

Learn How to Camp

# **Learn How to Camp**

A Recruiting & Community Service Plan

Created by Laurel Highlands Council Volunteers

Winter/Spring 2021

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# Learn How to Camp

## Introduction

You can do this! It's going to be awesome.

### **The purpose of *Learn How to Camp*:**

Planning for *Learn How to Camp* was begun in the winter of 2021. After almost a year of the COVID-19 pandemic, public health measures limiting gatherings have left Scouting units struggling to recruit new youth. Those same measures restrict families from taking traditional vacations, leading many families to try camping for the first time. Their inexperience, however, can make camping a difficult and frustrating experience. *Learn How to Camp* is a way to address both of these challenges. Packs and troops offer their legendary outdoor skills to families, while showcasing Scouting as the premier character education program in our society. So really, *Learn How to Camp* is a recruiting program and a public service opportunity designed to help Scouting units and local families find each other.

## What to Expect

*Learn How to Camp* is a recruiting tool, designed to bring new families in contact with Scouting units near them. This document will guide your unit in organizing and presenting a *Learn How to Camp* event for your community. Feel free to use as much or as little of it as you want. After all, Scouting volunteers are creative and resourceful! You are encouraged to add as much of your personality and knowledge to this program as possible. At its core, Scouting is “a game with a purpose,” and above all, we need to make it **FUN** for everyone involved!

*Learn How to Camp* is not going to turn anyone into an expert outdoorsman. It's a quick orientation, designed to awaken an interest in exploring the outdoors, while giving families the confidence to try camping for the first time. Hopefully, as they learn, they will also realize that Scouting is the perfect program to guide them through that process of exploration so that, at the end of the day, they'll decide to join your pack or troop. This means you need to be **organized!** You are making a first impression.

Since the safety of our youth is always our primary goal, a discussion of the elements of our Youth Protection program have been woven into this guide. We're not teaching the whole YP course, but we want to make certain that the adults we meet understand that we take the safety of their children very seriously, and that their physical and emotional safety is built into every aspect of the Scouting program.

For presentation purposes, *Learn How to Camp* is directed toward the two main parts of a family: adults and kids. ***Ideally, it will be presented cooperatively by one or more Cub Scout packs and one or more Scouts BSA troops.*** The pack adults will teach age-appropriate outdoor skills to the kids, while the troop instructs the adults on caring for

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their family's basic needs on an outing, to provide them with a fun and memorable outdoor experience.

Troops are encouraged to highlight the youth-led aspect of the Scouting program, by having youth members present as much of the adult instruction as possible. This will make a lot of adults nervous because, "they're just kids," but if you give them a challenge, you can watch them rise to it. You'll be amazed at what your youth members can do.

**Remember:** You can do this, and it's going to be awesome!

### Getting Organized

You've decided to try *Learn How to Camp* in our community. Now what?

### Event Logistics

*Appendix A: Planning Checklist and Backdater* will help you plan to get everything done in a timely fashion.

Logistics involves the time, date and location of an event, as well as the resources needed to support that event. The availability of a location is a factor when scheduling the time and date. Sometimes the time and date are not changeable, so a suitable location must be found for that slot. Setting the date and location early will ensure better participation.

Always keep safety in mind.

#### Date

Before scheduling an event look at other calendars including public and private school calendars, community calendars, religious holidays (all religions, not just yours) location (i.e. camp or scout service center), and the council calendar. Publish your date as far in advance as possible.

#### Time

Always be aware of times that may affect the event. Consider how long that your event will last when choosing your start time. Consider also travel time to and from the event location. Be aware of the ages of your participants. Younger kids go to bed early, and will get cranky and lose focus if you keep them up past their bedtimes.

#### Location

Choose a location in your area that is suitable for outdoor gatherings. A place everyone in town knows would be best; for example a park, picnic area, or playground. You will want an outdoor area where you can set up a model campsite. A pavilion or other shelter would also be helpful to provide shade and protection from the rain. Secure the necessary permissions for using the site you choose.

