanging.

3. ROCK PAINTING

Find a smooth rock with an interesting shape and paint an abstract design on it or make it into a cat or mouse. An instant friend!

4. NATURE WREATH

Cut the heavy cardboard into circles and then cut out the center. Glue two pieces of cardboard back to back to give your wreath extra strength. With your scissors, punch a small hole in the top, 1 cm from outside edge. Glue pine cones, nuts, seed pods and other nature objects onto the wreath. Use lots of glue. Tie a ribbon into bows and add to your wreath later.

5. TOTEM POLE

Find 3 rocks or cones of different sizes and shapes. Stack them on top of one another, gluing to hold them together. Paint faces, symbols or whatever takes your fancy on them. You can even decorate them with nature items like seed pods, leaves or gums.

BEFORE THE NEXT MEETING (5 minutes) page 38

Decide whether or not there will be facilities to cook a campfire snack at the next meeting or whether snacks members bring should be ready to eat.

Entertainment activities can be assigned to groups of Senior members or individuals. The entertainment program for this meeting is very short, just enough to whet the appetites of your campers. Check to see that any needed props will be brought.

Please inform all members and their parents that the next meeting will be longer than usual. Establish a time you expect the meeting to end and arrange transportation if necessary.

Remind members the permission forms on page 67 must be completed and handed in before the "Take a Hike" meeting.

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 39

FIRST AID PRIMER

You can never have too much practice in preparing for accidents or injuries, especially when these may occur in the woods, far from professional help. During this section, stress that members will only ever be providing first aid and that in all serious cases, professional help should be sought as soon as possible.

One way to practice first aid responses is to rely on peer teaching. Have members form pairs. Assign each pair an injury to simulate or have them draw one from a slip of paper in a hat.

One of the pair will be the victim and the other the rescuer. They will have 5 minutes to practice treating the injury. They can use equipment from the first aid kit. Other supplied props such as hats, mitts and blankets would be helpful.

After the practice time has elapsed, have the pairs demonstrate to the rest of the club how to treat their given injury. After their presentation, have other members comment. If you have asked a St. John Ambulance official to speak at your meeting, have him/her sit in on this activity and add his/her comments.

MEETING FIVE

SETTING UP CAMP

OBJECTIVES

1. To teach members how to select a suitable campsite.
2. To teach members how to set up a comfortable camp.
3. To introduce members to some of the fun they can have camping.
4. To teach members how to leave a campsite.

PREPARATION AND EQUIPMENT

- This meeting will give members a first run at setting up camp. This meeting need not be held in a regulation campsite or even along the trail: someone's back yard or other open space (if it's large enough) will do. Be sure you have permission to set up camp before the meeting and leave the area as you find it, if not in better shape.
- This is an opportunity for senior members and leaders to shine! While members are enjoying their snack, whether cooked or not, the senior members and leaders can give a taste of the sort of campfire entertainment that will be enjoyed during Meeting Six. This will serve to encourage junior members to start thinking of their campfire theatricals.
- Someone with experience in survival training would be a very interesting speaker, especially for the Digging Deeper section.
- If you are going to cook a snack or light a campfire, please read the Digging Deeper section for Meeting Six.
- Plan who is going to carry what well before the meeting and designate a trail leader and rear admiral.
- Review your plans for this hike and make sure you have all the equipment you'll need. Allow time to briefly check members' packs. You might want to prepare a checklist and pair members off, having one member check the other's pack. Have extras of the essentials. Refer to Meeting Two lists.

IN A NUTSHELL	
Roll Call	5 min.
Finding A Good Campsite	10 min.
Setting Up Camp	45 min.
Camp Cooking	45 min.
Striking Camp	45 min.
Before The Next Meeting	5 min.
	<hr/>
	155 min.
Optional: Digging Deeper	

ROLL CALL (5 minutes) page 47

When all members have answered, you could ask "What is the most important item of food/drink for a camper?" **Water**

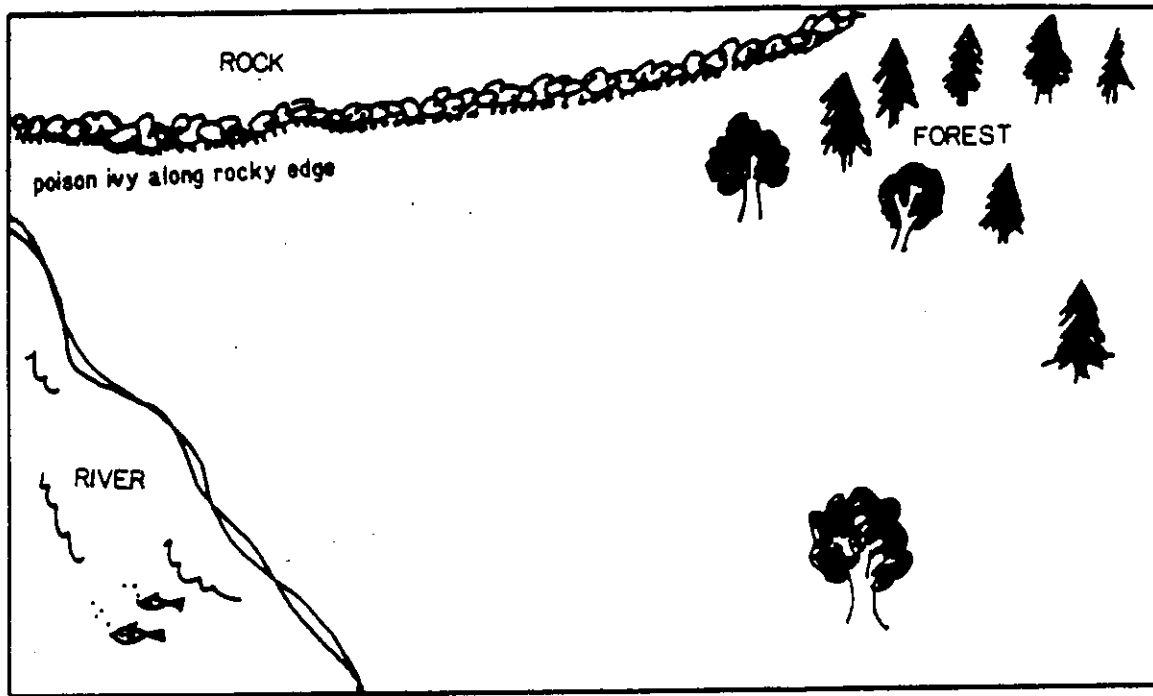
FINDING A GOOD CAMPSITE (10 minutes) page 47

Ask members what they would look for in the perfect campsite. If you are setting up camp in a campground, have members choose the best site from the criteria they have listed.

SETTING UP CAMP (45 minutes) page 47

Before you get out that first tent peg have members plan their campsite on a piece of paper. You may use the plan of a campsite drawn on the next page, or draw the campsite you are using, making sure you include all the prominent features. Don't forget to give a scale to your drawing.

Divide the members into groups and give them 10 minutes to complete their plans. Quickly discuss which plan is best, or which combination of plans, and then use that as the blueprint for setting up the camp. Make sure everyone is assigned a specific task. If you don't need to dig a latrine, just have members rope off the spot.



CAMP COOKING (45 minutes) page 49

Only leaders or accompanying adults should light the fire or stove. Once the snack has been eaten, it's showtime!

STRIKING CAMP (45 minutes) page 54

Assign all the groups a different task from the one they performed during camp setup.

BEFORE THE NEXT MEETING (5 minutes) page 54

You may want to review the plans, entertainment and other, for Meeting Six, during the campfire session.

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 55

EMERGENCY SHELTER

Divide senior members into groups and see which team can build the most environmentally friendly emergency shelter in an allotted time. Be sure to define the area in which the shelters can be built so that groups don't stray too far away.

MEETING SIX

TAKE A HIKE!

OBJECTIVES

1. To let members set up and live in their own camp for a day.
2. To test the members' creative abilities.
3. To have fun!

PREPARATION AND EQUIPMENT

- Members will have prepared their own entertainment. Make sure that all props, within reason, are brought.
- All permission forms must be signed and returned before this outing. Emergency procedures should be reviewed.
- Permission from landowners must be obtained if you are camping on private property. Don't rule out sleeping in someone's backyard. It can also be a great experience.
- Invite parents along or other experienced hikers who can help you with this outing.
- Take along a few copies of the 4-H Songbook (4-H 021-91).
- It is possible to take this trip in summer or winter, although a winter hike is going to test your members' resolve and expertise — and that of your leaders' — more than a summer hike will.
- Alternatives to an overnight camping trip may be to take a long hike, with a planned stop to cook lunch or one of the Achievement Program ideas suggested in the beginning of this project. When you are choosing your Meeting Six activity, take into consideration the ages and abilities of all your members. Your challenge as leader is to make this meeting fun and informative.
- Have senior members be responsible for a single junior member or a small group of juniors. Make sure everyone is comfortable with this pairing and knows about it. This should make the leaders' jobs a bit easier.

IN A NUTSHELL	
Roll Call	5 min.
Fire Safety	10 min.
Campfire Program	60-90 min.
	<hr/>
	75-105 min.
Optional: Digging Deeper	

ROLL CALL (5 minutes) page 57

Originality is called for here!

FIRE SAFETY (10 minutes)

It is very important that every member understand the rules of fire safety.

CAMPFIRE PROGRAM (60-90 minutes)

Make your campfire program memorable by applying the "5 p's" of campfire planning:

- PREPARATION:** Activities suited to group, equipment handy, firesite ready.
- PRACTICE:** Know the activities you will be leading.
- PARTICIPATION:** Keep everyone, including yourself, involved.
- PUNCTUALITY:** Set time limits for activities and overall program. One hour is probably enough.
- PEACEFUL ENDING:** End the program on a quiet note. Remember, you don't need a campfire for the whole program. Ending the evening on a peaceful note, under the stars, could be a very memorable experience for all 4-H campers.

Here are some sample activities but don't be afraid to let your creativity loose - and that of your members.

1. **Opening** - Consider having an official welcome to set the tone for the evening. A fire lighting ceremony is always appealing.
2. **Singsong** - can really break the ice. Have a couple of Senior members lead the group in a couple of well-known songs. Top 40 stuff is not really good for this activity. Instead you should rely on the oldies but goldies, such as Fish 'n Chips 'n Vinegar, Alouette, Hole in My Bucket, Bingo, etc. Use the 4-H Songbook for ideas.

3. Games and Relays - use up a lot of energy and excitement. If it's not too dark you can try the Newspaper Relay.

NEWSPAPER RELAY

1. Before the program search out 8 or 10 words or phrases found in a newspaper.
2. Divide the group into teams of 3-6 players and have them sit in a circle.
3. Give each group a copy of the same newspaper.
4. Call out a word or a phrase. The first team to find the word or phrase in the paper, tear it out and bring it to you gets a point.

TIP YOUR HAT TO YOUR NEIGHBOR

Everyone has to wear their hat for this game.

1. Have everyone sit in a circle or in a line.
2. Everyone puts on a hat.
3. Now the leader is going to tell a story. Here's how the game works. When you hear the leader say "ONE", you take off your hat and put it on the head of your neighbor to the right. (If members are sitting in a line, one person must run the hat to the other end.)

When the leader says "TWO", you take off your hat and put it on the head of the neighbor to the left.

When the leader says "THREE", you take the hat from the neighbor on the right and put it on the head of your neighbor to the left.

Do some practice calls before you start your story. Any story with lots of numbers will work. Here's an idea for a good story for this game, although it's a lot of fun to write the story yourself.

SAMPLE STORY: One day, two years ago, a wonderful thing happened. Three frogs went on a trip to a strange part of the swamp. When they got to a big hollow log, they crawled out on one of the branches. One of the frogs said "Look," and the other two did. They must have wondered at the sight, for hopping down the lot to meet them was not one, not two, but three other frogs. The strangest thing was that one of the frogs was wearing a tutu. It was too strange for the three visitors and they decided that they would leave for home. One called out the countdown Three, Two, One, Jump and they hopped home.

1. Skits: are always fun. Some members might be prepared to do an impromptu skit. Give them a punchline, an opening line or a bag filled with props. Limit the skit to two minutes.
2. Everyone likes a story. Near the end of the program a story can start to quiet members down and prepare them for bed. Don't be afraid to tell a

fairy tale, legend, a funny story or have the group make one up. You can give the opening line. You can assign different characters to different groups and have them provide the sound effects whenever the character comes into the story. Be careful about telling ghost stories or horror stories — they can seem very real to a young member in the middle of the night in a tent.

3. There should be a planned closing to the evening's entertainment. You could sing a song, quote a poem, lead the group in a prayer or the 4-H pledge. Whatever you choose to do, it should be meaningful and focus on the feelings of warmth and friendship that have been shared.

DIGGING DEEPER - OPTIONAL INFORMATION FOR SENIORS, page 59

If you are going to be using camp stoves make sure safety comes first. Before a match is set to fuel, review the procedures for camp stove safety with all members and check the setup of all the camp stoves being used.

PROJECT SUMMARY

Your signature on the Project Summary (page 64) says that you feel the member has completed the project to the best of his or her ability. It encourages the member if you write short evaluation comments on the Project Summary at the completion of the project. Your 4-H Club Leaders' Handbook suggests some comments that may be appropriate.

THANK YOU FOR BEING
A VOLUNTEER 4-H LEADER!

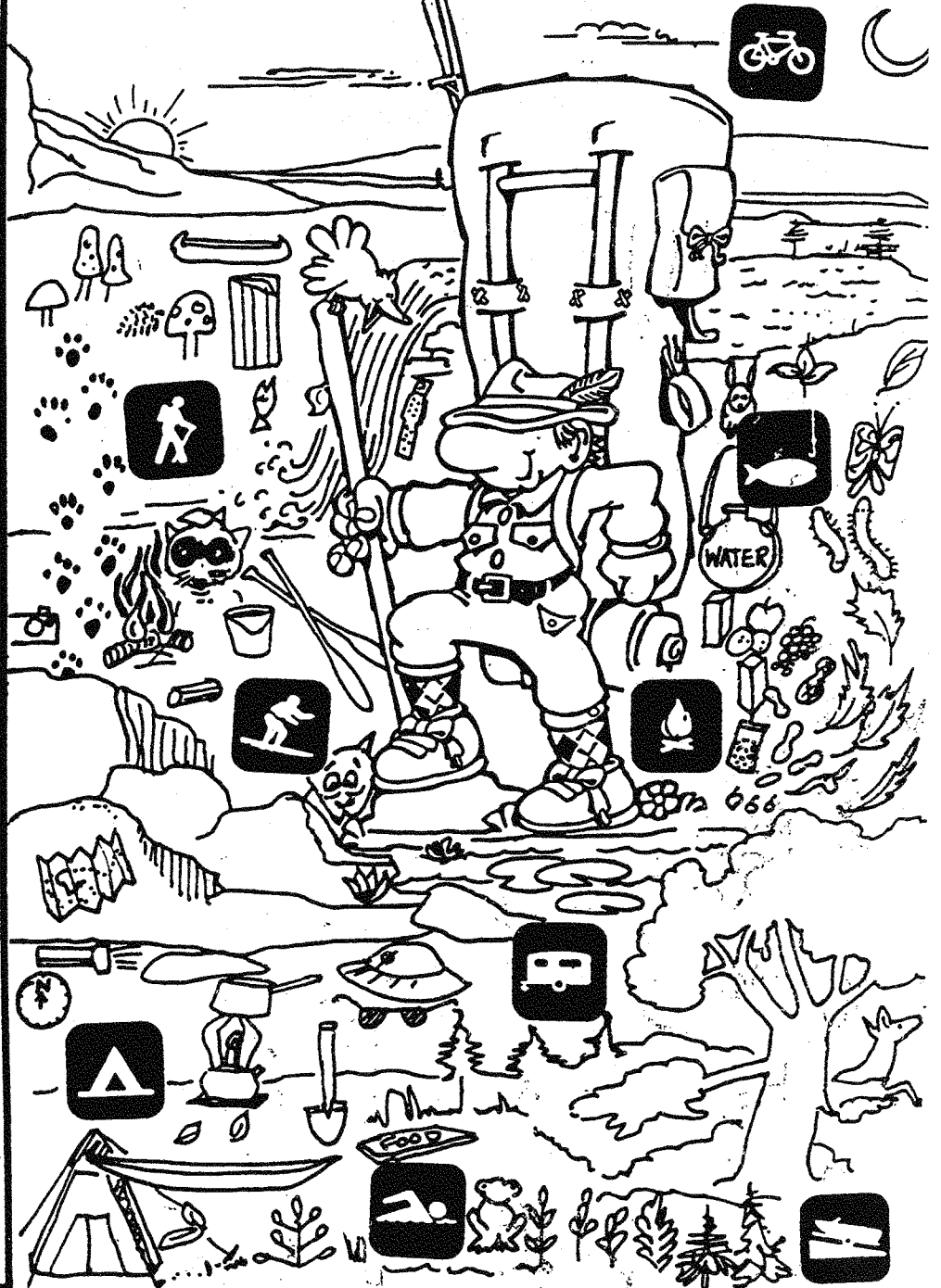


LEARN TO DO BY DOING

Ministry of
Agriculture
and Food
ONTARIO

Rural Organizations & Services Branch

Outdoors A WALK ON THE WILD SIDE



NAME _____

CLUB _____

AGE _____

NUMBER OF CLUBS _____

4-H 1760 92 ME

THE 4-H PLEDGE

"I pledge:
My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service
My Health to better living
For my club, my community and my country."

