

## Activity Guide

### Mission Theme: Public Lands

## INDOOR Activity Craft A Hiking Stick



Getting into the great outdoors is said to be one of the greatest serotonin boosters you could possibly have. Winding your way through woodland trails, crossing clear streams, spotting critters in their natural habitat, and being in the quiet and calm are just some of the ways to enjoy nature. When you've been out once, many people acquire the "bug" to go again and again and often want to increase their experience by taking to wilder trails and new heights in order to see something they have never seen before. You will often see avid hikers with some unique gear that newer hikers may not think to bring along their first or second time out. One such item is the iconic hiking stick. Hiking sticks offer many advantages and are quite useful tools to have with you when you are out in nature, especially on lesser developed trails and terrain.

### Benefits

- Increased Stability
- Increased Balance
- Reduced Fatigue
- Reduced Joint Impact
- Makeshift Splints
- Makeshift Tent Poles
- Clear Away Overgrowth
- Probes for Snow & Ice

### Supplies

- Wooden Pole or Branch  
(pole should not exceed height of user)
- Sand Paper
- Knife  
(for fine whittling)
- Sharpies  
(for detailing)



### What to do

- If you decide to purchase a pole for this activity you can find suitable ones at many hardware suppliers such as (Home Depot, Lowes, Menards, etc.)
- If you want to grab an already fallen branch from the outdoors try to find one that is at least the height of your arm when it is at a 90 degree bend from shoulder to elbow to pole.
- Sand down any rough spots that could cause irritation or injury from splinters.
- For larger protrusions in natural branches use a knife to whittle it down.
- Lastly use sharpies or other materials to personalize your hiking stick just for you!
- You may add extra materials such as leather binding and loops for better hand holds.

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## Outdoor Activity Taking a Hike

Now that you have your hiking stick it's time to get out into the great outdoors! Public lands refer to areas that have been set aside and are managed for everyone to enjoy. There are many city parks, state parks, and national parks that we have access to. I want to challenge you to take your pole and make your way out to one of these areas and spend the day exploring new areas and broadening your horizons. Once you have taken a few day hikes and are feeling more comfortable and and adventurous, try setting your sights on a sunrise hike. Find a place with a higher elevation and view to the east if you can and setout early. You will be glad you did.

### Additional Supplies (Optional)

- Hiking Boots
- Bug Spray
- Sunscreen
- Hat
- Snacks
- Camera
- Phone
- Compass
- Change of Socks
- First Aid Kit
- Water (less optional)

