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# Foreword

Outdoor adventures give one perfect opportunity to explore everything that is outside their normal life like home living. In an environment where skyscrapers and buildings are everywhere you go, the tendency to live a monotonous life are sickening. Going out in the wild, outside the concrete walls is a perfect opportunity to cut this boredom and feel what it is like to “live”. Get all the info you need here.



## ***Outdoor Adventures***

Your Guide To Enjoying The Great Outdoors

# Chapter 1:

## *Introduction*

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### **Synopsis**

People choose to go outdoors for different reasons, top among them being the dire need to have fun. Contrary to what many people think, there is a lot of fun outside the four corner office, bar, club or even spa. The outdoors is less rigid and gives participants the chance to do things freely whether it's screaming, running, walking...



## **The Basics**

The other group of people chooses outdoors for adventure reasons. Let's face it; going to the pub, every time is somewhat boring. Seeing the same faces, serving and drinking the same drinks, seeing the same girls and same men looks normal and hence, a bore.

However, when you choose to go to the wild outside, you can never predict, even the weather. This adventure apparently drives many people and makes the outdoors such a huge attraction.

Whatever your reasons for choosing the outdoors for adventure, this practice has many advantages and benefits for everyone.

First, the outdoors teaches you essential survival tips you will never learn in your home. These important skills such as fire lighting in the wild, mapping, hunting, policing, fighting and others are important life skills you will need someday. You may just never know.

You also need outdoors adventures because of the rush. When you're out there in the bushes, you may never know what you will encounter. Moreover, if you're going to a new location, with a strange terrain in good company, the adrenalin rush that comes with it is irreplaceable.

The other advantage or benefits that come with outdoor adventures are the lessons you learn out there apart from the survival ones. This is clearer, especially when you choose to go out with different people or a team. These could be workmates, colleagues, family, children,

spouse, and friends. Being with people in the wild will teach you important lessons about relationships, trust, reliability, teamwork and winning.

However, although outdoor adventures are interesting, make one feel new and give the regular adrenaline rush, on most occasions, they also come with immense risks. You may be attacked in the wild, eaten by a wild animal or get lost.

Worse still, you could die out there. Hence, if your first idea is to rush to the forests to have the outdoor adventures of your life, you need to relax, think, plan, and learn the ropes, before even thinking about it.

However, the above risks don't make going into the outdoors to have fun less interesting, entertaining or fulfilling. On the contrary, the above reasons merely say the outdoors is for you.

All you need to do is get ready for them, understand the games, know the pitfalls you are likely to encounter and psych up for them. While at it, remember to be selective of the company you keep because you need them all the way.



# Chapter 2:

## *Types of outdoor adventures*

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### Synopsis

Outdoors adventures are some of the best ways to enjoy life in its most natural sense. These leisure pursuits are based outside or the semi natural setting. Some activities that define outdoor adventures include but are not limited to backpacking, adventure racing, cycling, camping, photography, fishing, hiking, running, horseback riding, and hunting. Rock climbing, mountaineering and skiing are considered as outdoor adventures as well.

Although these elements all define the various ways outdoor adventures are defined, the adventures can be divided in two broad categories.



## **Beneficial outdoor adventures**

The world has in recent years moved to become more about the green revolution. More and more people are embracing green technologies for the sake of the environment. The other trend that has grown beneficial to people is that outdoor adventures lead to personal development and ensure distress from the challenges of the modern world.

Many people live depressing lives and these activities are about building the bigger sense of individuality. Many people choose beneficial outdoor adventures because of the personal development angle.

It's also important to point out that many outdoor adventures are designed to reduce environmental stress in their natural sense. Hence, you will discover that less mechanization, pollution and abuse of environmental resources happens.

In their place, there are physical and social rewards promoted initiatives to ensure that environmental benefits accrue.

With their goal setting and achievement emphasis, it's no wonder; many corporate organizations choose beneficial adventures to instill teamwork in their employees.

Some of the common activities that describe beneficial adventures include but are not limited to backpacking, canoeing, caving, hiking,

mountain climbing, kayaking, and rafting, all of which need a lot of preparation, skills and patience to accomplish.

### **Pleasurable outdoor adventures**

The world is a depressing place to live. Stress at work, conflicts in the home, kids, evening school, bad relationships, bad bosses, bad jobs, confusion.... All these describe a world that is depressing enough for the average person.

So how do people cope with all these challenges and unfortunate scenarios? Well, pleasurable adventures allow one to get away from all of the above; fine-tunes them to their individuality, in turn helping them find comfort and happiness, regardless.

