

2ND CLASS 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)



FROG:

DO 10 FROG LEAPS, THEN TELL
WHAT PRECAUTIONS MUST
BE TAKEN FOR A SAFE SWIM



PACIFIC SILVER FIR:

DO 3 SETS OF 5 STRETCHES
FOR 30 SECONDS EACH



DEER:

DO A 30 YARD DASH,
15 JUMPING JACKS,
THEN DASH BACK TO START



BALD EAGLE IN FLIGHT:

DO TWO SETS OF 15 LUNGES
WITH EACH LEG & EXPLAIN WHAT
RESPECT IS DUE THE USA FLAG



A DISEASED TREE:

DO FIVE RUNNING LONG
JUMPS, THEN SHOW HOW
TO TIE THE BOWLINE KNOT



25 FT. WATER FALL:

DO 5 BURPEES, THEN
DEMONSTRATE HOW TO
ORIENT A MAP



RUBY-CROWNED KINGLET:

DO FIVE SETS OF
10 HIGH KNEES
(LIFT BENT LEG TO SKY)



NUTRIA:

DO TWO SETS OF 10 SQUATS,
THEN TELL WHY DENTAL
HYGIENE IS IMPORTANT



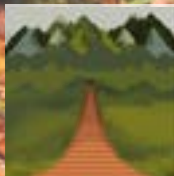
BREWERS WEEPING SPRUCE:

TOUCH TOES 10 TIMES,
THEN SHOW OFF A VICTORY
DANCE FOR ONE MINUTE



BRIDGE ABOVE WATER:

DO 2 SETS OF 10 PUSHUPS,
THEN DEMONSTRATE TYING
THE SHEET BEND KNOT



WOODEN BOARDWALK:

DO THREE SETS OF
15 JUMPING SQUATS
(SQUAT TO A JUMP)



BLUE HERON:

TELL HOW YOU PRACTICE
LEAVE NO TRACE,
THEN DO 20 HIGH KICKS



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!