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Follow the established rules for that location, with regard to building fires and using stoves. You will want to use camp stoves and cooking fires for the session that covers camp cooking, so try to choose a location that will allow you to have a fire. If no fire rings are present, see if you can use a portable fire pit that will keep your fire elevated, and protect the grass. (If you've been to a camporee on public land, you should be familiar with this concept.)

### Contact Person

Choose one person (probably the event coordinator) to answer questions from potential attendees, and to receive registration updates from council. This person's phone number and email will appear on all announcements, fliers, and press releases.

### Eligible attendees

Every event should have an attendance goal and target audience. WHO you want to attend is just as important as how many will attend. This will also help to focus your marketing and promotions plan in getting this good look at both history and potential.

### Resources needed to support the event:

Plan the resources needed and where you can acquire them. This includes pack and troop equipment, and anything specific to your training.

## Before the Event

### Submit your information

Once your time, date, and location have been chosen, submit them to Laurel Highlands Council so they can be added to the event registration web page. Links to this web site will be included on promotional materials, allowing participants to register for your event. Registration information will be collected by the council and forwarded back to unit leaders so you can plan for the appropriate number of participants.

### Publicize your local event!

There's no denying, Scouting units do a lot of good for our communities. But much of what we do happens in the woods or a church basement, out of public view. Of course, we don't serve our communities because we're looking for a reward or a "pat on the back." But we have an outstanding program, and it depends on community support. We can only gain that support through community awareness. There is nothing wrong with letting people see you doing good. Indeed, the success of the Scouting program depends on it.

In the appendix of this document, you will find several items to help you with pre-event publicity.

- A fill-in-the-blank social media post (Appendix Q)
- Fill-in-the-blank public service announcements for your local radio or TV station (Appendix R, S, & T)
- A fill-in-the-blank news release for your local newspaper (Appendix U)

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- A link to submit your event information and order posters and fliers, postcards, and church bulletin inserts from Laurel Highlands Council. (Appendix V) Suggested places to distribute posters and fliers include: Store windows, banks, restaurants, libraries, community bulletin boards, church bulletins and bulletin boards, sent home through the school, hand out at local events...anywhere you can get eyes on your message!

### Recruit staff and assign duties

**Note:** A *Staffing Checklist (Appendix B)* is included to make sure all sessions and responsibilities are adequately covered by expert personnel

Recruiting adequate staffing is essential to any successful program. Make sure you have enough people, and that you have given them the resources they need to succeed. On the day of the event, you will need people to handle:

- Registration and check-in
- Gathering activity
- Master of Ceremonies (Making announcements, etc.)
- Adult instruction (and FUN!)
- Youth FUN! (and instruction)
- Generate certificates of completion for all youth and adult participants and staff
- Recruiting Station
- Post-event surveys

It is recommended that multiple staffers share the instructional duties. As the saying goes, “two heads are better than one.” Having more than one speaker during the event will help to hold the participants’ attention, and multiple staffers can complement each other’s experiences.

### Gather your resources

*Appendix C* gives you a list of suggested materials to present *Learn How to Camp*. Between your pack and your troop, you probably have all or most of those materials already. Anything you don’t have should be easy to obtain locally. In cases where you might not have an item, (specific types of tents, for example,) color pictures are provided as a substitute in the appendix so the topic can still be discussed.

Review the materials list. Gather your materials. Review the list again. Check and double check everything to assure that your presentation will go smoothly.

### At the Event

Organization is the key. Have all supplies and equipment prepared and staged well before participants begin arriving. Make sure every staff member understands your expectations for them, and has received the necessary support to be successful.

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Just like any other Scouting event, there is a process. You will want to:

