



Project Try-It Activity

Illinois 4-H Youth Development Program

Outdoor Adventure

PLAN A DAY HIKE

Get ready for a day hike by selecting a location, then packing the “10 Essentials” to ensure you’re ready for the unexpected.

Activity Time: 30 to 60 minutes | Recommended Ages: 8 to 18

SUPPLY LIST

- Cell phone, computer or tablet with internet access or a hiking brochure, guide or guidebook
- Backpack
- The 10 Essentials: navigation tools, headlamp, sun protection, first aid, knife, fire starter, shelter, extra food, extra water, extra clothes

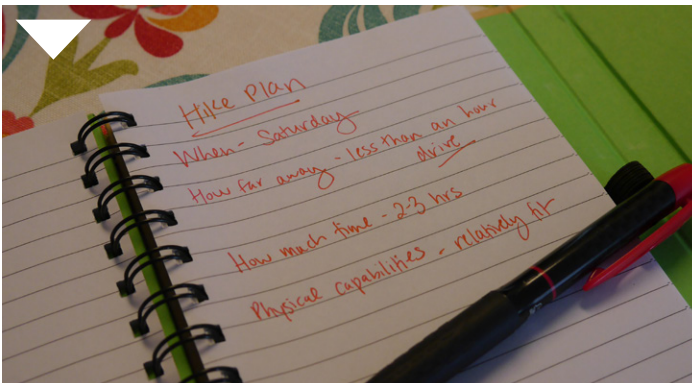
WATCH IT!

View a video tutorial of this activity by using the qr code (right) or visiting:
<https://youtu.be/cPfflmb-no>



ACTIVITY DIRECTIONS

1. The first step for a successful day hike is selecting a location. To do this, you’ll need to ask yourself some questions to help narrow your search (below left). These include:
 - When you are planning to go? Some locations may be better, or not accessible, at different times of year.
 - How far you are willing to travel to hike? Setting a driving distance like 30 minutes will help narrow your search.
 - How much time do you have to hike? On flat ground, plan for a 3 mile per hour pace.
 - What are your physical capabilities? Are you just starting out? Maybe shoot for 2 miles maximum and choose something relatively flat. Are you experienced? Go a longer distance or select something with more elevation changes.



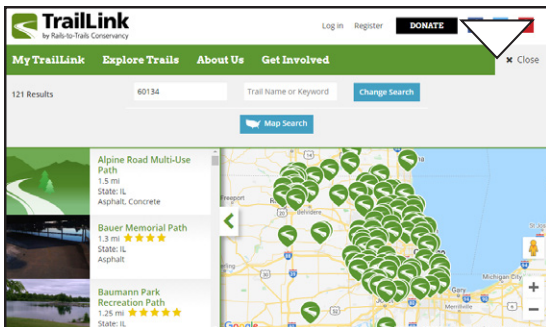
2. Once you have some parameters in place, you can use resources (above right) to identify a



Project Try-It Activity - Outdoor Adventure

location that will be a good fit for your hike. You may want to look for trails at your local forest preserve, state park, town or county open space, or state or national forest. Browse resources like the following to find your trail:

- Local hiking brochures and maps (like forest preserve trail guides)
- Hiking books or guidebooks
- Websites of local forest preserve districts, state parks and park districts
- General trail guide websites like AllTrails (<https://www.alltrails.com>) or TrailLink (<https://www.traillink.com>) (below left)



3. After you know where you are going to go, you're ready to pack for your trip. The most important place to start is with what you are going to wear: your clothes and shoes! Check the weather forecast and dress for the expected conditions. Consider wearing breathable and moisture-wicking fabrics, if you own them (above center). Be sure to select comfortable shoes that you have broken in, as well as socks that can provide adequate cushioning (above right). If you are planning to hike in rain, consider waterproof or water-resistant shoes or boots.
4. After you select your basic clothes and shoes, you're ready to pack the rest of your gear using the "10 Essentials" as your guide (see list below). We'll go through the list one by one to learn more about what options we have for each item. This list may seem like overkill for a short day hike, but packing these items means you'll be prepared in case of the unexpected. As you pack, we suggest you make a pile of all of the items you plan to bring so you can use a checklist, like REI's Day Hike Planning Checklist (<https://www.rei.com/learn/expert-advice/day-hiking-checklist.html>) to verify that you have all the items you need before you leave.

