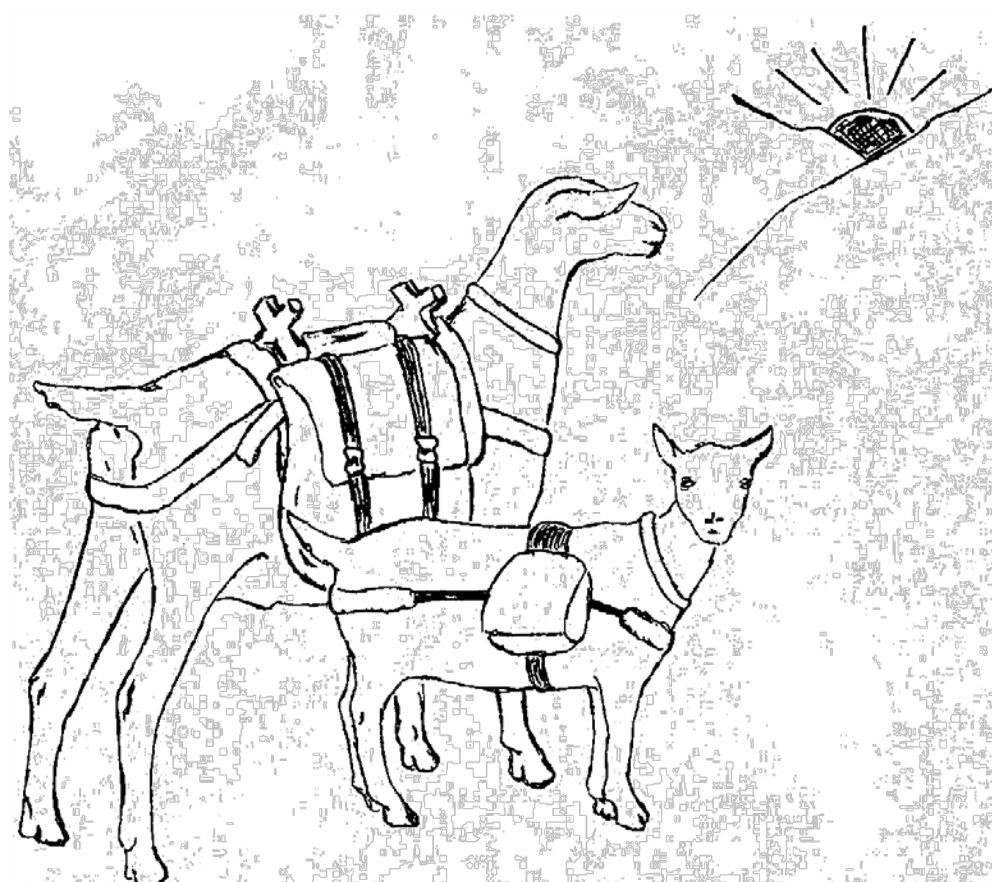


# New York State 4-H Pack Goat Project



“Making the Best Better”

“Learning By Doing”



The NYS Pack Goat Project Record Book was developed by the NYS 4-H Working Goat Program, a committee of 4-H volunteers. Information used in this manual has been researched and verified to be acceptable for 4-H youth use.

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## **Mission Statement and Objectives**

4-H programs are designed to promote positive youth development by giving youth opportunities to get involved and develop to their full potential in a safe and caring environment. Positive youth development is a framework that highlights the things youth need to become successful. It focuses on strengths instead of limitations and is associated with the five Cs- competence, confidence, character, connection, and caring. Researchers have suggested that a sixth C, contribution (to oneself and others) comes about when the 5 Cs are present in a young person's life.

The mission of the NYS 4-H Working Goat Program is to provide constructive guidance to 4-H educators, leaders and members, and other people interested in participating in NYS 4-H Working Goat Projects at the county and state level.