How these adventures help the mind is that, they focus more on personal pleasure. Some popular pleasurable adventures include nature study, meditation, aesthetic contemplation, general painting and photography, historical research, communication and archeological explorations. Whatever outdoor personality you have, all these form a crucial element of outdoor activity you can rely on.

# Chapter 3:

## *The tips and secrets to enjoying outdoor adventures*

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### Synopsis

That well deserved break has finally come and you want to make the most out of it. This year, you have opted for an outdoor event may be as a result of family pressure or just the desire to have it. Though it is a holiday break, you are afraid that you might not be able to enjoy it as much as possible. This fear can be heart breaking, but here are tips to help you get the most out of this outdoor event as much as possible.



## **Tips**

### **Plan in advance**

When you opt to have an outdoor event for a holiday, then a lot of planning should be done. In your planning, you should consider things like seasons because some events are determined by seasons; and knowing yourself better, you should plan according to seasons you enjoy best - it can be summer or winter. This can also prepare necessary clothing and medication in case you suffer from a chronic illness

Also in planning, you should not forget about allocating enough resources towards the outdoor event. This prevents you from having last minute misfortunes that can prevent you from enjoying your outdoor event like running out of provisions.

### **Involve participants**

Team participation is a healthy recipe towards an enjoyable outdoor event and should not be taken for granted. When you involve all participants in setting up the outdoor event, you get the required necessary views that can be used to benefit everyone. Through involvement, needs of every individual are taken care of and this helps in preventing misfortunes like for participants with chronic illness.

### **Learn skills required in outdoors**

Most outdoor events require some skills to make them perfect. Learning some of these skills goes a long way in ensuring an enjoyable experience. The skills don't have to be complicated for you to struggle learning; they can be as simple as tent making, fire making and navigation. These skills come in handy when situations that are unpleasant like cold and loss of direction arise.

### **Location**

The type of location you choose for your outdoor event will go a long way in ensuring you enjoy the experience. You may be into water sport outdoors but choose allocation that is dry. This can leave you with feelings of disappointments that will make you not enjoy the outdoor experience. Therefore, before settling for allocation for an outdoor event, you should put in mind your needs.

### **Attitude**

The attitude you have about an outdoor activity goes a long way in determining whether you will enjoy it or not. The outdoor event can be providing the best experience but your negative attitude towards it stops you from enjoying it. Therefore, before undertaking any outdoor activity, make it a point to have positive attitude towards it.

### **Involve hobbies**

There are things that you just love doing be it riding or angling. This can go a long way in making you enjoy your outdoor events. Therefore, it is necessary that you consider your hobbies while planning for your outdoor events.

# Chapter 4:

## *The best strategies to perfect outdoor adventures*

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### Synopsis

Outdoor events are generally challenging and demanding to the individual. As subjective as they are, they have a myriad of challenges. In fact, so many people try to have adventures but fail because they simply don't know how to handle the scenarios. Some of the problems many of them face include confusion, many injuries, mix ups, getting lost in the bushes, and so much more .

However, since there are others who go for adventures and have lots of fun, what is wrong with this group? Well, the long answer to this is that these people don't have a strategy on how to have the perfect adventure.

If you're among this group however, you don't need to worry. Here are a number of strategies to apply to ensure you have perfect outdoor adventures.

## **Start to plan**

The importance of planning can never be overemphasized when it comes to going on outdoor adventures. It helps to know what you want to do, with what, where, with who, and at what time. However, it's a very small group of people who actually get the importance. For you to have perfect outdoor adventures, start planning. Use a planner if possible, to ensure that everything that is required is in order.

### **Find essential equipment**

When you go out there in the wild to have fun, a lot of things are bound to happen and this doesn't excuse the fact that you want to get away from the ropes of technology and whatnot.

Carrying important equipment on the trip is critical because out there in the wild, you need all the help you can get. Compasses, navigation lines, new match boxes are some of the crucial things you need to have. If possible, carry an extra bag for such necessities to ensure that you don't miss to carry a thing.

### **Prepare for the worst**

Accidents do happen out there in the wild all the time. Things may not go as planned, sometimes by divine acts for the worst. Since you're exposed in the wild, you need to have it in mind that something negative could happen. Depending on the adventure you're going for, you need to be fully prepared. For example, you



could park a few extra drugs, bandages, or knives for emergencies. You should also choose a few weapons because you never know.

### **Choose the right company**

The truth is that going outdoors in the wild is fun. In fact, going outdoors to relax from the daily stresses is a lot of fun. However, if you chose ducks for this trip, then you're going to have a duck trip whether you like it or not. Instead of selecting the worst group to travel with, consider getting more fun friends to roll with on the trip.

As general rule, you're more likely to have fun compared to if you choose a more reserved, boring group. All in all, it helps to have open minded people on your outdoor adventures for maximum fun.



# Chapter 5:

## *The secrets for a successful adventure*

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### Synopsis

Have you ever dreamt about having adventures as good as those you see on the Discovery channel? Although many of those are normally acted out, if you could relive some of those moments in life, you'd be the happiest man or woman around. Even if what we see on TV is real, how do those people have successful adventures when all of us can't manage a desperate one? The answer to this question is pretty simple; managing a successful adventure is possible with these tips.



## **Plan early**

If you plan to have a great adventure, then the first thing you need to do is start with the planning. It enables you to have order in what you want to accomplish with the adventure. Moreover, when things are planned out, it becomes easy to assign new goals to the adventure, something that makes the exercise a success. To add on this, planning your adventure enables you to cater for the expedition's needs beforehand, hence making it possible for you to have more relaxed and enjoyable time in the adventure arena.

### **Get the right equipment**

An adventure that doesn't have the most important tools is an adventure in futility. More so, as you're out there in the wild, you need a number of materials to make the expedition successful. This means that you should check for the right compasses, knives, match boxes, dry wood, clothing and others to ensure you're completely facilitated. Although equipment won't in itself give you a successful adventure, it can facilitate or make achievement of the same simple.

### **Have a chain of command**

Unless you're going to the adventure alone, you need to have someone who calls the shots in the group. Going on an adventure is like going to war; leaders and followers have to be present. With a clearer chain of command in an outdoors group, chances are, things will run smoothly. Moreover, having a single guide is more likely to

improve conflicts that may arise in the field, making the experience worthwhile.

### **Be ready for the unknown**

It helps a lot to have a positive attitude in your expedition. However, when everything is completely figured out, chances are, the whole exercise will be a bore. This doesn't mean you should be blinded about the venue for the adventure. It means you should trust your gadgets less since those will not make you better adventurers. Being prepared to face the uncertainty will surely make your adventure more entertaining and interesting.

### **Push yourself**

There is something about outdoor adventures and pushing limits. The sweetest victories are the hardest and when it comes to going on the adventure, it better be worth it. Therefore, if you're going to climb a mountain, keep climbing... climb some more and more. The more you push yourself to more extremes, the more successful your expedition will become.

In general, the true secret to a successful adventure is planning and commitment to the exercise. These two will drive the required patience, zeal to work harder to accomplish more in the outdoors which is key to achieving the perfect adventure.

# Chapter 6:

## *The characteristics of a good outdoor adventure*

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### Synopsis

When looking forward to that perfect outdoor adventure, you may sometimes be blinded by the promise of a perfect outdoor experience. This can make you to not see that your outdoor event is indeed a complete disaster in waiting. For you to achieve an outdoor experience of your lifetime, you need to look out for these characteristic before setting of for it.



## **Planned outdoor**

For any outdoor event to succeed, it should be planned to avoid misfortunes that may arise. In planning, many issues can be put into consideration and necessary adjustments made. For example, plans can be made on how to get provisions that may not be found in the area of the event like security whereby you have to notify the necessary authorities for necessary security cover, emergency medical needs that may be required by some members in the outdoor event and also having necessary equipment.

### **Accessibility**

No one can predict disaster and for this reason, any outdoor activity should be held in a place that is easily accessible. This is to facilitate easy access in event of an emergency like accidents and sickness.

### **Secure**

There is nothing comforting like the feeling of being secured be it in your home or in an outdoor event. Your home maybe secure but when it comes to outdoor events, the more secure they are, the more adventurous they become. Therefore, outdoor events should be held in areas that are secure for your comfort.

### **Seasonal**

Outdoor events do not happen daily. You should thus consider the season to make the event more adventurous. Winter outdoor events

should be planned to bring out the best of winter and likewise for summer.

### **Involving**

Outdoor events are like get together and nothing can make them more adventurous than when they are more involving. For you to enjoy an outdoor event, take part in planning and be involved in giving suggestions on how to carry out the entire exercise.

### **Observe safety standards**

When safety of an outdoor is put into question, the outdoor event becomes less interesting. Safety standards can be observed by ensuring food is cooked in a clean environment and that waste disposal is done in a more humane manner. This can go a long way in preventing diseases like cholera and dysentery, which can be fatal.

### **Well budgeted**

Financial planning is always a must consideration before per taking any outdoor event. Therefore, it is important that before any outdoor event is taken, you must ensure enough funds are available. Poor budgeted events tend to fall short of necessary experience which can lead to disappointment.