THE 10 ESSENTIALS

Here is a list of the "10 Essentials" adapted for day hikes:

1. Navigation
2. Headlamp
3. Sun protection
4. First aid
5. Knife



6. Fire
7. Shelter
8. Extra food
9. Extra water
10. Extra clothes



5. Start by packing your navigation essentials (next page top left). Most people just assume they can use their phone for navigation, and generally that's a good tool. However, it should not be the only thing you should rely on (as the battery could die, or you might not have reception). If you do plan to use a phone, be sure to pre-download any maps you might need before your hike. Consider bringing a battery power bank to re-charge your device. Instead of relying on



Project Try-It Activity - Outdoor Adventure

your phone, you may want to consider bringing a paper map and compass along.



6. Always pack a headlamp or flashlight, even if you are hiking in the middle of the day (above right). Headlamps are ideal because they are lightweight and free up your hands. If you don't own a headlamp, pack a small flashlight. In either instance, make sure the device works before you go, and throw in an extra set of batteries just in case!
7. Protecting yourself from the sun is very important. There are a number of items you can pack for sun protection, including sunscreen, sunglasses and sun protective clothing (like wide-brimmed hats and lightweight long-sleeved shirts). Remember that even on seemingly overcast days, you still might get sunburned, so don't forget to pack these items (below left). Be sure to apply the sunscreen before your hike, and reapply as directed throughout your adventure.



8. It's always a good idea to have a basic first aid kit along on every hike (above right). You can create your own kit using materials from around your house, or buy one designed for day hikes from a local outfitter. You'll want to make sure your kit includes a few common medications (pain reliever, allergy, anti-diarrheal) as well as some bandages of various sizes, gauze pads, antiseptic wipes, medical tape, antibiotic cream, tweezers, and safety pins. Check out a list from the American Hiking Association of other items you may want to include at <https://americanhiking.org/resources/personal-first-aid-kit>. If you are prone to blisters, you may want to pack special materials for that. You'll also want to bring insect repellent if you are hiking in an area with mosquitos, ticks, or other pesky bugs. Just like with sunscreen, apply your repellent



Project Try-It Activity - Outdoor Adventure

before you start your hike, and re-apply as needed on the hike.

9. Having a knife of some kind, such as those included in a swiss army knife or multitool, can come in handy in a number of situations such as gear repair, food preparation and first aid. Pack one of these, along with materials like duct tape, which you can use to temporarily repair many gear issues, such as a hole in your backpack or water reservoir (below left).



10. It's important to carry tools that will make starting a fire easier, if needed. This can be as simple as packing a lighter or box of waterproof matches (above right).
11. In case you get stuck outside for an extended period, you should pack some form of emergency shelter to protect you from the elements (below left). An emergency blanket is a great option because it's lightweight, cheap and packs down small. If you don't have one of these, consider bringing a large plastic trash bag.



12. It's key to have calories to fuel your body during a hike. Always pack some meals or snacks that you enjoy, and that will store well in your pack (above right). Consider items like energy bars that have a lot of calorie-density. To be prepared for emergencies, it's a good idea to pack an extra day's worth of food.
13. Always bring along a full water bottle or water reservoir to stay hydrated on your hike. The longer you plan to hike, the more water you should bring (plan for a half liter per hour). Just like with food, plan to bring more water than you will need. If there may be water sources on your hike, like lakes and streams, consider bringing a water filter or treatment method along as

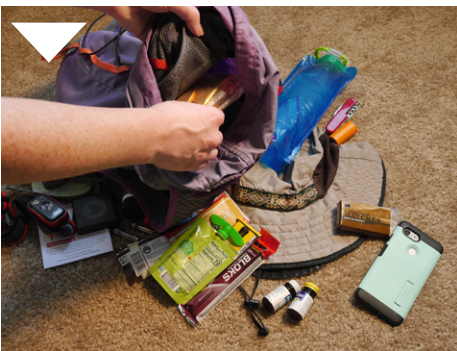


Project Try-It Activity - Outdoor Adventure

a back-up. There are very compact and light filtration systems available, as well as lightweight liquid or tablet water treatment methods (below left).



