

CLASS BEAD NECKLACES

Every day your instructor will give you class beads to put on a necklace, but you've got to earn them. Here's how:



- Follow all the High Trails rules
- Follow all of your instructor's rules
- Participate in the activities
- Have a positive attitude
- Be courteous and helpful

Check off beads as you earn them and write down each color.

<input checked="" type="checkbox"/>	IN THE FIELD	COLOR
	Adventure Course	
	Archery	
	Climbing	
	Earth Works	
	Environmental Awareness	
	Feathered Friends	
	Furry Friends	
	Little World	
	Native Culture	
	Orienteering	
	Outdoor Survival	
	Plant Detectives	
	Summits	
	Team Discovery	
	Water Wonders	

<input checked="" type="checkbox"/>	IN THE CABINS	COLOR
	Astronomy	
	Campfire	
	Hopping Bead	
	Line Dancing	
	Nocturnal Nation	
	Snakes	
	Special Bead	
	Tribes	

High Trails



Student Journal

I long to be amongst the trees
 tall sentinels of forest life
 standing tirelessly through our generations
 judging us not yet hoping for someone who learns
 - unknown

High Trails Student Journal, revised 2015 sdh

Name:	School:
Favorite Animal:	Favorite Plant:
I like nature because:	

NOTES



NOTES



MY DAILY JOURNAL



Day 1

Day 2

Day 3

Day 4

Day 5

HIGH TRAILS PREPARATION



How did you feel when you first learned you were headed up to High Trails?

What did you do to prepare for your overnight trip?

Did your parents give you any advice or suggestions about your trip?

What do you think the best thing about this week will be? The hardest thing?

ARRIVAL AT HIGH TRAILS



How was the bus ride? Who did you sit with on the bus?

What was the coolest thing you saw on the bus ride?

Who was the first instructor you met? What did they talk about?

What is your biggest goal for the week at High Trails?

ADVENTURE COURSE

What was your favorite activity of the Adventure Course? Why?



What was the most difficult activity on the Adventure Course? Why?

Who helped you during the Adventure Course? How?

Who did you help? How?

What are 2 things your team did to be successful at the activities?

- 1.
- 2.

ARCHERY

Why did the Serrano and other Native Americans use the bow and arrow?



List 2 reasons why people use the bow and arrow today.

- 1.
- 2.

There are many safety precautions that must be taken when participating in archery. What are 2 of the rules you learned?

- 1.
- 2.

Label the ARROW below using the following 5 terms:

Tip *Shaft* *Fletching* *Odd Flight* *Nock*



CABIN

Who is your Cabin Instructor?



Who are the other people in your cabin?

What was your favorite part about cabins this week?

FIELD

Who is your Field Instructor?



Who are the other people in your field group?

What was your favorite part about being outside this week?

MEALS

What did you enjoy most about the dining hall?



What food did you eat that you do not usually have at home?

What was your favorite meal?

Where was your favorite place that you ate lunch on the trail?

What is food waste?

NOCTURNAL NATION

What does it mean for an animal to be:

Nocturnal:

Diurnal:

Crepuscular:

How do nocturnal animals use the following adaptations?

1. Echolocation?
2. Asymmetrical Hearing?
3. Extra "rods" in their eyes?

What are some nocturnal animals in the San Bernardino National Forest?

Describe what you saw, heard, or identified as signs of any nocturnal animals:

EXPERIMENT: SOLO WALK

How was walking in the forest at night different than during the day?

Describe how you felt as you walked in the dark by yourself.



ASTRONOMY

Name four different objects you can find in our galaxy.

- 1.
- 2.
- 3.
- 4.

Why are you able to see so many stars at camp, but not at home?

Why is the sun important to life on earth?

EXPERIMENT: SKYWATCH

What did you observe through the binoculars or the star gazers?

How can you participate in Astronomy at home?



CLIMBING

What was your goal for the climbing wall?

How did you feel while you were on the climbing wall?

Who encouraged you and who was the most helpful?

Name 2 pieces of safety equipment used in climbing:

- 1.
- 2.

What 2 questions did you ask BEFORE climbing the wall?

- 1.
- 2.

EARTH WORKS

Use *Elements, Minerals, and Rock* to fill in the blanks:

A _____ is a collection of _____
that are formed by _____.

What are the 2 types of weathering?

- 1.
- 2.

What are the 3 major classifications of rock?

- 1.
- 2.
- 3.

Ores and gems can be very valuable. Why?

EXPERIMENT: BREAKING ROCKS

How does the inside of your rock look as compared to the outside?

Was your rock easy or hard to break?

What does that tell you about how it was formed?



ENVIRONMENTAL AWARENESS



What is the difference between renewable and nonrenewable resources? Give an example of each:

What are the natural origins of the materials used in your school pencil?

What about your television?

List 2 Alternative Energy Sources:

- 1.
- 2.

What small changes could you make at home to help out the Earth?