### **Teamwork**

No man is an island so goes the saying. This literally applies to any outdoor event from the moment of planning to the point of execution. Teamwork is a good characteristic.

# Chapter 7:

## *The soft skills for outdoor enjoyment*

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### Synopsis

You have probably only heard about soft skills from job hunters and seekers. These skills are apparently crucial when it comes to outdoor enjoyment. Especially when you go to an outdoor expedition where several other people are present, things may sometimes get out of hand.

The values, behaviors, emotional reactions and habits you have inculcated can be of great importance in ensuring your outdoor experience is the best. The following set of soft skills is very important if you want to enjoy your outdoor adventures.





## **Skills**

### **Good communication skills**

Communication defines everything we do and how we relate. In fact, it is the heart and soul of everything we do such that without it, nothing would be done. When you're outdoors; more so, if you're in a position of influence (a leader), you need the strongest communication skills you can summon. The more an effective communicator you are, the better it is for you and your entire enjoyment. Strong communication skills will also reduce misunderstanding in the adventure, leaving room only for co-existence.

### **Problem solving skills**

These are the skills you should never leave at home when going for an outdoor adventure. This is because when you go out there, chances are, you will face problems. In fact, many problems will arise out there and they need to be solved immediately. In an environment where decisions have to be made faster and could be costly if made wrongly, you must appreciate their importance as you go out there.

### **Empathy**

Not everyone is efficient and more so, when you're out there, the rules of the jungle are at play. Sometimes, it's everyone for themselves, a fact you must appreciate. When the rules of the jungle apply and you're in a group, a number of your people will not be as capable as you. People collapsing, getting injured, drowning, getting attacked by

wild animals or pricked by twigs is common. You need to be in a position to show these people a level of understanding and empathy when predicaments strike.

### **Adaptability**

If you've attended any career fair or event, you must agree that this is one of the pillars most coaches rumble about with no end. In the outdoors environment, you must adapt or fail to survive. This doesn't mean going mountain climbing in a light vest alone. You have to be prepared to face the challenges you're likely to face. This only works to fasten your adaptability.

### **Social skills**

Some of your truest friends will be people you met in your most natural element. When you go for an outdoor adventure, the opportunity is the best you can find. You need to have good social skills that will enable you learn about others, get along and contribute to others' courses.

# Chapter 8:

## *The hard skills required for outdoor adventure*

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### Synopsis

You are passionate about outdoors but you lack the necessary basic skills required to guarantee you adventurous outdoor event. For some reason, you want this outdoor event to be perfect but you don't know how to go about learning the skills required for you to be a pro in outdoor events. Going for an outdoor adventure minus the basic skills can be devastating, but this should not discourage you because here are tips to improve on your outdoor skills.



## **Equipment preparation**

In outdoor events, the use of equipment is always necessary and for that matter, skill in their preparation. For you to acquire skills in outdoors, you need to first give up on some comforts and go about it primitively. This can either be in tent making where you have to use tree branches and leaves to make shelter that can stand against strong wind and sometimes rainfall.

Equipment like compasses and maps always come in handy when navigating and skill is required in interpreting them to avoid mishaps like getting lost. Knowing about direction and being able to interpret it on the map is the skill required.

### **Fire making**

No outdoor event can easily pass without the mention of the word fire .This events sometimes expose you to situations that may require you to the use not just imagination but skill in the field. Skills like fire making can be learned and mastered with time but their necessity before an outdoor event is wanting.

Matchboxes are always not available and you may be required to explore alternatives like rubbing dry wood together to create fire which is an ancient skill but useful in outdoors events.

### **Water purification**

Water is the most basic commodities for you, and having it clean not only guarantees you health benefits but also your survival. Though water is easily available in areas where outdoor events take place, having it clean is what calls for skill in purification. The need for clean water may drive you to practice techniques like boiling water which are rarely practiced in current society.

### **Pottery**

This is a skill whereby you use clay to make utensils for your daily use. You may wonder why go through all this when you can easily buy utensils? The answer would lie in the desire for you to have a memorable outdoor experience. The idea of you being primitive adds thrill to the experience hence promoting perfect outdoor adventure.

### **Fishing and hunting**

Fishing during an outdoor event can be adventurous especially if you possess the skill in fishing. Through fishing, food supply for you is guaranteed and therefore this skill becomes a necessity. Hunting in comparison to fishing is an important skill; despite the aim of food, it can help in securing yourself against dangerous animals by learning a trick or two about them

### **Learning basic first aid skills**

Eventualities can always happen and when armed with skills in first aid like preventing excessive bleeding and lifting a wounded person, they can be beneficial.