UPDATED: 04/02/2018

## **What is a 4-H Pack Goat Project?**

Simply put, a 4-H Pack Goat Project is a project where you train a goat to accompany you on hikes carrying a pack. If your goat is already trained then you may work on building your goat (and your!) ability to go on longer hikes or to go over more difficult obstacles than encountered in the past. The project is about you and a goat learning to work together as a team. Your goat may be your companion on short walks or long hikes. Your goat may help you around the farm carrying equipment you need to repair fences, etc. Your goat may help you entertain other youth on nature walks and scavenger hunts or elderly people at public events.

However, there can be still more to a 4-H Pack Goat Project! You will be learning about proper care of a living creature, organizing hikes and planning for emergencies. You may learn to sew a soft pack or make a public presentation or participate in a community service event with your 4-H club. The sky is the limit!

## **Why keep a record book?**

Keeping a record book is an important part of an animal project. It helps you to set goals for the project year and to recognize the achievements you and your goat are making over the project year. Records help you keep track of your goat's care and the costs of the project. They let you see the progress you two have made. It is important to update your record book monthly. Look over your record book at the end of the year to see what worked well and what you need to improve.

## **Setting up Your Record Book**

It is a good idea to 3 hole punch the pages of your record book so that you can keep them in a 3 ring binder. You can add any lease agreements (animal ID certification) forms, copies of registration papers (if your goat is registered) or health certificates from your veterinarian to the record book by 3 hole punching them or putting them in 3 hole plastic sleeves. Do the same with any other papers you want to include. One easy way to keep track of your goat project expenses is to keep your receipts and copies of checks in a three ring binder zippered pencil pouch or envelope. Then record them on the expense sheet monthly.

At the end of your project record book there is a list of important project skills to learn. Check off the skills as you learn them and include any plans, checklists or other written materials you develop while mastering these skills. Some resources that may help you and your 4-H leader to learn these skills include the NYS 4-H Working Goat Project Fact Sheets available on line at <http://4h.ansci.cornell.edu/animal-programs/goats/> and the following books:

- 1) Diet for Wethers by Carolyn Eddy
- 2) Field First Aid for Goats by Alice Beberness and Carolyn Eddy
- 3) Practical Goatpacking by Carolyn Eddy
- 4) The Pack Goat by John Mionczynskig



# NYS 4-H Pack Goat Project Record Book



For Project year: 20\_\_\_\_\_

**Photo of your 4H  
Project Goat**

**Your Name:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_

**Your Age:** \_\_\_\_\_ **County:** \_\_\_\_\_

**Years in 4-H:** \_\_\_\_\_ **Years in 4-H Pack Goat Project** \_\_\_\_\_

**Name of 4-H Club:** \_\_\_\_\_

**Name of 4-H Leader(s):** \_\_\_\_\_

**Contact information for Leader(s):** \_\_\_\_\_

**Date/Year Project Was Started:** \_\_\_\_\_

**Date/Year Project Was Completed:** \_\_\_\_\_

Additional copies of the NYS 4-H Pack Goat Record Book are available on line at  
<http://4h.ansci.cornell.edu/animal-programs/goats/>

You may also obtain copies of the record book by contacting your county Cornell Cooperative Extension office, the NYS 4-H Working Goat Committee via Cornell Cooperative Extension of Erie County at (716) 652-5400 ext. 132 or the Cornell Youth Goat Program at 607-255-7712.

**Describe Your Goat: Fill out this form for each 4-H pack goat you have**

Your Goat's Name: \_\_\_\_\_

Is Your Goat a Doe or Wether (circle one) Goat's Birth Date or Age: \_\_\_\_\_

Do you or your parents own the goat, or are you leasing the goat? \_\_\_\_\_

Breed: \_\_\_\_\_ Horn status: \_\_\_\_\_  
(disbudded, polled, horned)

Identification Tattoo:  
RE or Tailweb(circle): \_\_\_\_\_ LE or Tailweb(circle): \_\_\_\_\_

