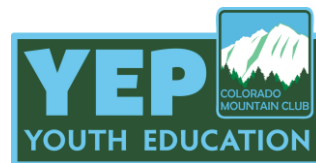


Mountain Safety: 10 Essentials Relay



Grades: K--8th Grade

Length: 15-30 mins

Topics:

- 10 Essentials
- Safety and Preparedness

Materials:

- Large Bin or Bucket
- Backpack
- The 10 Essentials
 - Map and compass
 - Headlamp or flashlight
 - Trail food or snack of some sort
 - Water bottle
 - First aid kit
 - Fire starter (can leave out for young children)
 - Knife or repair kit
 - Clothes (warm layers or rain gear)
 - Emergency shelter or tarp
 - Sunscreen
- Several other random items (camp chair, water filter, book, camera, cell phone, stuffed animal)

Set-up:

- Fill the box or bin with the 10 essentials (listed above), and some other random items from around the house. Aim to have about 15-20 different items in the box, including the 10 essentials
- Clear an open space for participants to run from the game 'start' to the box (for more fun/challenge, make an obstacle course to get from the 'start' to the box)

Game:

- The goal of this game is for players to fill their backpack with the essential items they'd want with them on a hike!
- If you have multiple participants, this can be run like a relay game, with each person passing off the backpack to the next. If you have just one person playing, it can be timed to make a game, or can be an exploratory time for the student to make their best guesses!
- Players should be given a backpack and explained that their job is to fill it with 10 things they'd want to bring on a hike.
- After they fill their backpack (either via relay race or timed game), they should show what they picked and explain why it's "essential." If they have all 10 Essentials, good job! If not, go through the ten essentials list and discuss the need for each item.
- This is a great game to get kids excited for future time outside and to teach them how to be prepared.