

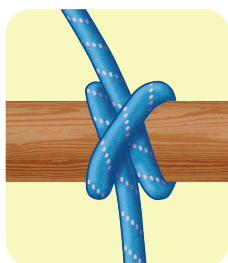
Junior Snow or Climbing Adventure

Junior Snow or Climbing Training Tips

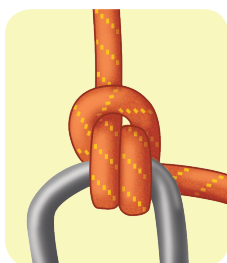
Get a good night's sleep before your adventure.

- Eat a good meal before you go.
- Be active. Skiing and climbing are full body workouts! For the month before your adventure, do something active for 30–60 minutes at least three days a week. Run, walk, bike, swim, play soccer, jump rope, or dance. You can even play games like tag or capture the flag. Anything that gets you moving!
- Before you ski or climb, do some jumping jacks, jogging in place, and arm circles to help warm up your muscles.
- After any strenuous exercise, be sure to stretch out all the muscles in your body.
- Pick a positive saying for your outdoor adventure. It could be something like “I can do it,” “I’ve got this,” or “I am strong.” Repeat it out loud or silently to yourself as you train and on your adventure. It will help you focus if things get difficult.
- For tree climbing: Know the knots and hitches used, and practice them.

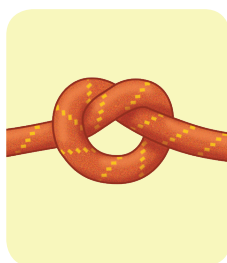
Knots and Hitches for Tree Climbing



clove
hitch



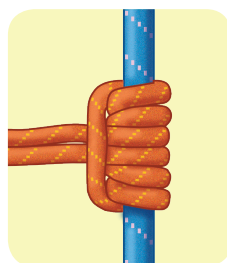
anchor
hitch



overhand
knot



Blake's
hitch



Prusik
knot