Scrapie ID Number: NY \_\_\_\_\_

How much does your goat weigh? \_\_\_\_\_ Date of weighing \_\_\_\_\_

How did you determine the weight of your goat? \_\_\_\_\_

\_\_\_\_\_

What is the maximum weight your goat should be able to carry? \_\_\_\_\_

\_\_\_\_\_

What is the heart girth of your goat? \_\_\_\_\_ Date: \_\_\_\_\_

What is the height of your goat? \_\_\_\_\_ Date: \_\_\_\_\_

How did you determine the height of your goat? \_\_\_\_\_

\_\_\_\_\_

Describe your goat's personality. What are his/her strengths and challenges as a pack goat?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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What is the maximum weight your goat should be able to carry? \_\_\_\_\_

What is the heart girth of your goat? \_\_\_\_\_ Date: \_\_\_\_\_

What is the height of your goat? \_\_\_\_\_ Date: \_\_\_\_\_

How did you determine the height of your goat? \_\_\_\_\_

Describe your goat's personality. What are his/her strengths and challenges as a pack goat?

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# Project Plan for the Year

Why did you select this project? \_\_\_\_\_

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What do you want to learn or accomplish with your 4-H pack goat project? For example, what training do you hope to accomplish with your goat? What Project Skill Level do you want to get to this year? Look at the Project Skill Guidelines on pages 13-15.

Select about three goals you want to achieve this year. Explain how you plan to meet your goals.

<b>My Goals for This Year</b>	<b>How I plan to achieve these goals</b>



# Care and Maintenance of Your Pack Goat(s)

**What is the typical feeding schedule for your goat(s)? (Once a day, twice a day, include forage, concentrates, water & minerals such as salt and any other nutritional supplements)**

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**Morning (include type and amount)** \_\_\_\_\_

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**Evening (include type and amount)** \_\_\_\_\_

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**Does your feeding schedule change and why?** \_\_\_\_\_

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**How often do you trim your goat's hooves?** \_\_\_\_\_

**How often do you brush your goat?** \_\_\_\_\_

**How often do you train or exercise your goat (not including winter)?** \_\_\_\_\_

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**What activities do you do daily to check your goat's health?** \_\_\_\_\_

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**How often do you conduct a thorough health exam of your goat including filling out an exam form such as the Goat Health Check List on Page 5?**

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## Healthy Goat Check List

Use a copy of this check list or a similar list to examine your goat regularly

<b>DATE OF EXAM:</b>	<b>GOAT'S WEIGHT:</b>	<b>No</b>	<b>Yes</b>
<b>Below are some possible signs of a sick goat</b>			
Is your goat's appetite poor?			
Is your goat standing hunched up with a drooping tail? Is your goat isolating itself away from other animals?			
Does your goat seem weak or uninterested in seeing you or in what is going on around it?			
Do your goat's eyes look dull or cloudy?			
Are your goat's eyes or nose very runny?			
Is your goat pressing its head against walls or grinding its teeth as if in pain?			
Are your goat's gums and insides of the eyelids very pale rather than pink or white? What is your goat's FAMACHA score?			
Is your goat coughing or breathing hard without having just done hard exercise?			
Does your goat appear suddenly blind or have "twirly eyes". Is your goat circling or constantly trembling?			
When you pinch the skin over your goat's ribs, does the skin NOT snap back into place immediately (possibly dehydrated)?			
Is your goat's coat rough, crusty or flaky or does it have any bald spots from rubbing? Does your goat have any scabs or sores, especially around its mouth, legs, ears or belly?			
When you push the hair forward on your goat's back and shine a flashlight on it, do you see any evidence of lice or fleas?			
Is your goat lame or stiff moving? Does it have any blisters between its toes or an extremely bad smell to its feet?			
Does your goat's belly NOT have normal rumen sounds? Does your goat's belly appear very bloated on the right side?			
Does your goat have any unusual lumps/swellings on its face, body or legs?			
If your goat is milking, does her milk taste bad? Is her udder sore or lumpy or very cold or hot? Does her milk have milk clots or blood in it?			
If your goat is a male, is he having trouble urinating or is he stretching his back out as if in pain?			
Is your goat unusually fat or skinny? What is his/her body condition score?			
What is your goat's body temperature? Normal is usually 101.5 - 103.5°F			
What is your goat's respiration rate? Normal is about 12-24 breaths per minute for an adult and sometimes more for a kid			
What is your goat's heart rate? Normal adult is about 70 - 90 beats/minute			

