



# Tennessee 4-H Youth Development

## *The Great Survival Challenge*

### *10 Outdoor Activity Essentials*

**Skill Level**  
Beginner

**Learner Outcomes**

*The learner will be able to:*

- *Understand the essentials to a safe and prepared outdoor activity*
- *Work effectively in groups to complete a task*

**Educational Standard(s) Supported**

TN STEM Problem-Solving 1, 3  
TN STEM Critical Thinking 2  
4.S.3, 6.SP.3, 6.SP.4

**Success Indicator**

*Learners will be successful if they:*

- *Use critical thinking skills to work their scenario*
- *Cooperate and discuss well with the members of their groups*

**Time Needed**

30 minutes

**Materials List:**

All materials listed on the *Items to Display* handout  
Three Dry erase markers  
3x5 cards (at least three)  
3 Sharpies or pencils  
Numbers (1-30) to draw  
Three Laminated Essentials lists  
10 Essentials poster  
Event /10 Essential cards (every student & teacher)  
Bag or box for item transportation, (not see through)

### **Introduction to Content**

This lesson is designed to prepare students for outdoor activities by encouraging them to think critically about the items they bring along with them. A focus is placed on safety and preparedness.

### **Introduction to Methodology**

This lesson is taught with an emphasis on group work and collaboration. In this lesson, students will be given a list of items to look through and consider which they deem important to bring along for an outdoor activity. Students will discuss their reasoning for both the choices of their group members and the choices of their items.

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## Tips for Engagement

Take time before teaching the lesson to organize all the materials so that instructional time is not spent setting out supplies.

Ask students to expand on their answers. Also, give sufficient time for students to process the questions before asking them to answer.

Avoid passing judgment on students' answers and rationale. Allow students to express creativity and engage in meaningful discussion as to the pros and cons of various items.

## Terms and Concepts Introduction

**emergency shelter:** this might include tent, tarp, or a space blanket

**fire:** can be made from matches, lighter or fire starters

**First Aid kit:** needs to include a traditional First Aid kit plus insect and tick repellent

**hydration:** can be gained from water and water treatment supplies

**illumination:** can be done with a flashlight or headlamp

**insulation:** this might come from a jacket, hat, gloves or rain gear

**navigation:** tools might include a map, compass or GPS

**nutrition:** can be gained from food, beyond your minimum expectations

**repair kit and tools:** this might include Duct tape, knife or a screwdriver

**sun protection:** (sunscreen and protective clothes)

Source: National Park Service

## Setting the Stage and Opening Questions

Lay out all 10 items onto a table at the front of the room. Turn the poster around so that they don't know what they are going to do.

**Tell students,** "Today, you need to prepare for a 3-hour trip in the Great Smoky Mountains. Let's go over the Rule of 3's to help us properly prepare.

The body can survive:

- 3 weeks without food
- 3 days without water
- 3 minutes without oxygen
- (optional) 3 hours in extreme weather (cold, wet, etc.)

## Experience

1. Have each person draw a number (Consider using pre-printed labels to attach to sporks, but you can use candy or some other item they can keep. Labels can have the website or county information on them).
2. Tell them to get in line in numbered order. You can use rules for team building, like, do this without talking.
3. Once in line, let the line move slowly past the table so that students can look at the items without touching. Then start the line around again and each person can pick one item and take it to their seat. If you have a small group (15 or less) let the line go around again and each person can get one additional item. All the items do not have to be used.
4. Instruct the class to organize themselves into either 2 or 3 groups. (ex. 10-19 participants would be 2 groups and 20+ would be 3 groups). Don't tell them how many in each group, just tell them how many groups. The objective is to allow them to have as few or as many in their group as they choose.

## Share

Within their groups, ask students to take a quick inventory of the items their group has selected.

As a class, have each person stand and describe the item(s) they selected. Encourage students to share why they selected their item. Remind students to be brief in their explanations.

## Process

Lead students in a discussion of the items they selected and how they chose their group members and group sizes. Use these discussion points:

- Why did you choose these people to be in your group? Expand on their answers.
- By item? By friendship? By physical ability of the members?
- If your group was left in the Smoky Mountains for one month, do you think you would survive?
- Is it going to be easier or harder for everyone to survive with a large group and why? Small group? Why?

Pass out the 3x5 card. Have each group pick one item they would add to their group's inventory. It can be anything that is left on the table, something in someone else's group or something not in the room.

**Tell students:** "If your group wants to add a 30" flat screen TV, then write it down. But just one item."

Don't be surprised if they put weapons on the list. Just remind them that they have to follow all the laws of the area where they are going, and "not knowing the law" is not an excuse for breaking it.

Have the groups lay each of the items their group has in a line on the table in order of importance. Tell students that they will have about five minutes to complete this task and their entire group must be in agreement about the order of importance.

