Hiking Level 2 - Lesson Plan

Key Points to Cover:

1 – Day Hikes

2 – Training

3 – Go early, go light.

4 – Extreme Hikes

Supplies Suggested:

Bring examples different items in this unit and explain to the group what to look for and why it is important when day hiking or extreme hiking.

Activities to Reinforce Lesson:

Plan and take a day hike.

Devotion: