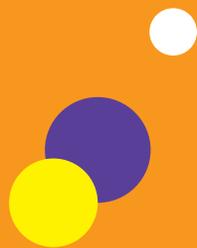


Communities
in motion



Geocaching Loaner

Program Guide



Started in September, 2000, by GPS enthusiast and web developer Jeremy Irish, Geocaching.com now hosts more than 6 million geocachers and 2.3 million active geocaches. The site offers an array of features for both novice and avid geocachers. If someone is new to this worldwide activity, Geocaching.com will lead them through all the necessary steps for their first geocaching experience. The site provides an in-depth tutorial for getting started, as well as instructions on finding geocaches. Dozens of press articles and millions of online conversations later, Geocaching.com is the world's largest location based gaming portal.

Manitoba *in motion* gratefully acknowledges *Groundspeak, Inc.* for allowing us to use and adapt information from www.geocaching.com. Geocaching.com is the largest geocaching site with a worldwide membership of over one million caches. The Groundspeak Geocaching Logo is a registered trademark of Groundspeak Inc. and is used with permission. For more information about *Groundspeak Inc.*, visit www.groundspeak.com.



The Geocaching Logo is a registered trademark of Groundspeak, Inc. Used with permission.

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Manitoba *in motion*

In motion is a provincial strategy to help all Manitobans make physical activity part of their daily lives for health benefits and enjoyment. Our vision is to make Manitobans healthier by increasing everyone’s level of physical activity.

Most of us already know the importance of active living. Physical activity increases energy, reduces stress, strengthens the heart and lungs. The result is a better quality of life for people of all ages.

Yet less than half of all Manitobans get enough physical activity to gain those health benefits. What’s needed is the motivation to get ourselves and each other “in motion”. That is why the provincial government has joined with community partners in the areas of physical activity, health, healthy living, recreation, sport, and education to raise activity levels and reduce barriers to physical activity.

In motion activities focus on families, children, youth, adults, and older adults in the school, home, community, and workplace settings. Support is available to help communities, workplaces and schools develop action plans to become “in motion”.

Community setting:

Communities *in motion*

Communities *in motion* encourage all parts of the community such as local governments, health services, recreation services, schools, workplaces and neighborhoods to do their parts to increase physical activity opportunities for everyone. Manitoba *in motion* connects with Healthy Together Now and Recreation and Regional Services to support communities. For more information visit www.manitobainmotion.ca/communities.

Healthy Together Now

The Healthy Together Now Program is community led, regionally coordinated and government supported. Using a community development approach, supported by the use of data and local area knowledge, communities work together to deliver primary prevention activities. These prevention activities focus on the areas of healthy eating, physical activity, tobacco prevention and reduction, and mental wellbeing. These four priority health areas are known to reduce or delay the development of chronic diseases.



Healthy Together Now program goals are:

- to support communities that lead prevention activities.
- to get organizations, communities, regions and governments working together to help prevent chronic disease.
- to blend with and build on existing prevention programs and develop new ones.
- to increase people’s knowledge and abilities to run prevention programs for a variety of chronic diseases.

Healthy Together Now projects are planned and led by individual communities. The Manitoba government and regional health authorities provide funds, support and training. The program is offered in five regional health authorities, targeting people who are most at risk for chronic diseases in all communities – rural, urban, First Nations, Metis.

For more information about Healthy Together Now, visit www.healthytogethernow.ca.

Recreation & Regional Services

Recreation and Regional Services Branch supports the recreation delivery system by providing support and information to assist organizations and individuals that deliver recreation opportunities in Manitoba. The Branch offers advice, assistance and information about recreation funding programs, programs, planning and how to better meet the needs of Manitoba communities.

For more information, visit www.manitoba.ca/cyo/recreation/



Workplace setting:

Workplaces *in motion*

Workplaces *in motion* value the benefits of physical activity. A Workplace *in motion* encourages employees to build physical activity into their daily lives at work and at home.

Tools and resources are provided to workplaces to help them get “in motion”, examples include a Workplaces *in motion* resource manual, promotional items, access to resources on the *in motion* website, and information on easy physical activity challenges and activities they can implement in their workplace.

For more information, visit www.manitobainmotion.ca/workplaces.

Wellness Works

Wellness Works is a partnership between employers, the Manitoba government and the Manitoba Chambers of Commerce. Employers are asked to participate by implementing changes in their workplaces that promote and support staff health and wellbeing. The *Wellness Works* campaign has been developed to help address some of the barriers to good health common among working adults.

Wellness Works provides web-based tools and resources to facilitate a variety of changes employers can implement that better support their staff to be healthier. Employers are key stakeholders and partners in the province’s commitment to improve the health of Manitobans. They are encouraged to commit to the following:

- that they value having a healthy workforce;
- that they recognize health can be supported in the workplace; and
- that they commit to fostering a culture of physical and mental wellbeing in their workplaces recognizing it is a shared responsibility between employer and employee.

Employers select any number of pledges on those health issues most relevant to their staff. Pledges are designed to be flexible, recognizing the diversity of workplaces in Manitoba, and not prescriptive, so employers can implement the activities that make sense in their organization.

For more information, visit www.manitoba.ca/wellnessworks.

