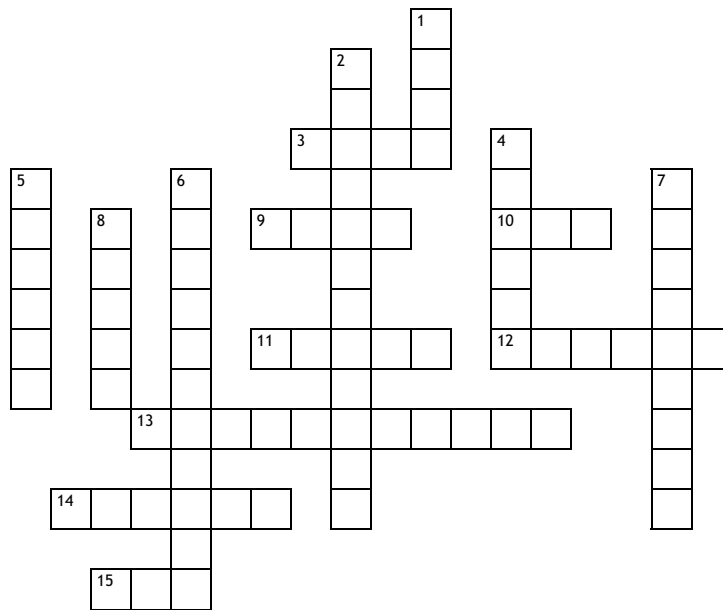


Hiking and Backpacking



Across

- 3 Tighten shoulder straps until snug. There should barely be enough room between the strap and shoulder for a ____ to fit between.
- 9 _____ should be kept below food and in external pockets if possible in case it leaks
- 10 ____: Lighter items needed throughout the day. Ex: Rain gear, tarp, jacket, change of clothes, etc.
- 11 Hikers should carry: first aid kit, food, _____, and adequate layers of clothing in case conditions turn inclement.
- 12 _____: Heaviest items. Ex: clothes, pot sets, stoves, food, etc.
- 13 Involves spending one or more nights in the outdoors, covering much greater distances.
- 14 generally a day trip where departure and return occur within the same day.
- 15 Put on a backpack

Down

- 1 _____ (top compartment): small items needed throughout the day. Ex: Camera, binoculars, first aid kit, compass, map, snacks, etc.
- 2 7 principles of _____ are :Plan ahead and prepare, travel and camp on durable surfaces, dispose of waste properly, leave what you find, minimize campfire impacts, respect wildlife, and be considerate of other visitors
- 4 _____: light weight items that will not be needed until stopping to make camp. Ex: Sleeping bag
- 5 If you are hiking and come across a bear, stand tall and back away _____.
- 6 Weather and _____ are two common threats to hikers who are unprepared for the conditions.
- 7 Adjust the sternum strap to take stress off the _____.
- 8 Take off a backpack

Word Bank

- | | | | |
|----------------|-------------|-------------|--------|
| water | hood | Backpacking | hand |
| don | middle | fuel | shuck |
| leave no trace | top | bottom | hiking |
| slowly | dehydration | shoulders | |