



# LIFE 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)



**WESTERN TOAD:**  
DO 15 FROG LEAPS, THEN NAME A CONSERVATION SERVICE PROJECT TO GET 3 HRS SERVICE



**PACIFIC MADRONE:**  
STRETCH FOR 5 MINUTES, TELL WHY A GOOD FITNESS ROUTINE IS IMPORTANT



**WHITE TAILED DEER:**  
JOG IN PLACE FOR 1 MINUTE, DO 15 JUMPING JACKS, THEN TELL HOW YOU LIVE BY SCOUT LAW



**BALD EAGLE ON BRANCH:**  
DO 2 SETS OF LUNGES FOR ONE MINUTE & TELL HOW YOU DO YOUR DUTY TO GOD



**PACIFIC YEW:**  
DO 10 RUNNING LONG JUMPS, THEN TELL WHEN YOU SHOULD USE LASHINGS



**SNOW YOU CAN TOUCH:**  
DO 12 BURPEES & TELL WHEN YOU SHOULD NOT USE LASHINGS



**HAIRY WOODPECKER:**  
DO HIGH KNEES FOR 1 MINUTE, EACH LEG (LIFT BENT LEG TO SKY)



**BEAVER:**  
DO 2 SETS 15 SUMO SQUATS, THEN DESCRIBE STEPS OF THE EDGE METHOD



**WESTERN LARCH:**  
DO 2 SETS OF 20 TOE TOUCHES, THEN DISCO DANCE FOR 1 MINUTE



**NATURAL ARCH:**  
DO 2 SETS OF PUSHUPS FOR 1 MINUTE, THEN TELL FIRST AID FOR HYPOTHERMIA



**GREAT HORNED OWL:**  
DO 10 JUMPING SQUATS (SQUAT TO A JUMP), THEN 10 STANDING LONG JUMPS



**SNAKE:**  
DO 20 HIGH KICKS WITH EACH LEG, THEN DEMONSTRATE FIRST AID FOR SPRAINED ANKLE



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!

