



Nature-Watch

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Backpacking

1. Skill Builders (2)

- a. "Make a list of equipment and clothing needed for a backpacking trip. Add specialized items. Learn about use of appropriate clothing, food & water."

Recommended Products:

[Compass With Lid \(#512a\)](#)

[Traveling Compass \(#512b\)](#)

[Binoculars \(#510f\)](#)

[Advanced Binoculars \(#524f\)](#)

- b. Get in shape from the ground up. Break in appropriate foot wear. Develop conditioning & cardiovascular plan. Take practice hike.
- c. "Learn first-aid treatment for burns, cuts blisters, sunburn, etc., Assemble light-weight first aid kit."
- d. Learn to use a compass and read a topographical map. Trace a hiking route on a topographical map.

Recommended Products:

[Make Your Own Compass Kit \(#142\)](#)

[Compass With Lid \(#512a\)](#)

[Traveling Compass \(#512b\)](#)

- e. "Practice your minimal impact skills on a backpacking trip of at least two days. Submit written plan. Upon return, evaluate trip."

2. Technology (1)

- a. Visit an outdoor store to study the variety of backpacks and frames available. Compare sleeping bags and tents.
- b. Learn about common water pollutants in the area where you will be hiking. Find out about water purification. Practice one method.

Recommended Products:

[Investigating Water Pollutants Kit \(#423c\)](#)

- c. Compare backpacking stoves operated w/different fuels. Try two different kinds. Make recommendations.
- d. Plan the food for a backpacking trip. Learn about lightweight foods and those not requiring refrigeration.
- e. "On the Internet, search for information on backpacking, hiking or outdoor adventures. If possible, use Web to plan a trip."
- f. "Draw your own design for piece of equipment or clothing useful on a backpacking trip. If possible, construct and use it."

3. Service Projects (1)

- a. Teach younger girls backpacking skills.
- b. Join a trail maintenance or campsite cleanup effort.
- c. Train to become a member of a search & rescue group.



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- d. Work with an environmental organization to complete naturalizing activity.
4. Career Exploration (1)
 - a. Visit a store that sells camping and backpacking equipment. Learn about job opportunities.
 - b. Shadow a natural resource professional for a day. Or interview at least two people who work in outdoor recreation.
 - c. Contact by phone or in writing two manufacturers of camping and backpacking equip. about careers.
 - d. Talk with two outfitters of various high adventure programs.
 - e. Investigate career opportunities related to backpacking.