School setting:

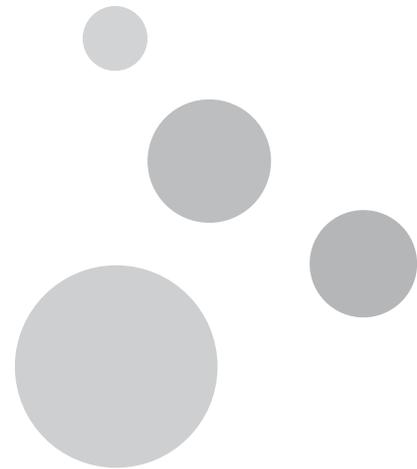
Healthy Schools *in motion*

Healthy Schools and Manitoba *in motion* have partnered to offer Healthy Schools *in motion*. Encouraging schools to become “in motion” is one way to promote physical activity to children and youth. Schools can become “in motion” by working towards the goal of 30 minutes of physical activity every day for every student. This can be achieved through any combination of physical education, physical activity breaks, physical activity programs, intramurals and special events.

Healthy Schools *in motion* Geocaching Loaner Program

If schools in your community are interested in geocaching and are registered as a Healthy School *in motion*, they can contact the Manitoba Physical Education Teachers Association (MPETA) at mpeta@sportmanitoba.ca to access the Healthy Schools *in motion* Geocaching Loaner Program.

For more information about Healthy Schools *in motion*, visit www.manitobainmotion.ca/schools.



Communities *in motion* Geocaching Loaner Program

Manitoba *in motion* is pleased to offer the Communities *in motion* Geocaching Loaner Program in partnership with Healthy Together Now Program and Recreation and Regional Services Branch. This program provides communities with the equipment and resources they need to geocache. Through the Communities *in motion* Geocaching Loaner Program, communities have everything they need to provide participants with an innovative experience while being physically active.

As part of the Communities *in motion* Geocaching Loaner Program, Communities *in motion* provides communities with a Geocaching Loaner Kit. Each Geocaching Loaner Kit contains:

- a *Communities in motion Geocaching Loaner Program Guide* which provides organizations with the basic knowledge of geocaching, suggestions for activities, and much more!
- 20 Global Positioning System (GPS) units
- 40 AA batteries for the GPS units
- an *eTrex Quick Start Guide* detailing the basic features of the GPS devices
- one MapSource® CD-ROM
- *Communities in motion Geocaching Loaner Program registration form* (which includes a *Rental Agreement*)
- Program Feedback Forms
- additional resource material from www.geocaching.com

**Please note that two AA batteries for each GPS unit will be provided initially but that your community will be responsible for providing batteries in the future. Removing the batteries after each use will prolong the life of the batteries. We recommend that participants carry extra batteries when geocaching.

How does my organization access the Communities *in motion* Geocaching Loaner Program?

Accessing the Communities *in motion* Geocaching Loaner Program is easy! Just visit www.manitobainmotion/ca/community or call *in motion* at 1-866-788-3648 for details on how your community can access the kits. You can also connect with your local Healthy Together Now or Recreation and Regional Services contact.



What is Geocaching?¹

Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Geocaching is quickly becoming a popular outdoor adventure game among all ages and ability levels. It combines location-based gaming, social networking, treasure hunting, GPS navigation and outdoor recreation. Geocaching is an activity that lets you explore the great outdoors—parks, nature trails, or simply the city routes around your home or community to find the secret cache with a hand held GPS unit or a GPS enabled cellphone.

What is the meaning of the word geocaching?

The word geocaching refers to GEO for geography, and to CACHING, the process of hiding a cache. A cache in computer terms usually refers to information stored in memory to make it faster to retrieve, but the term is also used in hiking/camping as a hiding place for concealing and preserving provisions.

Geocaching around the World

Today, more than 1.4 million geocaches have been hidden and found by more than 4 million people worldwide. More specifically, the United States and Germany lead the world in this activity with the Czech Republic, Canada and the United Kingdom following. Geocachers search for caches hidden all around the world. In fact, approximately 200 countries take part in geocaching. The caches location with longitude and latitude along with some clues are recorded on the internet.

What do I need to geocache?

- ✓ a GPS enabled device
- ✓ computer to input coordinates with MapSource® CD-ROM
- ✓ location
- ✓ batteries (participants should always carry extra batteries)



How is “geocaching” pronounced?

It is pronounced “Geo-cashing”, like cashing a cheque.

¹www.geocaching.com

About Caches²

What does a geocache look like?

Geocaches are hidden in plain sight and never buried, but they are often cleverly camouflaged. They can vary greatly in size and appearance – everything from large, clear plastic containers, to film canisters, to a fake rock with a secret compartment. Examples of cache sizes include:

- **Micro cache** – Less than 100ml. Examples: a 35 mm film canister or a tiny storage box. A nano cache is a common sub-type of a micro cache that is less than 10ml.
- **Small cache** – 100ml or larger, but less than 1L. Examples: a sandwich-sized hard plastic container or similar.
- **Regular** – 1L or larger, but less than 20L. Examples: a plastic container or ammo can about the size of a shoebox.
- **Large cache** – 20L or larger. Example: a large bucket with lid.

It is up to you, the leader to choose an appropriate container to use as a cache for your participants. Participants love a challenge. Find creative ways to camouflage your containers (ex: camouflage hockey or duct tape).

What can I put in a cache?

