

ALONE IN THE WOODS

ACTIVITY KIT



ABOUT THE BOOK:

Jocelyn and Alex have always been best friends...until they aren't. Jocelyn's not sure what happened, but she hopes the annual joint-family vacation in the isolated north woods will be the perfect spot to rekindle their friendship.

But Alex still isn't herself when they get to the cabin. And Jocelyn reaches a breaking point during a rafting trip that goes horribly wrong. When the girls' tube tears, it leaves them stranded and alone. And before they know it, the two are hopelessly lost.

Wearing swimsuits and water shoes and with only the contents of their wet backpack, the girls face threats from the elements. And as they spend days and nights lost in the wilderness, they'll have to overcome their fractured friendship to make it out of the woods alive.



ABOUT THE AUTHOR:

REBECCA BEHRENS is the author of the critically acclaimed middle-grade novels *When Audrey Met Alice*, *Summer of Lost and Found*, *The Last Grand Adventure*, and *The Disaster Days*. She grew up in Wisconsin, studied in Chicago, and now lives with her husband in New York City. You can visit her online and learn more about her books at rebeccabehrens.com.

PRAISE FOR ALONE IN THE WOODS:

"In this classic adventure story with the heart of a relationship drama, it's easy to root for the complex girls and their deep friendship." —*Booklist*

"Fully developed characters and a brisk plot take readers along on a dangerous journey."
—*Kirkus Reviews*

"A compelling and relatable middle school friendship tale for fans of survival stories."
—*School Library Journal*



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HIKING SAFETY QUIZ:

Are you ready to head into the woods?

- 1. True or false: You should always let others know where you are hiking and when you'll be back—even for short, local hikes.**
- 2. According to the Boy Scouts of America, how many hikers do you need to properly use the buddy system?**
 - A. Two
 - B. Four
 - C. Eight
- 3. True or false: If the weather forecast is clear, you don't need to pack any rain gear.**
- 4. Which isn't one of the "Ten Essentials" for hiking?**
 - A. Extra food
 - B. Extra clothes
 - C. Insect repellent
- 5. How long do you need to boil water from a lake or stream before it's safe to drink?**
 - A. 15 seconds
 - B. 1 minute
 - C. 5 minutes
- 6. True or false: It's okay to dispose of your trash while hiking by burying it off trail.**
- 7. What should you do to avoid surprising a bear in the woods?**
 - A. Be a "noisy hiker" by singing and talking
 - B. Be a "silent hiker" by making as little noise as possible
 - C. Play dead
- 8. True or false: Cotton is the best fabric for hiking clothes.**
- 9. According to the philosophy of "Leave No Trace," if you have to go to the bathroom while you're on the trail, how far should you be from a source of water to do your business (to avoid contaminating the source or preventing animals from using it)?**
 - A. 100 inches
 - B. 1 mile
 - C. 200 feet
- 10. True or false: You should drink water often and before you're thirsty while exercising outdoors.**

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HIKING SAFETY QUIZ: Answer Key

- 1. True.** *In the unlikely event you get lost or injured, it will be much easier for help to reach you if others know where you planned to go and when you expected to return.*
- 2. B. Four:** *This way, if one hiker needs to stay behind for some reason, a buddy can stick with them while the other pair goes on ahead.*
- 3. False.** *Weather is unpredictable! Wet clothes can cause hypothermia even at temperatures in the fifties.*
- 4. C. Insect Repellent:** *While bug spray can be really helpful in nature, it's not considered an essential by hiking experts.*
- 5. B. 1 minute:** *And if the water is cloudy, you can filter it first using cloth like a bandanna, before boiling.*
- 6. False.** *Any items you brought into the woods should leave with you—that's called "pack it in, pack it out." You should always leave plants and wildlife alone, and leave the woods cleaner than you found them (picking up any litter you might find as well as taking all your own trash back with you).*
- 7. A. Be a noisy hiker:** *To avoid startling a bear, sing, talk, or wear a bell.*
- 8. False.** *Experts recommend quick-drying and moisture-wicking fabrics, partly because cotton can take a long time to dry if it gets wet. Wool, polyester, and nylon are good options.*
- 9. C. 200 feet is about 70 steps.** *Staying away from a source of water prevents it from being contaminated and makes sure your scent won't keep animals who need the water away. If you can't use clean water to wash up afterward, use the hand sanitizer you packed!*
- 10. True.** *Especially in warm weather!*

Sources:

<https://scoutingmagazine.org/2019/08/safety-quiz-hiking/>
<https://www.nps.gov/articles/10essentials.htm>
<https://www.nps.gov/subjects/bears/safety.htm>
<https://www.rei.com/learn/expert-advice/hiking-for-beginners.html>

SCORING:

0–3 points:

You have a great start at knowing how to hike! Check out the sources below for more information on staying safe outdoors.

4–7 points:

You've learned a lot about hiking already, and you're well on your way to becoming an expert on the trail!

8–10 points:

Congrats, you're a hiking expert! Share what you know with others to help keep them safe in the woods.

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PREP YOUR PACK!

Circle the items that you would put in your backpack for a day spent hiking in the woods. Write in any extra items on the lines below.