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This project was prepared by
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with Special Thanks to the Advisory Committee:

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This project was jointly funded by the Ontario Ministry of
Agriculture and Food and Agriculture Canada.

OUTDORM

PURPOSE OF THE 4-H PROGRAM

The primary purpose of the 4-H program is the personal development of youth in rural Ontario.

In 4-H, members will be:

- encouraged to develop self-confidence, a sense of responsibility, and a positive self-image;
- helped to develop their skills in communications, leadership, problem solving, and goal setting; and
- offered the opportunity to learn about the food production, processing, and marketing systems and the heritage and culture of Ontario through projects such as livestock and crop production, financial management, food preparation, nutrition, recreational activities, and career development.

INTRODUCTION

This project is an outdoor adventure! It will teach you skills, games and crafts that will help you enjoy hiking and camping and everything that goes with these outdoor activities.

Perhaps one of the most important things you will discover during this project is that you don't have to travel a long distance to enjoy the great outdoors. It's right outside your doorstep. Ontario has lots of fabulous parks, conservation areas, woodlots and open spaces that you can enjoy all year round. "A Walk on the Wild Side" will show you how.

OBJECTIVES

1. To gain appreciation and respect for the natural environment.
2. To successfully plan and carry out a club outing, combining all the skills and knowledge gained throughout the project.
3. To learn to co-operate with other club members.

GENERAL REQUIREMENTS

A member will complete a project satisfactorily by:

1. participating in at least 2/3 of his/her own club meeting time;
2. completing the project requirements to the satisfaction of the club leader(s);
3. taking part in an achievement program.

SENIOR PROJECTS

1. Interview someone involved with establishing or maintaining a wilderness trail or area in your community. Write a 200-500 word article about this individual and his or her involvement in the outdoors. Submit the article to your local paper or present it to a 4-H club meeting or another meeting of an interested group.
2. Put together a directory of groups involved in outdoor activities in your community. This directory should include a brief description of the group, its activities, how to join, meeting schedule and the name of a contact person. Arrange to have the directory published in the local newspaper or give it to your local library, school library or community information center. This could be a group project.
3. Collect information for a wildlife diary by visiting the same spot, at the same time(s) each day, for two weeks. Keep track of all wildlife sounds and sightings that you see and hear. Take pictures or sketch the animals and the area. Locate your observation post on a map as part of your diary. Don't forget to look for the small animals and insects, too.
4. Find a wooded area and pace out a 200 m square, marking the boundaries in an environmentally friendly way. Now find out how many different kinds of trees grow in the area you have marked out. Take small samples of the leaves/needles, nuts/cones and bark of each species and make a display, labelling everything you have collected. Be sure to include a map showing the area you investigated. The same project could be carried out in a meadow, only you would collect and label different types of grasses.
5. Prepare a poster promoting the joys of hiking. Display the poster in your school, the library or community center.
6. Choose another project to be approved by your 4-H leader.

MEETING SCHEDULE

	DATE	TIME	PLACE
MEETING ONE			
MEETING TWO			
MEETING THREE			
MEETING FOUR			
MEETING FIVE			
MEETING SIX			
ACHIEVEMENT PROGRAM			

Where Are You Going?

ROLL CALL

What is the highest point of land within 15 km of this meeting?

A ROAD MAP TO GOOD MEETINGS

Welcome to 4-H! Our final stop is our Achievement Program, but there are many things that we want to do along the way. You should find them fun and enjoyable.

When you are planning a trip, you need to have a road map to follow so you don't get lost along the way. The map that is used to reach a good meeting is called an **agenda**. There is a sample on the next page.

The agenda keeps the meeting on time and lists all the items that need to be covered in the meeting. The agenda is usually prepared by the **chairperson** or **president** before the meeting with help from other members and the club leader(s). Everyone should be aware of the meeting agenda.



It is helpful to use point form. Put the name of the person who will be involved at the meeting and a time limit beside each item on the agenda.

It is very important to start and end the meeting on time.

YOUR ROAD MAP TO GOOD MEETINGS

SAMPLE AGENDA

What

Include club name, meeting location and date.

List all items that need to be covered in the meeting.

Program should relate to 4-H project.

When

4-H Club Name
Location
Date

7:00 pm

Call to Order
4-H Pledge
Roll Call
Introduction of Guests
Minutes of Last Meeting
Adoption of Minutes
Business Arising from Minutes
Treasurer's Report

7:15

New Club Business
Date of Next Meeting

7:25

Club Program

8:25

Introduce Guest Speaker

8:30

Demonstration

8:45

Thank Guest Speaker
Announcements

9:00

Adjournment

Who

President
Everyone
Secretary
4-H Member
Secretary
President
President
Treasurer
President
Everyone
Youth Leader,
Senior Members,
Leaders, Everyone
4-H Member
Guest Speaker
4-H Member
Anyone
President,
Anyone

KEEPING YOUR CLUB GOING

In order to keep your club going in the right direction, you need some "tour guides", known as the **club executive**. They work with the club leader(s), youth leader(s) and all club members to keep the club on track.

PRESIDENT

The club president works closely with club leaders to plan meetings and other activities. He/she acts as **chairperson** of all club meetings and ensures that the meetings start and end on time.

VICE-PRESIDENT

The vice-president helps the president when needed and takes over the duties of the president if necessary.

SECRETARY

The secretary is responsible for keeping **minutes** (a record of the meeting's activities), attendance records and handling the club's mail. If the club has money, the secretary may become secretary-treasurer.

PRESS REPORTER

The press reporter is responsible for letting the community know about the activities of your club through local newspapers, radio or 4-H newsletters.

TREASURER

The treasurer is responsible for keeping a record of the club money which is received or paid out. A report is usually given after the reading of the minutes.



YOU HAVE A JOB TOO!

Just as each executive member has certain duties, each member has responsibilities to the 4-H club.

Ways that I can help my club keep on track are:

1. _____
2. _____
3. _____

ELECTING YOUR EXECUTIVE

The executive members are elected by all club members. Any member may **nominate** another member. Nominations do not require a **second**.

One way for 4-H clubs to make decisions is by **voting**. Voting can be done in a number of ways.

- | | |
|---------------------|------------------------------|
| 1. By show of hands | 3. By standing |
| 2. By secret ballot | 4. By saying "Yea" or "Nay". |

A youth leader, senior member or club leader may **chair** the meeting until the president is elected.

LEARN TO DO BY DOING!

Be willing to let your name stand for an executive position. It is a rewarding and fun experience. Following your club's elections, complete this club executive chart.

CLUB EXECUTIVE:

<u>Office</u>	<u>Name</u>	<u>Phone</u>
PRESIDENT	_____	_____
VICE-PRESIDENT	_____	_____
SECRETARY	_____	_____
TREASURER	_____	_____
PRESS REPORTER	_____	_____
OTHER	_____	_____

CLUB MEMBERSHIP:

Members, Phone

Members, Phone



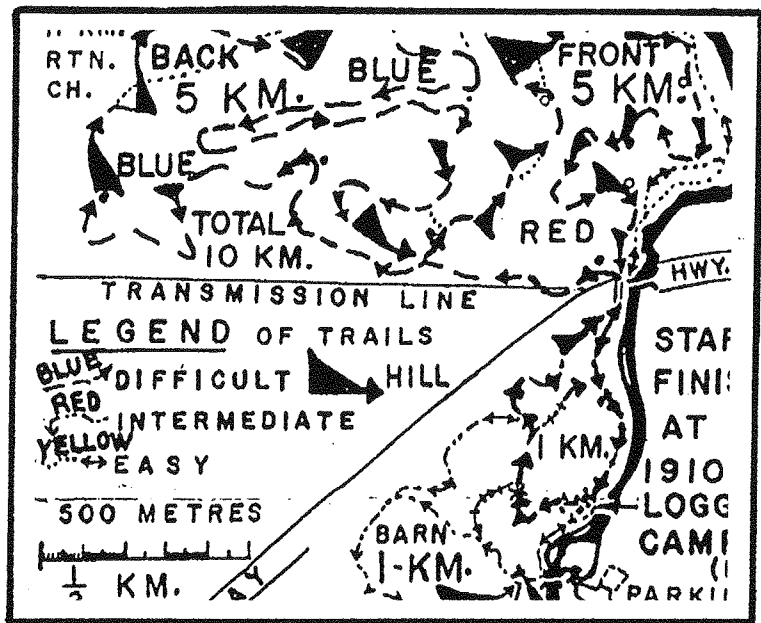
Leaders, Phone

Leaders, Phone

OMAF Contact, Position, Phone

CHOOSING YOUR MAP TRAIL MAPS

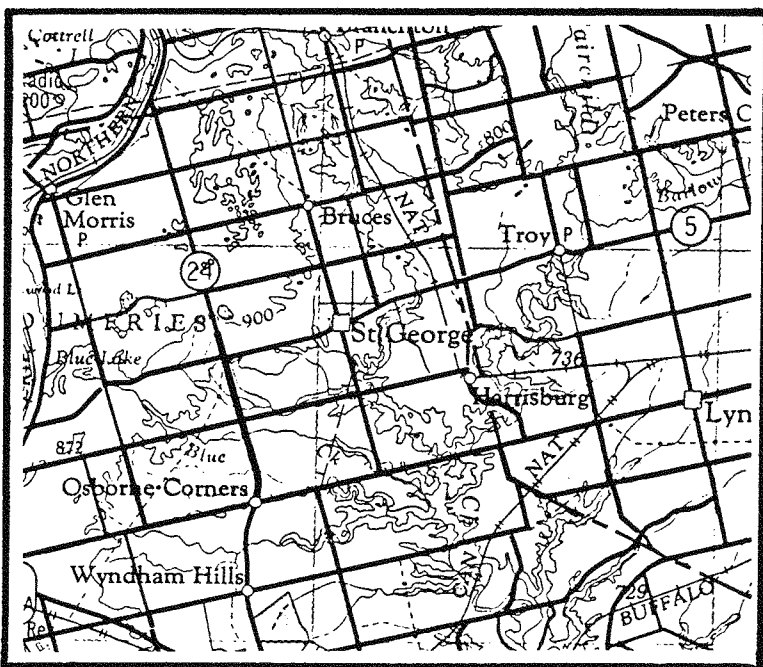
When you go hiking it's a good idea to have a map that shows the trail you will be using. There are many different kinds of trail maps. The ones you will find at a local park may be very simple. They may show only the trails themselves, a few landmarks such as a paved road, railway line or building, and the distances between points along the trail.



Maps from a provincial or national park will probably have more information. They may show how high the hills and mountains are, what kinds of different plants and animals can be seen in the park, and even how long it can take to hike from one place to another.

A trail map will show that a section of the trail you plan to hike is six miles long, but maybe you need to know more. If you use a **topographical map**, you may discover that the section of trail you want to hike goes over a 3,000-foot high mountain. This is useful information. You now know that the hike will take about three times longer than expected.

TOPOGRAPHICAL MAPS

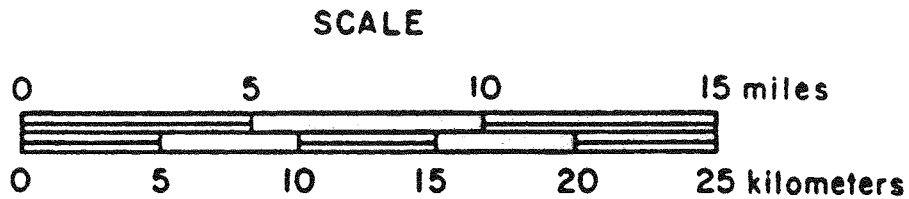


Topographical maps show more than just trails, roads, lakes, rivers, buildings and forests. They are the maps that the most experienced hikers use. Topographical maps have contour lines on them. Contour lines not only tell you whether the land goes up and down, but how quickly it goes up or down. If the lines are close together, the land is steep. If they are very far apart, the land may be almost flat. The numbers you see along some contour lines tell you how high the land is above sea level.

HOW TO READ A MAP

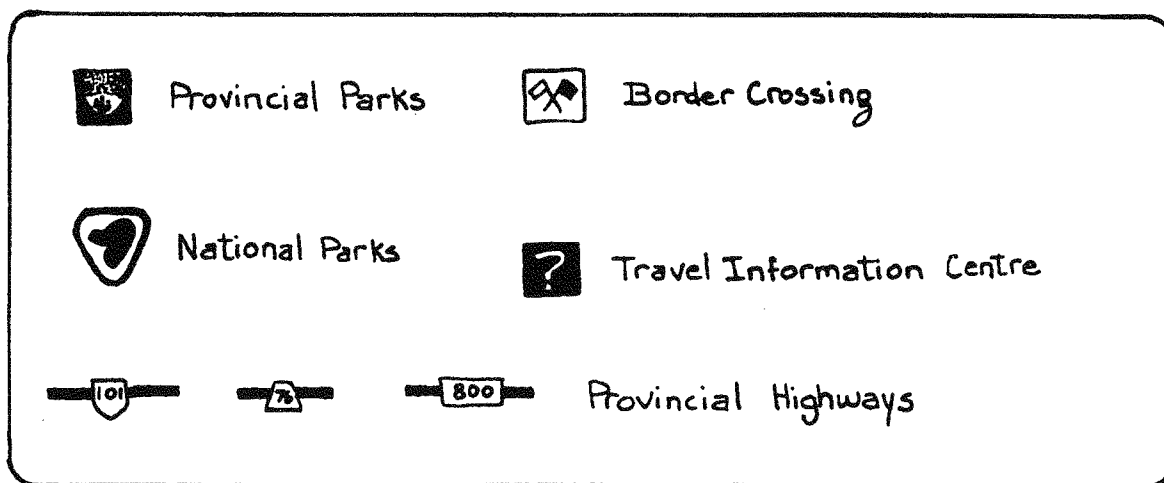
All maps have signs or clues on them that will help you find your way. The first thing to do is to look for the arrow that tells you which way is **north** on the map. All good maps will tell you this.

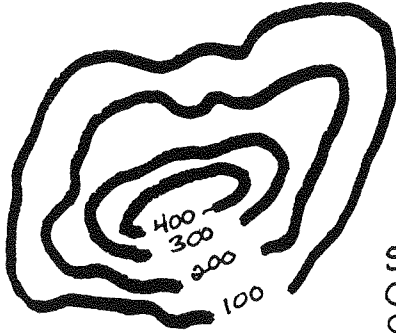
Now look for the **scale**. This shows you how many centimetres (or inches on older maps) represent a kilometre (or mile) on that particular map. The scale is usually shown either by a scale bar, which shows how kilometres (or miles) are measured on the map, or by figures shown as a ratio.