# Chapter 9:

## *How to improve the outdoor skills*

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### Synopsis

Have you ever wondered why some people seem to have it all together, especially when they're out there in the wild? They climb mountains so fast, never get tired, sing all night, dance all night, run fastest, stand tall, look pretty in their outdoor gear...the list is endless. But, why can't people like you push a sit up to save their necks even once?

Well, if you're still wondering, you're in for a rude shock because some of the finest outdoor people were not born like that. Overtime, these people acquired the survival skills that enable them have the most adventure out there.

And rather than lift your arms in resignation, you too can get it. Here is the roadmap that will help you improve your outdoor skills.

## **How To Get Better**

### **Have an open mind**

A lot of learning happens when people are open to new ideas and perspectives. In the outdoor adventure environment in particular, an open mind helps a lot. First of all, when you are out in the wild, say with a group, chance are you'll be under someone who knows more than you. If you're just beginning, then it's in order for you to open yourself up to new knowledge, courtesy of these people. Simply put, sit back, watch and learn for new knowledge to unfold.

### **Don't be afraid to ask**

Asking questions and being asked questions is the perfect way to learn. In an outdoor environment, other adventurers will know a thing or two you don't know. It could be a new way to light a fire, save water, fight fatigue, anything. If you improve from their outdoors adventure skills, all you have to do is ask them how they do it. You will be amazed at how many people are willing to share information with you. Take advantage of it and learn.

### **Read, read and keep reading**

If you want to hide something from many people, simply put it in a book. Research has shown that many lack general skills for lack of interest in reading. If you want to become good at an outdoor adventure activity or routine, all you have to do is read. A lot of people share their stories of the outdoors and how they survive in books. However, note that this doesn't mean just reading any book. A

good outdoors camping book from a guru would be a good idea. A few Discovery Channel survivor books could also be in order in helping you learn the skills needed to survive out there to experience the adventures in the outdoors.

### **Try new things**

Reading all the books in the wild, or hanging out with the outdoor crazies will not make you a better or skilled outdoor adventure person. The real skills only come when you're out there in the wild, doing the things that should be done first hand. This means that the dormant learning was your forte, and then you have to change as soon as possible. Start being daring and proactive about the outdoors, do more than you think and your skills will pile.





# Wrapping Up

## *The dos and don'ts in outdoor adventures*

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You have in mind the best outdoor adventure experience that you wish to never forget in your lifetime. But the mere excitement makes you forget to plan on how to carry yourself during this experience. Outdoor adventures are involving and should always be treated as such for that perfect event. Here are tips on dos and don'ts for a perfect outdoor adventure.

### **Environment**

Nature provides the best outdoor activities for mankind; for you to maintain this, your outdoor program should have in place measures to conserve it which also translates on your dos and don'ts like;

- Putting out all the fires lit during outdoor events in order to prevent forest fires, which can be devastating to the environment.
- Proper disposal of all litter accumulated in the outdoor events in the right places for a clean environment.
- Avoid unnecessary noises during outdoor events for a peaceful outdoor experience.
- Avoid unnecessary felling of trees, hunting and fishing

- Don't go beyond the agreed locality during nature outdoors as it may be dangerous.

## **Culture**

Your outdoor activity may be taking place in a country where the inhabitants have a different way of life compared to you and you may offend them in what you may see as normal to you. Therefore, for peaceful co-existence, the following are required of you;

- Do background research on the culture of people residing in the place you per take your outdoor activity
- Don't wear revealing clothing as it may offend others
- Don't speak ill of your host's culture
- Avoid collecting of artifacts unless granted permission by your host

## **Religion**

Outdoor activities are more involving and tend to meet many religious beliefs. Religion being a delicate issue, your approach towards this subject should be calculated lest you offend your hosts. You may not believe in their religion and beg to differ but this should not be the reason to argue as it may offend them. To keep safe, you need to keep this into consideration;

- Don't enter your host's place of worship without their permission.

- Don't photograph your host's place of worship.
- Don't touch anything perceived to be of religious value by your host unless permitted.
- Do not speak in a manner to suggest you are criticizing their religion.

## **Lifestyle**

When participating in outdoor events, the issue of lifestyle can never miss to be arising. Unless it is properly addressed, it can become a sore point in the outdoors to the discomfort of you and the rest of the people involved. Although it is important to respect the life style of everybody, a mutual arrangement can be made to help in getting the balance need. Here are tips to guide you achieve this;

- Do not use recreational substances like cigarettes everywhere and only use them in places set up for them.
- Do not share your recreational substances like cigarettes and alcohol with your hosts as this can be impolite.
- Cover yourself fully when before your hosts.
- Always speak politely to your hosts, as this will promote harmony between you and your hosts.