Experiment: How Do I Get My Electricity

What are some challenges people face in using Alternative Energy?

FEATHERED FRIENDS



What types of birds were you able to identify?
Did you identify them by sound or sight?

What are 2 examples of bird adaptations?

- 1.
- 2.

Explain the difference between downy and contour feathers. Draw them both:

Why do birds have different shaped beaks?

EXPERIMENT: DEADLY LINKS

How does pollution affect the food chain and web for birds?

LINE DANCING



Who led your line dances?

What did you like the most about dancing?

What can dancing teach you about life?

SNAKES



List two adaptations that snakes have.

- 1.
- 2.

Who was your favorite snake? Why?

How did it feel to touch the snakes?

CAMPFIRE



What was your cabin's skit called? What was it about?

What was your favorite skit?

What was your favorite song that you learned this week?

TRIBES



What was your favorite Tribes activity? Why?

Which activities helped you find commonalities with other people in your cabin?

Why do you think it was important to have tribes?

TEAM DISCOVERY HIKE

Who is in your Field Group?



Name 2 Rules/Expectations from your Field Group's group contract.

- 1.
- 2.

What did you learn today about working with your group?

Who are the Serrano Indians?

All living things have the same basic survival needs. These factors are:

F: W: A: R: P: S:

EXPERIMENT: TURNSTILE

What are some important skills your team should use this week?

WATER WONDERS

What percentage of the Earth is Water? _____%

What percentage is usable for drinking? _____%

Circle 6 words below that are part of the water cycle:

<i>Evaporation</i>	<i>Conduction</i>	<i>Rundown</i>	<i>Evacuation</i>
<i>Precipitation</i>	<i>Consideration</i>	<i>Runaround</i>	<i>Percolation</i>
<i>Condensation</i>	<i>Transpiration</i>	<i>Observation</i>	<i>Runoff</i>

Name 2 Sources of Drinkable Water

- 1.
- 2.

Name 2 Types of Water Pollution

- 1.
- 2.

EXPERIMENT : SUM OF THE PARTS

What are some new ways you learned water can be affected or polluted by humans and the buildings we build?



FURRY FRIENDS

What makes a mammal distinct from other animals?



Define Adaptation:

Name 2 mammals in our forest and how they adapt to their environment:

- 1.
- 2.

List the 3 categories of mammal consumers:

H: O: C:

EXPERIMENT: OH DEER

When a forest cannot support the deer what are some things that happen to the animals and resources within it?

LITTLE WORLD

What is the purpose of the nitrogen cycle?



What does mimicry mean? How might an insect use mimicry?

What living things (FBI's) help with decomposition?

F: B: I: S:

Give an example of an adaptation an insect has developed:

EXPERIMENT: FBI HUNT

What evidence of FBI's did you see in the forest?

Was it easy or difficult to find FBI's? Why?

NATIVE CULTURE

Why was oral tradition very important to the Serranos?

Explain the process of using a mano and metate.

Why is fire such a vital element to human survival?

EXPERIMENT: BOW DRILL FIRE

How does the bow drill set create fire?



ORIENTEERING

How many degrees are on the dial of a compass?

Using the compass on the right, note the degrees next to each direction of North, East, South, and West:

Write in the word below that fits for each definition:

Topographic Map
Contour Line

Map Legend
Orienteering

Map Scale
Elevation

_____ : How high a place is above sea level

_____ : Using a map and compass to determine location and/or direction

_____ : A line on a topo map that connects points at the same elevation

_____ : A way to compare distance on a map to real life distance

_____ : A table of symbols used on a map

_____ : A map that shows features of earth's surface as a pattern of lines



EXPERIMENT: FIND YOUR WAY

Were you able to complete your color course? Why or why not?

What did the signs spell out for you?

How can you use Orienteering in the future?

OUTDOOR SURVIVAL HIKE

Name 3 of the 10 items that are essential to take on a hike:

- 1.
- 2.
- 3.

What does S.T.O.P. stand for in a survival situation?

S: T: O: P:

The rule of 3's helps you prioritize your needs when in a survival situation. Finish each sentence below.

I can live 3 seconds without _____ I can live 3 minutes without _____

I can live 3 hours without _____ I can live 3 days without _____

I can live 3 weeks without _____ I can live 3 years without homework

EXPERIMENT: BUILD A SHELTER

What resources did you use to construct your shelter?

How can you make a shelter waterproof, windproof, and insulated?



PLANT DETECTIVES

Trees and plants are called producers. Why?

Changing energy from sunlight into chemical energy is called what?

What is the role that Plants/Trees have within their environment?

What is the difference between an evergreen and a deciduous tree?

Name 2 animals that help plants and trees with either pollination or seed dispersal:

- 1.
- 2.

EXPERIMENT: YOUR LIFE AS A TREE

What do trees use to get the 'F' and 'W' in "FWARPS"?

What can cause trees to not get enough food? Enough water?

