

Try Something New!

One of the exciting things in outdoor recreation is that there is always something new to try. Think of an activity that you have been curious about but haven't yet had the opportunity to try. Answer the questions below to help you prepare for the new adventure, then go do it!

Date _____ Time of Day _____ Weather _____

New activity:

Why did you choose this activity?

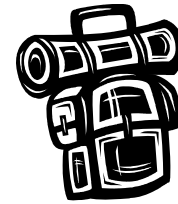
What preparation (supplies, food, safety) will need to be done ahead of time?

Can you do this by yourself or will you need a partner?

How did it go?

Do you think you would try this activity again?

What surprised you about this activity?



Backpack Adventures!



Packing Your Backpack

- Assemble all food, water, clothing, and other equipment you intend to carry in waterproof bags.
- For easy access, keep your water bottles outside the main pack in side pockets or hung on belts. Also keep your rain gear, snacks, and whistle easily available.
- Load your sleeping bag at the bottom of your pack (if you have an internal-frame pack) or tie it in double waterproof sacks below (if you have an external-frame pack).
- Pack the heavier items (such as food, stove, and fuel) keeping the heaviest items closer to the small of your back and evenly distributing weight from side to side within the pack.
- Fill the top space with clothing. As you pack, be sure that objects don't protrude into your back.
- Once all of this gear is in your pack, and you've filled up your water bottles, it should weigh less than 1/3 of your body weight!
- Choose your backpack to fit you and match the type of hiking experience you are planning.
- Try on the pack and walk around with it fully packed before starting out on your adventure.

Adjusting Your Backpack

Nearly all of the weight of a loaded pack should be on your hips and sacrum. The shoulder straps are there only to keep the pack close to your back. Start by filling your pack following the guidelines above, tightening the pack around the load so that it doesn't move around.

1. The load lifters are the two straps that run from the shoulders up to the top of the pack. Loosen up all of these straps so that the pack hangs limply from your shoulders. Lift your shoulders so that the hip belt is at the level of your hips, fasten it, and tighten it around your hip bones.
2. Next, tighten the shoulder straps so that they touch your shoulders solidly around all sides. Your shoulders shouldn't be carrying any of the weight.
3. Finally, tighten down the load lifters until the pack presses up against your back.

Camping Check List

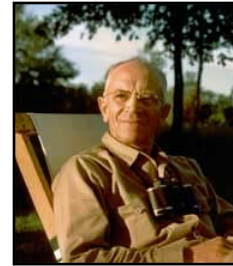


When you go camping you want to be comfortable and safe. Here are some things to consider packing as you plan a trip. These items are best used when car camping and will need to be modified for wilderness trips. Check things off as you pack them to be sure everything is ready.

Items to Pack	Already Have	Need to Borrow	Need to Buy
Tent, stakes, poles, tent rope, extra stakes			
Waterproof groundcover			
Sleeping bags – appropriate for temperature			
Sleeping pads – appropriate for temperature			
Flashlight/headlamp with extra batteries and bulbs			
Pocketknife or multi tool (for adult use)			
Clothespins and extra rope			
Dish towel, cloth, & environmentally safe soap			
Towels and washcloths – ones that dry quickly!			
Hiking boots or comfortable shoes, broken in			
Clothes, plus extras such as hats, sweatshirts, long pants and socks			
Rain gear, top & bottom, accessible at all times			
First Aid Kit			
Insect repellent/sunscreen/sunburn lotion			
Matches in a waterproof container			
Dry firewood if a fire is necessary			
Garbage bags and ties			
Bottles filled with clean drinking water, water purifier			
Cooking pans, utensils, and aluminum foil			
Basic tools – including pliers for hot pans			
Food			
Whistle(s)			
Map, GPS, Compass			
Optional items: camp stove and fuel, cooler with ice, firewood, long campfire forks, fire starters, journals, nature identification books, camera, pillow			
Other:			

Reflections and Observations

With Aldo Leopold



Aldo Leopold was a naturalist, forester, professor, wildlife manager, and writer. He is considered the “father” of wildlife ecology, and was one of the pioneers in natural resources conservation. Leopold developed an interest in the natural world at an early age. He spent

hours observing, journaling, and sketching along the Mississippi River bluffs and backwaters of his childhood home and, later, at his Wisconsin farm. The observations and reflections from that farm later became the book for which Leopold is best known: *A Sand County Almanac*. In it, he wrote “***We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect.***”

- What significant event/experience/place made you really aware of the natural world and the need to protect it?

