



EAGLE 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!

(DON'T KNOW THE ANSWER TO SOMETHING? IT'S OKAY! JUST LEARN IT ONCE AT HOME)



RACCOON:

DO A 25 YARD DASH, THEN TELL HOW THE SCOUT LAW WILL GUIDE YOUR LIFE IN THE FUTURE



BLACK HAWTHORN:

STRETCH FOR 5 MINUTES, TELL WHY A GOOD NUTRITIOUS DIET IS IMPORTANT



WHITE TAILED DEER:

JOG IN PLACE FOR 2 MINUTE, DO 20 JUMPING JACKS, THEN TELL EARLY SIGNS OF A STROKE



BALD EAGLE FISHING:

DO 3 SETS OF LUNGES FOR ONE MINUTE & NAME TWO REFERENCES YOU COULD USE FOR A JOB



INCENSE CEDAR:

DO 10 RUNNING LONG JUMPS, THEN SHARE A FIVE YEAR GOAL YOU HAVE



SNOW YOU CAN TOUCH:

DO 12 BURPEES & TELL HOW THE SCOUT OATH WILL GUIDE YOUR LIFE IN FUTURE



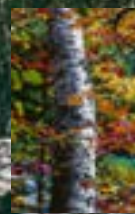
BLACK-LEGGED KITTIWAKE:

DO 2 SETS OF HIGH KNEES FOR 1 MINUTE, EACH LEG (LIFT BENT LEG TO SKY)



DIDELPHIS VIRGINIANA:

DO 2 SETS 15 SUMO SQUATS, THEN TELL HOW TO MAINTAIN A HEALTHY WEIGHT



PAPER BIRCH:

DO 3 SETS OF 20 TOE TOUCHES, THEN DANCE FOR ONE MINUTE LIKE NOBODY IS WATCHING



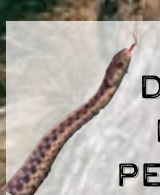
NATURAL ARCH:

DO 3 SETS OF PUSHUPS FOR 1 MINUTE, THEN TELL FIRST AID FOR HEAT EXHAUSTION



RED-TAILED HAWK:

DO 12 JUMPING SQUATS (SQUAT TO A JUMP), THEN 12 STANDING LONG JUMPS



THAMNOPHIS ORDINOIDES:

DO 20 HIGH KICKS WITH EACH LEG, THEN EXPLAIN HOW TO PERFORM CPR & USE OF AN AED

CASCADE PACIFIC COUNCIL

LEAVE NO TRACE

Plan ahead & prepare! Travel & camp on durable surfaces! Dispose of waste properly! Leave what you find! Minimize campfire impacts! Respect wildlife! Be considerate of others!