1. Welcome participants with a smile as they arrive.
  2. Check them in (or register them if they haven't preregistered) Make sure to get names and contact information for everyone in attendance. **Follow appropriate COVID protocols for screening participants.**
  3. Make sure to get a signed photo release for each participant (See Appendix D)
  4. Collect name, address, phone number and email addresses for each participant (See Appendix E.)
  5. Give everyone sticky name tags.
  6. Direct them to the pre-opening activity.
  7. At the appointed time, gather the group and open the event. Introduce your staff, and give a very brief list of their qualifications. Instruct the kids in the group to go with the Cub Scout leaders, and the adults to go with the Scouts BSA troop. If your venue permits, keep the groups within sight of each other, but far enough apart that noise doesn't become a distraction.
  8. Follow the syllabus for each section.
  9. Conclude with a joint session of making and sampling snacks, playing a game, and recognizing participants with certificates of completion.
  10. Invite participants to continue their outdoor adventure by joining your unit! Have applications, unit calendars, fundraising info, and other relevant information on hand to distribute to interested families.
  11. Before anyone departs, take a picture of the whole group - staff and participants - and write down everybody's name.
  12. Ask each family to complete a participant survey.
  13. Stress the importance of adult leadership. Explain to the parents that "we adult leaders are people just like you!" Let them know that volunteering to help is just as rewarding for the parents as it is for their kids!
  14. After participants have gone, debrief the event.
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### Preopening Activity – Make Fire Starters

Participants will arrive for Learn How to Camp over a window of time; probably 15 minutes or so. It's important that no one feels "bored" as they wait for the program to begin. The pre-opening activity can give them something to pass the time. This is just a suggestion. If your unit has a favorite activity or game that would fit here, by all means, feel free to substitute.

#### Module

- ♣ Preopening

#### Rationale

- ♣ As participants arrive and check in, it's important that they start learning and having fun right away. Making fire starters is easy, interesting, and gives the participants a useful piece of camping gear to take home with them. This is a great way to set the tone for the whole event. It's also something that everyone can join as they arrive; the whole group doesn't need to start at the same time.

#### Learning Objectives

- ♣ After this module, participants should know how to make a fire starter and have one or more completed fire starters to take with them.
- ♣ To have fun!

#### Time

- ♣ +/- 20 minutes. This activity should begin as soon as the first participants are checked in, and continue until it's almost time for the opening.

#### Considerations

- ♣ **SAFETY!** Melted paraffin wax can be very dangerous, and must be handled with utmost care.
- ♣ Melted wax is hot, and will cause burns if spilled or splashed on skin.
- ♣ Paraffin is a petroleum product that will ignite if it comes in contact with a flame. For this reason, wax should be melted in a double-boiler (Wax-melting pot *inside* a pot of boiling water) or an electric wax melting pot.
- ♣ Melted wax should only be handled and used by staff members. Participants should observe from an appropriate distance.

#### Supplies

- ♣ A method of melting wax; either a camp stove with a double-boiler, or an electric wax melting pot
- ♣ A sturdy, level table that is unlikely to wobble or tip
- ♣ Strips of cardboard, brown Kraft paper, or newspaper <OR> paper egg cartons and sawdust, cotton balls, or dryer lint

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- ✿ Several pounds of paraffin wax. Canning wax such as Gulf Wax can be found in the canning section of Wal-Mart. Leftover candles from past courts of honor or misshapen holiday candles you found in your attic will also work
- ✿ Natural fiber string, such as cotton cord or jute twine. (Synthetic fiber string will melt, but not burn.)
- ✿ Several layers of brown paper or newspaper, spread on one end of the table, as a drying area for finished fire starters
- ✿ Sharpies or other magic markers

### Method

Cardboard strips, when rolled, tied with string, and then dipped in molten wax, become waterproof fire starters that can help kindle a campfire even in adverse weather conditions. Other items that can be coated with wax include paper (not Styrofoam) egg cartons filled with saw dust or dryer lint and then poured full of wax, or even simple strips of brown paper bags or newspaper.

Use the *EDGE* method (Explain, Demonstrate, Guide, & Enable) to teach participants how to construct the base of their fire starters.

**Method 1:** Roll strips of cardboard or paper (pre-cut by the staff) and tie them with a square knot, using a 6"-8" piece of string. Do not trim the ends of the string. These untrimmed ends will be used as a wick when lighting the fire starter at a later time. When the participants are satisfied with their work, a staffer uses tongs to dip the fire starter in the melted paraffin, covering it completely. Using the tongs, remove the fire starter from the molten wax. Hold the fire starter, tilted, over the pot until it stops dripping, then move it to the drying area. Using the Sharpie, write the participant's name beside the finished fire starter.