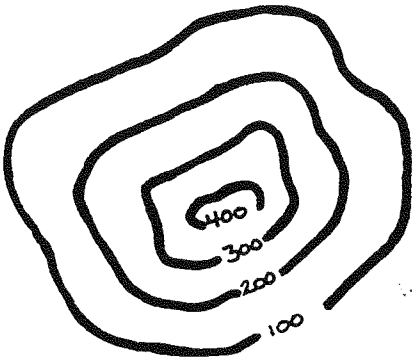
For example, if the numbers 1:50,000 are shown on the map, and the unit of measurement used is centimetres, this means that one centimetre on the map is the same as 50,000 centimetres (or half a kilometre) on the ground. The scale of a map depends on how much area the map is covering.

Now you want to look at the map's **legend**. The legend will tell you what the symbols on the map mean. By looking carefully at the legend, you'll be able to tell a two-lane road from a freeway, and a dirt road from a trail.





Steep slope,
Contour lines
close together



Fairly gentle
slope, contour
lines far apart

If you are using a topographical map you will want to have a closer look at the **contour lines** along the trail you plan to hike. Contour lines show you the shape of the land. They are lines on a map which join up points of land of the same height above sea level. Every time the height of the land rises or falls 20 metres, a new contour line is drawn on the map.

By looking at contours, you can see if the land is flat or hilly, with steep or shallow slopes.

The distance between contours tells you about the kinds of slope. Evenly spaced contours show that the land slopes evenly, but if the distance between contours varies, the slope varies, too.

WHERE ARE THE TRAILS?

There are authorized topographical map dealers in most cities and towns in Ontario. Many of them are sports stores or outfitters. Check with your public library for local sources. Otherwise you may write to:

Ontario Ministry of Natural Resources
Map Office
Room 1640, Whitney Block
Queen's Park
Toronto, Ontario
M7A 1W3

or to

Canada Map Office
Surveys and Mapping Branch
Dept. of Energy, Mines and Resources
615 Booth Street
Ottawa, Ontario
K1A 0E9

There is a small charge for each map.

Most people have probably heard of the Bruce Trail, which runs from the Niagara Escarpment to the Bruce Peninsula, but there are hiking trails all over Ontario. Some of them are maintained by hiking clubs, who publish copies of maps of the trails. You can buy copies of these trail maps by writing to the clubs.

Avon Trail Association
PO Box 384, Stratford, Ontario N5A 6T3

Rideau Trail Association
Box 15, Kingston, Ontario K7L 4V6

Bruce Trail Association
Box 857, Hamilton, Ontario L8N 3N9

Thames Valley Trail Association
Box 821, Terminal B, London,
Ontario N6A 4Z3

Ganaraska Trail Association
Box 1136 Barrie, Ontario L4M 5E2

Voyageur Trail Association
Box 66, Sault Ste. Marie, Ontario
P6A 5L2

Grand Valley Trails Association
Box 1233, Kitchener, Ontario N2G 4G8

Guelph Trail Club
Box 1, Guelph, Ontario N1H 6J6

BEFORE THE NEXT MEETING

1. Work with other members of your team to put together an overnight pack, containing everything a camper might need. The pack could be a knapsack or other sturdy, easy to carry bag. Remember to bring it to the next meeting.
2. Wear sturdy shoes and loose clothing for a short hike at the next meeting.
3. Senior members: Choose or invent a topic for your senior project.

DIGGING DEEPER

OPTIONAL INFORMATION FOR SENIOR MEMBERS

KNOW WHICH WAY THE WIND BLOWS

It's good to have some idea of what the weather is going to be like while you are hiking. Poor weather conditions don't always mean that you have to cancel your hike. If you dress with the weather in mind, you can enjoy a hike under any conditions.

Unfortunately you can't buy a map that will help you forecast the weather. You can't even be sure that the weather report you get from the weather office will be 100% accurate. What you can do, though, is be on the lookout for certain weather signs. While you won't always be able to stay dry — or cool or warm — while hiking, there are some things you can learn that will help keep you out of weather trouble a lot of the time.

LISTEN TO WEATHER REPORTS

The first, basic step in keeping a weather watch is to pay attention to weather forecasts. Weather changes quickly, though, and there's no need to call off your trip if the weather is bad for a few days before your trip. Remember, weather forecasters can be mistaken. There's no substitute for looking at the skies and the temperature yourself and trusting your experiences.

WEATHER CLUES

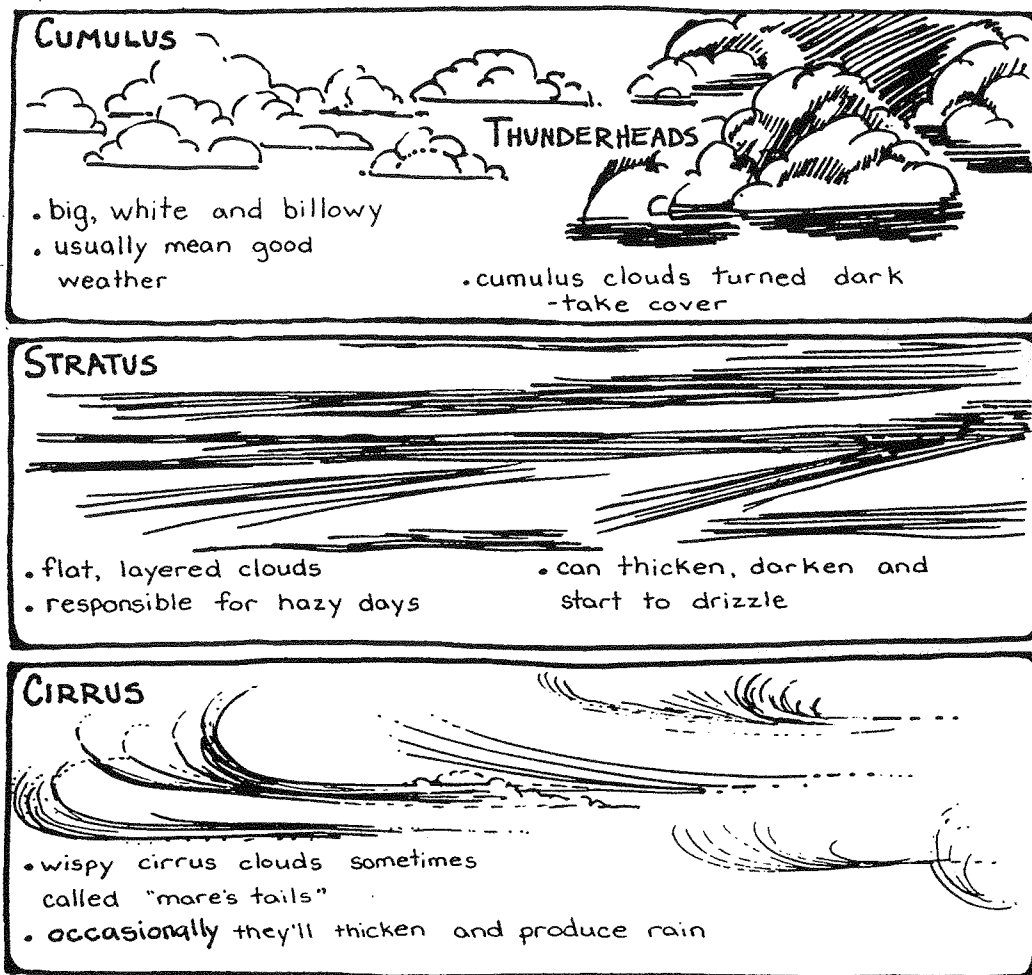
The weather is likely to be good if there is:

- a yellow sunset or sunrise
- a clear horizon at sunrise or sunset
- a cloudless sky, only a few clouds, rising clouds, or high clouds going in one direction
- fog or mist that burn off early
- gentle winds

The weather may be about to take a turn for the worse if you notice the following:

- a red sunrise
- a gray horizon at sunrise or sunset
- a ring around the sun or moon
- thunder and/or lightning nearby
- black clouds on the horizon, clouds getting lower
- a sudden drop in temperature and increasing winds

Most weather clues come from clouds, winds and humidity.



A gentle breeze when you are hiking can be a welcome thing. But if the wind is blowing hard and the clouds are moving quickly across the sky, the weather may be changing rapidly. An east wind is usually another indication that the weather is about to change for the worse. If the temperature is dropping and the clouds are getting darker and lower, look out!

High humidity (when there's a lot of water in the air) makes for very uncomfortable hiking. It can be hard to breathe when the humidity is high and your clothes and skin feel damp, warm and sticky. Don't push yourself too hard and keep checking the other weather signs: it may be about to rain.

If you're hiking in an area where there's usually a lot of fog or mist you must take special care. Fog can hide landmarks and you can have more trouble finding your way.

If necessary, take shelter in the lowest, driest objects around you and wait until the weather passes. Never hang around the highest trees, rocks or hills. Don't go hiking when it's snowing heavily unless you are an experienced hiker.

Hiking Is For Everyone

ROLL CALL

What is the most important item you would take along on a hike?

STRETCHING THE LIMITS

Hiking is more than just a long walk in the woods. Most of the time when you are hiking, you are far from the comforts of home. Instead, all the comforts you need are carried in your pack. And even if you only take a bottle of water, a light snack and a jacket or warm sweater, they can get pretty heavy by the end of the hike. You should be able to walk for at least five kilometres without wearing yourself out, and you have to be able to carry at least a water bottle and a few other necessities.

Only you know if you can do this and the best way to find out is to go out and see. But you don't have to go out into the woods, or even on a trail. Start out slow and easy. If you are ambitious and have the time, plan a route that is between three and five kilometres. Time yourself just for fun. It might be a good idea to plan your walk so that you end up at home or some other welcoming place!

If you find that you can walk this distance without any trouble, try the same route again carrying a full day pack (less than 5 kg is great!). If you found the going a little tough, choose a shorter route next time and gradually increase the distance you walk.

It's a good idea to warm up your muscles and joints before you start any trip. Stretch gently, breathe fully and don't bounce. Just relax and feel your muscles lengthen and strengthen.



1. Side stretch

Reach one arm over your head and the other down the side of your leg. Repeat, alternating from side to side.



2. Arm circles

Do full, slow, sweeping circles with both arms. Circle forward, then backward.



3. Sit and reach

Keep one leg straight and the other bent with the sole of the foot beside the knee of the straight leg. Reach out with your arms along the straight leg.



4. Cat back

Get down on all fours. Tuck your chin to your chest and exhale. Return to a flat back position.



Soleus



Calf

5. Calf stretch

With one foot in front of the other and your feet pointing straight ahead, bend both legs in a squat to stretch the soleus muscle in the rear leg. Your knee should not be extended over your foot. Repeat with your legs further apart and the back leg straight to stretch the calf muscle in the rear leg.



6. Pelvic tilt

Lie on your back with your knees bent and your feet flat on the floor. Tighten your abdominal muscles and your buttocks and press your lower back firmly against the floor.



7. Knee crossovers

Sit down on the floor with your legs in front of you, knees bent, and feet flat on the floor. Roll your legs to one side toward the floor. Look over the opposite shoulder.



8. Thigh stretch

Stand. Bend one knee, grasp the ankle behind, and pull your foot gently toward your seat. Repeat with your other leg. Don't arch your back.

Source: PARTICIPaction Presents:
Expres. The Exercise Prescription.
Macmillan of Canada, 1988

HIKING GEAR

MUST TAKE

You'll need all five senses on hike:

- Sight (to see what is around you),
- Smell (the flowers, the grass, the rain),
- hearing (the silence, the birds, wildlife),
- taste (remember to drink enough water),
- feel (hot blisters, we hope).

Waterproof jacket & hood

Water: In hot weather, drink a litre for every kilometer you hike. In cold weather, you need a litre for every two kilometers.

Whistle: If you need help in an emergency, blow three short, loud blasts on the whistle every few minutes. Until help arrives.

Small day pack: Your pack will likely weigh 4-5 Kgs, and be water resistant. Packs that zip shut & have a weather flap keep gear drier than drawstring packs.

Money: coins - to call home

Flashlight: (small)

Don't forget extra batteries & a bulb.

Map

First aid kit

Insect repellent

Hat: Always wear a hat. You carry your own shade if you wear a hat with a brim all around.

Food: You will need snacks even on short hikes. Bring along a high energy snack. Energy from foods sweetened with honey or fruit juices will last a long time.

Litter bag

Sunglasses & sunblock:

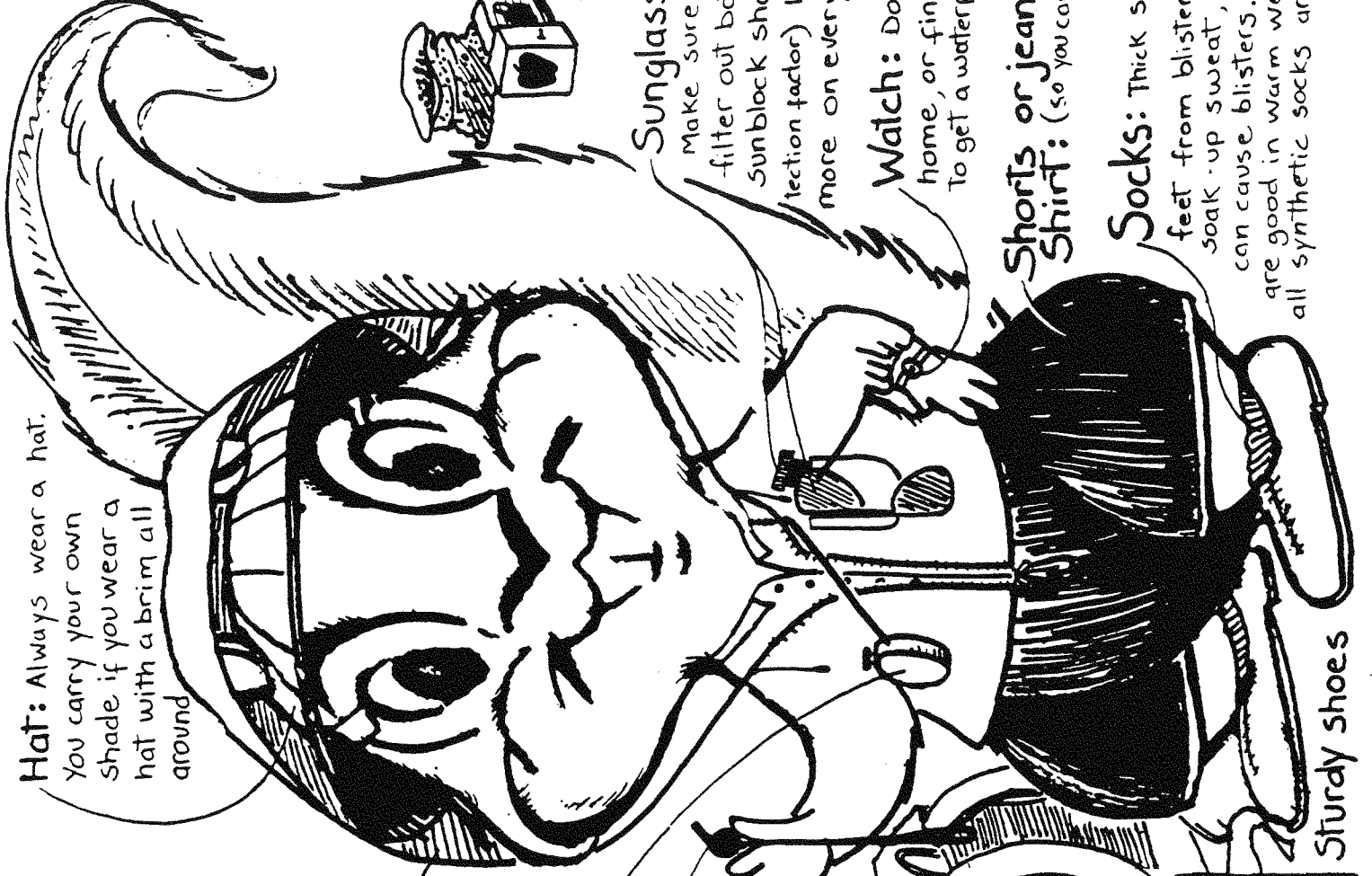
Make sure your sunglasses filter out both UV-A & UV-B rays. Sunblock should be SPF (sun protection factor) 15 or more. Put more on every few hours.

