



# STAR 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 3 POSSIBLE SERVICE  
PROJECTS TO GET 6 HRS SERVICE



## PACIFIC MADRONE:

STRETCH FOR 5 MINUTES,  
TELL WHY STRETCHING  
MUSCLES IS IMPORTANT



## ELK:

JOG IN PLACE FOR 2 MINUTES,  
THEN GIVE ONE IDEA FOR AN  
EAGLE PROJECT & WHY NEEDED



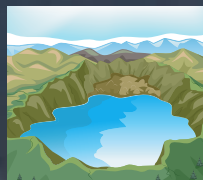
## BALD EAGLE ON BRANCH:

DO 3 SETS OF 15 LUNGES  
WITH EACH LEG & TELL HOW  
YOU LIVE BY THE SCOUT OATH



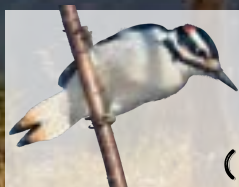
## PACIFIC YEW:

DO 7 RUNNING LONG  
JUMPS, THEN SHOW HOW  
TO TIE A CLOVE HITCH



## LAKE:

DO 10 BURPEES & SHOW HOW  
TO USE A HANDHELD GPS UNIT  
OR GPS APP ON SMARTPHONE



## HAIRY WOODPECKER:

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



## BEAVER:

DO 15 SUMO SQUATS,  
THEN TELL 5 POSSIBLE  
HAZARDS WHILE HIKING



## WESTERN LARCH:

TOUCH TOES 20 TIMES,  
THEN CREATE THE NEXT 'VIRAL'  
DANCE WITH YOUR BUDDY



## BRIDGE ABOVE DRY LAND:

DO PUSHUPS FOR 1 MINUTE,  
THEN TELL THE 5 MOST COMMON  
SIGNALS OF A HEART ATTACK



## GREAT HORNED OWL:

DO 7 JUMPING SQUATS  
(SQUAT TO A JUMP), THEN  
7 STANDING LONG JUMPS



## SNAKE:

DO 20 HIGH KICKS WITH  
EACH LEG, THEN EXPLAIN  
FIRST AID FOR A SNAKEBITE



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!