## Healthy Goat Check List

Use a copy of this check list or a similar list to examine your goat regularly

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If your goat is milking, does her milk taste bad? Is her udder sore or lumpy or very cold or hot? Does her milk have milk clots or blood in it?			
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What is your goat's respiration rate? Normal is about 12-24 breaths per minute for an adult and sometimes more for a kid			
What is your goat's heart rate? Normal adult is about 70 - 90 beats/minute			

**Health Record:** CDT and rabies vaccines, any other vaccines, medicines, parasite treatments, veterinary visits, etc.

Veterinarian's name and contact info: \_\_\_\_\_

<b>Date</b>	<b>Vaccination/ Medication/ Treatment</b>	<b>Disease Protected Against/ Problem Treated</b>	<b>Drug Withdrawal Period/ Duration of effectiveness</b>





# Hike Summary & Record - fill out a form for each major hike you take

Date of Hike: \_\_\_\_\_

Trail Name: \_\_\_\_\_

Location of Trail: \_\_\_\_\_  
(Name of Park, forest or location)

Length of Trail (in miles): \_\_\_\_\_

Distance from Home: \_\_\_\_\_

Travel time to Location: \_\_\_\_\_

Description of Location (include facilities such as water, restrooms, shelter and terrain):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Weather and Trail Conditions (include temperature): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Goat's vital signs at start:

Goat's vital signs at end:

Temperature:

Respirations:

Heart Rate:

Goat's Name	Goat's Weight	Pack weight

# Hike Summary & Record - fill out a form for each major hike you take

Date of Hike: \_\_\_\_\_

Trail Name: \_\_\_\_\_

Location of Trail: \_\_\_\_\_  
(Name of Park, forest or location)

Length of Trail (in miles): \_\_\_\_\_

Distance from Home: \_\_\_\_\_

Travel time to Location: \_\_\_\_\_

Description of Location (include facilities such as water, restrooms, shelter and terrain):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Weather and Trail Conditions (include temperature): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Goat's vital signs at start:

Goat's vital signs at end:

Temperature:

Respirations:

Heart Rate:

Goat's Name	Goat's Weight	Pack weight





# Project or Club Activities for the Year

**Did you do any demonstrations or education to others regarding your project? If yes, please describe** \_\_\_\_\_

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**Did you engage in any community service projects or public presentations with your project or club? If yes, please describe** \_\_\_\_\_

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**Did you hold any offices in your 4-H club? If so, what offices?** \_\_\_\_\_

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**Did you complete any leadership activities with your project or club? Example: Did you plan and lead a meeting teaching fellow 4-Hers about your project? If so, what did you do?**

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**Did you and your club participate in other activities such as parades, field trips or tours? If so, please describe.** \_\_\_\_\_

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**Did you participate in a county fair with your pack goat? If so, how did it go?** \_\_\_\_\_

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# Your 4-H Project Story

This is your time to shine. Please write your 4-H story. Some of the things you might want to write about are: “What made you want to work with pack goats? What experiences did you and your goat go through working together this year? Was your goat helpful to you? If so, how? What challenges and achievements did you both face? Did you participate in a major hike or in a pack goat show at your county fair? What was it like and how did you do? What activities with your club or with your goat do you think you will remember the most?” Use more pages if needed and include photos of you and your goat with & without your packs. **OR** write a brief project story **AND** include a video or slide show that tells your story in more depth. Be sure to make the video or slide show available electronically to share on a memory stick with your 4-H group, leaders and 4-H staff.

