

Outdoor Adventures: Field Skills Flashcards

Learning objective: To develop vocabulary and understanding of navigational skills, physical fitness, and environmental awareness during outdoor adventurous activities.

Read each flashcard carefully. Try to guess the definition before checking the answer. Use these terms to help plan a hypothetical expedition through a forest or park.

Orienteering

A sport where participants use a map and a compass to navigate between specific points in an unfamiliar area.

Stamina

The ability to sustain physical or mental effort over a long period, essential for outdoor trekking.

Compass

A navigational instrument that shows directions relative to the cardinal points: North, South, East, and West.

Topographical Map

A detailed map showing the physical features of the land, such as hills, valleys, and rivers.

Sustainability

The practice of interacting with the environment in a way that avoids the depletion of natural resources, ensuring the area remains unspoiled.

Hydration

The process of replacing water in the body, which is vital for maintaining energy and health during physical activity.

Resilience

The capacity to recover quickly from difficulties or setbacks, such as changing weather conditions during an outdoor trip.

Waypoint

An intermediate point or place on a route or line of travel, often marked on a map for navigation.

Expedition

A journey undertaken by a group of people for a specific purpose, such as exploration or research.

Navigation

The process of accurately ascertaining one's position and planning and following a route.