Watch: Don't miss your ride home, or finish in the dark. Try to get a waterproof watch.

Shorts or jeans & long sleeved shirt: (so you can roll up your sleeves).

Socks: Thick socks protect your feet from blisters. All cotton socks soak up sweat, and wrinkle. This can cause blisters. Cotton blend socks are good in warm weather. All wool & all synthetic socks are best for winter.

Sturdy shoes



VERY USEFUL

Bandanna: Keeps sweat out of your eyes. Use it as a tablecloth, napkin or washcloth. A million uses.

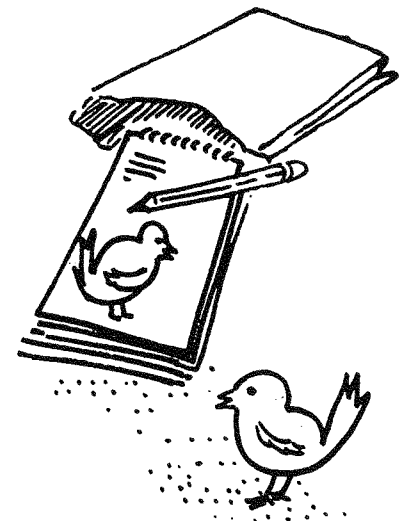
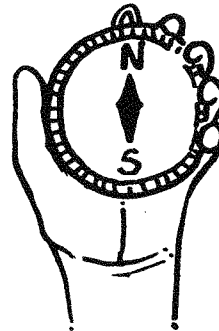
Large plastic garbage bag: Sit on it if the ground is wet or use it as a raincoat to cover you and your pack. Useful for trash, too!

Toilet paper: Remember to pack it out.

Small shovel or trowel: To dig your very own latrine!

FOR FUN

- binoculars
- camera
- guide books
- compass
- notebook/pencils (in a waterproof bag)



OVERNIGHT KITS

It makes sense that if you and your friends are planning on spending the night in the woods, you're going to need more equipment. While you will still need all of the same gear that you would carry for a day hike, there will be extras.

MUSTS

Sleeping bags: Keep it light but warm. Check that the zipper is tough, easy to close and is covered by a flap of material. Should come with waterproof stuff sack and nylon straps.

SLEEPING BAGS

The best sleeping bag is the one that keeps you warm all night long. Finding the sleeping bag that is right for you takes time and thought.

First of all you have to figure out when you'll be doing most of your overnight camping. You'll need a lighter sleeping bag for summer camping than for winter camping. Other things you have to look at when buying a sleeping bag are:

The Filling

Sleeping bags are filled with duck or goose down or man-made fibres. No material is lighter, warmer or will roll up smaller than down, but it is very expensive and hard to dry if it gets wet. A sleeping bag filled with man-made fibres will do a great job for almost everyone under almost any conditions.

Putting It Together

In some sleeping bags, the top and bottom layers are sewn together like this.

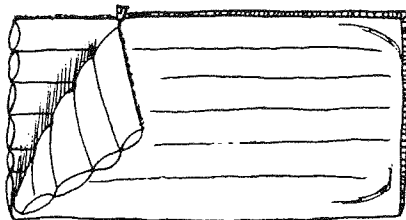


As you can see, wherever the top and bottom layers touch, there is no insulation. Sleeping bags sewn together like this are fine for summer camping. For a winter sleeping bag you want more insulation so you will look for a sleeping bag that is sewn like this:

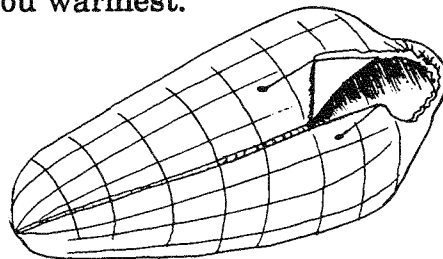


The Shape

There are two basic shapes for sleeping bags: the rectangular bag and the mummy bag. The mummy bag will keep you warmest.



rectangular



mummy

OVERNIGHT KITS (continued)

Pack: You will probably need a bigger pack. There are two main kinds of backpacks: one with a frame the pack hangs from (external frame); or one with the frame inside the pack (internal frame). Try out different packs before you decide which type is the best for you.

Pad and ground cover: Get a closed cell pad to keep you dry.

Kitchen equipment: Everyone should have a sturdy cup, spoon and dish. Somebody in the group needs to bring pots and biodegradable dishwashing soap.

Toiletries bag: toothbrush, comb, small towel, biodegradable soap, deodorant, etc.

Camp stove: Using a camp stove for cooking, instead of a fire is easier on the environment. One stove is enough for a small group. Don't forget the fuel and matches.

Tent: Should be lightweight, movable and have a water-repellent fly sheet over top.

Knife: A small pocket knife has many uses. A great Christmas present.

VERY USEFUL

Rain gear: Check the weather before you go. Some people like ponchos but rain suits are better for keeping you dry in a heavy downpour.

FIRST AID KIT

BASIC MODEL FOR BEGINNING HIKERS

- 4 large and 4 small BandAids
- 2 nonstick adhesive bandages, 5 cm x 7 cm
- 3 individually packaged moist towelettes
- small tube of first aid cream
- pieces of moleskin
- insect repellent

THE DELUXE

- paper adhesive tape
- large sterile dressings
- roll of 2-inch gauze
- adhesive "butterflies"
- aspirin or Tylenol
- small scissors
- pointed tweezers
- safety pins
- antiseptic
- insect repellent
- elastic bandage
- Instant Ice
- Red Cross sheet of emergency instructions

JUST BEFORE TAKE-OFF

FILE A ROUTE PLAN

One of the most important things you must do before you set off on any hike is tell someone where you are going and when you expect to return. Just like pilots have to file route plans whenever they fly, hikers should always let someone know where they are going. That way if you don't get home when you're supposed to, someone will know where to start looking for you.

A TRIAL RUN

You've packed and you've chosen a route. Now it's time for a trial run, to see how your equipment works before you set off on a long hike.

There are two important things to find out: if your shoes are right for walking and if your pack is too heavy.

As you go along ask yourself some questions. How are your feet doing? Do your shoes or boots need more breaking in? Do your feet need more support? Can you take your pack off and put it on by yourself? Did you bring enough water? As a general rule of thumb your pack should weigh a maximum of one-fifth what you do. So if you weigh 50 kg, your pack shouldn't weigh more than 10 kg. When you've worked out the answers to your questions, you're ready to go for real.

TAKE ONLY PICTURES, LEAVE ONLY FOOTPRINTS

We all have a job to do to protect our hiking and wilderness areas and all it takes is a little time and common sense.

If everyone picked the flowers, took home the rocks or caught the butterflies they saw, soon there would be nothing left for the rest of us to see when we went along the trail. So, when you're out on a hike, take a picture or sketch the things that catch your eye. Take home your memories and leave the wilderness for others to enjoy after you.

All good hikers follow the basic rule of "pack it in, pack it out." Every piece of gum, every candy wrapper and bit of toilet paper you take into the forest or along the trail should be brought back with you and put in the garbage at home. You only want to leave your footprints along the trail.



WINTER HIKING

If you do a lot of hiking in the winter you're going to need some extra gear. Most of what you need will help keep you warm or fight off that icy wind. In winter it's better to have a lot of layers of clothes than to try to keep warm by wearing one heavy sweater or jacket. Layers of clothes trap air next to your body and between the clothes: this air acts just like insulation in a house. The more layers you wear, the warmer you will be. And, if you get too hot, you can always take some of the layers off!

Winter essentials include:

Lip salve for chapped lips

Mitts, a warm woollen pair with a nylon or wind and water resistant cover are good

A couple of medium-weight sweaters

Woolly socks

Leg warmers

Thick trousers (rough wool trousers keep snow out)

Scarf

Insulating jacket or vest

Warm hat

Waterproof jacket

Thermos with a hot drink or food

BEFORE THE NEXT MEETING

1. Find something you feel would help you if you were lost in the outdoors. Bring it to the next meeting.

DIGGING DEEPER

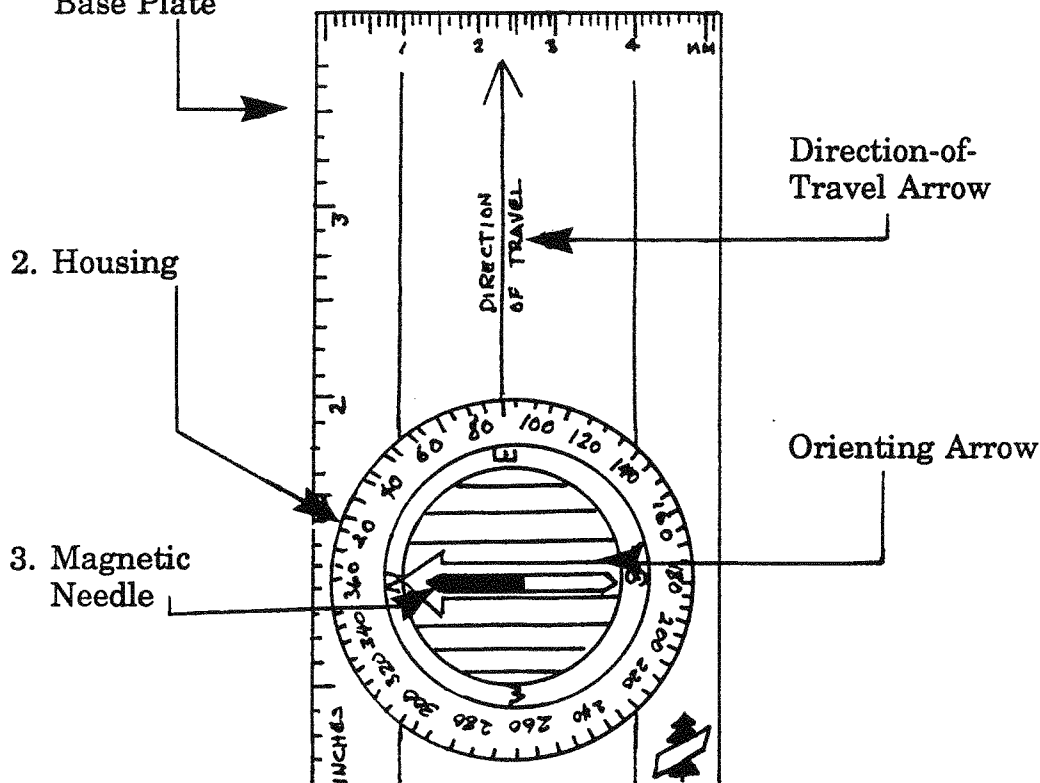
OPTIONAL INFORMATION FOR SENIOR MEMBERS

THE COMPASS

(From: Outdoorsman Unit II, B.C., Alberta and Manitoba Departments of Agriculture)

Compasses come in all shapes and sizes. Some are easier to use than others. Perhaps the most versatile is the Silva Compass, also known as the Orienteering Compass. This instrument has three main parts:

1. Transparent Base Plate



The **MAGNETIC NEEDLE** is a piece of thin, flat steel supported on a point. The red end of the needle always points to magnetic north.

The **HOUSING** is made of a non-magnetic metal and is free to turn. Around the inner rim of the housing are marked the four cardinal points - North, East, South and West. The outer rim of the housing is graduated into two-degree units. Printed inside the housing, under the needle, is a black arrow, the "Orienting Arrow," which points to the North (360 degree) mark. Every 20th degree is

marked. Hence the numbers 20, 40, 60, etc., up to 360 degrees, will be found on the compass.

The rectangular BASE PLATE holds the housing. The "Direction-of-Travel Arrow" is marked on the base plate. The spot where the tail of this arrow meets the housing is used to set the number of degrees for any desired course. This spot is called the index pointer.

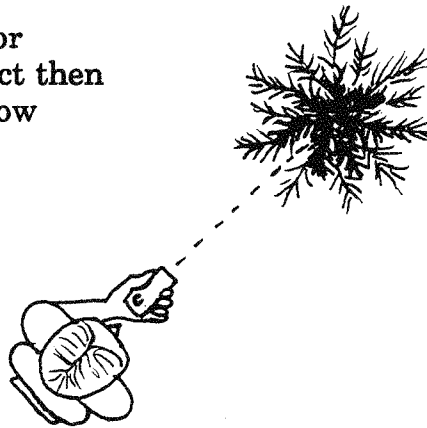
USING THE MAGNETIC COMPASS

In simplest terms, a compass is used to get from Point A to Point B, when Point B will be out of sight all or part of the time. Point B can be selected either from some visible landmark in the field or from a certain feature on a map. Once selected the true bearing, (the angle from True North) of the proposed line of travel toward B is found. By frequent sightings with the compass, this bearing or course is then followed until Point B is reached.

TAKING A BEARING

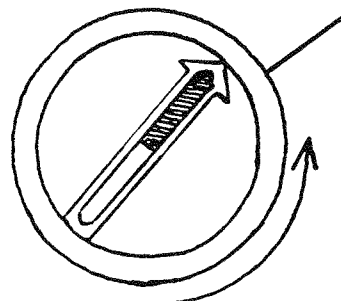
Hold the Silva compass in front of you.

Step 1: Select a building, tree or other landmark. Face this object then point the direction-of-travel arrow toward the object.



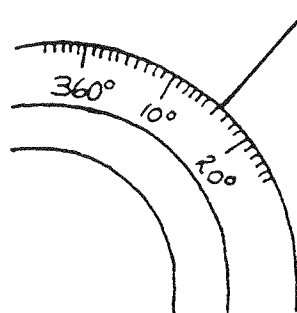
Step No. 1
Sight on tree

Step 2: Keeping the base plate steady and level, turn the housing until the orienting arrow lines up with the red end of the magnetic needle.



Step No. 2
Rotate housing to
line arrow up

Step 3: Read the bearing (the degrees of the direction) on the outside rim of the housing where the index pointer touches the housing.



Step No. 3
Read bearing
(16°)

In this example, Point B (a tree) is on a route of 16, which means it is 16° from North in a clockwise direction.

Note: Because the compass needle is magnetized, it is attracted by iron. This means you will not get a true compass reading alongside iron tools, an automobile or if you are near a steel bridge. Hydro lines and iron ore deposits in the ground may also deflect the needle if you are standing near.

FOLLOWING A BEARING

Once the bearing of your landmark is set on the compass, you can use it to reach your destination by:

1. Holding the compass level. When you turn the compass, turn your body with it. The red end of the magnetic needle and the orienting arrow should overlap. The direction-of-travel arrow now points in the direction you wish to go.
2. Choose some nearby landmark that is in line with your route.
3. Walk to the landmark. Repeat this process, sighting on a new object each time, until you reach your destination.

If you walk in the wrong direction, the magnetic needle and orienting arrow will move out of alignment.

PACING

Often more than one bearing will be needed to reach Point B. Therefore, some simple means of knowing where to alter course is needed, especially if the turning point is not marked by any distinctive feature. Timing yourself from point to point won't work because your rate of travel will vary with the terrain, cover, season, how tired you are, etc.

Pacing is the easiest way to keep track of the distance between points. One pace is the same as two steps, or the distance covered by a left, right, left step sequence (or right, left, right). Of course everyone will pace differently but the important thing is to be consistent and always take the same length of step. You can practice this by taking a measured length of string and pacing it over different types of terrain, always trying to get the same number of paces. Once you have mastered a steady pace, it should be possible to walk on one bearing for a given distance. Pacing is very useful for walking courses previously plotted on a map.