Your 4-H Project Story (continued if needed)



# Evaluation

**How did you train and hike with your goat? What was successful, what was not? Is there anything you wish you had done differently?** \_\_\_\_\_

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**How were your other goals accomplished (at the end of the project year)? Did you achieve them? Explain why or why not.** \_\_\_\_\_

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**Is there anything you wish you had done differently to better meet your goals?** \_\_\_\_\_

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**What was the most exciting thing you did during your project?** \_\_\_\_\_

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**What activity did you enjoy the most?** \_\_\_\_\_

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**What do you think is the most important thing you learned this project year?** \_\_\_\_\_

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# Life Skill Development for the Project Year

There are many “Life Skills” you can learn through doing a 4-H project. Life skills are skills that help you deal better with everyday life. They can help you get along better with other people, cope better with stress or to enjoy life more. Below is a list of some of these skills. Please check the boxes of the skills you think you learned or improved upon.

## Head

- I learned to ask questions to gain more information to use to solve problems.
- I learned ways to organize myself.
- I was willing to think about and try new things.
- I set goals for myself.
- I learned to let others help me with their expertise and instructions.
- I kept records of my project(s).
- If I was having trouble, I kept trying.

## Heart

- I was able to give a speech about my project.
- I was sensitive to the thoughts and feelings of others.
- I made others feel welcome.
- I shared responsibility for a task.
- I learned to share things I use for my project.
- I learned to deal with winning and losing gracefully.
- I made a new friend.
- I learned to trust my goat and my goat learned to trust me

## Hands

- I learned about teamwork.
- I was able to work independently.
- I volunteered for a community service.
- If someone had a better idea than I did, I listened to what they had to say.
- I worked hard on my project.
- If things got hard, I didn't give up.
- I liked doing something for my town, state or county.
- I learned to create or build something.

## Health

- I was able to learn about and deal with stress.
- I am proud of the work I did.
- I can be dependable.
- I learned to be kind and patient with animals and people.
- I know what is right and what is wrong.
- I learned about healthy lifestyle choices.
- I learned how to be careful and practice safety.

Adapted from the *Targeting Life Skills Model*, Iowa State University, University Extension.



## NYS 4-H PACK GOAT PROJECT SKILL GUIDELINES

**Basic Pack Goat Level** – skills for 4-Hers in their first few years of a pack goat project.

- Choose goals for your project year. Remember to take photos for your record book.
- Be able to explain your pack goat's basic information such as name, age, breed, sex, etc.
- Describe two things to look for in a pack goat or pack goat kid with regard to attitude and structure (conformation).
- Describe one advantage and one disadvantage of using a wether as compared to using a doe as a pack goat project.
- Be able to point out and name 5 major parts of a goat.
- Describe the basic housing and area needs for your pack goat.
- List the standard vaccinations your goat needs.
- Be able to catch and release your pack goat.
- Demonstrate how to put a halter or collar and lead on your goat and then lead your goat.
- Demonstrate that you can lift your goat's hooves while your goat stands quietly tied up.
- Explain at least 4 signs of a sick goat you should check for daily and describe how to contact your veterinarian.
- Conduct (with assistance) a basic health exam on your goat and fill out a health exam form.
- Demonstrate how to estimate your goat's weight using a weight tape.
- Know what your pack goat eats on a daily basis and be able to identify 5 plants commonly found in and around houses and yards that can be poisonous to goats.
- Demonstrate how to tie a quick release knot.
- Demonstrate that your pack goat can walk on a loose lead and can follow basic commands including: go, stop, up, down, and back up.
- Desensitize your pack goat to a pack/saddle and demonstrate how to put it on your goat.
- Explain how to load your pack goat into a vehicle/trailer.
- Explain how the outside temperature can affect your pack goat.
- List the 10 essentials you need to have on your hikes.



