



# Environmental and Earth Sciences

# 4-H Outdoor Skills

## North Dakota 4-H Project Sheet

### Do you like being outdoors?

You can become the ultimate explorer by designing your own outdoor adventure. Choose from backpacking, bird watching, camping, fishing, hiking or many other projects.



- Develop skills in the adventure you choose.
- Plan an outdoor adventure for your club, friends and/or family.
- Learn how to be a good environmental steward while engaging in your adventure.

### Pass it on!

Now that you know how, share it with others. Here are ideas to get you started.

#### Communication

- Create a “How to Tie Knots” poster.
- Demonstrate how to set up a tent.
- Create a blog on great places for fishing or canoeing.

#### Citizenship

- Volunteer to clean up community campgrounds or trails.
- Assist at your local county park.
- Serve as a camp counselor.
- Plan an event at your local park.
- Map trees in city parks using GPS.

#### Leadership

- Clean up a pond or lake in your area to help the fish environment.
- Help catch fish for a fish fry to raise money for a charity.
- Plan an adventure for kids in your community.
- Teach younger kids how to bait and cast a line.

#### Entrepreneurship

- Start a business with custom-built outdoor equipment.

## Here’s what you can do all year!

Starting Out Basic/Level 1	Learning More Intermediate/Level 2	Expanding Horizons Advanced/Level 3
<ul style="list-style-type: none"> <li>• Choose your adventures.</li> <li>• Learn about the proper gear for your adventure.</li> <li>• Attend a summer camp at North Dakota 4-H Camp.</li> <li>• Plan an outing for you and a friend or family member.</li> <li>• Learn about first aid and safety with the adventure you choose.</li> <li>• Find out what “leave no trace” means.</li> <li>• Practice survival skills in different environments.</li> </ul>	<ul style="list-style-type: none"> <li>• Route your adventure using technology such as a compass or geospatial mapping.</li> <li>• Learn about equipment maintenance for various types of outdoor adventures.</li> <li>• Learn to cast animal tracks.</li> <li>• Become an outdoor iron chef (learn how to cook outdoor meals).</li> <li>• Plan an overnight outdoor adventure for your family, friends or club.</li> <li>• Practice good outdoor manners using leave-no-trace principles.</li> </ul>	<ul style="list-style-type: none"> <li>• Teach others about leave-no-trace adventure ethics.</li> <li>• Learn to prepare for emergencies in remote areas.</li> <li>• Prepare for a big adventure such as RAGBRAI (backpack/canoe trips away from home).</li> <li>• Start your own geocaching or earth caching adventure with your friends.</li> </ul>



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### Here are other opportunities to explore the outdoors:

- Register for a summer camp at Western 4-H Camp.
- Take a wilderness trip.
- Look for opportunities with your local Natural Resources Conservation Service.
- Volunteer at the North Dakota Game and Fish Department.
- Apply for a camp counselor position.
- Schedule a time to visit North Dakota State University's College of Agriculture, Food Systems, and Natural Resources or other departments related to the environment ([www.ndsu.edu](http://www.ndsu.edu)).



### Exhibit Ideas

- Make Your Own Backpacking Gear — [www.backpacking.net/makegear.html](http://www.backpacking.net/makegear.html) (*Instructions on left-side*)
- Birdhouse Plans — [www.craftybirds.com/birdhouses.html](http://www.craftybirds.com/birdhouses.html)
- Bird Feeder — [www.ndsu.edu/fileadmin/4h/BirdFeeder.pdf](http://www.ndsu.edu/fileadmin/4h/BirdFeeder.pdf)
- Bird Watching — <https://workspaces.ndsu.edu/fileadmin/4h/Curriculum/DDC111.pdf>
- Belt Bag — [www.ndsu.edu/fileadmin/4h/BeltBag.pdf](http://www.ndsu.edu/fileadmin/4h/BeltBag.pdf)
- Door Knocker — [www.ndsu.edu/fileadmin/4h/Pecky.pdf](http://www.ndsu.edu/fileadmin/4h/Pecky.pdf)
- Nest Structures — [www.npwrc.usgs.gov/resource/wildlife/ndblinds/index.htm](http://www.npwrc.usgs.gov/resource/wildlife/ndblinds/index.htm)
- Polar Fleece Hood — <http://sewing.about.com/od/ewingforbabychildren/ss/free-pattern-to-sew-ahood-scarf.htm>
- Polar Fleece Mittens — <http://www.barlowsscientific.com/technotes/home/mittens.htm>

### 4-H Resources

- National Curriculum
  - [Exploring Your Environment](#)
  - [Fishing for Adventure](#)
  - [Outdoor Adventures](#)
- ND Curriculum (*available from local Extension offices*)
  - Nature Trails 1-3
    - [Nature Trails I](#) (*available online*)
  - Wildlife
  - Outdoor Cooking
- [Educational Trunks](#) (*check out by contacting local Extension office*)
- [Attend North Dakota 4-H Camp](#)

### Other Resources

- [Dutch Oven Cooking Recipes](#)
- [Maple Sugar Candy Recipe](#)
- [Camp Fire Cooking Recipes](#)
- [Keep Food Safe When Camping and Hiking](#)
- [Whistling Dakota Style](#)

### Recordkeeping

- [4-H Project Plan](#) (PA095)
- [Planning for my Project Adventure](#) (PA093) (*Ages 8-10*)
- [4-H Plan of Action](#) (PA096) (*Ages 11-18*)

### Contests

- [Earth Day Patch Contest](#)
- [State 4-H Land Judging](#)
- [State 4-H Range Judging](#)