OBSTACLES

On compass walks, it is very probable that you will encounter lakes, swamps, buildings and other obstructions that you cannot go through. When the obstacle is a lake or open swamp where you can see the other side, the procedure is very simple. Find some landmark on the far side that lies on your course, walk around to it and resume your bearing from there. Once there, however, you should make a check on the position by sighting back to the original point. It is wise to mark this point where you break out on a lake or swamp because sometimes it's hard to pick it out from the other side. A marker made from a scrap of paper, small heap of stones or a piece of driftwood should adequately mark the spot.

MAKING A DETOUR

If you have to make a detour as you travel and lose sight of the landmark in the process, use your compass to help you get back on course.

1. Turn 90° to the right or left of your original route and count how many paces you take to pass the obstacle.
2. Turn back 90° to your original bearing and walk past the obstacle.
3. Turn 90° again and walk the same number of paces you did in Step 1 to return to your original bearing.
4. Turn 90° again and you should be on your original route.



Another way to avoid an obstacle is to walk at 60° to your route, counting your paces. Turn back at 60° when you are

past the obstacle, and count the same number of paces to return to your route.

Trailwalking

ROLL CALL

What should you do if you were ever lost on a hike in the woods?

TRAILWALKING

Everybody walks at a different pace. If you walk faster than all the other hikers — or slower — it can be very hard to keep the group together. If you walk faster than everyone else, try to slow down a bit. Offer to help some of the slower hikers with their gear. Take lots of rest stops. It's a good idea for beginning hikers to stop for a couple of minutes every 20 or 30 minutes and take a sip of water or munch a little snack. Look around you and count the number of tracks you can see or the different kinds of flowers and plants.

TREATING TRAILS RIGHT

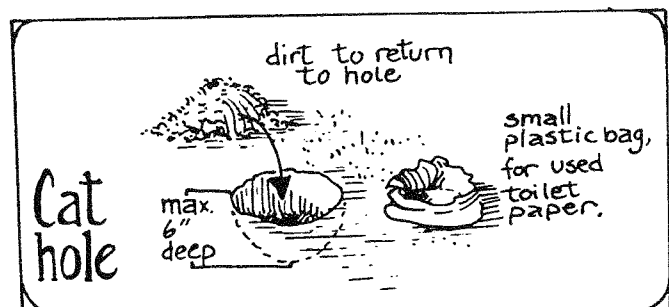
Good hikers "take only pictures, leave only footprints." This is called "low-impact" hiking. Here are a few pointers on how to do it.

Stay on the trail: Taking a shortcut can look like a really good idea sometimes, especially if the trail zigzags a lot. But trails cost a lot of money to build and are hard to keep in shape. If you start hiking off the trail you may hurt the land around the trail by trampling all the grass and flowers.

Pack it in, pack it out: This means everything, including toilet paper, gum and candy wrappers.

Give a hoot, don't pollute: If there are no toilets near your trail, walk at least 50 paces from the trail before going to the bathroom. If you are near a river, stream or lake, make sure you walk at least 100 metres away from the water.

Dig a shallow hole with your small shovel or trowel. After you've finished, cover up the hole with the dirt you just dug out. Put some leaves or loose rocks over top of the spot and try to make the place look just like it did before you came. And don't bury the toilet paper. Take it out with you.



Respect the outdoors: When you're hiking it's easy to think that the wilderness always looked that way. But it hasn't. It takes a long time for trees and plants to grow. When you stop for your rest breaks, sit on some flat rocks or a sandy or gravelly area. That way you'll do less damage than if you flop down on top of a lot of plants.

Hike in small groups: It's easier - and more fun - to hike in a small group (two to eight people) than it is in a large crowd. You'll see and hear more, and you won't scare all the wildlife away!

Help keep it natural: Hikers go out along the trail to listen to the birds and other sounds of nature. If they wanted to hear Heavy Dee or rap along with M. C. Hammer, they'd stay home. Don't take your radio, Walkman or cassette player with you on a hike.

KEEPING YOUR ENERGY UP

Most hikers always seem to be hungry -- but then they're using up a lot of energy. One way to keep your energy level high is to snack on the right sort of food. Here are a couple of recipes for trail food that should really hit the spot.

TRAIL MIX

250	mL	honey
200	mL	skim milk powder
250	mL	oatmeal
125	mL	crunchy peanut butter
125	mL	chocolate or carob chips
125	mL	wheat germ
125	mL	raisins
125	mL	sesame seeds

Mix all ingredients together.

Roll into small balls or press into a square cake pan, chilled and cut into small pieces. Wrap individual pieces in waxed paper.

DELUXE GORP

(Good Old Raisins and Peanuts)

250	g	unsalted peanuts
each		raisins
		sunflower seeds
		dried banana chips
		flaked coconut
		dried apricots
		chopped pumpkin seeds

Mix and put in a resealable plastic bag.

MARKS ALONG THE TRAIL

If you walk along a marked trail you may notice some painted marks on trees, rocks or fenceposts. These marks (or blazes) have been put there to mark the trail. Different colours of blazes have been used by different trailblazers but if you see a blue blaze, don't go any further. A blue blaze means that the trail has ended and the property beyond the blaze is private. No trespassing!

In areas where there are few trees, you may see piles of stones (called cairns) that mark the trail.

When you're walking along a trail you may also see some signs, like the ones below. The pictures on these signs will tell you what you can and can't do on the trail. If the picture has a stroke through it, that means that the activity is not allowed on that trail.



LOSTPROOFING

There are lots of interesting things to look at when you are out hiking. And even if you are following a map, you can lose track of exactly where you are. That's why it's important that whenever you are hiking, especially a new trail, you keep a map of the trail in your head.

As you are walking the trail, keep notes of landmarks in your head, or use a piece of paper if the trail is complicated. As you're making these notes, look at your map and line up any landmarks you see in relation to each other, to the trail and to you. If you are using a simple trail map with not many other markings on it, pencil them in. A topographical map will make this job easier but it is not essential. As long as you stay on the trail, you should be all right.

Get into the habit of noticing and remembering your surroundings. This skill will come in handy if you ever have to retrace your steps back to the beginning of a trail.

It can be very easy to get lost if you aren't paying attention so it's important to know how to get found again. Getting found is almost as easy as getting lost - almost.

As soon as you feel lost, STOP. Don't go any further. Don't panic. Get out your whistle and blow three good, loud blasts. If your group is in the area they should hear you. The group leader will give two blasts on his or her whistle. This lets you know they have heard you.

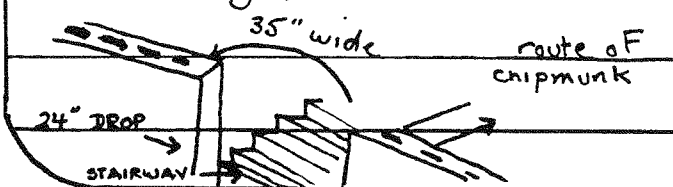
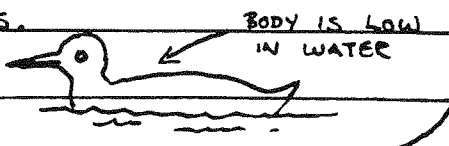
If no one comes right away, sit down in a sheltered spot and have a small snack and a drink. Try to figure out where you are. Keep blowing three blasts on your whistle every few minutes.

The most important thing to do when you're lost is to stay put. Don't go wandering off by yourself, looking for the trail. This only makes it harder for your group to find you. Just keep blowing your whistle every few minutes and someone will find you.

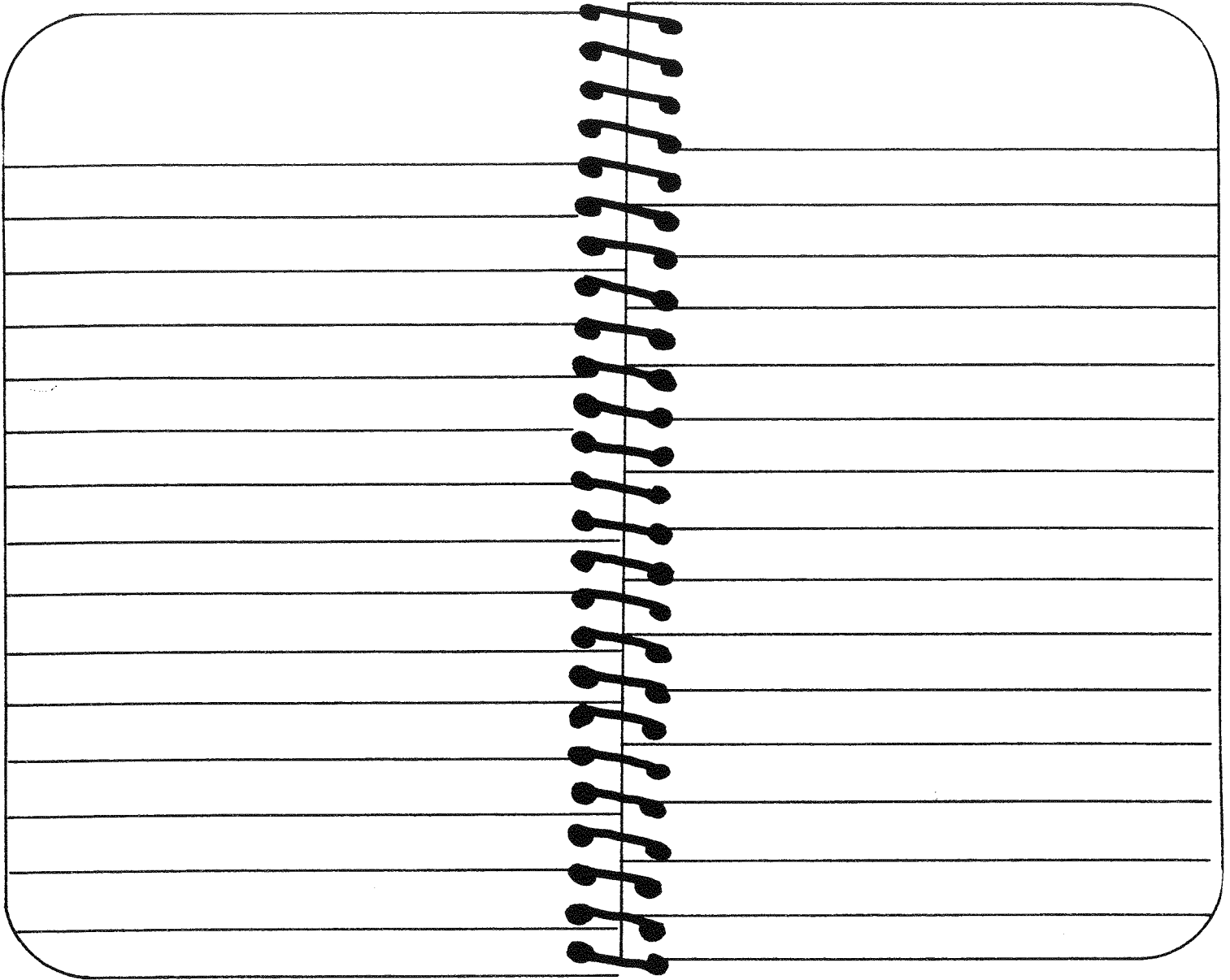


BEFORE THE NEXT MEETING

1. Keep a wildlife diary from now until the next meeting. Record all the wildlife you see or hear, the time, the weather, and anything else that interested you about this encounter with wildlife.

Chipmunk	Loon
July 30/91 - 29 Avenue Rd. Smithvale, Ontario	Aug 14/91 Arrowhead Lake, Huntsville, Ontario
Weather: sunny 85°F	Weather: clear about 80°F
Time: mid-afternoon	Time: early evening
Saw a chipmunk running along the stone wall in backyard. It came to a gap (for a stairway), paused, then leaped across. It did the same when it returned a few minutes later. The gap is 35" wide.	Saw a loon diving for fish. I used the second hand of my watch to see how long it stayed underwater. The shortest time (of 5 dives) was 1 minute and 20 seconds. The longest was 1 minute and 20 seconds.
	

MY WILDLIFE DIARY



DIGGING DEEPER

OPTIONAL INFORMATION FOR SENIOR MEMBERS

ORIENTEERING

The sport of orienteering began in Sweden in 1918. It was developed by Major Ernst Killander, a Swedish Youth and Scout leader, who wanted to vary the type of training for track and field athletes. To make these courses more appealing - and more challenging - he set courses through the forest. All participants were issued with maps and compasses and had to pass through marked check points (or control).

The sport quickly gained popularity throughout Europe and in 1961 the International Orienteering Federation was established.

The equipment you need for orienteering is very simple: a pair of light boots if the ground is wet, or good athletic or running shoes if the ground is dry; jeans or cotton pants, a shirt, sweater (depending on the season) a compass, pen and plastic bag to cover your map and other documents.

When you show up at an orienteering race, you will receive a topographic map; a control card, which you will stamp at each check point as you pass through; and a route card, which describes the physical features of the controls. The control points are marked on a master map, but not the route. Before you start the race you mark the location of the control points on your map and figure out your route.

There are two major types of competitive orienteering: Score Orienteering and Cross-Country Orienteering.

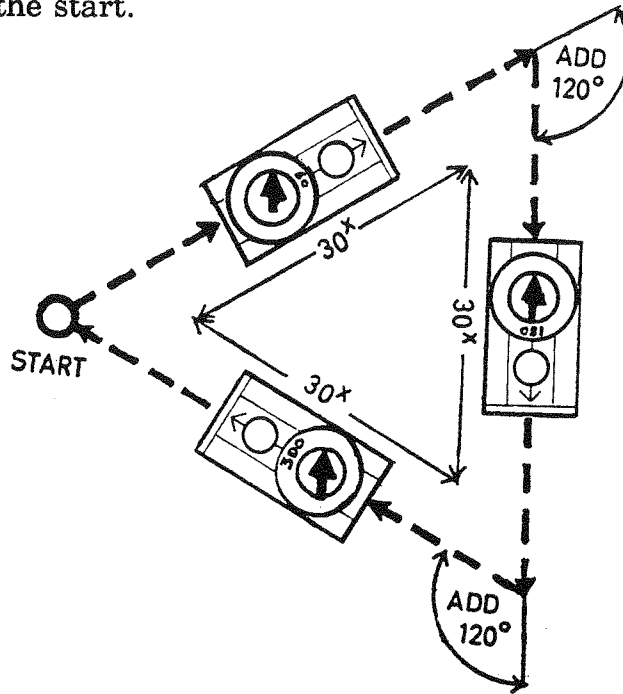
In Score Orienteering, a large number of control points are set up in an area of about 5 km square. Each control point is given a particular point value. The controls that are the most difficult or time consuming to reach are given the highest point values. To win, the participant must visit the most number of controls with the highest point value in a limited amount of time. This event can be staged as a team event, with the highest scores of a specified number of team members being averaged out.

Cross-country orienteering is the most competitive form of the sport. All competitors must visit the controls in the same order and the winner is the competitor that finishes the course the fastest. To successfully complete an orienteering course you need to be physically fit and be able to follow a route marked on a map.

Sound easy? Having to arrive at an exact spot, unmarked except for a flag, using only a compass and a map, can be challenging. Here is an exercise to test your compass-reading skills. It's a game that will test your compass work, precise step counting and your ability to measure the degrees in a circle. It is best played in an open area.

THE LOONIE HUNT

Mark the starting point with something shiny and small, about the size of a loonie coin. Proceed at a 60° angle for 30 steps. Turn 120° and walk for another 30 steps. Turn another 120° and walk 30 steps. If your compass work, pacing and direction finding has been good, you should end up exactly over top of the loonie coin you left on the ground at the start.



COMPASS TIP

Proper use of a protractor-type compass, such as the Silva model, depends on:

1. Having the eye directly over the needle so that its position can be precisely noted.
2. Holding the compass at right angles to the body, directly in front of the chest so that the head and eyes are directly in line with the direction-of-travel arrow.

What's Along The Trail

ROLL CALL

What was the most interesting bird or animal you have seen in the last week?

WHAT'S ALONG THE TRAIL

One of the best things about hiking is that you get to look closely at what is around you. Trees, birds, flowers, animals, tracks — it can all be so interesting. Even rocks have a story to tell.

