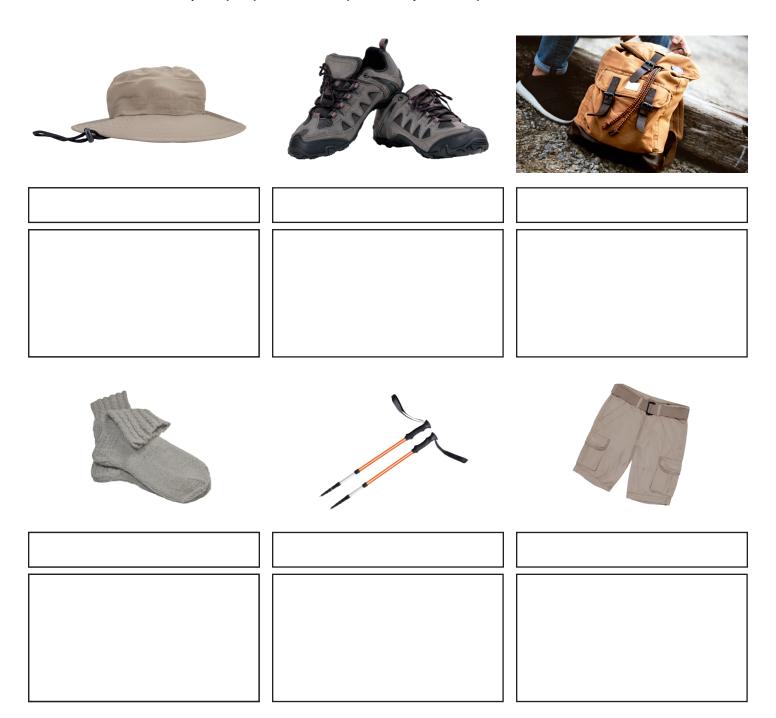


Know Your EquipmentFollow the instructions to complete the activity.

NAME	
DATE	

Using the information found on pages 6 and 7 of the book, label each piece of equipment shown below. Identify its purpose and explain why it is important.



Daypack Trekking Poles Hat Layers Shoes Socks





Fill in the BlankFollow the instructions to complete the activity.

NAME	
DATE	
DATE	

Use the information found in *Hiking* to fill in the blanks below.

1.	Hikers should carry a to show which direction they are traveling.
	This instrument will always point north.
2.	The Trail to Machu Picchu, in Peru, climbs 28 miles (45 kilometers) through mountainous jungle.
3.	A bag is a daypack that has a built-in water bag and drinking tube.
4.	Hiking is called in New Zealand.
5.	People hiking in the Grand Canyon may see the endangered condor.
6.	Many hikers use walking or poles.









True or FalseFollow the instructions to complete the activity.

NAME	
DATE	

Using information found in the book, verify whether the following statements are true or false. Check your answers in the book. List the page number where you found the information beside your answer.

Statement 1	The Appalachian Trail stretches from Maine to Georgia.	TrueFalse	Page Number	
Statement 2	In Chile, trails are marked by a color-coded signpost system that rates the difficulty of the trail.	TrueFalse	Page Number	
Statement 3	Most often, moss grows on the east side of trees.	TrueFalse	Page Number	
Statement 4	Sunglasses offer protection from the Sun's harmful rays.	TrueFalse	Page Number	
Statement 5	In 2006, the American Hiking Society was formed in the United States.	TrueFalse	Page Number	

Page

1 of 1

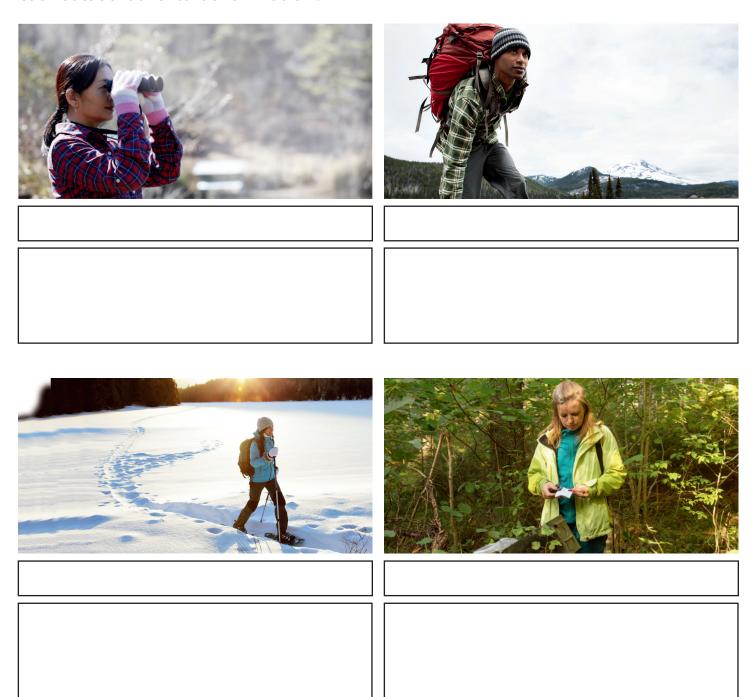




Identify the AdventureFollow the instructions to complete the activity.

NAME	
DATE	

Using the information found on pages 14 and 15 of the book, label and briefly describe each outdoor adventure shown below.



Scrambling Bird-Watching Geocaching Snowshoeing





Reference: Pages 14–15



Write a Letter Follow the instructions to complete the activity.

NAME	
DATE	

Imagine you are on a hiking adventure at any one of the four sites featured on pages 16 and 17 of the book. Write a letter to your family describing your trip. What sights have you seen? What activities have you done?



Name of Location:	
1	





www.openlightbox.com



QuizTest your knowledge by answering these questions.

NAME	
DATE	

1	How can hikers prevent dehydration?
•	
2	Why should hikers not wear heavy boots?
3	What special equipment do hikers need to watch birds?
Л	Why is it a good idea to only take short rests when hiking?
7	
5	Why should hikers wear two pairs of socks?
6	What is gorp?
O	

Page

1 of 1





Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

NAME	
DATE	

KEY WORDS

bacteria recreational cache scat

dehydration terrain
Global Positioning System (GPS) track

naturalist



1.	
	animal droppings
2	
۷.	waterproof container

- the ground
- person who studies nature
- tiny, living cells that can cause illness

6.	
	an abnormal decrease in body fluids
7.	
	something done for fun or relaxation, such as hobbies, games, and sports
8.	
	a system that uses satellite signals to find a location on Earth



9.

a rough path

Outdoor Adventures and Sports