**Method 2:** Carefully tear the lid off the egg carton and discard. Fill the individual egg depressions in the bottom of the carton with combustible filler material, such as clean wood sawdust, dryer lint, or cotton balls. A staffer then pours the melted wax into the egg carton. Carefully move the egg carton to the drying area. When cool, the filler material should be completely suspended in the hardened wax. At that point, the individual egg segments can be separated and handed out to participants. **NOTE:** This method is likely to consume more wax than Method 1.

### Another Option:

An alternative method for making fire starters is to dip cotton balls in petroleum jelly, and then store the jelly-covered cotton in a small zip-lock bag or empty pill bottle. **NOTE:** This method can be messy, since petroleum jelly doesn't solidify at room temperature. You will also end up with chunks of cotton ball in your petroleum jelly.

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If time permits, staff can also demonstrate how to light a fire starter that was prepared at an earlier time. This should help to convince any skeptics that the fire starters will work...and very well!

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### Opening

What do we always say? *KISMIF* – Keep It Simple – Make It FUN! Get right to the point, and keep things moving!

- ✦ Gather the entire group.
  - ✦ Welcome everyone and thank them for coming.
  - ✦ *BRIEFLY* introduce your staff. Tell just enough about each staffer to establish their credibility in the minds of the participants. You don't need to give everybody's whole Scouting résumé.
  - ✦ Explain the format of *Learn How to Camp*, including the fact that you'll all be getting back together for some food and fun later on.
  - ✦ Direct the adults and Scouts BSA-age youth with the troop, and the Cub Scout-age youth with the pack leaders and begin the program!
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### Adult Program – *Let's Get "In-Tents"!*

#### Module

- ✦ Introduction

#### Rationale

- ✦ This module will provide basic understanding of how to have a safe and fun outdoor experience. This module is broken in to four sections. Shelter, Clothing, and Safety, with a combined Youth and Adult section on Food at the end. Each section has its own learning objectives and considerations.

#### Learning Objectives

- ✦ After this module the adults should have a basic understanding of how to camp overnight, what to bring, what not to bring, how to cook and how to do it all safely.
- ✦ To have fun!

#### Time

- ✦ 2 hours (180 minutes)

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## Considerations

- ✦ The time and material for each section is only a suggestion, and it ultimately it depends on the participants and their skill and comfort level. The module was written with the assumption that the participants have little to no experience camping.
- ✦ Though we don't want to cover every objective in youth protection training, it is good to talk about the aspects of youth protection that relate to each section and how we as BSA are concerned about every aspect of safety for our youth.
- ✦ Like youth protection, sections will also touch on elements of *Leave No Trace* and *Outdoor Ethics*. It's not expected that the participants leave as experts in this field, however these concepts are integral to the Scouting outdoor experience so simplified elements should be covered if they fit in with the conversation.
- ✦ The sections are not meant to be lectures. They should flow more like a conversation. The object is to make the adults feel comfortable with camping not make them expert campers.
- ✦ This module is best presented outside though it can easily be modified for an indoor venue.
- ✦ These modules were written to help new adult campers become "backyard", "3 seasons" or "fair weather" campers. Though winter camping can be fun, it also requires more skill and equipment.

## Schedule

✦ Section	Time	Total Time	Description
✦ Shelter	50 minutes	50 minutes	How to select a site and put up a tent
✦ Break	10 minutes	60 minutes	
✦ Clothing	20 minutes	80 minutes	How to dress for an overnight campout
✦ Safety	30 minutes	110 minutes	Basic first aid and plant and animal discussion
✦ Break	10 minutes	120 minutes	
✦ Food	50 minutes	170 minutes	Simple cooking techniques for use in outdoors
✦ Q&A	10 minutes	180 minutes	

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## Adult Program - Shelter

### Rationale

- ✦ This session will provide helpful hints to consider when selecting a site to set up camp on an overnight outing, what gear you need, and how to put up a tent.

### Learning Objectives

- ✦ List the essential considerations when selecting a campsite: location, site and shape, protection (from elements and dead branches overhead) ground cover, drainage, and beauty.
- ✦ Learn what gear is necessary to camp in a tent.
- ✦ To get comfortable with different types of tents and how to put up a tent.
- ✦ Learn the basics of outdoor ethics and youth protection.

