

ARROW OF LIGHT HIKING HUNT CHALLENGE

LOOK FOR THE ITEMS BELOW & COMPLETE
THE TASK WHEN YOU FIND THE ITEM! IF YOU ARE
UNABLE TO DO A TASK- JUST MODIFY TO
YOUR ABILITIES! REMEMBER TO HAVE FUN!



SPIDERWEB WITH INSECT:
DEMONSTRATE FOUR
WARM UP'S
TO DO BEFORE EXERCISING



1 RED & 1 ORANGE LEAF:
RECITE THE SCOUT LAW,
THEN DO A SILLY DANCE



TWO ANIMAL TRACKS:
IDENTIFY THE TRACKS,
THEN DO A 30 YARD DASH



PINECONE'S ON A TREE:
DO 3 SETS OF 10 LUNGES
WITH EACH LEG



TREE WITH MOSS ON NORTH:
DO TWO SETS OF
10 VERTICAL JUMPS



WATER SOURCE:
SKIP FOR 20 FEET,
THEN DO 10 SQUATS & SKIP
BACK TO START SPOT



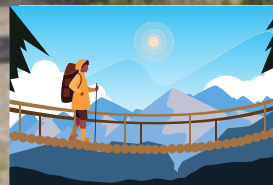
BENCH:
DO TWO SETS OF
10 HIGH KNEES
(LIFT BENT LEG TO SKY)



SQUIRREL:
DO TWO SETS OF
10 JUMPING SQUATS
(SQUAT TO A JUMP)



POISON IVY:
DEMONSTRATE FOUR WAYS
TO COOL DOWN
AFTER EXERCISE



BRIDGE ON A TRAIL:
DO 10 PUSHUPS,
THEN RECITE
THE OUTDOOR CODE



SNAIL OR SLUG:
KICK AS HIGH AS
YOU CAN 10 TIMES
WITH EACH LEG



ACORN:
TWO SETS OF 8 STRETCHES FOR
30 SECONDS EACH, THEN EXPLAIN
WHAT LEAVE NO TRACE MEANS

CASCADE PACIFIC COUNCIL

LEAVE NO TRACE

Know before you go! Choose the right path! Trash your
trash! Leave what you find! Be careful with fire!

Respect Wildlife! Be kind to others!

