

Know Your Equipment

Follow 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



Outdoor Adventures and Sports

Hiking

Reference: Pages 6–7

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Fill in the Blank

Follow the instructions to complete the activity.

NAME

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 backpack 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 False

Follow 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.

- ☐ True
☐ False

Page
Number

Statement 2

In Chile, trails are marked by a color-coded signpost system that rates the difficulty of the trail.

- ☐ True
☐ False

Page
Number

Statement 3

Most often, moss grows on the east side of trees.

- ☐ True
☐ False

Page
Number

Statement 4

Sunglasses offer protection from the Sun's harmful rays.

- ☐ True
☐ False

Page
Number

Statement 5

In 2006, the American Hiking Society was formed in the United States.

- ☐ True
☐ False

Page
Number



Identify the Adventure

Follow 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



Outdoor Adventures and Sports

Hiking

Reference: Pages 14–15

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Write a Letter

Follow the instructions to complete the activity.

NAME

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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:



Outdoor Adventures and Sports

Hiking

Reference: Pages 16–17

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Quiz

Test 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?

4 Why is it a good idea to only take short rests when hiking?

5 Why should hikers wear two pairs of socks?

6 What is gorp?



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	

Your Score is  **%**

- | | |
|--|---|
| 1. <input type="text"/>
animal droppings | 6. <input type="text"/>
an abnormal decrease in body fluids |
| 2. <input type="text"/>
waterproof container | 7. <input type="text"/>
something done for fun or relaxation, such as hobbies, games, and sports |
| 3. <input type="text"/>
the ground | 8. <input type="text"/>
a system that uses satellite signals to find a location on Earth |
| 4. <input type="text"/>
person who studies nature | 9. <input type="text"/>
a rough path |
| 5. <input type="text"/>
tiny, living cells that can cause illness | |

