

## TRAINING MANUAL FOR MICHIGAN 4-H

# OUTDOOR ADVENTURE CHALLENGE



Help teens develop self-confidence, understanding, cooperation and leadership skills using the great outdoors and fun adventure activities. As a certified 4-H Outdoor Adventure Challenge leader, you will guide members in exciting activities that are both physically and mentally challenging. These outdoor adventure activities will lead teens to gain personal growth, self-awareness and a better understanding of the natural environment. Take your group on an adventure of a lifetime whether it is a backpacking, canoeing, cross-country skiing, snowshoeing, rock climbing, kayaking or caving trip.



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