

ADVENTURES IN THE OUTDOORS PROJECT RECORDS

This Adventures in the Outdoors project record is for all areas which includes Bicycling, Intro to the Outdoors, Camping, Canoeing, Backpacking, Hiking, and Winter Travel. You should print off just the sheet/s that you will need for your project work to use in your record book.

Remember you may enhance your project record by adding a story, photos (with captions) and clippings.

ADVENTURES

INTRODUCTION TO ADVENTURES PROJECT RECORD

Check all that apply to your project this year.

- visited a camping or sporting goods store
- took part in cooperation or trust building games/activities
- learned to read a topographic map
- used a compass to find direction
- practiced building and starting a fire
- used a pocket knife safely
- went on a day trip adventure
- went on an overnight trip
- set up a tent and took it down
- made my bedroll
- planned, prepared and cooked a meal while on the trip
- kept field notes on animals observed on trip
- kept field notes on plants observed on trip
- took pictures while on trip
- kept a journal of trip
- selected appropriate clothing/gear for outing
- packed my own backpack
- used a camping lantern
- used a camp stove
- filled out "Outing Planning Forms" page 26, 27 in project book.
(You may include a copy of this with your project records)
- learned to tie the following knots and hitches.
List below _____

- read Sand County Almanac by Aldo Leopold
- read The Wilderness World of John Mair
- made an outdoor first aid kit
- used a hatchet used a bow saw used an ax
- learned how to sharpen knives, hatchets, axes, saws
- used a hatchet to split kindling
- unpacked after trip
- left the camping area cleaner than before I got there

Describe the trips/outings you went on:

| Where | When | Length of Trip |
|-------|-------|----------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

In what ways did you help with the trip? _____

What health/safety ideas did you use on the trip? _____

What was your favorite part of the trip? _____

What would have made the trip better? _____

You may enhance your record with a story, photos with captions, and/or newsclippings.

ADVENTURES

BACKPACKING/HIKING PROJECT RECORD

Check all that apply to your project this year:

- have a helper or leader; who? _____
- found information and rated top 10 Wisconsin backpacking trails
- compared car - access tent camping to backpacking
- learned how to avoid hypothermia
- compared outdoor clothing for comfort
- took a first aid course
- learned to use a compass
- demonstrated how to use a compass
- planned a backpacking trip with a group
- prepared a backpacking checklist
- learned to pack a backpack
- shopped around for wise equipment
- set up a tent
- lit a camp stove
- cooked a backpacking meal
- planned a menu for a backpacking trip
- purified water
- made a first aid kit for backpacking
- constructed a campsite latrine
- helped plan, set up or maintain a trail
- participated in a sharing circle
- compared abilities and readiness of a group
- prepared a "wild" meal using ingredients from nature
- role played backpacking problems and their solutions
- know 10 or more "wilderness" manners, and follow them
- followed animal trail; identified the type of animal and one thing it was looking for

Explain how you used other project skills to help you in this unit?

Add anything not covered above _____

Describe the outings you went on:

| Where | When | Length of Trip |
|-------|-------|----------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

In what ways did you help with the outing? _____

What health/safety ideas did you use on the outing? _____

What was your favorite part of the outing? _____

What would have made the outing better? _____

You may enhance your record with a story, photos with captions, and/or newspaper clippings.
12/17

ADVENTURES

BICYCLING PROJECT RECORD

Bicycle Adventures: _____ Level 1 _____ Level 2 _____ Level 3

Check all that apply to your project this year:
(If you did things in other levels, mark them as well)

LEVEL 1: BICYCLE ADVENTURES

- _____ Know how to properly wear a helmet
- _____ Know different helmet types
- _____ Can identify highway signs
- _____ Know how to cross intersections safely
- _____ Have ridden my bike in traffic
- _____ Can identify bike hazards
- _____ Completed a safety bike check
- _____ Have made safe turns on my bike
- _____ Know how to make safe stops
- _____ Can list some hazards I have avoided: _____
- _____ gave a talk/demo on selecting a bike for different purposes
- _____ checked your bike or another person's for road readiness
- _____ Researched the different types of bikes & their uses
- _____ Learned the basic road safety rules for bicycles

LEVEL 2: BICYCLE ADVENTURES

- _____ Purchased information on bikes
- _____ Can identify bike parts
- _____ Know the proper tire inflation for my bike
- _____ Can make proper bike adjustments
- _____ Have performed chain maintenance
- _____ Have used gears efficiently
- _____ Can quick stop my bike
- _____ Am able to dodge obstacles successfully
- _____ Planned a day trip on a bicycle trail
- _____ Planned a lunch for a day trip
- _____ Took a bike trip with an overnight stay
- _____ Demonstrated prevention of bike accidents
- _____ Put up bird houses along a bike trail
- _____ Made photo journal of a bike trip
- _____ Spoke to a group about your activities
- _____ Developed a bike maintenance check list & used it on your bike