- Is there one person who has especially influenced you to be more respectful of nature? What have you learned from him/her?

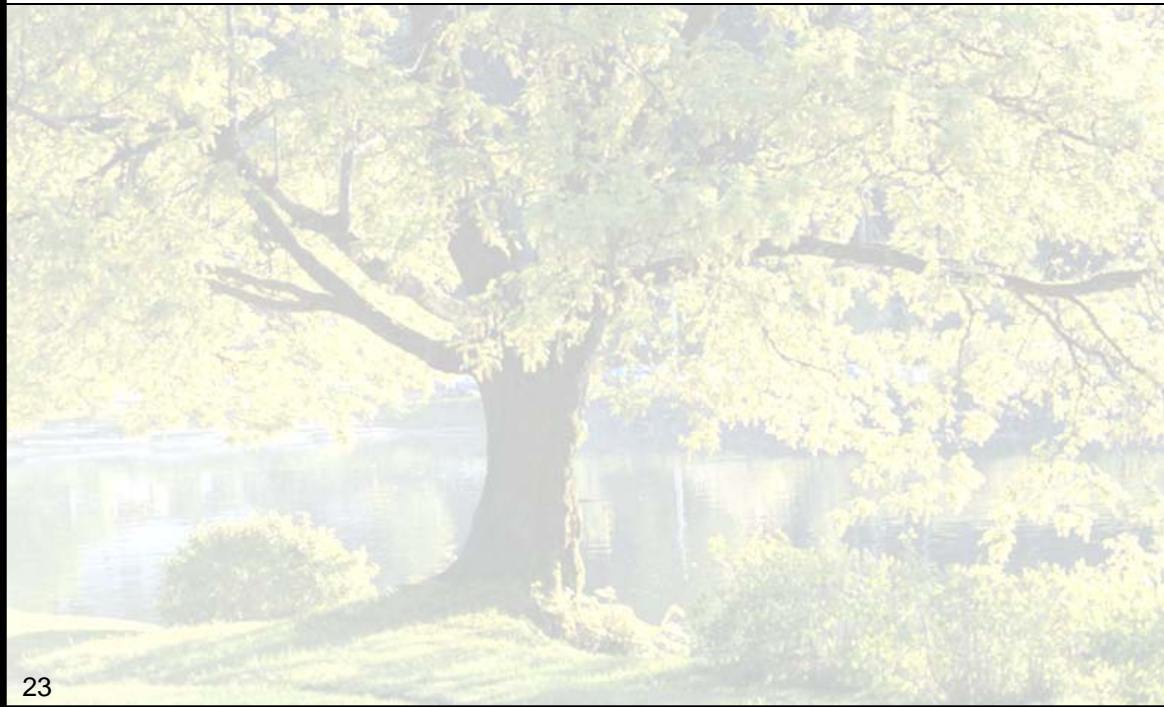
- How did this event or person change how you act in your daily life?

- In what ways might **you** influence others to take care of the environment?

Solo Experience Journal

A **solo experience** is an opportunity to reflect by yourself in a natural setting. Topics for reflection are endless. Maybe you'll choose to think about your life and set goals for the future, or to consider lessons learned from the past. Or, you may choose to think about current environmental crises or focus on a specific aspect of the natural world surrounding you. Maybe you're wondering why your family garden isn't producing squash, or how you could incorporate more time outside into your studies. Maybe you just need some quiet and inspiration for planning your next outdoor adventure...