### Time

- ✦ 50 minutes

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## Section 1 – Campsite Selection (15 Minutes)

### Materials

- ♣ HANDOUT: Appendix F - Questions to Ask About a Campsite.
- ♣ The games pieces found in Appendix G should be printed and cut out prior to this module.

### Considerations

- ♣ None

### Goal

- ♣ The goal of this section is to teach the participants what makes a good campsite, and where their tent should and shouldn't be placed.

### Presentation

#### Introduction

Finding a suitable campsite is important to the success of an overnight outing. Besides good meals, a good night's sleep will go a long way to making any weekend outing great.

#### Rule 1

Before discussing the campsite selection and where to put a tent, cover Rule 1: "Leave it better than you found it" or phrased another way, "Take nothing but pictures and leave nothing but footprints". If nothing else is remembered, keep this in mind and it will help with many other considerations.

Talk briefly about what *Leave No Trace* means. You can use some of the seven principles, but this should be a brief introduction and not an extensive LNT training. As a reminder, the seven principles are: *Plan Ahead and Prepare, Travel and Camp on Durable Surfaces, Dispose of Waste Properly, Leave What You Find, Minimize Campfire Impacts, Respect Wildlife, and Be Considerate of Other Visitors.*

- ♣ Leave No Trace: A good way to discuss these principles is to discuss how to plan ahead and prepare. Make or use the checklist provided to make sure all the gear necessary is packed and ready for the adventure!

### Choosing a Camp Site

Ask participants, what questions would you ask to determine if a site is a good site for a weekend outing?

There could be a lot of good questions and maybe some not so good ones. After it looks like they are done coming up with questions (or are having trouble with coming up with questions), you can use the HANDOUT: *Questions to Ask About a Camp Site* to help guide the discussion further. You should try and focus on the key aspects of safety and fun.

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 **Leave No Trace:** You can remind the participants that the best sites will also have the least new impact to the environment. For example, a preexisting campsite with defined tenting locations is preferred over a lush field of grass on the forest floor.

- **Youth Protection – Restrooms/Showers:** This is a good spot to talk briefly about youth protection and how to respect youth’s privacy.
  - Separate shower and latrine facilities should be provided for male and female adults as well as for male and female youth. If separate facilities are not available, separate times should be scheduled and posted.
  - Privacy of youth is respected.
  - Adults and youth must respect each other’s privacy, especially in situations such as changing clothes and taking showers at camp.
  - Adult leaders should closely monitor these areas but only enter as needed for youth protection or health and safety reasons.

### Where to put up your tent

Time for a short activity. Hand out the game pieces (*Appendix G*) representing features that might be found at a possible tent site. Ask the participants to discuss as a group and split the pieces into two piles. One pile will be the features that would make a good place to set up a tent and the other pile that would make a bad place to set up a tent. Give them 5 minutes to go through the pieces and then use the answer key below to discuss why each feature would be good or bad. The participants should be encouraged to quickly come to a decision about each piece and not over analyze it.

After the participants have sorted their pieces, use the answer key on the next page to lead a discussion.

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### Game Answer Key

Piece #	Site Feature	Good or Bad	Reason
1	Open Area	Bad	An open area has no protection from any bad weather.
2	Lightly forested	Good	The best campsites can be found near small forested ridges and hills. They offer some protection from weather and wind.
3	A small pond with a little bit of marsh around it	Bad	Though it may look very scenic, areas of stagnant water are the favorite habitat for mosquitoes.
4	A flat area of pine needles under some dead trees	Bad	Though a flat area covered in pine needles would be a good place to camp, you never want to put up your tent under dead trees as unexpected weather, (or even a light winds,) can knock dead trees and branches onto your tent.
5	Under a solitary Tree in a field	Bad	If a storm were to pass through, the tree could attract lightning.
6	A section of bare earth in a light forest	Good	Bare earth, sand, or even ground covered by pine needles or leaves make the best sites for tents as there is less vegetation to get trampled and destroyed. Areas of grass are good as well, though tenting on them will produce more of a negative impact to the local environment.
7	A completely flat area	Bad	This sounds counterintuitive, but a completely flat area will not have good drainage and will likely have small depressions in the ground that can collect water during a storm. A better area would have just enough slope to allow for rainwater to run off.
8	A dry slightly sloped stream bed	Bad	Never set up a tent in a dry stream bed. Though it may appear dry now a storm up stream can send water racing down it.
9	Close to a fire ring	Bad	You should put up your tent far enough from a fire ring that a stray ember will not land on the tent, at least 25 feet but possibly more if there is any wind.
10	Protected Ridge	Good	Setting up your tent higher on a protected hill or ridge allows the tent and campsite to benefit from more sun than if the tent was set up in a valley.