Caches that are set up temporarily for community geocaching activities may contain logbooks, stickers, or items representing a connection to your community. Examples of items that could be placed in a geocache include:

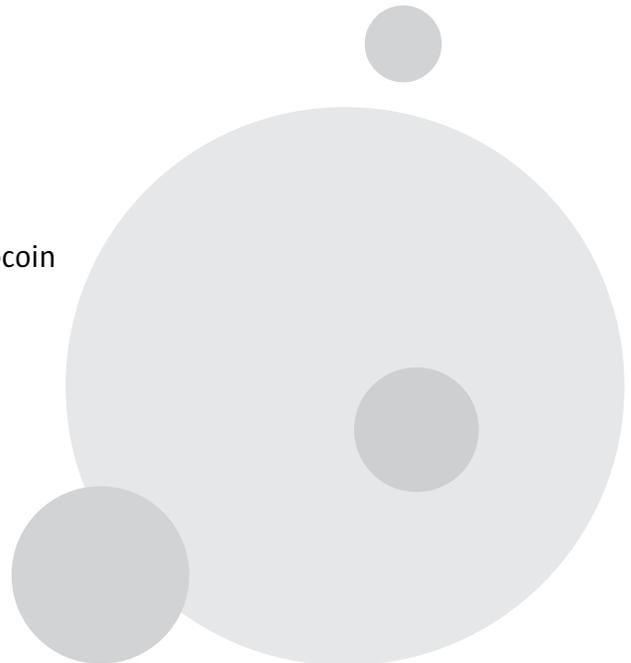
- stickers
- pin
- buttons
- log book (for people to sign)
- small key chains
- trackable items such as a Travel Bug® or Geocoin

(see page 9 for more information)

Cache Tip:

Make your caches waterproof so they can be used year round in all types of weather

²www.geocaching.com



What should not be placed in a cache?

Participants of all ages can hide and seek geocaches, so think carefully before placing an item into a cache. Respect local laws at all times. Do not put food or heavily scented items in a cache. Animals have a better sense of smell than humans, and in some cases caches have been chewed through and destroyed because of food items in a cache.

Can I move a cache once I find it?

Please do not move a cache from its original location. Cache owners are responsible for maintaining their cache placements.

Types of Geocaches³

The cache options below offer a wide variety of geocaching experiences. Choose one that best suits your participants' needs and abilities.

Traditional Cache

This is the original cache type consisting, at a minimum, of a container and something inside (see page 8 for ideas of what to put inside the cache). Normally you'll find a Tupperware® container or a smaller container ("microcache") filled with goodies.

Multi-Cache

A multi-cache ("multiple") involves two or more locations, the final location being a physical container. There are many variations, but most multi-caches have a hint at the first location that helps one reach the second location, where there is a hint to the third, and so on.

Mystery or Puzzle Caches

The "catch-all" of cache types, this form of cache can involve complicated puzzles. Geocachers will first need to solve pieces of the puzzle to determine the coordinates. For example, leaders could provide a word scramble or math equation for participants to figure out the coordinates. Due to the increasing creativity of geocaching, this becomes the staging ground for new and unique challenges.

Virtual caches

A virtual cache involves the discovery of a location rather than a container. This type of cache may require you to answer a question concerning the location, take a photo, or complete a task, etc. For example, counting the rails on the outdoor play structure or recording the name of the historic monument.

³www.geocaching.com

About GPS Devices⁴

What is a GPS device?

A GPS (Global Positioning System) device is an electronic unit that can determine your approximate location (within 2 to 9 meters) on the planet. Coordinates are normally given in latitude and longitude. You can use the device to navigate from your current location to another location. Some devices have their own maps, built-in electronic compasses and voice navigation, depending on the complexity of the device.

How does a GPS work?

Each GPS device is a computer that receives signal broadcasts from GPS satellites. A device needs to read signals from at least three satellites at a time to calculate its general location by a process called trilateration.

With signals from four satellites, a GPS receiver can get a more accurate fix that includes altitude and the exact time, as well as latitude and longitude. The more satellite signals the receiver reads, the more accurate the position it reports to you.

If I use a GPS device, can someone track where I am going?

No! GPS devices do not actually broadcast your location. The satellites using radio frequencies actually broadcast their own position. Your GPS device takes that information to figure out where you are (trilateration).

Did you know?

There is a slight “error” to every GPS device due to technological limitations? Your device can get you close to the cache, but there are a number of things to consider as you get closer to the cache location.

⁴www.geocaching.com

Basic Features of a GPS Device⁵

These are the basic features of the GPS units that come with the Geocaching Loaner Program:

POWER/Backlight key – press and hold to turn the unit on or off. Press and release to adjust the backlighting, view the date or time, and view the battery capacity.

IN/OUT Zoom keys – from the Map page, press to zoom in or out. From any other page, press to scroll up or down a list.

MENU/FIND key – press and release to view options for a page. Press twice to view the Main Menu. Press and hold to display the FIND menu.

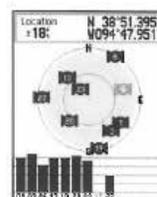
QUIT/PAGE key – press to cycle through the main pages. Press and release to cancel data entry or exit a page. Press and hold to turn the electronic compass on or off.

ENTER/ROCKER key – press and release to enter selected options and data or confirm on-screen messages. Press and hold to mark your current location as a waypoint. Move up, down, right, or left to move through lists; select fields, on-screen buttons, or icons; enter data; or to move the map panning arrow.



There are three recurring main pages and one that shows only with each start-up. Press and release QUIT to cycle through the pages.

1. **Satellite Page** – appears only at start-up and shows the GPS receiver status, satellite locations, satellite signal strength, and the receiver’s current location. After powering it up, the unit will attempt to ‘lock’ onto the satellites; you must be outdoors with a clear view of the sky to get a signal. Once locked on, you’re ready to navigate!
2. **Map Page** – shows a detailed map of the area around your current location.
3. **Compass Page** – guides you to your destination. Follow the pointer arrow to navigate to the chosen waypoint.
4. **Main Menu** – contains advanced features and settings.