Lead a debriefing discussion about each group's order of items:

- Why did you put that item first?
- Why is that one last in the line?
- Did anyone disagree about the order and why?
- How did you resolve disagreements?
- What was on your 3x5 card and why?

## Life Skill(s)

4<sup>th</sup> Grade Health

*Demonstrate characteristics of good character.*

Show use of good judgement.

5<sup>th</sup> Grade Hands

*Demonstrate the characteristics of leadership, citizenship and teamwork.*

As part of a group, identify and agree on a common task (set a goal).

6<sup>th</sup> Grade Head, Thinking

*Wisely use resources to achieve a purpose.*

Make an action plan to achieve a goal.

## Generalize

Now put up the poster with the 10 essentials on it. And pass out a laminated list with a dry erase marker to each group. Have them check off the items that they have and be prepared to explain how each one satisfies one of the 10 essentials. Give them about five minutes. Let each group explain. You can agree or disagree with their explanation and allow them to debate with you about it. In the end, you decide how many that you will let them count. It wasn't described as a competition, however that may be the perceived objective.

## Apply

Recap the ten essentials and talk about each one. Provide them with ideas on best management practices relating to each.

Remind youth that it is also very important to: *make a plan and share it with someone who is not going.*

- Where you're going.
- When you plan to be back.
- What action to take and/or who to contact if you're not back.
- What role does a cell phone have in this activity? How much should you rely on it?
- Would it be important to have all of these items if you just plan to be out one hour?
- Talk about things that they should have in the car for emergency situations.

Pass out the card with the 10 Essentials on one side and your event announcement on the back. Promote your event and answer questions.

Make sure all of the items are returned before leaving or before the students move to the next class.

# ***Supplemental Information***

## ***Educational Standards Met***

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### **Tennessee STEM Standards Framework for Grades K-5**

#### **Problem-Solving Skills**

1. Investigate real-world problems or challenges requiring the synthesis of multiple sources of information
3. Develop collaboration skills in problem solving in order to construct explanations, design solutions, or achieve common goals

#### **Critical Thinking in Context**

2. Develop claims and use evidence to form arguments

### **Tennessee Health Education and Lifetime Wellness Standards**

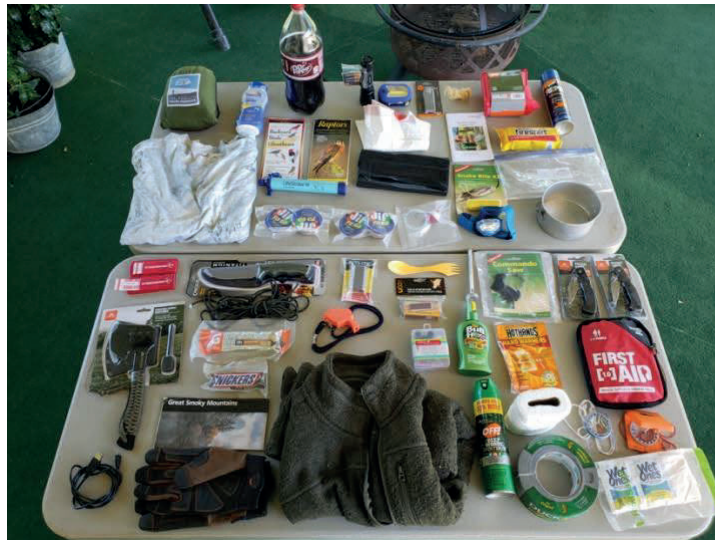
- 4.S.3 Describe ways to reduce sun exposure to your life and the lives of family and friends.
- 6.SP.3 Identify different emergencies and appropriate actions.
- 6.SP.4 Identify appropriate resources available during emergency situations.



## Outdoor Essentials Items to Display

You will need to collect the following items for the *Outdoors Essentials* 4-H activity. Be aware that some of these items will need to be approved by the school principal.

Band-Aids	Whistle	Toilet paper	2-Liter soft drink	Fire starter
Hatchet	Fleece or hoodie	Duct Tape	Field guide for birds	Tree ID book
Cell phone cord	Spork	Pocket Knife	Water filtration straw	Snake bite kit
Sheath knife	Matches	First aid kit	Snack size peanut butter	Head lamp
Para cord	Sewing kit	Compass	Flashlight with batteries	Poncho with hood
Protein bar	Thermometer	Wet wipes	Light without batteries	Tick repellent
Map of area	Bug spray	Hammock	Trash bags (2 sizes)	Fire starter log
Gloves	Pack saw	Sun shirt	Fishing line and hook	1 gallon Ziploc bag
Disposable lighter	Hand warmers	Sunscreen x 2	Magnesium fire starter	Small cooking pot



### Important Notes

- Before teaching this lesson, talk with the building level administrator to receive permission to bring in potentially dangerous items.
- Vacuum seal any items that could be dangerous or for which students may have allergies (peanut butter, disposable lighter, sheath knife, etc.).
- For items that may NOT be brought into school, substitute a high-quality photograph of the item.
- Account for all items before students leave the classroom.



