



SCOUT 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)



SALAMANDER:
SLOW STRETCHES FOR TWO MINUTES, THEN SAY THE SCOUT MOTTO



WESTERN RED CEDAR:
RECITE THE OUTDOOR CODE, THEN DO A VIRAL DANCE



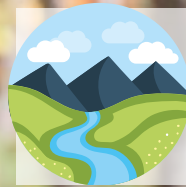
TWO ANIMAL TRACKS:
EXPLAIN WHAT IS SCOUT SPIRIT, THEN DO TWO 30 YARD DASHES



BALD EAGLE:
DO 3 SETS OF 10 LUNGES WITH EACH LEG & DESCRIBE THE 4 STEPS OF ADVANCEMENT



TREE WITH MOSS ON NORTH:
DO THREE RUNNING LONG JUMPS AND REPEAT THE SCOUT SLOGAN



WATER SOURCE:
SKIP FOR 40 FEET, THEN EXPLAIN HOW TO CLEAN THE WATER



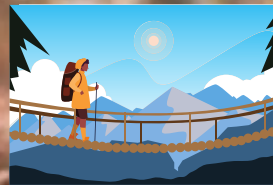
OWL:
DO TWO SETS OF 10 HIGH KNEES (LIFT BENT LEG TO SKY)



SQUIRREL CHASING ANOTHER SQUIRREL:
JOG IN PLACE FOR ONE MINUTE



SITKA SPRUCE TREE:
DO TWO SETS OF 10 JUMPING SQUATS (SQUAT TO A JUMP)



BRIDGE ON A TRAIL:
DO 10 PUSHUPS, THEN TELL WHAT THE SCOUT LAW MEANS TO YOU



CROW:
KICK AS HIGH AS YOU CAN 10 TIMES WITH EACH LEG



DOUBLE ACORN:
EXPLAIN HOW HIKING IS AN AEROBIC ACTIVITY, THEN DO 10 SQUATS



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!