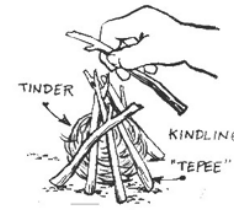
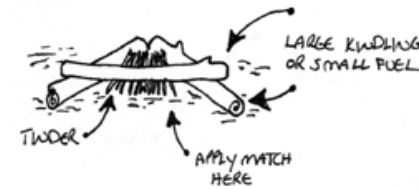
- Find a quiet, secluded, safe place without a lot of distractions.
- Get settled and comfortable, preparing to sit still for at least 20 minutes.
- Let your mind and body relax, and look to your surroundings for inspiration.
- Write, draw, or otherwise express your thoughts below.



Campfires

You may not always need a campfire, but when you do use these!

Teepee Fire (Good for Cooking)

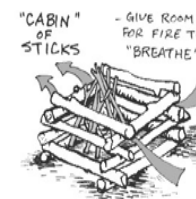


Start with an A-frame

Then build the Teepee

- Lay the A-frame and the tinder (dry leaves, grasses, or small twigs).
- Gradually add wood, setting kindling (small sticks) and then larger logs on end in the form of a teepee.

Log Cabin Fire (Longest-lasting Campfire)



- Form a basic teepee of tinder and kindling.
- Place logs around the teepee as if you were building a miniature log cabin.
- Gradually lay the logs toward the center as you build the cabin higher. The cabin will have the appearance of a pyramid, and coals will form quickly.

Crisscross Fire (Long-lasting fire for Dutch Oven Cooking)

- Form basic A-frame and teepee of tinder and kindling.
- Place the logs on the fire, one layer crossing the other. Leave space between each log for air to circulate.



Sources: www.scoutscan.com/campfire.html.

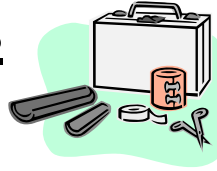
www.lnt.org

http://mysite.verizon.net/hjlichtman/Resources/ArtOfCampfire/types_of_campfire



First Aid Tips & Supplies

Keep your first aid kit handy!



Basic Supplies to Pack

- Ace Bandage
- Adhesive Tape
- Analgesic (Pain Relief) Cream
- Antiseptic Ointment/Wipes
- Bandages in various sizes
- Basic First Aid Book
- Butterfly Closures
- Calamine Lotion
- Cold/Hot Packs
- Cotton Swabs
- Disposable Rubber Gloves
- Gauze Bandages/Sterile Pads
- Hand Sanitizer
- Hydrogen Peroxide
- Moleskin/Second Skin
- Needle and Thread
- Pain Reliever
- Safety Pins
- Small Tweezers
- Sunburn Ointment
- Sunscreen
- Washcloth or Bandana

Have an Emergency Plan!

- How will you contact help if someone becomes ill or is injured?
- Where is the nearest hospital or medical clinic?
- Does someone know where you area and when you're planning to return?
- Do you have extra food, water, and medications?

Safety Tips

- Remember to pack any medications you take on a regular basis.
- Watch for blisters! Cover them with mole skin or bandages before they become a major problem.
- Be aware of your surroundings and stay alert to avoid accidents.
- Travel and camp with others.
- Know what poison ivy, wild parsnip, and other local poison plants look like. You don't want a nasty skin reaction!



Poison Ivy

Leaves of Three, Leave It Be!



Wild Parsnip



Poetry in Nature



Poetry can be the perfect way to express your feelings and thoughts from a day spent in nature. Try creating one of these poems to help you capture the memories of your experience.

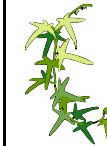
Diamonte

- Poems in the shape of a diamond.
- Goal: move from one subject at the top of the diamond to a **different** (maybe opposite) subject at the bottom of the diamond.
- Does not have to rhyme, but each line requires certain types of words.