Satellite Page



Compass Page



Map Page



Main Menu

⁵Garmin eTrex Venture® HC Quick Start Guide

Benefits of Geocaching for Communities

The benefits of Geocaching go far beyond finding the “secret caches”, although that’s fun too! Geocaching encourages participants to get outside and get “in motion” – many of the geocaches are accessible by walking, biking or for the more adventurous types by canoe or kayak.

There are lots of ways communities can get in on the fun! Geocaching can help to:

- get participants outdoors to experience nature, refresh their mind and increase their energy
- encourage exploration in parks, nature trails, cities, towns
- increase physical activity levels by walking, rolling, biking, hiking, etc.
- promote social interaction between participants while being physically active
- encourage participants of all abilities to participate
- engage participants in learning new locations in a fun and active way
- link activity and nature with community development outcomes
- promote respect for nature and the environment



Two Approaches to Geocaching

This guide will discuss two approaches you can take to geocache. Caches can be set up locally and globally; both approaches are great but have different uses – it’s up to you which you prefer to use!

	Local Cache Set-up	Global Cache Set-up (www.geocaching.com)
What is the main difference between the local and global approaches?	These caches are hidden in a location chosen by the leader for a geocaching activity. The existence and location of geocaches are not shared online, only the leader who hides them knows where they are located.	These caches are hidden in a public, global domain where everyone searches, shares information, and are part of the global geocaching community. The existence and location of geocaches are shared online at www.geocaching.com .
Who hides the caches?	The leader hides the caches in a location they choose (ex. park, community, trail, etc).	The leader can hide the caches in a location they choose (ex. park, community, trail, etc), but they must be submitted online at www.geocaching.com OR pre-hidden caches can be found from www.geocaching.com .
How long do the caches last?	These are temporary caches that last as long as the leader chooses. This allows for easy placement and retrieval of caches in one day (or less). These caches do not need to be submitted online or monitored on a long-term basis.	These are permanent caches that must be maintained. The leader must ensure that the cache is in the same spot as the online coordinates; the contents are still there; and that it’s not damaged for as long as it is listed online.
Who can find the caches?	Only the participants who are doing the geocaching activity as the caches are not logged online.	Anyone who visits www.geocaching.com could find the caches as they will be listed online.
Activity Example	Simple treasure hunt – Geocaches are set up by the leader ahead of time around the community. Participants locate the caches and take a clue from each cache, then bring it back to solve a word riddle, anagram, or mystery.	Travel Bug® tracking – Your community or organization can purchase trackable tags (from www.geocaching.com) and attach them to a small item of interest, perhaps a community mascot or figurine. Trackable items can be “released” into a geocache with a “mission”. Geocachers across the globe help your Travel Bug along on its mission. For example, your community may release a Travel Bug with the mission to visit Beijing. Ask geocachers to document your Travel Bug’s journey with pictures and write ups by including an information card with your Travel Bug. The www.geocaching.com website also provides statistics on miles travelled. You and your participants can follow its adventures and study its travels.

The choice is up to you... Do I go global or local?

This Guide will help you get started on both approaches (see page 18 for activity ideas). For additional information on the global approach, visit www.geocaching.com.



Let's get started – a guide to geocaching!

Geocaching is great because it allows participants of all ages and abilities to work together to find the cache! Everyone will contribute different strengths to the activity. Follow these easy steps to geocache in your community:

1. General Geocaching Knowledge

Read the Communities *in motion* Geocaching Loaner Program Guide to gain an understanding of the basics to geocaching.

2. Familiarize yourself with how to use a GPS

Read the eTrex HC series Quick Start Guide (included in the Communities *in motion* Geocaching Loaner Kit) for information on how to use the GPS. Also familiarize yourself with the basic features of a GPS device (see page 11).

3. Make your Caches

Select and make caches. Select items to put in your caches (see page 8 for information about caches).

4. Find a Location to hide your Caches

Locations can vary in terms of terrain, rural or urban settings and can highlight historical landmarks, nature trails, local geography, or spots of significance to your community or organization. Here are some tips to help you select a location to hide caches.

- Make sure your cache is accessible to all your participants (age and ability levels).
- Consider terrain that is easy to navigate and wheelchair accessible.
- Caches could be placed just off trails (preserve environment) but not too close that a passerby might accidentally stumble on it.
- Leaders should know the area in which they are geocaching and visit the site ahead of time.
- Check for rules and regulations of the location when placing caches on public property.
- Always ask permission to place a cache on land that is privately owned.
- Be respectful of your natural surroundings and mindful of the environment.
- If you are logging your cache online (global approach – see page 13):
 - Use common sense when selecting your cache location as other people will be visiting these areas in search of your cache.
 - Regular maintenance on your geocache is your responsibility. Make sure it is still in the location you first placed it and it is not damaged.



5. Hide your Caches and Mark the Waypoints

Hide your caches in the location of your choice and mark the waypoints on a single unit – this will be the master GPS.

What is a Waypoint?

A waypoint is a reference point for a physical location on earth (the location where your cache is hidden). Waypoints are defined by a set of coordinates that typically include longitude, latitude, and sometimes altitude.

How do I mark a Waypoint?

- The first thing you want to do is mark the location of your starting point (ex.: Landmark in park, front door of building, point on a trail) so that geocachers/participants can find their way back.
- Press and hold the Enter button until the Mark Waypoint window appears.
- Use the ROCKER to move to the various fields. To accept the waypoint with the default information, select OK, and press ENTER.
- Mark the waypoints at each hidden cache location.
- Write the waypoints on the cache itself as well.