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## Section 2 – Setting up a tent (20 Minutes)

### Materials

- ♣ HANDOUT: **Appendix H** – Types of Tents (Common) & **Appendix J**– Types of Tents (Specialty)
- ♣ Example tents that are set up, and that the participants can attempt to set up on their own.

### Considerations

- ♣ *Contact participants ahead of time and ask if they have a tent they need help learning to set up. If they bring the tent to the training this section can be used to teach them how to set it up.* It is suggested that most of the time in this section be dedicated to actually setting up a tent.

### Goal

- ♣ The goal of this section is to have the participants gain confidence that they can put up a tent and that it doesn't have to be a daunting challenge, while also giving them basic knowledge of the types of tents available.

### Presentation

#### Introduction

Now that we have chosen our campsite, the next step is to properly set up our tent. There are many types of tents and each has benefits. We are not going to go into great detail on all of them but give you an overview of what types you are likely to see.

Let's take a quick look at some of the tents you are likely to see. **Appendix J - Common Types of Tents** can be distributed or if example tents are set up those can be used. Take 5 minutes to touch on some of the benefits and disadvantages of each. The handout can still be given to participants for reference even if example tents are used.

**Important:** Don't forget about the tarp for under the tent! Tarps or ground cloths are used primarily to protect the bottom of the tent from punctures. They also provide an additional layer of protection from ground moisture, add a little insulation, (helping to keep a bit of body heat from radiating into the ground,) and they keep the bottom of the tent clean. Tarps or ground cloths should be slightly smaller than the dimensions of the outside of the tent. Using a larger tarp than the tent can cause water to pool under the tent during rainy weather.

Tent care, such as never storing a wet tent, never spraying anything (deodorant or insect repellent) near or in tents, and keeping items away from the inside walls of tents to prevent water bleed-through when raining should also be covered.

**Appendix H- Other Types / Specialty Tents** can also be distributed as informational. These are specialty tents if any participant is interested in seeing other tents or have any questions about other types they might see.

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**Remember:** The object is not to overwhelm the participants so this handout is just informational and you shouldn't go into any great detail about them. Of course, you should answer any questions about any of the tents.

- Youth Protection - Tenting: This is a good spot to talk briefly about youth protection and who should and shouldn't stay in the same tent.
  - Separate tenting arrangements must be provided for male and female adults as well as for male and female youth.
  - Youth sharing tents must be no more than two years apart in age.
  - In Cub Scouting, parents and guardians may share a tent with their family.
  - In all other programs, youth and adults tent separately.
  - Spouses may share tents.

### Other ways to camp

Briefly touch on some other ways to camp.

**Adirondack Camping:** Little more than a wooden palate with three walls and a half roof some Adirondacks also have a fireplace for warmth. Adirondacks are generally situated such most inclement weather doesn't blow into the interior space though many times tarps are put up around the opening. Adirondacks can be uncomfortable to sleep on without any padding or cots.

**Cabin Camping:** There are many available cabins throughout our council properties. Cabins generally have bunk beds and mattresses as well as an eating area and selves and counters for food prep. Some cabins also feature indoor plumbing, showers and fully equipped kitchens. Youngsters can learn valuable lessons about packing and "being prepared" on outings that include overnight stays indoors. It's a great way to get started and have fun.

