

TENDERFOOT 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 DESCRIBE
THE EDGE METHOD



WESTERN RED CEDAR:
EXPLAIN WHAT TO DO IF YOU
BECOME LOST ON THE HIKE,
THEN DO A VIRAL DANCE



DEER:
DO A 20 YARD DASH,
10 JUMPING JACKS,
THEN DASH BACK TO START



BALD EAGLE:
DO TWO SETS OF 15 LUNGES
WITH EACH LEG & SHARE HOW
YOU LIVE BY THE SCOUT LAW



TREE WITH MOSS ON NORTH:
DO THREE RUNNING
LONG JUMPS AND TELL WHY
MORE MOSS IS ON THE NORTH



25 FT. WATER FALL:
SKIP FOR 50 FEET,
THEN EXPLAIN HOW TO
TREAT FOR BLISTERS ON FOOT



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



**SQUIRREL CHASING
ANOTHER SQUIRREL:**
JOG IN PLACE FOR
TWO MINUTES



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



BRIDGE ABOVE WATER:
DO 15 PUSHUPS, THEN
DEMONSTRATE A PRACTICAL
USE OF THE SQUARE KNOT



CROW:
DO TWO SETS OF
10 HIGH KICKS
WITH EACH LEG



DOUBLE ACORN:
EXPLAIN IMPORTANCE OF THE
OUTDOOR CODE & LEAVE NO
TRACE, THEN DO 15 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!