How do I Review a Waypoint/Go to a Waypoint?

- To locate a previously stored waypoint, use the PAGE button to get to the MENU page, press FIND.
- Use the ROCKER to move down to the Waypoints category and press ENTER.
- Then, using the ROCKER, move down to the desired Waypoint and press ENTER.
- Now you can use the selected waypoint.
- To go to the waypoint, move down to the GOTO selection and press ENTER.
- Follow the COMPASS (you must be in motion for the compass to work), the distance will continually reduce until you are approx. 20 feet from the cache.
- The GPS will BEEP alerting you that the geocache is near. Search the area to locate the geocache.
- Once the cache is located, take an item from the cache and replace the cache in the location it was found.

6. Transfer Waypoints to your set of GPS units

There are two ways to transfer information from the master GPS to all of the GPS units in the Geocaching Loaner Kit:

- a) **Computer** – Insert the MapSource® CD-ROM into your computer to install the software (follow the instructions on the MapSource® CD-ROM case that comes with the Geocaching Loaner Kit). The Garmin GPS connects directly to your computer through an interface cable (included in the kit), you can use the “Send to GPS” functionality to send a cache listing directly to your GPS devices.

You will need to connect each GPS to the computer to transfer the coordinates to that GPS. Once you've done each GPS, the coordinates are loaded and the GPS devices are ready to use.

If you are using the global approach to geocaching with your participants (see page 13), at this point you would also need to log the coordinates online at www.geocaching.com which opens them to everyone in the world (these caches must be maintained). If leaders are using a local approach to geocaching, it is not necessary to log the waypoints online – leaders simply transfer all the waypoints to their participants' set of GPS using their computer and have the participants find the local caches they have hidden. Participants would receive a geocache worksheet listing all the waypoints and collect items or place stickers next to the corresponding waypoints from the caches they have located (see page 25 for a sample of a geocaching worksheet).

Note: There is an approval process for new caches uploaded to www.geocaching.com. It can take a few days, so please plan accordingly.

- b) **Inputting Coordinates by Hand** – If your device does not connect directly to the computer via an interface cable, you will need to enter coordinates into the device by hand. Check your device's manual for instructions. This is good if you're doing a few units. If you're doing a large amount of units, use the "Send to GPS" computer method.

7. Educate your Participants on the Geocaching Basics

Familiarize your participants with how the GPS devices work, how they are used, why they are used, etc. A few topics you may want to touch on:

- **General Geocaching Information** – For example, what is geocaching? What is a GPS? What is a cache? What are satellites?
- **Coordinates** – Using a world map, have participants find coordinates (longitude vs. latitude) of different locations. For example, participants place their fingers on 49° 52' N and 99° 59' W on a map, and then draw their fingers to meet on Brandon, Manitoba. Numbers on GPS are numbers on a map, not random!
- **Real life application** – What careers would use GPS (fishing, hunting, police, astronauts, pilots, search and rescue, boats, etc.)?
- **Signal** – What will stop the signal from reaching the GPS device (being indoors, wood, concrete, etc). The GPS must be outdoors to work.
- **How to use a GPS** – Go over basic instruction on use of the GPS with your participants. How to turn on machine, flip through the different pages of GPS (satellite, main menu, map, compass). Specific information about your GPS units will be in the GPS handbook that comes with the Communities *in motion* Geocaching Loaner Kit.

8. Be Prepared Before your Participants start their Geocaching Adventure

- It is always a good idea for the leader to practice finding the caches before taking the participants out to ensure everything is set up correctly.
- Pair participants up or have them geocache in small groups. If possible have a leader with each group. Every group of participants will receive a GPS with the preloaded waypoints. Be sure to record the name and number of GPS unit given to participants.
- Have the participants complete the *Geocacher Code* before going outside (see page 24 for a sample *Geocacher Code*). Remind participants to keep the locations of the geocaches secret and not disclose the locations to others.
- Give your participants a pencil and a piece of paper that has coordinates and a place for stickers that they find in the cache (see page 25 for a sample worksheet). They may also carry items such as small Ziploc® bags or notebooks depending on what has been put in each cache for the participants to collect/sign/draw/solve. You may also want to give participants a garbage bag before going outside (see page 20 for information on CITO).
- Stress the importance of putting the caches back where they are found and to not share the location with anyone else.
- Set a time for your participants to check in throughout the activity, and a final meeting point for the conclusion.
- The first time you go geocaching, you may want your participants to walk together and locate the first cache as a large group.
- Dress appropriately for the terrain and the weather conditions.
- Remember to bring along extra batteries for the GPS units.
- Send groups out to find different caches and meet back at certain time at the designated meeting place.
- If you are using a local approach to geocaching, the leader/participants can collect the caches at the end of the day. If you are using a global approach, the caches do not need to be collected, however they must be maintained.

9. Let's go Geocaching!!

Your participants are now ready to go geocaching – be creative, have fun and get “in motion”! See page 18 for geocaching activity ideas, or be creative and invent your own activities.

