

Environmental Education

CROSS-COUNTRY SKIING

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Cross-Country Skiing Adventures Manual</i> (#45120) 📖 2004 • <i>ZSuites 4-H Project Record Book</i> • <i>ZSuites 4-H Involvement Report</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Cross-Country Skiing Adventures Manual</i> (#45120) 📖 2004 <p>Note: Participants MUST own equipment or have access to equipment rentals. Equipment will NOT be provided.</p>	<ul style="list-style-type: none"> • 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 <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>Cross-Country Skiing Adventures Manual</i> (#45120) • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • Cross-Country Skiing Adventures Manual (#45120) • ZSuites 4-H Project Record Book (91950) • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • 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
<p>County Requirements: Check with your County Extension office for details.</p>		
<p>Support Materials: Idaho 4-H Cross-Country Skiing page (and to download the <i>Cross-Country Skiing Adventures Manual</i> and additional resources): https://www.uidaho.edu/extension/4h/projects/cross-country-skiing</p>		
<p>Optional Supporting Materials:</p> <ul style="list-style-type: none"> • Outdoor Adventures Youth Activity Guides – National 4-H Curriculum available at https://shop4-h.org/products/outdoor-adventures-curriculum-set-of-4 <ul style="list-style-type: none"> • <i>Hiking Trails</i> (#08043) • <i>Camping Adventures</i> (#08044) • <i>Backpacking Expeditions</i> (#08045) • <i>Outdoor Adventures Helper's Guide</i> (#08046) • <i>Field Guide to Wilderness Medicine</i>, Paul Auerback, Howard Donner and Eric Weissee • <i>Wilderness 911: A Step-By-Step Guide for Medical Emergencies and Improvised Care in the Backcountry</i>, Eric A. Weiss • <i>First Aid-The Essential Basics</i> Copyright 2003-2004 MaxLifestyle.net • <i>Taking a New Bearing</i> by Phyllis M. Ford • <i>The Basic Essentials of Map & Compass</i> by Cliff Jacobson 		