**Car Camping:** Usually refers to sleeping in a tent or other temporary shelter, but with your car nearby to hold all the gear. Generally, car camping allows greater safety and easy comfort since you can bring everything you can fit in your vehicle. The down-side is that it limits you to places where a vehicle can go. If you have a minivan or an SUV with back seats that fold down, this can also be a quick and easy way to experience the outdoors for a night without setting up a tent. Suggest laying down inside the back of the vehicle at home first to determine if the area is big enough to be comfortable.

A camper or pop-up falls somewhere between cabin and car camping.

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Youth Protection - Other Types of Camping: This is a good spot to talk briefly about youth protection and how to respect youth's privacy.

- If adults and youth of the same gender occupy single-room accommodations, there must be a minimum of two adults and four youth, with all adults being Youth Protection trained.
- Physical separation by other means, including temporary barriers or space, should be used only when no other arrangements are possible.
- These modifications are limited to single-gender accommodations.

## Activity

Now that we have a basic understanding of the types of tents we might see, let's practice putting one up.

Note: It is strongly recommended that the participants be encouraged *before the day of the event* to bring tents from home – especially if they are unsure how to set them up. Otherwise, any available tent will work. The object is to make the participants comfortable with setting up a tent and ensure they don't feel overwhelmed by the task. Most of your time in this section should be spent here.

When teaching the participants how to set up a tent remember the **EDGE** method.

1. **E**xplain the steps
2. **D**emonstrate how to put up the tent
3. **G**uide and **E**nable them as they put up the tent giving them simple instructions

## Section 3 – Gear (15 Minutes)

### Materials

- ♣ Appendix K - Shelter Gear
- ♣ Examples of the gear in the handout

### Considerations

- ♣ Participants are likely not going to have all the gear in the section below. They should be encouraged to borrow or use substitute gear where available. We are not salespeople and are not trying to get the participants to buy all the “best” gear.

### Goal

- ♣ The goal of this section is to have the participants gain a basic understanding of the gear (outside of tents which were covered in the prior section) that is needed as part of the shelter module.

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## Presentation

### Introduction

Now that we have our tent up, let's talk about what gear we need inside. We will look at this in three areas, Sleeping Bags, Sleeping Pads (or things that go under the sleeping bag) and Other Shelter Gear.

*Appendix K - Shelter Gear* can be distributed while going over the example gear.

### Sleeping Bags

There are lots of different types of sleeping bags, and each have different uses and preferences. There are three aspects to be aware of when looking at sleeping bags, temperature rating, insulation, and bag shape. We will briefly look at each element, though there is more detail in the handout if interested.

### Temperature Rating

Summer Bags are suitable for temperatures above 30° F and generally have full length zippers for to unzip and open for ventilation or to be used as a quilt.

3 Season Bags are suitable for temperatures above 10° F and generally have other features to help combat cold temperatures.

Winter Bags are suitable for temperatures under 10° F and have the same features as 3 Season Bags but have more insulation.

### Insulation

Synthetic insulation is generally fluffy polyester, they are bulkier and heavier but also less expensive.

Down insulation is lighter and more efficient than synthetic but also generally more expensive. Down insulation **does not work** when wet.

### Bag Shape

Mummy Bags are tapered through the legs and feet which gives these types the maximum thermal efficiency. Mummy-shaped bags are most commonly used for cold weather camping. The tapered shape restricts the movement of the sleeper.

Rectangular Bags have no taper at all so are the least thermally efficient. Still, rectangular bags are most common for the "backyard camper".

Semi-Rectangular (or Barrel) Bags are the happy medium between mummy and rectangular. They are the middle ground between both types.

Note: When camping in the summer, in good weather, a fleece blanket can be an easy sleeping bag replacement. Double blankets are good even during mild spring and fall

## Learn How to Camp

camping. Doubling up on lighter sleeping bags make them work for colder temperatures.

### **Sleeping Pads**

Just as important as the sleeping bag is what is underneath. A pad not only cushions the hard areas, it also adds an important layer of insulation between the sleeping bag and the ground. There are specifically designed pads for sleeping bags including ones with thermal insulation but a yoga pad, a piece of carpet padding or even a folded blanket will work.

Other choices for under your sleeping bag include air mattresses or cots.

