

HIKING TRAILS SCORE SHEET

Complete **six** (6) required and/or “Reach the Peak” activities in the Hiking Trails Achievement Program each year. Complete the program in three years. If you do additional activities, please **check** (✓) the **six** (6) activities you want to be graded. Record in your Hiking Trails notebook the what, when, where, and how you accomplished each selected “Reach the Peak” activity. Include your notebook with your project book for grading. (**Maximum: 42 points only.**)

| | Possible Points | Score First Year | Score Second Year | Score Third Year |
|--|-----------------|------------------|-------------------|------------------|
| Activity 1: So You Want to Take a Hike? | | | | |
| <input type="checkbox"/> Planning a day hike (pages 6-7) | <u>7</u> | _____ | _____ | _____ |
| <input type="checkbox"/> Reach the Peak activity (page 7) | <u>7</u> | _____ | _____ | _____ |
| Activity 2: Hiking Essentials | | | | |
| <input type="checkbox"/> Choosing items for a day hike (pages 8-9) | <u>7</u> | _____ | _____ | _____ |
| <input type="checkbox"/> Reach the Peak activity (page 9) | <u>7</u> | _____ | _____ | _____ |
| Activity 3: Get Packing! | | | | |
| <input type="checkbox"/> Packing a backpack (pages 10-11) | <u>7</u> | _____ | _____ | _____ |
| <input type="checkbox"/> Reach the Peak activity (page 11) | <u>7</u> | _____ | _____ | _____ |
| Activity 4: Outdoor Duds – Don’t Lose Your Cool | | | | |
| <input type="checkbox"/> Understanding body heat principles and clothing types (pages 12-13) | <u>7</u> | _____ | _____ | _____ |
| <input type="checkbox"/> Reach the Peak activity (page 13) | <u>7</u> | _____ | _____ | _____ |
| Activity 5: Layer Upon Layer | | | | |
| <input type="checkbox"/> Discovering the “layering” principle (pages 14-15) | <u>7</u> | _____ | _____ | _____ |
| <input type="checkbox"/> Reach the Peak activity (page 15) | <u>7</u> | _____ | _____ | _____ |
| Activity 6: These Boots are Made for Walkin’ | | | | |
| <input type="checkbox"/> Choosing hiking boots or shoes (pages 16-17) | <u>7</u> | _____ | _____ | _____ |
| Activity 7: Food Matters! | | | | |
| <input type="checkbox"/> Planning and preparing hiking food (pages 18-19) | <u>7</u> | _____ | _____ | _____ |
| <input type="checkbox"/> Reach the Peak activity (page 19) | <u>7</u> | _____ | _____ | _____ |
| Activity 8: What’s in a First Aid Kit? | | | | |
| <input type="checkbox"/> Preparing a basic first aid kit (pages 20-21) | <u>7</u> | _____ | _____ | _____ |
| <input type="checkbox"/> Reach the Peak activity (page 21) | <u>7</u> | _____ | _____ | _____ |
| Activity 9: Hot Topics: Hot Spots and Blister Care | | | | |
| <input type="checkbox"/> Caring for blisters (pages 22-23) | <u>7</u> | _____ | _____ | _____ |
| <input type="checkbox"/> Reach the Peak activity (page 23) | <u>7</u> | _____ | _____ | _____ |

| | | | | |
|---|------------|-------|-------|-------|
| Activity 10: Leave No Trace | | | | |
| ___ Practicing Leave No Trace ethics (pages 24-25) | <u>7</u> | _____ | _____ | _____ |
| ___ Reach the Peak activity (page 25) | <u>7</u> | _____ | _____ | _____ |
| Activity 11: Happy Hikers | | | | |
| ___ Developing trail etiquette (pages 26-27) | <u>7</u> | _____ | _____ | _____ |
| ___ Reach the Peak activity (page 27) | <u>7</u> | _____ | _____ | _____ |
| Activity 12: In the Right Direction | | | | |
| ___ Using a compass (pages 28-29) | <u>7</u> | _____ | _____ | _____ |
| ___ Reach the Peak activity (page 29) | <u>7</u> | _____ | _____ | _____ |
| Activity 13: A Bad Spell of Weather | | | | |
| ___ Identifying hazardous weather (pages 30-31) | <u>7</u> | _____ | _____ | _____ |
| ___ Reach the Peak activity (page 31) | <u>7</u> | _____ | _____ | _____ |
| Activity 14: Protective Places | | | | |
| ___ Selecting natural shelters (pages 32-33) | <u>7</u> | _____ | _____ | _____ |
| ___ Reach the Peak activity (page 33) | <u>7</u> | _____ | _____ | _____ |
| Activity 15: Whose Footprints Are These? | | | | |
| ___ Studying plants and animals safely (pages 34-35) | <u>7</u> | _____ | _____ | _____ |
| ___ Reach the Peak activity (page 35) | <u>7</u> | _____ | _____ | _____ |
| My Own "Reach the Peak" Activities | | | | |
| ___ _____ | <u>7</u> | _____ | _____ | _____ |
| ___ _____ | <u>7</u> | _____ | _____ | _____ |
| ___ _____ | <u>7</u> | _____ | _____ | _____ |
| ___ _____ | <u>7</u> | _____ | _____ | _____ |
| Hiking Trails | | | | |
| Planning the Journey (page 3) | <u>6</u> | _____ | _____ | _____ |
| Achievement Program (page 4) | <u>2</u> | _____ | _____ | _____ |
| Exhibit: (Maximum 30 points only) | <u>30</u> | _____ | _____ | _____ |
| plus your "Reach the Peak" activities notebook and project book. | | | | |
| Exhibit ideas include poster or display on essentials for a hiking trip, camping trip diary, first aid kit, CPR/First Aid steps, foods list for a hiking trip, treasure hunt using a compass, weather safety program, how to purify water, or winter survival plan. | | | | |
| Activity Record | <u>20</u> | _____ | _____ | _____ |
| Total Score | <u>100</u> | _____ | _____ | _____ |

Judges Comments: _____

Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status.

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Director, Cooperative Extension Service, West Virginia University.