Structure of a Diamonte

- Line 1: one noun (subject #1)
- Line 2: two adjectives (describe subject #1)
- Line 3: three words ending in "ing" (verbs, describe subject #1)
- Line 4: four nouns (first two about subject #1; second two about subject #2)
- Line 5: three words ending in "ing" (verbs, describe subject #2)
- Line 6: two adjectives (describe subject #2)
- Line 7: one noun (subject #2)

Winter
cold, icy
freezing, frosting, snowing
blizzards, flurries--melting, sweating
sunshine, sprinklers, blue sky
warm, heat
Summer.



Haiku

- Traditional Japanese poetry focused on seasons, and often nature
- English haiku is broken into three lines, each with a certain number of syllables (5, 7, 5)

Tips for Good Haiku

- Use objective sensory images, rather than subjective commentary.
- Write what you see, not what you feel. Express your feelings through images, not by saying them.
- Use phrases that help you think of a season, without having to waste words saying that season (i.e. use "falling leaves" to signal autumn, or "tulip blossoms" to signal spring)
- Present a contrast or comparison, either with one idea in the first two lines, then a different idea in the last line, or vice versa. Create a "leap" between the two parts.

A giant firefly:
That way, this way, that way, this—
And it passes by

Nature's Calendar (Phenology)

Phenology is the study of periodic plant and animal life cycle events and how these are influenced by seasonal and yearly variations in climate. Create your own phenology by recording a list of "Firsts" or other special natural events. Or, study one topic in depth, like the life cycle of a tree in your backyard, a plant that grows in a field, or events at a nearby creek.


Warmest Day of Year!

Tulips Blooming!

First Snowflake!

Sumac Leaves Changing!

First Morel Mushroom!




Event	Date	Notes (Location, Temperature, Weather)
Ex: Saw first robin	March 11, 2010	In Grandma's backyard. Under a pine tree. There were snow flurries!
		



Bike Safety

Stay Safe while Biking in Iowa

- **Ride with traffic.**
- **Obey all traffic signs**, signals and roadway markings.
- **Yield** to automobiles and pedestrians.
- Use **night lights**. If you ride at night, your bike must be equipped with a white light on the front and a red light or reflector on the back. Both must be visible for at least 300 feet.
- **No sirens or whistles**. Leave them at home if you are biking in Iowa!
- **Avoid interstate highways** when you are biking.
- **Use hand signals** to warn others if you're going to turn, change lanes, or stop.

HAND SIGNALS		
		
Left Turn	Right Turn	Stop
For a left turn, extend your left arm straight out	For a right turn, extend your left arm out and up, bent at the elbow	To signal you are stopping, extend your left arm out and down, bent at the elbow
Source: Teens Health - http://kidshealth.org/teen/exercise/safety/bike_safety.html		

Other Bike Safety Tips

- Wear a helmet to prevent serious head injury.
- Watch out for parked cars pulling into traffic or car doors opening into your path.
- Expect the unexpected but be predictable. Avoid sudden movements or stops.
- Watch out for cars turning across your path and be prepared to stop.
- Use a rear view mirror to check on traffic behind you.
- Be seen! Wear light or brightly colored clothing to make yourself more visible to motorists.
- Be heard! Use voice, horn, or bell to warn others of your presence.

Paddling Your Canoe!



Remember to pick a canoe with the style, length, and weigh that are best suited to the type of water you will be floating. To fit your paddle, stand with the tip of the paddle blade on your toe. The top of the paddle grip should reach between your eyes and nose.

Basic Canoe Strokes

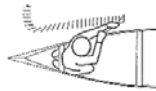
Forward Stroke *(Moves canoe forward.)*

1. Reach forward and place the paddle upright in the water.
 2. Draw the paddle straight toward the back of the canoe, parallel to the middle of the canoe. Use your lower arm to pull the paddle, and your upper hand to push it.
 3. End the paddle stroke at your hip. Lift the paddle from the water and move it forward for the next stroke.
- If done in reverse, the Forward Stroke becomes the **Back Stroke**, propelling the canoe backwards.