ROCK TALK

You don't have to be a geologist to be interested in rocks or to know something about them. Did you know that dirt is made of rocks - and a few other things? All it takes is time, the sun, wind, rain and the snow. All these things wear the rocks down into little pieces and when dead plants, trees and little animals are added to the mixture it becomes soil. It can take thousands of years to turn rocks into dirt - the rocks in Huron County took 23,000 years to turn into dirt - but that's how it's done.



There are three main kinds of rocks: **igneous**, **sedimentary** and **metamorphic**.

Igneous: This is the most common kind of rock. Igneous rocks come from deep inside the earth, where everything is hot and liquid. As this hot liquid moves closer to the earth's surface it cools down and becomes a very hard rock. Granite and obsidian are igneous rocks. So is lava.

Sedimentary: When mud, dead plants and other squishy things sink to the bottom of a pond or lake they are called sediment. When there is a lot of sediment, the stuff at the bottom gets pushed and pressed until they are hard enough to form a rock. Sedimentary rocks are not as hard as igneous rocks. Sandstone is a sedimentary rock that can have fossils in it.

Metamorphic: Metamorphic rocks are rocks that have changed from one kind of rock to another. Shale, which is a soft, flaky, sedimentary rock that is made of pressed together mud, can be changed into slate. It becomes hard enough to be used in blackboards and billiard tables, as it is under something heavy for a long time.

BEWARE OF POISON IVY

An encounter with poison ivy can really ruin a hike and leave you with uncomfortable memories for a long time afterwards. It can be hard to recognize poison ivy at first so have experienced hikers point out any patches to you so you will learn to recognize the plant. Remember, "Leaves, three, let it be."



- * Leaves are usually dark green, smooth and glossy. The leaf edges may be smooth or may have a few notches, rather than the fine teeth that many leaves have.
- * The stem is woody.
- * The fruit is berry-like and ranges in color from dirty yellow-green to yellow-white.
- * The sap carries the poison and is most plentiful in the spring and summer.
- * Poison ivy grows as bushes, vines that twine around trees or along walls, or in creeping ground patches. It grows 30 cm to 90 cm (1 to 3 ft.) high in all types of soil. Sometimes poison ivy is also known as poison oak. Whatever it's name, keep away!

Even though poison ivy is hard to spot, you'll soon know if you've run through a patch! After a few hours your skin will start to itch and turn red. You may get blisters, too. These symptoms can last several hours or several days. If you know you've touched poison ivy, wash with cold water and a strong soap right away. Don't use cold cream or an oily soap. They will only make things worse.

STINGING AND BITING INSECTS

Blackflies, deer flies, mosquitos, bees, wasps — all those biting, stinging insects that can make your hike miserable. There are bug repellents that give you some relief. Find out which one works for you.

If you get stung by a bee or a wasp, scrape, don't pull, the stinger out. If you think you may be allergic to stings, see your doctor before you go hiking and get advice on how to deal with stings.

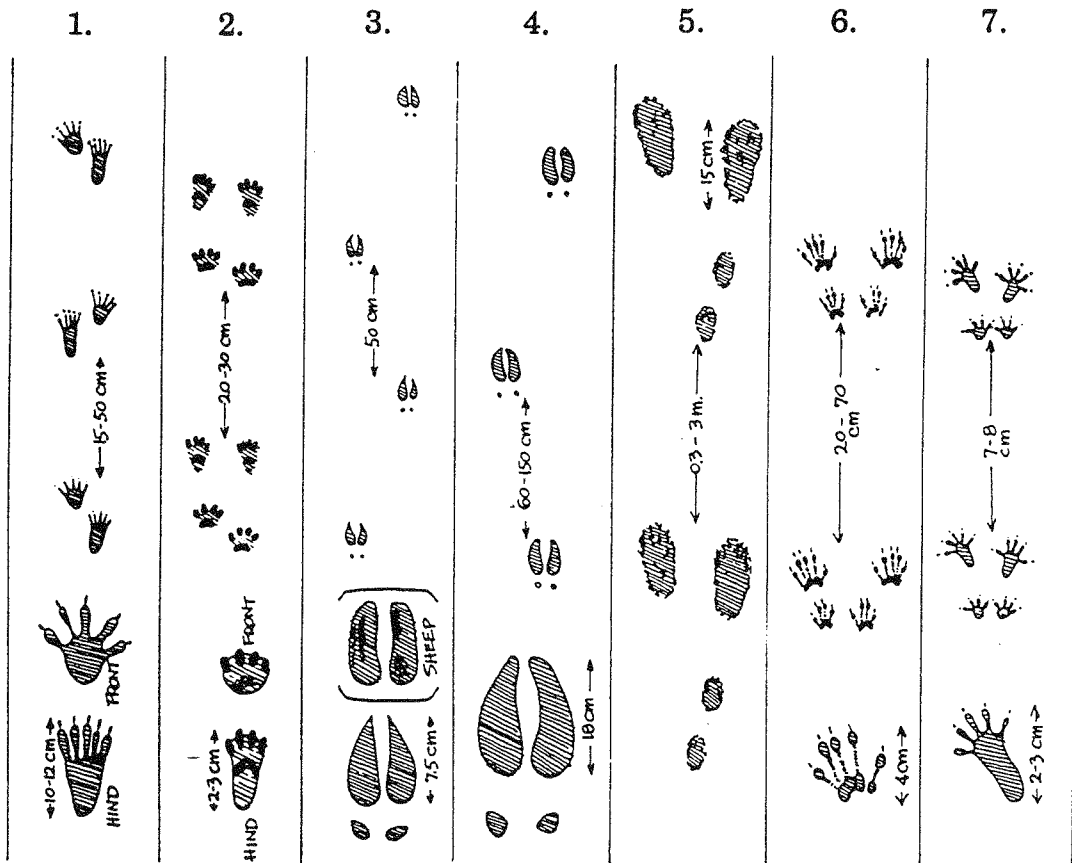
BEING A WILDLIFE WATCHER

The first problem for beginning hikers is that they make a lot of noise. You won't be able to see or hear any animals if you walk fast and are talking all the time. Go at a medium speed and stop every once in a while to take a good look around you and listen to what's going on.

The second is that most animals don't really want to be seen. So you have to practice your wildlife watching skills and learn what signs to look out for.

TRACKS

Looking for tracks is a good way to get to know which animals live in the area. Here are some samples of tracks you might see on your hike.

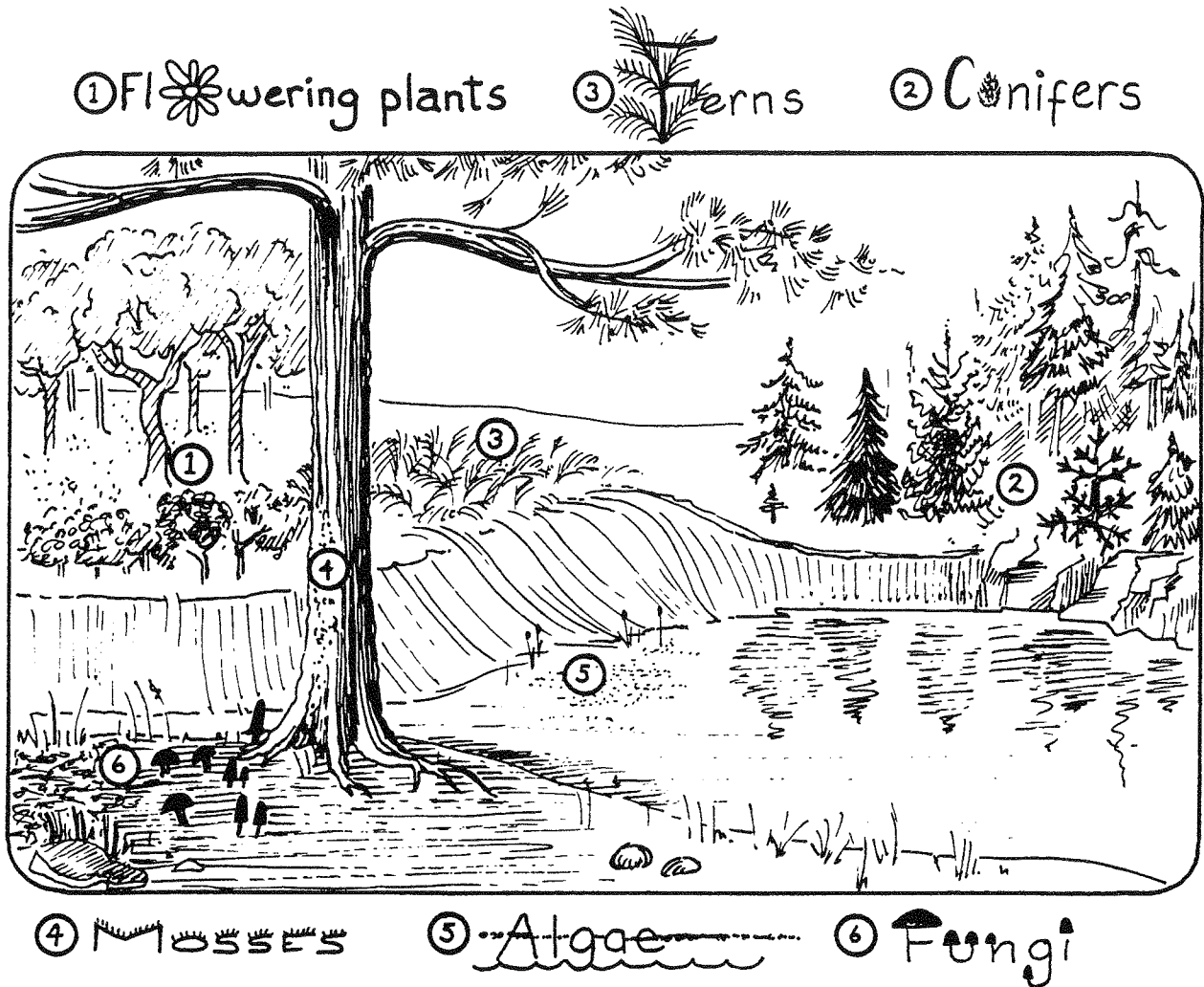


- | | | | |
|------------------|-----------------|-----------------|----------|
| 1. Raccoon | 2. Long-Tail | 3. White-Tailed | 4. Moose |
| 5. Snowshoe Hare | Weasel | Deer | |
| | 6. Red Squirrel | 7. Deer Mouse | |

If you find some different tracks you might want to take a plaster cast of the track, or make a drawing, and check it out in a book at the library when you get home. You might also want to take along some books that will tell you what kind of bird or plant you saw on your hike.

GREEN WILDLIFE

There are over 350,000 different kinds of plants in the world but luckily, for beginning plant watchers, we only have to think about six main kinds: **flowering plants**, **plants with cones** (conifers), **ferns**, **mosses**, **algae**, and **fungi**.



BEFORE THE NEXT MEETING

1. Make a campfire snack to bring along to the next meeting. Your leaders will tell you whether you will be cooking it at the meeting, or if it should be cooked before you come.
2. Senior members and leaders are to prepare short skits or songs to perform during campfire time at the next meeting.

DIGGING DEEPER

OPTIONAL INFORMATION FOR SENIOR MEMBERS

FIRST AID PRIMER

Accidents can happen even on the best planned trips. It is important that at least one of the hikers have some knowledge of first aid.

Almost as important as the treatment, however, is the attitude of those in charge. It is essential to remain calm and to reassure the injured person that everything possible is being done. If you can master this attitude you will be a valuable asset in any emergency situation.

BASIC FIRST AID

Injury	How Do I Treat It?	How Do I Prevent It?
1. <u>ANIMAL BITES</u> Wild animals do not usually attack humans unless provoked. Domestic animals may be unpredictable and bite unexpectedly.	Any bite which breaks the skin must be carefully treated as there is a chance of infection which could be as harmful as the bite. Bleeding helps to clean the wound so it should be allowed to bleed somewhat. Wash well with soap and water. Cover with sterile gauze and/or bandages. Seek medical attention as soon as possible.	<ul style="list-style-type: none">• leave wild animals alone. Don't try to make pets of them.• stay completely away from a wild animal that looks especially tame and friendly• do not provoke or feed any animal
2. <u>INSECT BITES</u> In most people, insect bites cause swelling with redness and itching. However, some people may have an allergic reaction including symptoms of swelling around eyes, mouth, and area of sting; hives, severe nausea and vomiting, and difficulty in breathing.	<p><u>Non-allergic:</u> Mosquito bites: Rubbing alcohol or a paste of baking soda and water will take away the itch. Do not use alcohol around the eyes. Bee and wasp stings: Remove the stinger by gently scraping it off the skin or by applying mud and letting it dry. Do not squeeze the stinger ie. tweezers. This could cause the stinger to inject more poison. Apply rubbing alcohol or paste of baking soda and water and cover with a bandage.</p> <p><u>Allergic:</u> Victim may need an injection of antidote. Use anaphelactic (sting) kit. May need to apply a cold compress and check breathing. Seek medical attention <u>immediately.</u></p>	<ul style="list-style-type: none">• use insect repellent• wear loose, light-colored clothing and keep a minimum of skin exposed

Injury

3. BLISTERS

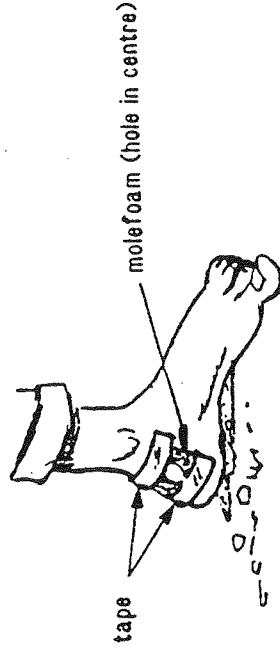
These result from friction when the shoe or boot rubs the foot. Hot, moist skin prompts the formation of blisters.

How Do I Treat It?

As soon as you feel rubbing and see the red "hotspots", apply moleskin immediately. To apply, cut a small hole in the center of the piece of moleskin and apply over redness (or already-formed blister). Cover with a bandage. If blister forms and breaks, exposing the raw surface, clean with soap and water. Cover with sterile gauze and tape or a bandage.

How Do I Prevent It?

- hike only in boots that fit well and are broken in
- keep feet dry and cool; when hiking all day, take boots off during rest periods (once per hour);
- wear two or more pairs of socks; non-absorbent (ie. nylon) against the skin, and absorbent (wool) outside

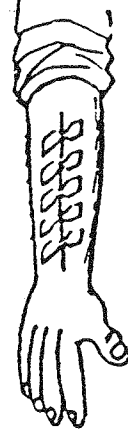


4. BLEEDING

- Minor cuts and abrasions
- Open cut, lacerations ie. knife, axe
- Puncture
*Never take the object out
- Severed artery (major bleeding)

Clean with soap and water. For most wounds, blood will clot and they will heal in a short time. Some wounds may be covered with bandages or sterile gauze. Bring the edges of the wound together using butterfly bandages. Cover area with a sterile dressing or bandage. Apply an antibiotic ointment if available. Wash with soap and water. Prevent infection and control bleeding by covering area with a dressing. Seek immediate medical attention. Apply direct pressure, being careful not to remove blood-soaked bandages/clothing. Elevate wound to discourage bleeding. Seek immediate medical attention.

- be careful when using sharp objects



Injury

How Do I Treat It?

How Do I Prevent It?

5. BURNS

- a) 1st degree - redness
- b) 2nd degree - redness and blisters

Immerse in cold water at once.

Immerse in cold water at once. Do not break blisters. Do not apply salve or ointment. If blisters break, treat as a wound.

- wear oven mitts when using hot utensils, pans, etc.

- c) 3rd degree - charred, blackened appearance

Apply cool clean water to the burned area. Cover the entire burn lightly with a lint-free cloth. Do NOT put anything on that won't come off. Seek medical attention immediately.

6. HEAT

- a) Heat exhaustion results from exposure or extensive physical activity in high temperatures and/or humidity, causing loss of body fluids and chemicals. Signs include weakness, dizziness, nausea and vomiting, pale and clammy skin, rapid breathing, perspiration.