**Intermediate Pack Goat Level** - for 4-Hers who have completed the Basic Level skills.

- Select goals for your project year and take photos for your record book.
- Describe what your goat uses protein, energy, vitamins, and minerals for and examples of feeds that are high in each. Read and explain the feed tag on a bagged goat feed.
- Know and identify at least 10 parts of your pack goat. Give examples of your goat's conformation strengths and weaknesses.
- Be able to identify and name the parts of a goat's digestive tract.
- Demonstrate that you can trim your goat's hooves on your own and explain how to achieve good hoof care.
- Determine your pack goat's weight with a scale or tape and verify how much weight it can carry.
- Explain the common signs of urinary calculi, acidosis, external parasites and heat stress in a goat, and how to try to prevent and treat these health ailments.
- Identify the parts of a soft pack and/or saddle/panniers and be able to put them on and remove them from your pack goat properly.
- Explain how to gradually add weight beyond the 10 essentials to your pack/ saddle up to the maximum weight allowance for your animal.
- Develop an equipment and clothing check list for a short day hike.
- Plan a day trip. Include a sample itinerary, supply list, and plans for what could go wrong. Estimate the weight of the supplies and make a list of the distribution between the goat's pack and your own. List 5 plants native to the hiking area that could be dangerous to a goat.
- Begin to understand the guidelines/rules of taking pack goats on the trail. Explain what to do when encountering other hikers, livestock, or dogs on the trail.
- Explain and demonstrate how you coach your pack goat on three trail challenges such as: 1) making a water crossing, 2) walking on a log or bridge, 3) going under an obstacle, and 4) crossing fallen branches. Demonstrate how you can use trained commands to avoid having to physically force your goat through these challenges.
- Describe the basic first aid requirements for you and your pack goat during a hike.
- Create a first aid kit for both you and your pack goat.





## **Advanced Pack Goat Level - for 4-Hers who have mastered Intermediate Level skills.**

- Formulate goals for your pack goat project. Remember to take photos of your progress.
- Describe 3 different types of pack saddles and panniers. Compare the advantages and disadvantages of each.
- Demonstrate how to properly pack panniers or a soft pack for an overnight hike. Explain what items go into which pack and the reason for these decisions.
- Determine your pack goat's fitness level using Lumbar Scoring or complete Body Condition Scoring and explain why it is important to regularly do this. Compare these evaluations to evaluating your own fitness level. Describe similarities and differences.
- Develop a plan to better condition you and your pack goat after the winter's rest period by taking walks/hikes on trails that require increasing strength and endurance. Put this plan into action and be sure to take pictures to track your progress.
- Discuss the food/nutritional requirements for you and your pack goat on hiking trip.
- Using maps, plan out an extended hike possibly for overnight. Include an itinerary, maps, and emergency plans. Develop lists of supplies, food, equipment and clothing for the trip.
- Demonstrate the ability to read a map legend. Demonstrate how to read a topographic map. Demonstrate how to find directions using a map and compass. Do the same with a portable handheld GPS unit. Describe the advantages and disadvantages of each. Don't forget to take pictures to show your progress.
- Demonstrate "high lining". Describe "minimal impact hiking/camping" i.e. "Leave no trace".
- Demonstrate that you have trained your pack goat to take walks/hikes without a halter or collar and lead. Desensitize your pack goat to a larger variety of trail challenges.
- Identify three goat diseases that may be prevented by vaccinations and explain what the outcome of these diseases usually is for unvaccinated, infected goats. Discuss one common disease caused by soil deficiencies in our region. Explain the symptoms and treatment for 2 contagious illnesses and 2 internal parasites common to goats.
- Develop and implement a health management plan for your pack goat's health care needs. Determine the drug withdrawal periods for the vaccines and treatments cited in the plan.
- Describe how and why you sanitize your pack goat's equipment and housing/facilities.
- Teach a younger 4-H'er a topic related to your pack goat project. Do a community service and/or an outreach project to the public to teach them about your project.
- Obtain contact information for national/international pack goat associations and identify the types of information you can obtain from them.