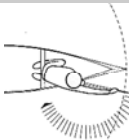
J Stroke *(Provides forward momentum while also turning the canoe toward the side that the back (stern) person is paddling on.)*

1. Reach forward and place the paddle upright in the water.
2. Pull the paddle back with the lower arm while the upper hand pushes it forward. When the paddle reaches your hip, twist the upper hand so that the thumb points forward. Push the paddle blade away from the canoe with your lower hand, making the shape of the letter "J."
3. Lift the paddle from the water and move forward for the next stroke.



Sweep Stroke *(Turns canoe in a circle away from the paddling side. Can also be done in reverse, turning the canoe toward the paddling side.)*

1. Place the paddle in the water, reaching as far in front of you as safely possible.
2. Pull the blade in a wide arc or semicircle until the paddle is behind you.
3. Lift the paddle from the water and move forward for next stroke.






Putting It Together *(Going Straight)*

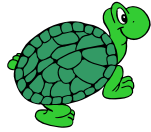


To go in a straight line, the front (bow) paddler should use the Forward Stroke, and the back (stern) paddler should use the Forward Stroke, with enough J or Sweep strokes to keep the canoe traveling in a straight line.

Seeing the Past in Rocks and Fossils

Iowa has a unique and interesting landscape. The northeast has an abundance of sedimentary limestone cliffs and gorges; other parts of the state have scenic, rolling hills and valleys. There are lots of opportunities for rock and fossil hunting! Always remember to respect private property as you search for these nuggets of Iowa's past.

Description or Drawing of Find	Description of Where You Found It	Predictions & Comments: Why do you think it was there? Where would more be?
		
		
		



Creek Stomping




Creek stomping is an Iowa tradition that goes back generations. You may go “creek stomping” for a specific purpose or just to see what you might find. Maybe you’re scoping out fishing holes, searching for fossils or other rocks, or just looking for the incredible number of critters who live in our water.

The next time you have an afternoon free, head to the nearest creek and see what you discover!

Date: _____ **Time:** _____ **Weather:** _____

Location: _____

Description of Find	Where You Found It	What You Think It Might Be	Drawing or Other Comments
Ex: Round circle that looks like a cinnamon roll	Along the shore	Some type of shell	



Paddling Your Kayak!



Kayak paddles are long, double bladed, and have a **front and back**. Keep the part of the paddle blade that is concave, or smooth, facing you. Most kayak paddles also have a **top and bottom**. If there is horizontal writing on the paddle, keep it upright, otherwise keep the tapered edge toward the water.

Basic Kayak Strokes

Forward Stroke (*Moves kayak forward. Your arms and wrists will follow a motion similar that of your legs and ankles when riding a bike.*)

1. Rotate your torso so your left shoulder is forward. With your left hand, reach forward and hold the **blade** in the water close to the kayak.
2. Your upper/right hand will push forward toward the **bow** (front) of the kayak while your lower/left arm pulls back in the water moving the blade parallel with the kayak. Rotate your right side forward.
3. As your left hand reaches your hip, remove the left paddle blade from the water, lifting your wrist and elbow to shoulder level. At the same time, lower your right arm, placing the right blade forward in the water. Rotate your torso by pushing out with your left hand.
4. Repeat the process and you’ve got it!

Forward Sweep Stroke (*Turns kayak away from side on which the stroke is performed while maintaining forward movement.*)

1. Start with your right shoulder, arm, and hand forward. Insert your right blade in the water toward the bow and close to the kayak’s side.
2. Push forward with your left arm while your right arm pulls the paddle back in a wide half circle, keeping the blade fully in the water.
3. Pull the right paddle out of the water like in the forward stroke. Resume regular paddling.
4. Stroke completed on other (left) side will turn kayak the opposite way.
5. Stroke completed in reverse will slow momentum and turn kayak toward the stroke.

