



Enroll in ZSuite Under this Project Name: OR-OUTDOOR ADVENTURE-Lv 3: Backpacking Expeditions

Approved for 2024-25 Project Year

Project Description: The final unit of the Outdoor Adventures series focuses on being on the trail for extended periods of time. Includes clothing needs, tent setup, using backcountry stoves, basic nutrition and menu planning, personal hygiene and basic first aid.

REQUIRED YOUTH CURRICULUM

[Backpacking Expeditions, Level 3](#) (#08045), 2004

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Outdoor Adventures Group Activity Helpers Guide](#) (#08046), 2004

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of seven (7) required/optional activities, plus the required number of Learning Experiences found on page 3 of the Backpacking Expeditions project book. Have your project leader or helper initial and date (MM/YY) each activity as it is finished.
	Finish at least 20 of the required and optional activities within 3 years to complete this level.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A scrapbook of labeled outdoor adventure activities. • A display of five (5) or more types of outdoor backpacking equipment. • Something you built or made related to the project. • A labeled photo story of something you did this project year. • A poster (14" x 22" or display illustrating something you learned this project year.

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