



Adventure Challenge

There are several parts to the Adventure Challenge.

1. Take part in 4 different adventurous activities. At least 2 of these should be new to you, if possible, and ideally you will try them more than once. You should have the opportunity to try at least 4 suitable activities while you are a Scout. This is the list of adventurous activities from the Scouts website. Put the date next to any you have tried in your time as a Scout, you don't have to have done it with Scouts.

Activity	Date(s) you tried it.
abseiling	
canoeing or kayaking	
caving or potholing	
climbing	
cycling	
dragon boating	
gliding	
hillwalking	
hiking	
hovercrafting	
mountain boarding	
night hiking	
orienteeing	
paragliding	
pony trekking or horse riding	
pulling (rowing)	
rafting	
sailing	

Activity	Date(s) you tried it.
skiing	
snowboarding	
stunt kiting	
sub-aqua	
surfing	
water-skiing	
windsurfing	

2. Choose an adventurous activity and develop your skills.

What activity did you choose?	
How did you develop your skills?	
What equipment do you need?	
What are the safety issues?	

3. What are the environmental issues caused by this activity? How can you reduce this damage?

4. Find out about the different ways available to take part in this activity. Try out one of these different ways.