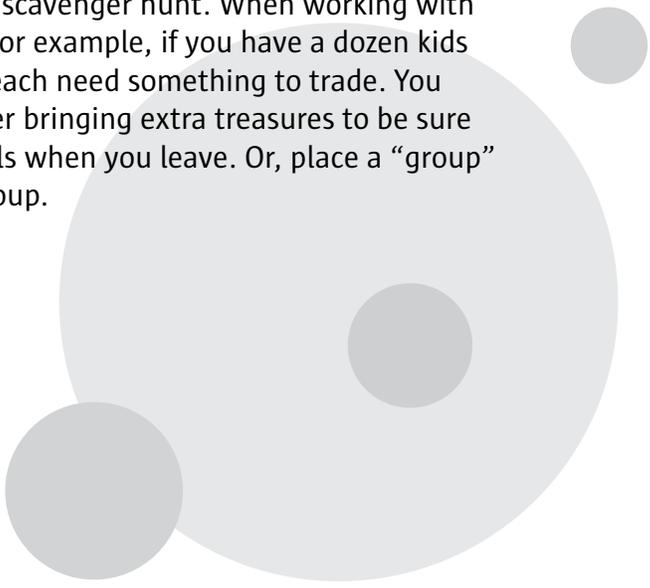


Geocaching Activity Ideas for Communities

There are many ways to geocache in your community!

- **Simple mapping** – Send participants into a playground in pairs and have them map out the playground using waypoint functions. GPS receivers can then be downloaded onto a computer using MapSource® CD-ROM/Easy GPS software (free download) and maps can be printed for each participant. This is a good lesson to prove how finicky GPS receivers are as maps can vary greatly from group to group depending on what side of a play structure they stand on, or depending on whether they wait for satellites to “catch up” with their position.
- **Simple treasure hunts** – Participants take a clue from each cache and bring it back to open and solve a word riddle, anagram or mystery. Geocaches can be set up ahead of time around the community. Simply mark the waypoints and transfer them to other GPS units using Easy GPS.
- **Content specific caching hunts** – Each cache can be related to a learning activity. Once each cache is found, the possibilities are endless. Activities can range from simple to complex. For example, to prove that they visited a cache, participants may have to solve a math equation, solve an anagram, do a physical activity (10 jumping jacks), or answer history questions.
- **Virtual caches** – Participants are sent to a physical or natural landmark (tree, compost bin) and either need to identify, sketch, or photograph it.
- **Travel Bug® tracking** – Your group can purchase trackable tags (from www.geocaching.com) and attach them to a small item of interest, perhaps a community icon. Trackable items can be “released” into an online geocache with a “mission”. Participants can then observe geocachers across the globe help your Travel Bug along on its mission. For example, your group may be interested in a specific country, as an example, China. You may release a Travel Bug with the mission to visit Beijing or perhaps even China Towns in every major North American city. Ask cachers to document your Travel Bug’s journey with pictures and write-ups by including an information card with your Travel Bug. The website also provides statistics on miles travelled. You and your participants can follow its adventures and study its travels.
- **Treasure hunts** – Leader can set up their own mini Geocache Event for their participants on community grounds with the waypoints already entered into each GPS unit. Pairs of participants can be sent out to locate the caches where stickers will be placed inside the caches. Participants can take a sticker from each cache they find to prove they located all the hidden caches.

- **Cross Canada Projects** – Participants can design and place a small Travel Bug into a geocache where the mission of the Travel Bug is to travel across Canada. Geocachers will help move your Travel Bug across the country and document its travels online where participants can follow its progress. Leaders create an online account at www.geocaching.com and list their geocache for others to try and find. They could monitor the progress of their Travel Bug and see if it reaches its intended destination.
- **Great Amazing Geocache Race** – Organize a community geocache race where individual groups are responsible for preparing and hiding a geocache. Download the coordinates of all the caches to each GPS unit and send out teams to locate them. Conclude the race with prizes and a barbeque.
- **Do Theme Caches** – Hide different themed items in the cache according to the month. For example, in October use Halloween Stickers, in December use Christmas Stickers/Erasers, in February use Valentine’s Day Heart Stickers, in March use St. Patrick’s Day themed stickers, in April use big plastic Easter Eggs for caches and put themed stickers inside, etc.
- **Special Event Themes** – Hide different items in the cache according to a certain theme. For example, for a pirate theme, treasure boxes can be used as the cache, and filled with doubloons (pirate money). Other themes could include Canada Day, Thanksgiving etc.
- **Design Club Experiences** – When working with clubs, consider small group activities. It’s more fun if each child has a specific task or responsibility. For example, in groups of three you might have a photographer, a log book keeper, and a GPS user. Team members can trade responsibilities so they get a chance to try all of the roles. Think about setting a variety of caches that participants could rotate through. You might have geocache stations throughout a nature park, historic site, or amusement park. Try a bike scavenger hunt. When working with large groups consider the cache contents. For example, if you have a dozen kids and they will be trading trinkets, they will each need something to trade. You don’t want to overrun the cache, so consider bringing extra treasures to be sure that the cache has a nice variety of materials when you leave. Or, place a “group” object and select something to take as a group.



Geocaching and the Environment Go Hand in Hand⁶

Geocachers are committed to keeping the environment clean as many of the caches are hidden in our parks and trail systems. In order to assist in the reduction of debris in our parks, geocachers practice the Cache In Trash Out™ program (CITO). Groundspeak, the corporate owner of Geocaching.com promotes and sponsors cleanup geocaching events around the world.

Leaders can organize a Cache In Trash Out™ Event in their own community. By hiding geocaches around the community, participants are given garbage bags and assist in garbage collection along the way to finding hidden caches. The end result is a clean community where geocachers have participated in an active and meaningful way.

Cache In Trash Out™ Events can be held to coincide with:

- Earth Day in April – www.earthday.ca
- Canadian Environment Week in June – www.ec.gc.ca/sce-cew/default.asp?lang=En
- Canadian Environment Geocaching contest in Canada's National Parks, Historic Sites and National Wildlife Areas



⁶www.geocaching.com

Geocaching Leads to the Discovery of Parks and Trails in Manitoba

Manitoba Parks

Providing facilities and places to enjoy the great outdoors is one of Manitoba Parks' goals. Each park, according to its land and water resources, provides opportunities for a broad range of activities that visitors can enjoy at their own pace, throughout the year.

