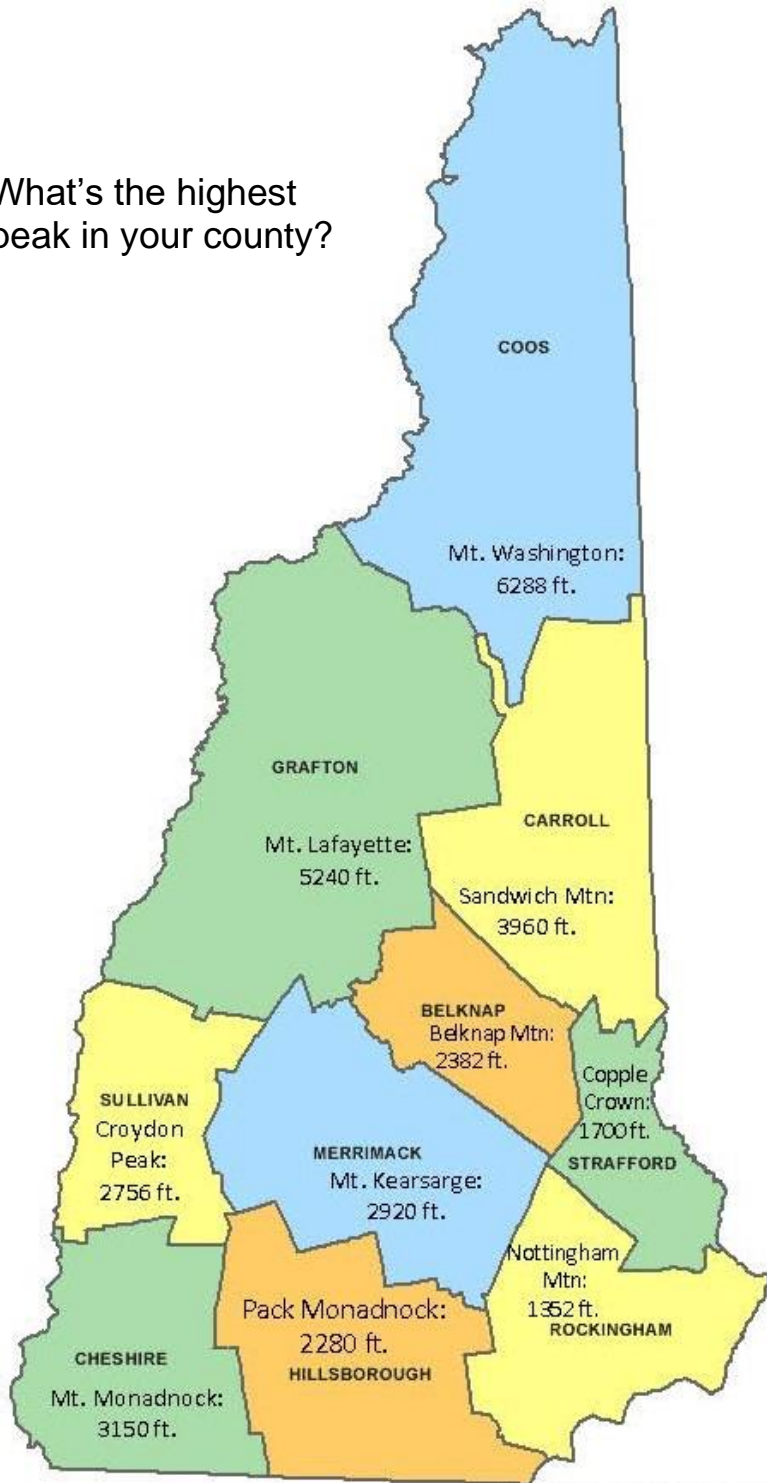


What's the highest peak in your county?



This Booklet Belongs to:

4-H challenges you to get active in the outdoors.

The 4-H Winter Hiking Challenge is an opportunity to push yourself physically while having fun with family & friends.

The goal is to increase your physical activity by hiking/walking this winter.



Ideas to get you started:

Hike to a waterfall

Hike to a fire tower

Walk at a local nature park

Hike to a pond or lake

Hike along a rail trail

Hike in your town

Hike a NH 4,000-footer

Hike the highest peak in your county (see back of logbook)

Go on a walk and increase your distance each time

Go snowshoeing (4-H has snowshoes you can borrow)



4-H Winter
Hike

10 Essentials of Hiking

1. Appropriate Footwear

(Well-fitting boots that have good traction, support, and protection.)

2. Appropriate Clothing

(Hiking in winter; hat, gloves, extra wool socks, lots of layers)

3. Map & Compass

(Phones have GPS but consider carrying a paper map and compass as a backup- and know how to use them)

4. Water

(Bring half a liter per hour you plan to be outdoors)

5. Food

(Carry a snack for every hour you plan to be out. Think packable items, granola bars, trail mix, raisins.)

6. Rain Gear

(Weather can change fast, dress in layers and always have a raincoat)

7. Safety Items

(Recommended to bring a whistle, head lamp and something to start a fire with)

8. First aid kit

(Basic medical gear to have- band aids, splint, moleskin, antiseptic)

9. Knife or Multi-tool

(A multi-tool can help with gear repair and first aid)

10. Sun Protection

(You can still get a sunburn in winter. Bring sunglasses and sunscreen)

<https://americanhiking.org/resources/10essentials/>

Winter Hiking Reminders

KEEP IT FUN!

Share your enthusiasm for being outdoors in the winter. Kids draw on your energy.

Play games, stop to build a snowman or make snow angels. Pretend to go on a moose safari.

Bring plenty of snacks; hot cocoa in thermoses will go a long way!

KEEP IT SAFE!

Have realistic expectations and be prepared to adjust them downward. Parents should plan winter hikes at half the distance a child can cover on summer hikes.

<https://www.outdoors.org/resources/amc-outdoors/adventures/winter-hiking-for-kids-creating/>

When you have completed the challenge, drop off or mail your filled out logbook to your county Extension office.

If mailing, address the envelope "Attn: 4-H Winter Hiking Challenge" followed by the mailing address.

Belknap County:

64 Court St.
Laconia, NH 03246

Carroll County:

PO Box 1480
Conway, NH 03818

Cheshire County:

12 Court St.
Keene, NH 03431

Coos County:

629A Main St.
Lancaster, NH 03584

Grafton County:

3855 Dartmouth College Highway
Box 5
North Haverhill, NH 03774

Hillsborough County:

329 Mast Rd. room 101,
Goffstown, NH 03045

Merrimack County:

315 Daniel Webster Highway
Boscawen, NH 03303

Rockingham County:

113A North Rd.
Brentwood, NH 03833

Strafford County:

273 Locust St., Suite A Dover,
NH 03820

Sullivan County:

24 Main St.
Newport, NH 03773



Extension

Hiking Log

Trail: _____ Date: _____

Location: _____ Distance or Time: _____

Hiking Buddies:

(Who did you hike with today?)

Weather:



Hikers Checklist:

- | | |
|---|---|
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Extra Clothing |
| <input type="checkbox"/> Food & Water | <input type="checkbox"/> Camera or Smartphone |
| <input type="checkbox"/> Appropriate Footwear | <input type="checkbox"/> Tell someone your plan |

Notes: (What are some cool things you saw? How did you feel; out of breath, happy, excited, nervous?)

My favorite part of today's hike was:

Rate today's hike by circling the clovers (5 is the best)



Paste photo(s) here

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