



# Nature-Watch

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## Hiker

### Requirements:

1. \*Safety First. Discuss the safety list for each hike you plan to take.
2. Comfort and the Right Stuff. Demonstrate dressing and packing for hike.

#### *Recommended Products:*

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

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

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

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

3. Know Your First Aid. Demonstrate first aid for common hiking problems.
4. Give Back to the Sport. Organize or help with a trail building or maintenance project.
5. A Different Kind of Walk. Use a compass and a map.

#### *Recommended Products:*

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

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

[Trailblazers Activity Kit \(#117\)](#)

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

6. Mark Forward. Take part in a Volksmarch.
7. Be an Explorer. Explore an unknown territory. Take notes.
8. Hiking Is Worldwide. Use internet or the library to explore listed trail.
9. Share the Fun. Find ways to share the fun of hiking with others.
10. Happy Trails to You. Plan and go on 2 all-day or 1 overnight hike(s).