

# Snowshoeing



1. Listen to a brief history of snowshoeing.
  - a. Where were snowshoes used?
  - b. Why were snowshoes needed?
  - c. What animals inspired the design of the snowshoe?
  - d. What type of snowshoe was/is used in your area?
2. What materials were used to make the first snowshoes? How were they made?
3. Describe safe places to go snowshoeing.
4. Describe dangerous places to go snowshoeing.
5. Describe what you should wear on a snowshoe hike.
6. Demonstrate how to do the following:
  - a. Safely carry your snowshoes
  - b. Put on your snowshoes
  - c. Fasten your snowshoes
7. Discuss how 1 Cor. 6:19-20 and Isaiah 40:29-31 relate to physical fitness.
8. Play a snowshoe game, such as Scavenger Hunt, Snowshoe Spelling, Animal Tracking, or Snowbowling.
9. Go on at least a 1 mile snowshoe hike with your family or club.

## Helps

1. Research for your local history.
2. The first snowshoes were carved from birch or hard ash that was soaked or steamed to become pliable and then constructed using stretched animal skin and rawhide. The shape, size, and materials varied with the trees, animals, snow conditions, and terrain within a particular region.
3. Hiking trails, areas known to the adult who is leading the hike, designated areas, or ski resorts.
4. Unknown trails, steep hillsides with loose snow, areas with lots of freezing and thawing, snow covered lakes or streams, or off trail.
5. Base layer: Wool or synthetic socks, synthetic undergarments, mid-weight long underwear top and bottom. Insulation layer: Fleece jacket or wool sweater, fleece pants. Outer layer: Waterproof/breathable shell jacket and pants, insulated waterproof boots. Also wear a hat, gloves, scarf, headband, sunscreen, whistle, first aid kit, water.
6.
  - a. Carry them with the crampons (metal teeth) facing together.
  - b. Put the toe of your boot in first and wiggle it all the way to the front of the boot tray.
  - c. Fit the rear binding around the back heel of your boot and buckle the binding tightly.
7. Your body needs exercise; you need to be physically fit.
8. Additional games are available online.
9. Notice nature as you hike.