Draw Stroke (*Pulls kayak sideways*)

1. Both of your hands are extended over the water on one side of the kayak. Your upper hand reaches farther out, making the paddle nearly perpendicular to water. The blade face is turned toward the kayak before it is placed in the water.
2. *Pull* the boat to the blade using both arms, keeping the paddle nearly vertical and with the lower hand applying most of the force.
3. When the blade is near the kayak, pull the blade out of the water and place it in position for the next stroke.

Which Reel is Right for You?

Thinking about going fishing? Before you head out, make sure you have the right gear for your skill level. Even though it's not listed here, don't forget about ice fishing in the winter, which anyone can do!



Beginner: Closed Face/Spincasting

- Easiest for beginners to learn
- Usually done from shore or a boat on rivers, lakes, and streams
- Bait: live (worms, minnows, bugs, etc.) or artificial (spinners, jigs, plastic, dough, etc.)
- Line is light, so cast is completed using the weight of the terminal tackle (bait or lure)



Intermediate: Open Face/Spinning

- Easy to master once comfortable with the closed face reel
- Comes in a wider range of sizes than the closed face reel
- Allows you to cast farther than you can with a closed reel, giving you access to fish that won't bite close to shore
- Bait: live (worms, minnows, bugs, etc.) or artificial (spinners, jigs, plastic, dough, etc.)



Advanced: Fly Fishing

- Technique takes practice to learn, but is very rewarding once mastered
- Often done while standing in water wearing waders
- Bait: flies (artificial; designed to resemble something a fish would eat)
- Line is heavy, so cast is completed using its weight



Discoveries in Nature



Record what you find as you're out exploring nature!

Date: _____ Time: _____ Weather: _____

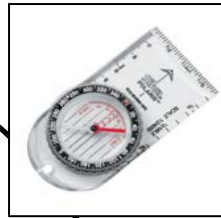
Location: _____

Description of Find	Where You Found It	What You Think It Might Be	Drawing or Other Comments
Ex: Hard mud pile with tube sticking up	On the bank by the creek	A bug home?	

GPS & Orienteering



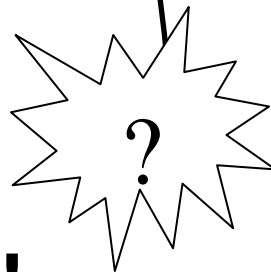
Finding Your Way To...



	Compass	GPS
What Makes It Work?	Earth's Magnetic Poles	Satellite Signals
You Head Towards:	Bearing	Waypoint
System of Location:	Cardinal Directions (N, S, E, W)	Coordinates (Longitude & Latitude)
Needs Batteries?	No	Yes
Fun to Use?	Yes!	Yes!
Which Do You Prefer?	?	?

Give a compass or GPS unit a try.
Both are fun ways to navigate and explore.
Remember to bring your map along!

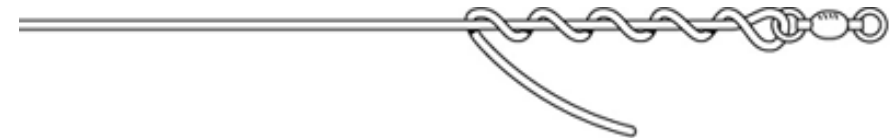
...trails, geocaches,
campsites, home, or
a new place to explore!



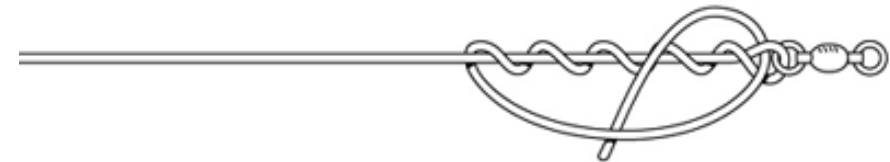
Fishing Tying the Improved Clinch Knot

The **Improved Clinch** is a very easy knot to tie, which is the main reason it's so popular in fishing for connecting monofilament line to terminal tackle. Follow these easy steps to tie your own tackle!