Manitoba Parks offers Park Interpreter led GPS programs year-round, free for groups and schools at Birds Hill, Spruce Woods and Whiteshell provincial parks.

For information, visit the Teacher's Corner website:
www.gov.mb.ca/conservation/parks/act_interp/teachers.html

Park Interpreters, occasionally, offer GPS programming as part of their public programming. Park events are listed online. For more information, visit:
http://www.gov.mb.ca/conservation/parks/act_interp/events/events.html

Starting summer 2014, Manitoba Parks will also have GPS devices available for families to loan, free of charge, from the following interpretive centers: Alfred Hole Goose Sanctuary (Whiteshell), Hecla School, St. Norbert Reception Centre, and Spruce Woods Park Centre.

****Should you wish to create a cache in Manitoba Parks, please be advised that there are regulations to follow. To view the guidelines, visit: <http://www.gov.mb.ca/conservation/parks/recreation/ssf/geocach/info.html>**

Trails in Manitoba

Recreational trails in Manitoba provide a wide variety of great places to actively explore our province's beauty. Trails can be explored in any season through activities such as walking, hiking, cycling, horseback riding, cross-country skiing, and snowmobiling.

You can geocache in Manitoba's great outdoors and discover the wonders of a tall grass prairie, river bottom forests, aspen-oak parkland, boreal forested Canadian shield and much more.

For more information on trails in Manitoba, including the Trans-Canada Trail, visit <http://trailsmanitoba.ca/>



Sample Environmental Geocaching Activities⁷

Create Nature Connections

Go beyond the “treasure hunt” aspect of geocaching and consider nature connections. For example, your participants might identify wildflowers, mushrooms, lichens, rocks, fossils, animal tracks, scat, or other signs of wildlife. Get participants involved with a large scale project. For example, while going to geocaches, look for animal tracks. Use a geocache project as part of a nature cleanup.

Create Historical and Cultural Connections

When people think about geocaching, they usually think about nature. However, leaders can design caches in historical or cultural areas. For example, there may be geocaches hidden at different sites around the province (ex. The Forks, Lower Fort Garry, etc.) where participants can learn about the history. Consider creating a cultural cache filled with items reflecting the area such as Aboriginal instruments that participants could try. For example, a small drum or rattle. Some people are even incorporating audiotapes or small recorded chips into their cache so participants can listen to stories or music related to the setting of the cache. Be creative!

If you establish a historical or cultural cache, be considerate of the people, the heritage and the land.



⁷<http://eduscapes.com/geocaching/kids.htm>
Geocaching with Kids – Annette Lamb and Larry Johnson

Geocaching Websites

For more information and to find more ideas, visit the following websites:

The Official Global GPS Cache Hunt Site

www.geocaching.com

Geocaching in 2 Minutes Video

www.geocaching.com/videos

Geocaching and Education

www.geocaching.com/education

Geocacher U

www.geocacher-u.com

GPS Adventures Maze

www.gpsmaze.com

Cache In Trash Out (CITO)

www.geocaching.com/CITO

Manitoba Geocaching Association

www.mbgeocaching.ca

Earth Caching

www.earthcache.org

EasyGPS

www.easygps.com

Introduction and Set up of Garmin eTrex Units

http://static.garmincdn.com/pumac/eTrex_10-20-30_OM_EN.pdf

Where to buy Travel Bugs

www.gpscity.ca/item-geocaching-travel-bug-signal-pack/geobug.htm

Geo Coins

www.geocoins.ca

How to hide a geocache

<http://www.mbgeocaching.ca/files/HidingTips-20081022.pdf>

Printable Logbook

http://www.mbgeocaching.ca/printable_logbooks



Geocacher Code⁸

Geocaching is a fun activity where I learn to
respect my world
as I search for secret treasure
caches.

I promise to never reveal the caches
that I discover to Muggles or to
other members of the
_____ Geocaching Club
as to not ruin the fun for others.

I also promise to participate in the
Cache In Trash Out Program,
and to be respectful of natural,
public and private property.

Signature _____ Date _____

The goal of life is living in agreement with nature.

— Zeno of Elead

⁸Sandra Welbergen, Beaumont School

Geocaching Worksheet

Remember, geocaches are hidden in plain sight and never buried, but they are often cleverly camouflaged.

Once you have located a geocache, take a sticker from the geocache and attach it beside the corresponding waypoint below.

Please place the geocache back in the position it was found and do not share its location with anyone (keep it a secret).

Waypoint #1	Sticker
Waypoint #2	Sticker
Waypoint #3	Sticker
Waypoint #4	Sticker
Waypoint #5	Sticker



Access to Geocaching Programs

We have local geocaching resources and sites right here in Manitoba. You can visit the following locations to geocache, and there are existing guides/geocaching programs available to support you:

****Please note, there may be costs associated with these programs. It is best to contact the location directly for details.**

Oak Hammock Marsh

Interactive GPS/GIS Community Mapping under Group Programs
www.oakhammockmarsh.ca

Geocaching in Manitoba Provincial Parks

Geocaching Policies and Procedures in Provincial Parks
www.gov.mb.ca/conservation/parks/recreation/ssf/geocach

Parks Canada

Policies and Procedures in National Parks
www.pc.gc.ca/eng/docs/pc/guide/geocache/geocache1.aspx

Manitoba Geocaching Association

Events and Training
www.mbgeocaching.ca



Glossary of Terms⁹

Cache – A shortened version of the word geocache. (See Geocache).

