CROSS-COUNTRY SKIING

Projects & Materials

- **Cross-Country Skiing**

  **Youth Materials:**
  - 4-H Project Record Book (#91950)
  - 4-H Involvement Report (#91910)

  **Volunteer Materials:**

  **Note:** Participants MUST own equipment or have access to equipment rentals. Equipment will NOT be provided.

- **Set goals for your project**
- **Complete** *Cross-Country Skiing Adventures Manual* (see guidelines for each year)
- **Give an oral presentation (speech, demonstration, or illustrated talk) related to this project**

  **Complete the following:**
  - *Cross-Country Skiing Adventures Manual* (#45120)
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

  **Plus one of the following:**
  - A poster (14x22) or display illustrating something you learned in the project this year
  - A scrapbook of labeled pictures related to the project
  - A photo story depicting something related to the project

Exhibit Requirements

- **Cross-Country Skiing Adventures Manual** (#45120)
- 4-H Project Record Book (91950)
- 4-H Involvement Report (#91910)

**County Requirements:**
Check with your County Extension office for details.

**Support Materials:**
Idaho 4-H Cross-Country Skiing page (and to download the *Cross-Country Skiing Adventures Manual* and additional resources): [https://www.uidaho.edu/extension/4h/projects/cross-country-skiing](https://www.uidaho.edu/extension/4h/projects/cross-country-skiing)

**Optional Supporting Materials:**
- Outdoor Adventures Youth Activity Guides – National 4-H Curriculum available at [http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx](http://www.4-hmall.org/Category/4-hcurriculum-outdoor-adventures.aspx)
  - Hiking Trails (#08043)
  - Camping Adventures (#08044)
  - Backpacking Expeditions (#08045)
  - Outdoor Adventures Helper’s Guide (#08046)
- *Wilderness 911: A Step-By-Step Guide for Medical Emergencies and Improvised Care in the Backcountry*, Eric A. Weiss
- *First Aid-The Essential Basics* Copyright 2003-2004 MaxLifestyle.net
- *Taking a New Bearing* by Phyllis M. Ford
- *The Basic Essentials of Map & Compass* by Cliff Jacobson