1. Pass the fishing line through the eye of the fishing hook, swivel or lure.
2. Double back and make five turns around the standing line.



3. Holding the loops in place, thread the loose end of line through the loop closest to the hook eye, and then through the big loop you just made.



4. Hold the loose end of line while pulling/pushing the string of coils up the line toward the hook. Make sure the coils spiral next to each other and do not overlap each other. Slide the bunched coils up against the eye.
5. Clip the loose end of line.



Source: BassPro Outdoor Site Library. <http://www.basspro.com>



Cross-country Skiing

A great way to get some exercise, stay warm, and enjoy the beauty of Iowa in Winter! Here are a few tips to get you started!

Basic Movement:

The basic skiing motion is much like walking except you don't lift your feet as high. At first you probably will walk, but soon you will be gliding along! To start, put all your weight on one foot. Lift the other foot slightly off the ground and slide it forward. Then, step down on the foot you've moved forward and push back. This should cause your body to move forward. Repeat this using the other foot.

To move faster, take advantage of the fact that skis slide. "Spring" forward with one leg, then instead of lifting your rear foot and moving it forward, slide it forward. This will allow you to slide forward as you place your foot for the next step.

Going Uphill:

Minor hills can be climbed simply by skiing forward. If your skis are waxed properly or if you have waxless skis, they should have enough grip to make it up most hills.

The V-Step:

This is the best way to climb moderate slopes. Angle your feet outwards so your skis form a 'V' with the backs of your skis at the point of the 'V' and the tips at the opening. Dig in with the inside edge of one ski and step forward with the other. Keep repeating this until you reach the top of the hill. You'll feel something like a duck waddling up the hill, but it works!

The Side-Step:

This is the only way to climb steep slopes, but it is a very slow way to move. Stand so your skis are pointing sideways on the hill. Dig into the hill with the inside edge of the downhill ski. Step up the hill with your uphill foot. Stand on the uphill ski with the outside edge dug in and bring your downhill ski up beside it. Repeat, taking a slightly larger step with the uphill ski. This is a slow and energy consuming way to move, so only use it when it's absolutely needed.

Going Downhill:

Like on slight uphill, you can ski normally down small hills. However, a more controlled descent is needed for long or steep hills. To slow your descent, turn back and forth across the face of the hill with your skis in a wedge shape pointing downhill.

Snowshoeing

Hit the Snow on Webbed Feet!



There is an endless variety of snowshoes to choose from including more traditional wood ones to high-tech modern ones. Some are designed for winter camping where you will be carrying a lot of gear, some for exploring, and some for snow jogging for runners who want to stay in shape over winter. Be sure to pick the kind that is right for you!



Using Snowshoes

Walking →

At first, walking in snowshoes will feel a lot like walking in sand. You will need to raise your legs a little higher and widen your stride. You may want to use hiking poles to keep from stumbling and falling. Don't try to walk backwards, the snowshoes will stick in the snow and may flip you over! To turn around, pivot around in a circle.

Going Uphill ↑

Many snowshoes have metal teeth called crampons on their bottoms that dig into snow or ice and give you better grip when going up and down hills. Bend your knees and take smaller strides to walk up the hill, pressing down on the front of your boots to help the teeth under your toes grip the snow. The best way to go is straight up or straight down a hill; walking along an incline can be very difficult in snowshoes.

Going Downhill ↓

Lean slightly back on your snowshoes, bend your knees, and take short steps. You may feel the snow give way underneath you as you slowly slide down the hill. If you start to descend too quickly, try to push the metal teeth, or crampons, into the snow, or just fall over to your side.

Walking on Uneven Ground ↻

Use your poles to maintain your balance when walking on uneven ground or over rocks or other obstacles. When you find an obstacle like a log, you may want to walk around or step sideways over it. When you encounter smaller rocks, your snowshoes may span the gaps between them, making it easier to walk over them.