LEVEL 3: BICYCLE ADVENTURES

- _____ Compared prices of bikes to buy
- _____ Know how to fix a flat tire
- _____ Can replace links in the chain
- _____ Know how to replace brake cables
- _____ Have successfully made emergency turns
- _____ Prepared my bike and myself to ride safely at night and in bad weather
- _____ Have checked into career opportunities
- _____ Have participated in a bike rodeo
- _____ Assisted with a bike rodeo
- _____ Picked up litter from a bike trail or other roads
- _____ Kept a seasonal journal of observations on a trail
- _____ Researched where bike trails are in Wisconsin
- _____ Taught someone else to prepare for the road
- _____ Made a first aid kit for a group trip
- _____ Demonstrated proper way to load gear on a bike
- _____ Made a personal gear/supply list for a bike trip longer than a day

Describe the trips/outings you went on:

| Where | When | Length of outing |
|-------|-------|------------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

In what ways did you help with the trip? _____

What health/safety ideas did you use with your project? _____

You may enhance your record with a story, photos with captions and/or newsclippings.

ADVENTURES

CAMPING PROJECT RECORD

Check all that apply to your project this year.

- visited a camping or sporting goods store
- learned to read a topographic map
- used a compass to find direction
- practiced building and starting a fire
- was successful in starting a fire using only natural items, no matches or paper.
- used a pocket knife safely
- went on an overnight trip
- set up a tent and took it down
- made my bedroll
- planned the itinerary for the overnight camping trip
- planned, prepared and cooked a meal while on the trip
- kept field notes on animals observed on trip
- kept field notes on plants observed on trip
- took pictures while on trip
- kept a journal of trip
- selected appropriate clothing/gear for outing
- packed my own backpack
- used a camping lantern
- used a camp stove
- learned to tie the following knots and hitches.

List below _____

-
- read Sand County Almanac by Aldo Leopold
 - read The Wilderness World of John Muir
 - made an outdoor first aid kit
 - used a hatchet used a bow saw used an ax
 - learned how to sharpen knives, hatchets, axes, saws
 - used a hatchet to split kindling
 - unpacked after trip
 - left the camping area cleaner than before I got there

Describe the trips/outings you went on:

Where

When

Length of Trip

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

In what ways did you help with the trip? _____

What health/safety ideas did you use on the trip? _____

What was your favorite part of the trip? _____

What would have made the trip better? _____

You may enhance your record with a story, photos with captions, and/or news clippings.

ADVENTURES

CANOEING PROJECT RECORD

Check all that apply to your project this year.

- found and mapped rivers in Wisconsin that are wild and scenic
- learned parts of a canoe and paddle
- learned the standard bow or cruising stroke
- learned the sweep or C-stroke
- learned the jam or hold stroke
- learned the draw stroke (used by bow paddler)
- learned the rudder and J stroke (used by stern paddler)
- properly entered and exited from a canoe
- went on a half-day to full day canoe trip
- went on an overnight canoe trip
- helped pack for a canoe trip
- learned to read a river. I can identify where the river is deepest, and the current is strongest
- observed animals while canoeing on a river or lake
- observed plantlife while canoeing on a river or lake
- took pictures while canoeing
- kept a journal of a canoe trip
- participated in a canoe race
- made a waterproof first aid kit
- wore a life jacket while canoeing
- dressed in layers while canoeing
- wore sunscreen on the canoe trip
- properly disposed of garbage on trip
- unpacked canoes after the trip

Describe the canoe trips you went on:

| Where | When | Length of Trip |
|-------|-------|----------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

In what ways did you help with the canoe trip? _____

What health/safety ideas did you use while canoeing? _____

What was your favorite part of the trip? _____

What would have made the trip better? _____

You may enhance your records with a story, photos with captions, and/or newsclippings.

ADVENTURES

WINTER TRAVEL PROJECT RECORD

Check all that apply to your project this year:

- studied different types of snowshoes & their best use
- learned about different types of cross country skis & their best use
- purchased cross country skis and/or snowshoes
- developed a fitness plan for off-season cross country skis
- learned basic cross country ski maneuvers
- learned how to wax cross country skis for varying snow conditions
- learned how to use snowshoes
- participated in a ski race
- took a class on snow shoe construction
- planned a lunch for a winter outing
- made a photo journal of a winter outing
- gave a talk to a group about winter travel activities
- drew a map of a winter nature space
- planned an overnight winter outing
- planned a multi-day trip for a group w/options for cross country skiing and snowshoes
- made a check list of winter clothing for an outing
- cooked a meal for a group outside on a fire or stove
- took a first aid course
- made a first aid kit for a winter outing
- learned about hypothermia & frostbite - how to treat and prevent, also dehydration
- learned and demonstrated the benefits of layering winter clothing and the purpose of each layer
- set up a tent during the winter
- constructed a winter campsite latrine
- built a snow shelter and used it for one night or more
- identified plants in their winter condition
- kept a journal or winter observations
- froze snow crystals and made a poster snowing the forms
- learned minimal impact methods for winter camping
- followed animal tracks in the snow, made up a story based on observations
- helped design and/or maintain a cross country ski trail

Describe the outings you went on:

Where

When

Length of Trip

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

In what ways did you help with the trip? _____

What health/safety ideas did you use with your project? _____

You may enhance your record with a story, photos with captions, and/or news clippings.