CITO – Cache In Trash Out™ is an ongoing environmental initiative supported by the worldwide geocaching community. Since 2002, geocachers have been dedicated to cleaning up parks and other cache-friendly places around the world. Learn more at www.geocaching.com/cito.

Event Cache – An Event Cache is a gathering of local geocachers or geocaching organizations to discuss geocaching. The Event Cache page specifies a time for the event and provides coordinates to its location. After the event, the cache is archived.

Geocache – A container hidden that includes, at minimum, a logbook for geocachers to sign.

Geocaching – Geocaching is a worldwide game of hiding and seeking treasure. A geocacher can place a geocache in the world, pinpoint its location using GPS technology and then share the geocache’s existence and location online. Anyone with a GPS unit can then try to locate the geocache.

Geocoin – Geocoins work similarly to Groundspeak Travel Bugs® (see Travel Bugs) in that they are trackable and can travel the world, picking up stories from geocache to geocache. Geocoins are often created as signature items by geocachers and can also be used as collectibles.

GPS – GPS stands for Global Positioning System. It is a system of satellites that work with a GPS receiver to determine your location on the planet.

Latitude – Latitude and longitude create a waypoint. Latitude is the angular distance north or south from the earth’s equator measured through 90 degrees. Think of latitude as rungs on a ladder.

Longitude – Latitude and longitude create a waypoint. Longitude is the angular distance measured on a great circle of reference from the intersection of the adopted zero meridian with this reference circle to the similar intersection of the meridian passing through the object. Think of the long lines running north and south.

Mega-Event Cache – A Mega-Event cache is an Event Cache that is attended by 500+ people. Mega-Events offer geocachers a day of planned activities. There are often several days of additional activities surrounding a Mega-Event. These large events attract geocachers from all over the world and are often held annually.

⁹www.geocaching.com

Muggle – A non-geocacher. Based on J.K. Rowling’s Harry Potter book series, a “Muggle” is a non-magical person. Usually this term is used after a non-geocacher looks puzzled after befriending a geocacher searching for a cache, or when a non-geocacher accidentally finds a cache.

Multi-Cache (offset Cache) – A Multi-Cache (“multiple”) involves two or more locations. The final location is a physical container. There are many variations, but most Multi-Caches have a hint to find the second cache, and the second cache has a hint to the third, and so on. An offset cache (where you go to a location and get hints to the actual cache) is considered a Multi-Cache.

Mystery or Puzzle Caches – The “catch-all” of cache types, this form of geocache may involve complicated puzzles that you will first need to solve to determine the coordinates. Mystery/Puzzle Caches often become the staging ground for new and unique geocaches that do not fit in another category.

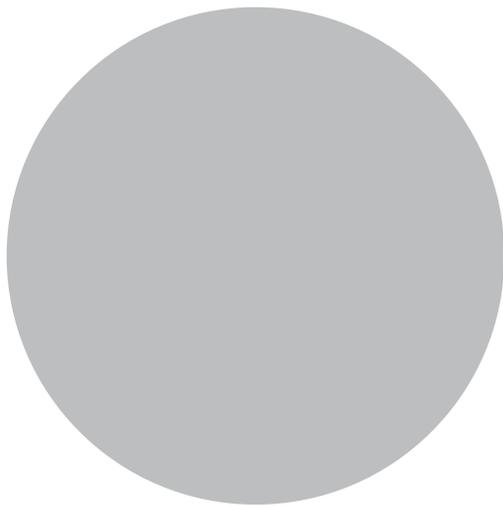
Traditional Cache – This is the original geocache type consisting of, at minimum, a container and a log book or logsheet. Larger containers generally include items for trade. “Nano” or “micro” caches are tiny containers that only hold a logsheet. The coordinates listed on the traditional cache page provide the geocache’s exact location.

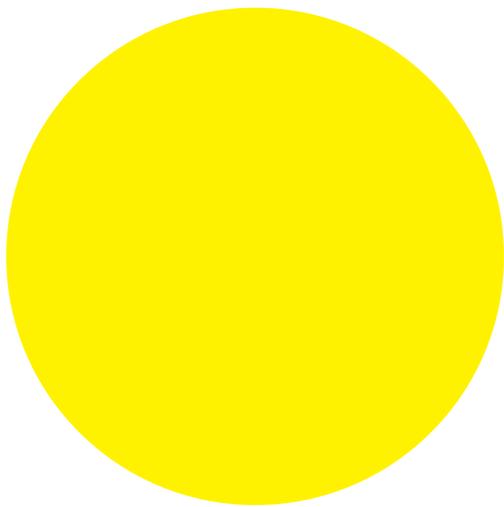
Travel Bug® – A Groundspeak Travel Bug is a trackable tag that you attach to an item. This allows you to track your item on Geocaching.com. The item becomes a hitchhiker that is carried from cache to cache (or person to person) in the real world and you can follow its progress online. Learn more at www.geocaching.com/track.

Virtual Cache – A virtual cache involves the discovery of a location rather than a container. This type of cache may require you to answer a question concerning the location, take a photo, or complete a task, etc. For example, counting the rails on the outdoor play structure or recording the name of the historic monument.

Waypoint – A waypoint is a reference point for a physical location on Earth. Waypoints are defined by a set of coordinates that typically include longitude, latitude and sometimes altitude. Every geocache listed on www.geocaching.com is a waypoint. Geocaching.com generates a unique “GC Code” associated with every geocache listing.







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