## Outdoor Essentials Items to Display

	Emergency Shelter	Fire	First Aid Kit	Hydration	Illumination
<b>Essential Items:</b>	<ul style="list-style-type: none"> <li>• Hammock</li> <li>• Poncho with hood</li> <li>• Trash bags (2 sizes)</li> </ul>	<ul style="list-style-type: none"> <li>• Disposable lighter</li> <li>• Fire starter</li> <li>• Fire starter log</li> <li>• Magnesium fire starter</li> <li>• Matches</li> </ul>	<ul style="list-style-type: none"> <li>• Band-aids</li> <li>• Bug spray</li> <li>• First aid kit</li> <li>• Gloves</li> <li>• Sewing kit</li> <li>• Snake bite kit</li> <li>• Thermometer</li> <li>• Tick repellent</li> <li>• Toilet paper</li> <li>• Wet wipes</li> </ul>	<ul style="list-style-type: none"> <li>• 2-Liter soft drink</li> <li>• Small cooking pot</li> <li>• Water filtration straw</li> </ul>	<ul style="list-style-type: none"> <li>• Disposable lighter</li> <li>• Flashlight with batteries</li> <li>• Fire starter</li> <li>• Fire starter log</li> <li>• Head lamp</li> <li>• Light without batteries</li> <li>• Magnesium fire starter</li> <li>• Matches</li> </ul>
<b>Possible Items:</b>	<ul style="list-style-type: none"> <li>• Fleece or hoodie</li> <li>• Para cord</li> </ul>	<ul style="list-style-type: none"> <li>• Flashlight with batteries</li> <li>• Hatchet</li> <li>• Pack saw</li> <li>• Sheath knife</li> <li>• Toilet paper</li> </ul>	<ul style="list-style-type: none"> <li>• 1 gallon, Ziploc bag</li> <li>• Duct Tape</li> <li>• Fishing line and hook</li> <li>• Pocket Knife</li> <li>• Sheath knife</li> <li>• Spork</li> </ul>	<ul style="list-style-type: none"> <li>• 1 gallon, Ziploc bag</li> <li>• Poncho with hood</li> <li>• Trash bags (2 sizes)</li> </ul>	N/A
	Insulation	Navigation	Nutrition	Repair Kit and Tools	Sun Protection
<b>Essential Items:</b>	<ul style="list-style-type: none"> <li>• Gloves</li> <li>• Hammock</li> <li>• Hand warmers</li> <li>• Fleece or hoodie</li> <li>• Poncho with hood</li> <li>• Sun shirt</li> </ul>	<ul style="list-style-type: none"> <li>• Compass</li> <li>• Map of the area</li> <li>• Whistle</li> </ul>	<ul style="list-style-type: none"> <li>• Fishing line and hook</li> <li>• Protein bar</li> <li>• Snack size peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1 gal, Ziploc bag</li> <li>• Disposable lighter</li> <li>• Hatchet</li> <li>• Pack saw</li> <li>• Para cord</li> <li>• Pocket Knife</li> <li>• Sewing kit</li> <li>• Sheath knife</li> </ul>	<ul style="list-style-type: none"> <li>• First aid kit</li> <li>• Fleece or hoodie</li> <li>• Hammock</li> <li>• Sun shirt</li> <li>• Sunscreen x 2</li> </ul>
<b>Possible Items:</b>	<ul style="list-style-type: none"> <li>• Duct Tape</li> <li>• Toilet paper</li> <li>• Trash bags (2 sizes)</li> </ul>	<ul style="list-style-type: none"> <li>• Field guide for birds</li> <li>• Tree ID book</li> </ul>	<ul style="list-style-type: none"> <li>• Tree ID book</li> <li>• Water filtration straw</li> </ul>	<ul style="list-style-type: none"> <li>• Duct Tape</li> <li>• Cell phone cord</li> <li>• Fishing line and hook</li> <li>• Gloves</li> <li>• Spork</li> <li>• Thermometer</li> </ul>	<ul style="list-style-type: none"> <li>• Poncho with hood</li> <li>• Trash bags (2 sizes)</li> </ul>