14. It's always smart to plan for the unexpected when it comes to weather, and pack extra clothes such as rain gear and cold weather gear. It's a good idea to pack a rain jacket, as well as additional layers (like a windbreaker or light jacket) that you can use in case it turns colder (above center). If hiking in colder weather, pack hats, gloves and a warm jacket or vest (above right).
15. Now that you've laid out all your gear, use the amount of gear you have to select what backpack you will use, then load it up (below left). Remember to pack things you will need regular access to (like your water bottle or map) in outside pockets or near the top of your pack, and things you may not need near the bottom. Pack heavier items close to your back, or near the bottom of the pack.



16. After you are fully packed (above center), get out there and enjoy your hike (above right).
17. Once you return from your hike, consider leaving select items in your pack so that they are ready to go for the next trip (be sure to remove any extra food or water from your pack immediately upon getting home).

APPLY IT

The "10 Essentials" are widely promoted and valued in the outdoor community today. They date back to climbing courses in the 1930s, which tried to ensure that people had what they needed to respond to emergencies out on the trail and could safely spend a night outside, if needed. The list first appeared in the book "Mountaineering: The Freedom of the Hills" in 1974. It has been updated over the years and adapted for various situations (i.e. day hikes versus backpacking trips). The list helps hikers be prepared for the unexpected, and encourages them to invest time in planning their

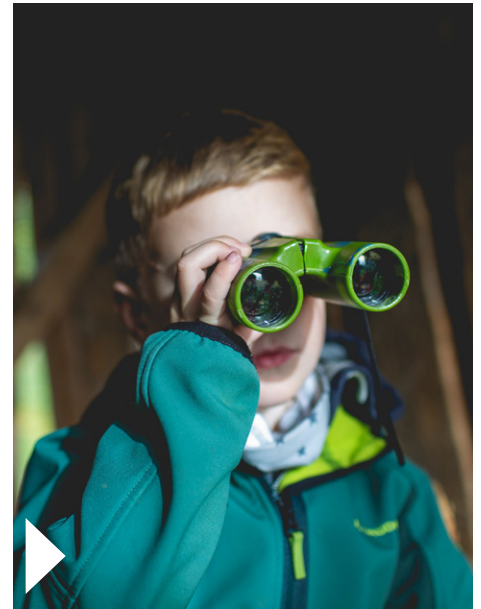


Project Try-It Activity - Outdoor Adventure

adventures to reduce risk.

Now that you've gotten started hiking with the 10 Essentials, where can you take your learning next?

- Explore "Leave No Trace" principles and follow them on your hike and other future nature excursions. Check out this activity from National 4-H to learn more: <https://4-h.org/wp-content/uploads/2018/08/4H-30-Days-of-Doing-Outdoor-Adventure-Leave-No-Trace.pdf>,
- Learn more about how to dress most effectively for hiking in various conditions by exploring resources on topics like layering, fabric choices, and footwear options. Check out all of outfitter REI's helpful clothing related guides at <https://www.rei.com/learn/c/clothing>.
- Like birds? Consider bird watching along your hike! Learn more about bird watching in our Bird Watching STEM Challenge: <https://youtu.be/VmpxzOe8k4Q>. Birds not your thing? Learn about another type of wildlife (like reptiles or mammals) or type of plant (trees or wildflowers) and then look for them on your hike.
- Are you someone who likes to be prepared? Explore disaster preparedness at <https://www.ready.gov/kids> and make plans so your family is ready if disaster strikes.



PROJECT CONNECTION

Did you have fun preparing for and going on this hike? If you like to be active outside, Outdoor Adventures is the 4-H project for you. In this project you will explore hiking, camping and backpacking, and learn skills such as knot tying, map and compass use, and adventure planning.

REFERENCES

- The Ten Essentials (REI) at <https://www.rei.com/learn/expert-advice/ten-essentials.html>
- Personal First Aid (American Hiking Society) at <https://americanhiking.org/resources/personal-first-aid-kit>
- What Are The Ten Essentials (Mountaineers.org) at <https://www.mountaineers.org/blog/what-are-the-ten-essentials>
- Day Hike Planning Checklist (REI) at <https://www.rei.com/learn/expert-advice/day-hiking-checklist.html>
- Icons from users 'Freepik' and 'srip' via <http://www.flaticon.com>

Find your local 4-H office at go.illinois.edu/FindYour4HOffice.
Learn more about Illinois 4-H at 4h.extension.illinois.edu.

