Oklahoma 4-H High Adventure Program
Backpacking

**Dates / Locations:**
- March 30, 2013 - Parent/Camper Training - Oklahoma County Extension Office - Required for participant and one parent/Guardian
- April 26 – 28, 2013 - Shakedown Training - Location TBD - Required
- June 24 – 30, 2013 - Trip to Pecos Wilderness, New Mexico

**Goals and Objectives:**
The Oklahoma 4-H High Adventure Program is an outdoor leadership program for teens. The purpose is to develop character and integrity in young people through the teaching of teamwork, leadership, and outdoor skills and allows them to share their knowledge with others. It is intended to help its participants see themselves from an entirely new perspective. By experiencing the challenge of the out-of-doors, in a unique way, participants grow personally, developing an understanding of themselves and their limitations. By being a member of a crew they learn to understand and appreciate the needs of others and their team. Involvement in the program instills a new respect for the natural environment, and helps participants develop life skills.

**Specific Educational Objectives:**

1. Develop and strengthen the mental and physical skills of older youth as required of a high adventure camper.
2. Offer a challenge to older youth to accomplish a high level of self-confidence, individual worth, personal growth, and achievement.
3. Strengthen interpersonal relationship skills of older youth and adults so as to become a functioning team member.
4. Develop leadership and other life skills of older youth and adults in order that they be a contributing member of society and their families.
5. Develop an appreciation for and respect of the outdoors, animal life, weather, and other areas of nature by teaching environmentally correct backpacking / camping skills.
6. Design a comprehensive educational program for older youth that encompasses 4-H project areas including public speaking, recreation, outdoor life, photography, conservation of natural resources, consumer education, food nutrition, food conservation and safety, health, environmental awareness, forestry, personal development, clothing, safety, citizenship and leadership.
The High Adventure Program is a non-competitive event.

**Target age:** Must be 14 years of age by January 1, 2013.

**Curriculum Support:**

- 4-H Outdoor Adventures Series Unit 1, Unit 2, Unit 3, and Helpers Guide
- Environmental Stewardship
- Food Nutrition
- Food Safety
- Health / Fitness Leadership
- Clothing
- Leadership
- Photography
- Safety
- Consumer Education
- Achievement

**Overview:**

The 4-H High Adventure Program has brings together youth and adults who have a variety of things in common: love of the outdoors, a keen sense of adventure, their seeking of physical and mental challenges, a desire to try something new, and a willingness to form a team to accomplish a goal. The climax of the program is an outdoor educational backpacking experience.