

# 1ST CLASS HIKING HUNT CHALLENGE

LOOK FOR THE ITEMS BELOW & COMPLETE THE TASK WHEN YOU FIND THE ITEM! IF YOU ARE UNABLE TO DO A TASK- JUST MODIFY TO YOUR ABILITIES! REMEMBER TO HAVE FUN!  
(DON'T KNOW THE ANSWER TO SOMETHING? IT'S OKAY! JUST LEARN IT ONCE AT HOME)



## FROG:

DO 15 FROG LEAPS, THEN TELL WHAT TO DO FOR A SAFE TRIP AFLOAT



## PACIFIC SILVER FIR:

DO 3 SETS OF 7 STRETCHES FOR 30 SECONDS EACH



## ELK:

DO A 30 YARD DASH, 15 JUMPING JACKS, THEN DASH BACK TO START



## BALD EAGLE IN FLIGHT:

DO TWO SETS OF 15 LUNGES WITH EACH LEG & TELL HOW YOU LIVE BY THE SCOUT LAW



## A DISEASED TREE:

DO FIVE RUNNING LONG JUMPS, THEN SHOW HOW TO TIE THE TIMBER HITCH



## LAKE:

DO 7 BURPEES & EXPLAIN WHY WEATHER FORECASTS ARE IMPORTANT WHEN PLANNING



## RUBY-CROWNED KINGLET:

DO FIVE SETS OF 10 HIGH KNEES WITH EACH LEG (LIFT BENT LEG TO SKY)



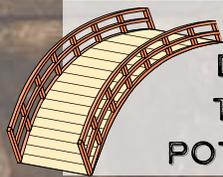
## NUTRIA:

DO THREE SETS OF 10 SQUATS, THEN TELL ADVANTAGES OF GETTING A FULL NIGHT'S SLEEP



## BREWERS WEEPING SPRUCE:

TOUCH TOES 15 TIMES, THEN HAVE A 30 SECOND DANCE-OFF WITH YOUR BUDDY



## BRIDGE ABOVE DRY LAND:

DO 3 SETS OF 10 PUSHUPS, THEN TELL HOW TO OBTAIN POTABLE WATER IN EMERGENCY



## WOODEN BOARDWALK:

DO 5 JUMPING SQUATS (SQUAT TO A JUMP), THEN 5 STANDING LONG JUMPS



## BLUE HERON:

EXPLAIN PRINCIPLES OF TREAD LIGHTLY, THEN DO 20 HIGH KICKS



CASCADE PACIFIC COUNCIL

## LEAVE NO TRACE

Plan ahead & prepare! Travel & camp on durable surfaces! Dispose of waste properly! Leave what you find! Minimize campfire impacts! Respect wildlife! Be considerate of others!