Move victim to a cool shady area and give sips of cool water. Remove excess clothing but cover lightly if too chilly. Recovery is usually quick (15-20 minutes).

- wear hat and light clothing to cover the body when in the sun
- rest in cool area and drink liquids at regular intervals

- b) Heat cramps usually occur in the legs or abdomen. They are caused by fatigue, heat, salt imbalance and strenuous activity.

Care for by applying ice to the area, massaging area and/or drinking 250 mL (1 cup) water + 2 mL (½ tsp) salt.

Injury

How Do I Treat It?

How Do I Prevent It?

c) Heat stroke is the advanced stage of heat exhaustion. The victim is restless, confused; may experience headaches, nausea and vomiting; has hot, dry, flushed skin which is very red; high temperature (42-43°C) (37°C is normal body temperature).

Check the victim's breathing. Move to a cool, shady area. Apply cold compresses around head, sides of chest and armpits. Bathe the body with clothes on with large amounts of cold water. If the victim is conscious and not nauseated you may provide sips of cool liquids. **Seek medical attention immediately.**

7. **HYPOTHERMIA:** a condition in which your body temperature drops below normal

a) Mild: victim is shivering vigorously, teeth chattering, drowsy, complaining of cold

b) Severe: victim is definitely confused. Shivering may be reduced or absent, words are slurred, lips are bluish color.

Move to dry, sheltered area. Remove wet clothing and if possible, put on layers of dry clothing. Cover the head and neck (hat/scarf). Apply warm objects to head, neck, trunk when possible. Give warm drinks and food (never alcohol).

Once shivering has stopped, it is no use wrapping victim in blankets if there is no source of heat. This keeps them cold and therefore heat must be quickly donated to the victim. Donate heat to the trunk of the body by direct body contact with warm person(s). The rescuer(s) should remove their upper clothing and huddle with the victim inside blankets/sleeping bags. Apply warm objects same as for mild hypothermia and rescue breathing if necessary.

- avoid tight, damp clothing
- dress in layers
- cover head and neck
- wear wool
- stay out of the wind
- do not consume alcohol

Injury

How Do I Treat It?

How Do I Prevent It?

8. FROST BITE

- a) Frost nip - possible pain or stinging followed by numbness. Area may appear whitish.
- b) Frost bite - is the freezing of deeper body tissues by a longer exposure to cold. Flesh is hard (woody) and has waxy, white appearance.

Warm the area with steady firm pressure with a warm hand. Blow hot breath on the area. Hold area such as fingers in a warm spot ie. armpit, between legs. Do not rub the frost-nipped area. Leave it frozen and seek medical attention.

- same as for hypothermia

9. SPRAINS

If left unattended a sprain can become worse. A sprain means that the muscles around a bone joint are torn or stretched. This causes internal bleeding and swelling. Trying to move the joint is very painful.

Have victim rest in a comfortable position. Apply cold (ice) pack to injured area. Wrap crepe (a light, stretchy bandage) to immobilize the injury. Elevate and transport for further medical attention.

- wear proper footwear
- be careful!

Setting Up Camp

ROLL CALL

What is one food a camper could use?

FINDING A GOOD CAMPSITE

If you're on the trail, it's a good idea to start looking for a campsite several hours before sunset. It's a lot easier - and more fun, too - to set up camp, make dinner, clean up and get ready for bed while it's still light.

WHAT TO LOOK FOR

- **Where you have permission:** Ask permission before camping on private property. In parks or conservation areas, check regulations or for signs along the trail.
- **High ground:** breeze helps control insects, water runs off.
- **Water supply:** Set up your camp at least 100 m (300 feet) away. This way you'll be less likely to

bother the animals that come to drink from the stream or lake and you won't pollute the water, either.

- **Fairly level ground:** Find a spot that's comfortable for sleeping.
- **Open area,** not underneath trees: It'll get cold just before sunrise, if you are sleeping under trees.
- **Big enough for all the tents:**
- **Easy to get to:** This is not an endurance race.

Don't choose a campsite that is in any of the following areas.

- An area marked with "No camping" or "Private Property" signs.
- Bogs, marshes or slow-moving water: These areas are good breeding grounds for mosquitos - and they just love campers!
- Meadows: These areas are easily damaged by campers and give poor shelter from the wind or storms.
- A patch of poison ivy: Recognize your enemies!
- Under a single large tree: This would be dangerous in an electrical storm. It's best to camp in a cluster of trees, except for evergreens, which will drip for hours after a rain or snowstorm.
- Under trees with a lot of dead branches: They can fall on you.

Campsite should be close to a water supply.

Latrine

15 m from camp & 100 m from all water sources

Pitch your tent on fairly level ground.

Sleeping area:

- put your groundsheet down first under the tent.
- pitch your tent facing st.
- drive the tent pegs into the ground at a 45° angle.

Setting up camp:

- clear campsite of litter
- prepare one latrine area for everyone to use. It should be about 25 cm deep, and 30 cm wide. Put all the soil to one side and after each use, put in a small shovelful of soil. Remember to pack out the toilet paper.
- sling food/garbage
- pitch tents.

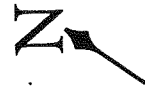
Cooking area:

set up at least 15 m from the tents.

Gas stove:

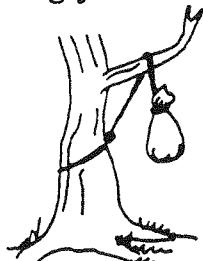
They're small, light weight, and easy to set up. They work even in the rain, and they don't use up scarce firewood.

Pail of water

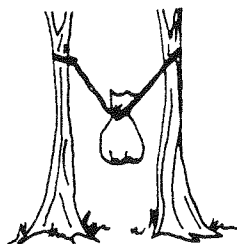


FOOD STORAGE

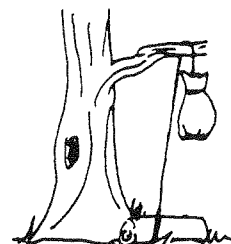
You're not alone in the woods. And the food you bring with you could attract whatever animals live in the forest. Raccoons, squirrels, opossums and mice can make a pretty good mess out of your food if you let them. To keep your food safe, put one big, heavy plastic garbage bag inside another and place your food inside. Then tie the bags up tightly and hang them from a tree. Here are three ways you can hang your food up safely.



- A. Hang food far out on a small limb. Tie the small-diameter rope to the tree.



- B. Suspend the food between two trees.



- C. Use a counter-balance technique that allows the food to be suspended by a rock or tree located on the ground.

A note about garbage:

Even though you are planning on packing out all your garbage, you can keep animals away from your garbage by packing it and hanging it up like you do your food. Just make sure you know which bag is which!

CAMP COOKING

Simple meals are best — you'll need lots to drink, and food that's fast, easy and full of energy.

Water is always the best thing to drink along the trail but you can bring along milk powder, hot chocolate or fruit drink crystals to mix with your water for a change.

COOKING TIPS AND EQUIPMENT

The cooking equipment you'll need depends on what you've planned to cook. You'll always need to bring a spoon with a long handle for stirring and tasting, and oven mitts. Check off what else you'll need from this list:

- | | | | |
|-------------------------------------|--------------------------------------|--------------------------------|---|
| <input type="checkbox"/> can opener | <input type="checkbox"/> frying pan | <input type="checkbox"/> bowl | <input type="checkbox"/> knife, spoon, fork |
| <input type="checkbox"/> big pot | <input type="checkbox"/> egg flipper | <input type="checkbox"/> plate | |
| <input type="checkbox"/> small pot | <input type="checkbox"/> knife | <input type="checkbox"/> cup | |

BREAKFAST

- Granola: gives you a lot of energy and is great as a trail snack or eaten with milk. If you're camping in the winter, heat the water before you make the milk.
- Instant hot cereals: are especially good if it's cold in the morning.
- Fresh fruit: good anytime but especially in the morning. Only take along firm fruits, like apples and oranges. It's not fun scraping bananas from the bottom of your pack.
- Bacon and eggs: always taste good. If you're going to take eggs, pack them in an unbreakable container, unless you want scrambled with shells! Don't pour the bacon fat on the ground. Let it cool and put it in the garbage sack.
- Pancakes: are easy if you bring a mix. Add a few chocolate chips or cut up fruit for a change.

DINNER

Dinner is the time to relax and re-live the day's activities. The trouble is you're probably so hungry that you can't wait too long for dinner to cook. There are some quick, and easy and filling ideas for dinner on page 51.

Soup will take the edge off while you're waiting for the main course.

LUNCH

Unless it's cold out and you really need a hot drink, there's no need to cook a lunch. You can pack yourself a lot of great things to eat that don't need cooking.

- Crackers and cheese
- Bread; bagels, muffins, rolls
- Canned meat, fish
- Fruit: dried or fresh
- Granola bars, cookies, nuts

BEAN BURRITOS

Ingredients:

2 - 540 mL cans kidney beans,
drained
398 mL can lentils, drained
1 onion, chopped
15 mL chili powder
pepper, to taste
salt (optional), to taste
pita bread (or burritos)
cheddar cheese, grated
255 mL taco sauce
as desired lettuce, shredded

Yield: 8 servings

Equipment:

can opener
pot
potato masher (optional)
long handled spoon to stir and serve

1. Combine kidney beans, lentils, onion in pot. Add chili powder, salt, and pepper. Heat to boiling.
2. Using potato masher or spoon, mash bean mixture.
3. Cut pita bread in half, and heat if desired.
4. To serve, spoon bean filling into pita pockets. Top with cheddar cheese, taco sauce and lettuce.

Optional: Add 1 can chicken flakes to bean filling. Sour cream can also be used as a topping.

SAUSAGE, POTATO AND ONION BAKE

Ingredients:

1 medium potato, thinly sliced
1 small onion, thinly sliced
2 breakfast sausages
salt, pepper

1. Place sliced potato and onion on aluminum foil. Add salt and pepper.
2. Lay sausages on top. Wrap tightly. This can be done at home.
3. Bake for 20-25 minutes.

BAC-O-CHEESE

Ingredients:

6 weiners
6 small slices of cheese
5 strips of bacon
12 toothpicks

Yield: 3 servings

Equipment:

toothpicks
knife
frying pan

1. Cut weiners lengthwise but not completely through.
2. Fill cut with small slice of cheese.
3. Close wiener.
4. Wrap strip of bacon around wiener and cheese.
5. Place toothpicks at each end of bacon to hold in place.
6. Fry until the bacon is crisp, about 7-10 minutes.

SPAGHETTI

Bring your favorite sauce and just boil up the noodles. You'll need two pots, although one large one will do if you're stuck. Just pour the sauce over the cooked noodles and heat.

CHILI

Use the canned kind or make up your own. Here's a good recipe that will serve 8 people.

Ingredients:

1 kg ground beef
2 medium onions,
chopped
2 cloves garlic (optional)
1-284 mL can tomato soup
1-540 mL can kidney beans
2-156 mL cans tomato paste
2-796 mL cans tomatoes
chili powder, as much
as you like
salt
pepper

Equipment:

knife
pot
can opener
long-handled spoon

1. Brown beef in pot. Pour off fat.
2. Add onion and garlic and fry for another 3 minutes, stirring often.
3. Put all ingredients in a large pot and simmer for 45 minutes.

TUNA NOODLE SURPRISE

Ingredients:

2-198 g cans tuna (or chicken or ham flakes)
2-284 mL cans mushroom soup
284 mL milk
500 g broad egg noodles or macaroni
250 mL (1 cup) grated Cheddar Cheese

Yield: 6 servings

Equipment:

can opener
large pot
long-handled spoon

1. Cook the noodles in boiling water until done. Drain.
2. Drain tuna. Add tuna, mushroom soup, milk and cheese to noodles.
3. Heat mixture until bubbling.

And for dessert, there's
Instant pudding
Cookies, cakes
Popcorn

S'MORES

Ingredients:

2 graham cracker squares
2 large marshmallows
15 mL chocolate chips

Yield: You'll need at least four S'Mores for each camper.

1. Place chocolate chips and marshmallows between crackers.
2. Wrap in aluminum foil.
3. Cook over hot coals until chocolate melts. (If you aren't having a campfire, melt over stove.)

APPLE ON A STICK (If you have a campfire.)

Ingredients:

Yield: 1 serving

- 1 apple ie. McIntosh, Ida Red,
Spy
brown sugar
cinnamon

1. Put apple on stick and rotate over coals.
2. Remove peel as it cooks.
3. Roll in ziploc bag filled with mixture of brown sugar, and cinnamon.

STRIKING CAMP

All the songs have been sung, the marshmallows are all gone and it's time to strike camp and hike down the trail for home. But first you have to make sure the campsite is in good shape. Here's what you do.

1. Pack equipment and food packs. Divide evenly among hikers.
2. Clear all litter from site. Pack out all garbage.
3. Strike tents.
4. Make sure fire is out.
5. Fill in latrine.
6. Pack personal packs.
7. Leaders to do final check for personal and group equipment.

BEFORE THE NEXT MEETING

Work with a partner or a group to come up with an activity or entertainment for the campfire program for Meeting Six.

DIGGING DEEPER

OPTIONAL INFORMATION FOR SENIOR MEMBERS

EMERGENCY SHELTER

You might need emergency shelter if you are lost or if the weather suddenly turns nasty. Natural shelters are the best: a cave (as long as it's unoccupied!), a fallen tree or a large rock.

If you have a waterproof sheet and a rope, tie the rope to two trees, hang your waterproof sheet over the rope and anchor it down with rocks, branches or logs.

You can also use a fallen tree as shelter. Pile up evergreen branches against one side of the tree to give you extra protection.

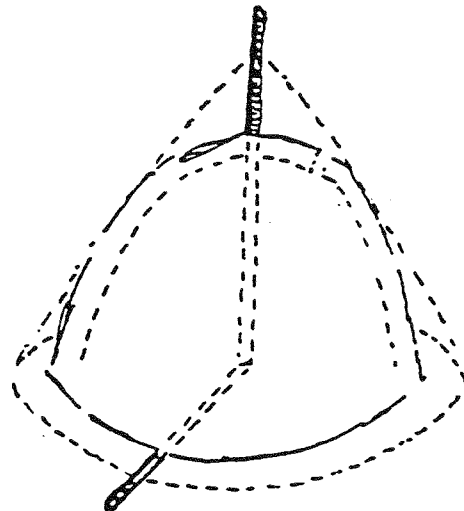


In winter, the easiest choice is to shelter next to the trunk of an evergreen tree. Here the overhanging branches will have kept the snow to a minimum and you will be sheltered from the wind.

A quinzhee is an Indian-style snow shelter made by heaping snow into a large pile and hollowing out the interior. This is good for winter temperatures below -7°C .

Making a quinzhee:

1. Mark off a circle about 3 m (10 ft.) in diameter in the snow.
2. Using a shovel, stir the snow inside the circle down to ground level.
3. Place a 2 m (6.5 ft.) stick, or a ski, upright in the center of the circle.
4. Heap the snow around the stick or ski, until just the top is showing.
5. Let the snow settle for at least 2 hours.



6. Make an entrance way into the center of the pile of snow. It should be no larger than the largest person crawling on his or her belly.
7. Hollow out the inside of the heap of snow. The walls should be about 20 cm thick (8 in.). Use a thin stick to check thickness.
8. When you're finished hollowing out the inside, remove the upright stick, leaving a ventilation hole at the top.
9. Once you're inside, seal the entrance with a bag or something to contain heat.

