



UW-MADISON EXTENSION

Outdoor Recreation Project

Updated June 2020

What is it All About?

This 4-H project is for those who like hiking and camping! Progress from day hikes to overnight camping trips, and then to extended backpacking expeditions as you hike through the three activity guides and the helper's guide. Experiences relate to food, shelter, Leave No Trace ethics, safety, navigation, equipment and camp management.

Grow in Your Project

Starting Out

- Plan and pack for a day hike.
- Learn to select appropriate outdoor clothing and shoes for hiking.
- Understand how to use layering to regulate temperature.
- Prepare a basic first aid kit.
- Understand how to care for blisters and hot spots.
- Practice Leave No Trace principles.

Resources

- Hiking Trails (08043)*

Learning More

- Plan an overnight camping trip.
- Select equipment needed for overnight camping.
- Determine backpacking gear needed for a team.
- Demonstrate safe use of camping tools.
- Learn to tie knots.
- Select appropriate camping sites and shelters.
- Plan a camping menu and the supplies needed to cook it.

Resources

- Camping Adventures (08044)*

Going Further

- Plan a backpacking trip.
- Select the correct backpack and gear for an overnight trip.
- Be able to select a non-tent shelter when backpacking.
- Share responsibilities for campsite tasks.
- Learn about different environments.

Resources

- Backpacking Expeditions (08045)*

Resources for All Three Levels

- Outdoor Helper's Guide (08046)*

Take Your Project Further!

- Attend 4-H camp or 4-H adventure camp.
- Plan and conduct an outdoor adventure skill-a-thon for your club or the general public.
- Learn about camouflage and why it is used.
- Take a first aid or CPR class.
- Take a Wilderness or First Responder class or course.
- Have a medical professional come and speak to your project or club.
- Visit a camping store to explore your equipment options.
- Sleep under the stars and compare it to sleeping with a shelter.
- Go on a hike in your community.
- Visit a wildlife refuge or bird sanctuary.
- Start a nature sketchbook.

*Resources available at your local Extension office or shop4-H.org.

Applying Project Skills to Life

Enhance Your Communication Skills

- Give a demonstration on how to use a compass.
- Lead a tent pitching working demonstration.
- Show you friends or family members how to pack light for a trip.

Get Involved in Citizenship and Service

- Host an outdoor cooking contest for your community, offer free food for anyone that attends.
- Create a flyer about working with allergies when planning food for a larger group.
- Create and design camping equipment for people with different abilities.
- Organize a clean-up of a park or hiking trail.

Learn about Leadership

- Organize an outdoor adventure club in your community, see if you can recruit members to join 4-H.
- Lead a game at your club meeting about Leave No Trace Behind principles.

Showing What You've Learned

- Do a poster on water filtration.
- Prepare GORP.
- Display on Leave No Trace principles.
- Design an outdoor shelter (real or mini version).
- Make a display of knots.
- Make a map of your local area.
- Make an outdoor cooking recipe.
- Create a recipe book of outdoor cooking recipes.
- Poster on how to use a compass.
- Journal of your camping or hiking adventures.
- A book of camping songs.
- A display on selecting a camping site.
- Poster on how to seal a tent.
- A tent repair kit.
- A display about weather safety.



Adapted with permission from Wyoming State 4-H, Project Information Sheet, Outdoor Recreation. Retrieved from: <https://www.uwyo.edu/4-h/projects/natural-resource-education/outdoor-education.html>.

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