**“Hikes”/Nature Walks in Your Neighbourhood**

Go for a walk around your neighourhood (with permission from an adult)

Find a big backpack and try and think of the gear you might need on a hike outtrip

Fill up the backpack with the gear but make sure the backpack is still light enough that you can carry it

Then go for a walk with your backpack - if it’s really heavy then walking even a short distance will be a big challenge!

When you get back home think about if your pack was too heavy - if it was then what equipment wouldn’t you need to bring next time so that your pack isn’t so heavy?

**Challenge:**

* Talk to your counsellors about the ‘Walk to Camp’ Challenge!
	+ Record how far you walk every day and see if we can make it to camp as a cabin by the end of the week!