## Get Outdoors More!



- **4-H BB, Air Rifle & Air Pistol Jamboree**  
@ Dickson County Highschool, Dickson, March 13
- **4-H Archery Jamboree** (Genesis, Recurve,& Compound)  
@ Hyder-Burk Agricultural Pavilion, Cookeville, April 26-27
- **4-H Shotgun Jamboree**, (all 4th -12th grade)  
@ Nashville Gun Club, May 1
- **Wildlife Habitat Evaluation Program** (4-H judging team)  
@ Clyde Austin 4-H Center, Eastern Reg. Competition, May 21
- **4-H O.W.L.S. Camp** (6th -10th grade)  
@ Brandon Springs Group Center, LBL near Dover, May 28-31
- **4-H Shooting Sports Project Group**, Jefferson County  
@ Hog Heaven Gun Club, 2nd Tuesday of every month
- **Tennessee Hunter Education Certification**, TWRA  
@ Agricenter International, Memphis, July 19-20
- **Tennessee Outdoors Youth Summit**  
@ Clyde York 4-H Center, Crossville, July 14-19

[4h.utia.tennessee.edu/outdoor-recreation/](http://4h.utia.tennessee.edu/outdoor-recreation/)

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# 4-H Outdoor Education

## 10 Outdoor Activity Essentials



1. **Navigation:** map, compass and/or GPS device
2. **Sun Protection:** sunglasses, sun-protective clothes & sunscreen
3. **Insulation:** Jacket, hat, gloves, rain gear, etc.
4. **Illumination:** Flashlight, lantern or headlamp, plus extra batteries
5. **First Aid Supplies:** First Aid kit, including insect & tick repellent
6. **Fire:** matches, lighter & fire starters
7. **Repair Kit & Tools:** Duct tape, knife, screwdriver, etc.
8. **Nutrition:** Food, beyond the minimum expectation
9. **Hydration:** Water & water treatment supplies
10. **Emergency Shelter:** Tent, tarp, space blanket



(Source: National Park Service)



# 4-H Outdoor Education

## 10 Outdoor Activity Essentials



1. **Navigation:** map, compass and/or GPS device
2. **Sun Protection:** sunglasses, sun-protective clothes & sunscreen
3. **Insulation:** Jacket, hat, gloves, rain gear, etc.
4. **Illumination:** Flashlight, lantern or headlamp, plus extra batteries
5. **First Aid Supplies:** First Aid kit, including insect & tick repellent
6. **Fire:** matches, lighter & fire starters
7. **Repair Kit & Tools:** Duct tape, knife, screwdriver, etc.
8. **Nutrition:** Food, beyond the minimum expectation
9. **Hydration:** Water & water treatment supplies
10. **Emergency Shelter:** Tent, tarp, space blanket



(Source: National Park Service)



# 4-H Outdoor Education

## 10 Outdoor Activity Essentials



1. **Navigation:** map, compass and/or GPS device
2. **Sun Protection:** sunglasses, sun-protective clothes & sunscreen
3. **Insulation:** Jacket, hat, gloves, rain gear, etc.
4. **Illumination:** Flashlight, lantern or headlamp, plus extra batteries
5. **First Aid Supplies:** First Aid kit, including insect & tick repellent
6. **Fire:** matches, lighter & fire starters
7. **Repair Kit & Tools:** Duct tape, knife, screwdriver, etc.
8. **Nutrition:** Food, beyond the minimum expectation
9. **Hydration:** Water & water treatment supplies
10. **Emergency Shelter:** Tent, tarp, space blanket



(Source: National Park Service)



# 4-H Outdoor Education

## 10 Outdoor Activity Essentials



1. **Navigation:** map, compass, and/or GPS device
2. **Sun Protection:** sunglasses, sun-protective clothes & sunscreen
3. **Insulation:** Jacket, hat, gloves, rain gear, etc.
4. **Illumination:** Flashlight, lantern or headlamp, plus extra batteries
5. **First Aid Supplies:** First Aid kit, including insect & tick repellent
6. **Fire:** matches, lighter & fire starters
7. **Repair Kit & Tools:** Duct tape, knife, screwdriver, etc.
8. **Nutrition:** Food, beyond the minimum expectation
9. **Hydration:** Water & water treatment supplies
10. **Emergency Shelter:** Tent, tarp, space blanket



(Source: National Park Service)



# 10 Outdoor Activities Essentials



**Navigation:** map, compass, and/or GPS device



**Sun Protection:** sunscreen and sun-protective clothes



**Insulation:** Jacket, hat, gloves, rain gear, etc.



**Illumination:** Flashlight or headlamp with extra batteries



**First Aid Supplies:** First Aid kit, & insect/tick repellent



**Fire:** matches, lighter, and fire starters



**Repair Kit & Tools:** Duct tape, knife, screwdriver, etc.



**Nutrition:** Food, beyond the minimum expectation



**Hydration:** Water and water treatment supplies



**Emergency Shelter:** Tent, tarp, space blanket, etc.

(Source: National Park Service)