Take A Hike

ROLL CALL

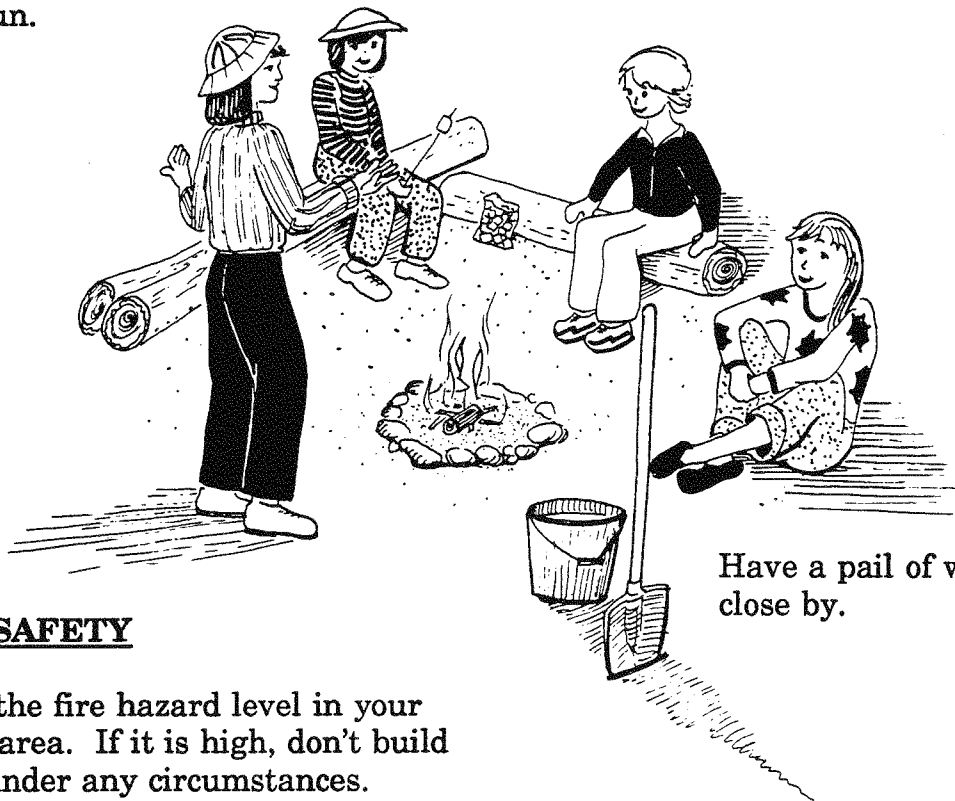
Give your impression of a call of the wild.

TIME TO RELAX - BUT SAFELY

Sitting around the campfire is a great reward for all the hard work you've done during the day. You've hiked the trail, packed all your gear in, set up camp, done the dishes and other chores, and now it's time to have some fun.

Never leave a fire unattended.

Watch out for sparks. They can start fires in surrounding vegetation — and your sleeping bag.



FIRE SAFETY

Check the fire hazard level in your hiking area. If it is high, don't build a fire under any circumstances.

Only build your fire in a firepit that has already been established.

Have a pail of water and a shovel close by.

Above all, don't just put your fire out — kill it dead. Stir the ashes, deep and thoroughly, even though the fire seems to have been out for hours. Then douse it with dirt and water. You can safely stop when it's so doused you could take a swim in it.

DIGGING DEEPER

OPTIONAL INFORMATION FOR SENIOR MEMBERS

CAMPFIRE CONSIDERATIONS

In the last 20 years, more and more people have started hiking and camping. In the summer of 1991, 40% more people visited Algonquin Park than in 1990. That puts a lot of pressure on camp resources and on the park's environment. It has meant some changes in the way we camp and hike, too, and is one of the reasons for the emphasis on low impact hiking.

Some people say that you should never light a fire when you are camping or hiking. They believe that it is too dangerous and is bad for the environment. Even deadwood, they say, is an important part of wilderness ecology, providing a home for insects and other small animals.

Other people think it's okay to build a fire, as long as you use a firepit that has already been set up and are very careful in collecting your wood. The rule in collecting firewood is that it must be "dead and down." Sometimes a lower branch will look dead but it is still attached to the tree. Leave it alone.

One way to include a campfire in your low impact hiking or camping trip is to bring along a couple of logs made from recycled newspapers or other products. These logs are lightweight, easy to pack in with your other gear, readily available and they burn for a couple of hours — definitely long enough to toast a few marshmallows and sing some songs.

And while you're at it, don't forget to bring in a few wood shavings or a newspaper for tinder and a few finger-sized sticks of dry wood for kindling to start your fire.

1. GETTING STARTED

Only build a fire if a firepit has already been established at your campsite, and after you've checked about campfire regulations in that area.

2. STARTING THE FIRE

Keep your fire small. Small fires are easier to control and provide just as much enjoyment as a roaring blaze.

- a) Place a handful of dry tinder in the center of your firepit. Tinder is material that lights up quickly when touched by a match. Tinder can be tiny, dry twigs, leaves, grass, moss, pine needles, bark from dead trees, wood shavings, newspaper.

- b) Place a layer of kindling around the tinder, forming a tepee. The bottom ends of the kindling can be pushed into the ground.
- c) Set your logs around the kindling. Remember, fire needs air. Do not stack the firewood too close together. Leave a little air space for circulation.

Always light a fire from the windward side (that is, the side from which the wind is blowing). Light the tinder with a wooden match. Never use liquid gas or a firestarter. Wait for a few seconds and then break the match in half when you have blown it out. This makes you aware of any heat that could still be in the match. Don't throw the match away until it is dead cold.

TIP: Waterproofing matches

Dip the match head and half of the match stick in melted wax or cover with clear nail polish. Store in a plastic Ziploc bag or a waterproof container such as a film canister.

3. KEEPING THE FIRE GOING

When the kindling is burning well, add larger pieces of wood. Never, under any circumstances, leave a fire unattended.

PUTTING OUT THE FIRE

If you have water to put out a fire:

- break up the fire with a stick and spread out the coals,
- sprinkle water over the coals,
- keep stirring ashes and sprinkling them with water until there are no live embers,
- make sure the ashes, the unburned wood and the firepit are cool to the touch before leaving.

If you have no water:

- break up the fire with a stick and spread out the coals,
- scrape burning embers from large logs and sticks with a sturdy stick,
- cover everything with dirt,
- make sure the ashes, the unburned wood and the firepit are cool to the touch before leaving.

CAMP STOVES

More and more hikers and campers — and environmentalists — are recommending that camp stoves be used by everyone who travels in the wild. The traditional campfire can be harmful to the environment, especially with the increased use of all park facilities.

Stoves can seem like pretty tricky things to operate when you first read the instructions, but you will be surprised at how quickly you get used to them. The best way to practice is to set up your camp stove at home and cook a few meals. That way you won't be struggling with instruction books while you're trying to cook a meal on the trail.

FUEL

There are four types of fuel for camping stoves. White gas, kerosene and propane are the most popular fuels, but some stoves also burn alcohol.

White gas: also known as naphtha, camp fuel or "Coleman" Fuel. White gas stoves are simple to use and are the most popular small backpacking stoves. White gas is the most volatile of the stove fuels. Fumes can be ignited by an open flame, causing an explosion.

Kerosene or coal oil: gives a lot of heat and is one of the cheapest fuels around. It's a very safe fuel and, in fact, can be difficult to light until you have the knack. Most people carry along a squirt bottle of alcohol to prime their kerosene stoves with. Because of the safety aspect, large groups of ten or more hikers favor kerosene stoves.

Propane or butane: is very simple to use but it costs more than the other fuels. The cartridge is pressurized and can be dangerous if you're not careful when changing tanks. There are many different kinds of cartridges and some can be used more than once, other not. Read the directions very carefully before you leave home. Needless to say, you have to pack your empty cartridges out with you.

Methanol or wood alcohol: is the easiest fuel to light but produces the least heat for its weight. Alcohol fired stoves are very easy to operate and it is a very safe fuel.

How much fuel you use depends on your stove, your cooking style and the length of your trip. Generally speaking you can figure on using a quarter cup of fuel per person per day on a summer hiking trip.

When you are buying your camp stove, you will almost certainly need to think about getting a windscreen, too. Several models of stoves come with specially fitted windscreens of their own and some are made so that the windscreen also supports the pot. If your stove does not have a built-in screen, buy one separately.

Always remember that the purpose of the windscreen is to protect the flame from blowing out, not to stop the air from circulating around the fuel tank.

RUNNING A CAMP STOVE

All camp stoves will have individual lighting and safety instructions. Make sure you are familiar with them before you begin your hiking trip.

A well-chosen site for a camp stove will be a level spot on the ground, sheltered from the wind and well out of the line of traffic around the camp area. Never dig a hole for your stove or build up a ring of stones around it. This will trap the heat around the stove, cause poor air circulation and could cause an accident.

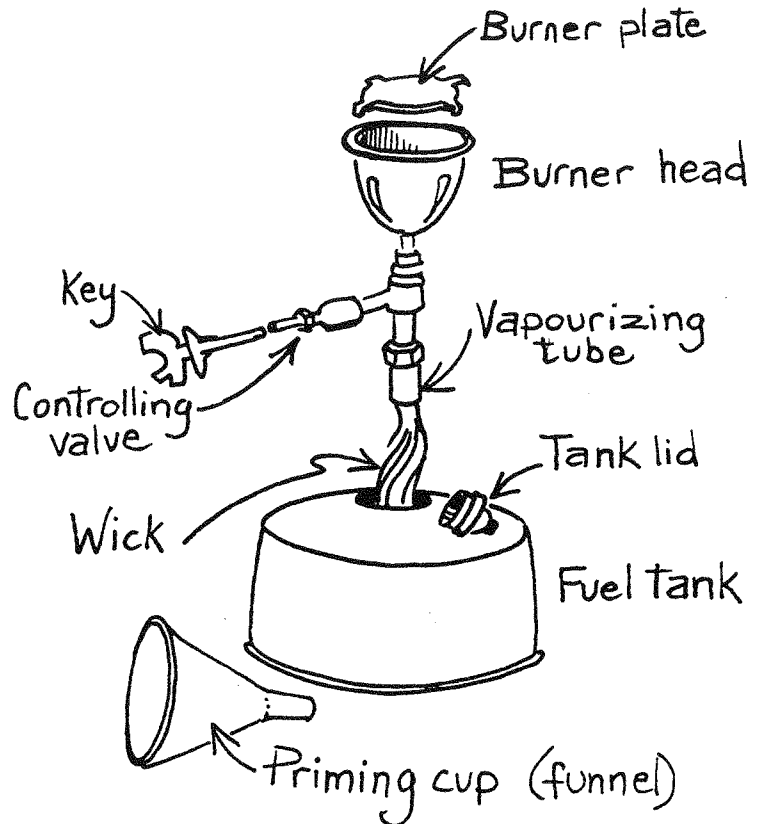
The stove should also be set up well away from any other flame, from the rest of your gear and from flammable underbrush.

Your stove should be cool before you fill the tank. Leave a small air space at the top of the tank. If you spill fuel, wipe it up quickly. If the fuel has soaked into the ground, move the stove to a new cook site.

Once you light your stove, stay with it, just as you would with a campfire.

SAFETY TIPS FOR CAMPING STOVES

- White gas should be carried in special aluminum fuel bottles which are strong and leakproof. A pouring spout is useful.



- Invest in a funnel with a felt filter: it helps avoid spills and removes dirt and water from the fuel.
- Take care of your stove. Clean it and make sure all nuts and bolts are tight. This should be done before you set out on your hike.
- Windscreens help your stove burn more efficiently but be sure that there is complete circulation of air around the stove or the tank could overheat and explode.
- Fill your stove at the campsite, not before you leave home. This will protect against leaks. Read the manufacturer's instructions if you are using cartridge fuel: you may have to discard the cartridge after every use. Make sure you have enough fuel before you leave home.
- Never refill a stove that is hot. Let the stove cool down completely before refilling and wipe up any spills. Refilling should be done outdoors.
- Cooking in a tent is not recommended because of the danger of carbon monoxide poisoning and of burning down the tent.

PROJECT SUMMARY - OUTDOORS

A. Member Comments:

1. What did you gain from taking this project?

2. Which meeting or topic was the most/least interesting? Why?

Most: _____

Least: _____

3. Comment and/or give suggestions for improvements on the overall project (eg. activities, tours, achievement program plans, member presentations, special activities, judging information).

4. What interests would you like to explore through future 4-H projects?

B. Parent/Guardian Comments: _____

C. Leader Comments: _____

This project has been completed satisfactorily.

Member _____ Leader _____

Date _____ Leader _____



HEALTH & SAFETY AGREEMENT

Name _____ Age _____ Sex (M / F) _____

Date of Birth ____ / ____ / ____ Ontario Health Card Number _____
month day year

Parent's/Guardian's/Spouse's Name(s) _____

Address _____

Postal Code _____

Telephone: home () work #1 () work #2 ()

If a parent/guardian/spouse cannot be reached contact:

Name _____ Telephone () _____

Physician's Name _____ Telephone () _____

Information about special health conditions: _____

Describe special treatment required, list medications and use: _____

(*Further details on conditions, treatments, and medications are attached: Yes ____ No ____)

Do you have allergies to food – specify: _____

Medications – specify: _____

Insect bites – specify: _____

Do you carry an epipen kit or anakit? Yes ____ No ____

Can you use the epipen or anakit by yourself? Yes ____ No ____

Has standard immunization been completed? Yes ____ No ____

To be completed by parent/guardian or participant over the age of 18:

*To the best of my knowledge this 4-H participant is in good health and is able to participate in all activities, except as previously noted.
I will notify the person in charge of this activity if the participant is exposed to an infectious disease during the three weeks prior to the program.
If I cannot be reached in a medical emergency, I hereby give my permission to the physician selected by the person in charge of the 4-H activity to hospitalize, secure proper treatment, order injection, anesthesia or surgery for the participant as named above.*

Signature of Parent/Guardian or Participant if over 18 years of age Date

To achieve maximum benefits, Ontario 4-H activities require 100% cooperation and participation from all participants.

(PLEASE SEE OVER)

POLICIES

- ◆ All 4-H participants (members, volunteers, families, associations and sponsoring organizations) have a mutual responsibility to ensure the safety of the participants and the success of the 4-H activities.
- ◆ Possession and/or use of alcoholic beverages by participants at any 4-H activity targeted to 4-H members is forbidden and will result in disciplinary action.
- ◆ Possession and/or use of illegal drugs or inhalants is forbidden.

4-H activity organizers have the right to remove a participant from an activity to ensure the safety of all participants.

I _____ from _____
(Participant's Name) (County/District/Region)

understand and will adhere to the policies of the Ontario 4-H Council outlined for 4-H activities.

(Participant's Signature) (Parent's/Guardian's Signature)

(Date) (Date)

4-H Media Release Form

I hereby give permission for pictures, or other forms of media of myself or my child to be taken and potentially used for news reporting and/or the promotion of 4-H Locally, Regionally, and Provincially. This media may be in print form or on local or provincial 4-H websites in Ontario.

Name of 4-H Member or 4-H Volunteer: _____ Age: _____ (If a Member)

4-H Association: _____ Parent/Guardian Name _____

Exceptions requested: _____

Signature of Parent/Guardian or Participant if over 18 years of age Date

For local Association use: A copy of this release form is to be kept in the local 4-H files for the full duration that this media is accessible to the public (minimum of one year).

For Provincial use: PLEASE FAX OR MAIL COMPLETE FORM TO:

4-H ONTARIO – Attn: Program Manager 5653 Hwy 6 North, RR 5, Guelph, Ontario N1H 6J2

Tel # : 1-877-410-6748 / Fax #: 519-824-8759 or Email: programs@4-hontario.ca

Please note that the 4-H Media Release Form portion of this document is kept on file for five (5) years when obtained for provincial use. The document is stored at the 4-H Ontario head office.

4-H Ontario respects the privacy of our members and volunteers. We are committed to ensuring the appropriate measures and safeguards are in place to protect specific information that is held for the purpose of the 4-H program. We adhere to all legislative requirements with respect to privacy. We use your personal information to keep members and volunteers up to date on activities of the Ontario 4-H Council and Ontario 4-H Foundation including programs, services, opportunities and initiatives. For further information or to have your name removed from our database, please contact our Privacy and Screening Officer at 519-824-0101, toll free at 1-877-410-6748, fax at 519-824-8759 or via our website at www.4-hontario.ca.