Air mattresses are not a good choice for cold temperatures, as the air inside will be cold, and will draw heat out of the sleeper's body throughout the night. If a new air mattress is bought, it should be fully inflated and left that way over night before using it. The first time it is inflated, the material could stretch which would make it feel like it is less inflated.

Like air mattresses, cots perform poorly in cold temperatures, as they allow cold air to flow under the sleeper. Additionally, the feet of the cot could damage the tent floor.

### **Other Shelter Gear**

Though not required there are some other items that are helpful to have for tent camping.

- Battery powered LED light – Though a flashlight or even the light of a phone will work, a lantern that can be set on a flat surface and shines in all directions can be helpful when looking through gear bags at night. Just keep in mind that this same light will also cast a shadow on the tent walls, enabling people outside to see your shadow.
- A throw carpet – A carpet at the base of the tent, near the door, is a good place to put any dirty or wet shoes so that the mud and water isn't tracked through the tent. A plastic bag or garbage bag will also work for this purpose.
- A collapsible table – For longer camping and bigger tents, a collapsible table is a nice addition to keep items off the tent floor.

## 10 Minute Break

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# Adult Program

## Module: What to Wear When Hiking and Camping

### Important Notes for Presenters

- Presenter should ideally be dressed for an outing in hiking apparel.
- Be sure to mention that this information (and more!) is conveniently packaged in the Scout Handbook and other BSA materials.

### Rationale & Goals

- The intended audience for this presentation is people who are not yet Scouters. People with little or no camping/hiking experience.
- This session provides tips and hints for selecting what to take with you and what to wear when your closet is not handy.

### Learning Objectives

- Understand the how and why of foot care and footwear.
- Identify the pros and cons of different kinds of clothing in the outdoors.
- Understand the importance of comfort in choosing your gear
- Explore the Safety/Health issues related to gear
- Discuss options for managing the expense of camping gear

### Time

- 20 minutes

### Materials

Have examples of clothing items available. It is very helpful to have *examples* of the things you are talking about. Don't use words all by themselves. Show people what you are talking about and let them handle and examine them. If you don't have actual examples, the pictures in **Appendix L** can be substituted.

- HANDOUT(S): **Appendix L: Sample Footwear and Clothing Options**
- Examples of good and poor types of socks, shoes, & boots. Include different types of shoes, tennis shoes, boots, hiking boots, flip-flops, etc.
  - If actual examples are not available, pictures can be used instead.
  - Keep it simple, don't focus on the most expensive, gee-whiz stuff. Think about what will be important and helpful for someone starting out who may not want to spend too much at first but wants to have fun and grow into it.
- Examples of good and poor types of clothing for hiking & camping. Try to include a variety; jeans, Scout pants, other commercial hiking pants & shirts, and military surplus items if available.
  - If actual examples are not available, pictures can be used. Some examples are included.

# Learn How to Camp

## Considerations

- Outdoor Ethics (Outdoor Code)
  - YPT (For example, two-up leadership on outings)
  - Allow time for people to examine and discuss the different types of clothing and footwear. They will have questions and comments and it is important to allow time for this.
- 

## Presentation

### Gathering Activity

*(While people assemble, no more than a couple minutes of session time)*

*Have the examples of different types of clothing and footwear on a table. Ask participants to sort the items into "Good", "Okay", "Poor" categories for a hike or campout. Do not offer any additional information such as type of hike, etc.*

### Introduction

Different people will have their favorite items to wear when they are outdoors and away from home. If you look in stores and online you will find that you can easily spend thousands of dollars on gear. Most of the time, and especially when you are starting out, that is completely unnecessary. We want to show you how to get started hiking and camping and start having fun right away.

This session is focused on warm weather or at least "3-season" camping. Winter camping is awesome, but don't start there. Make your mistakes in the summer and work your way up to winter.

The most important thing about any outing is that it be *fun!* If it is fun, your son or daughter will go back for more and develop the skills they need or want. If it is not fun they may never try it again.

### Staying Warm & Dry: Your Feet!

If you can only take care of one part of your body on an outing or hike, make it your feet. If your feet are in good condition you can move, get to shelter or safety, or make use of other resources. If you can't walk then you can quickly be in serious trouble on even a relatively brief outing.

In addition to the safety aspects, blistered, sore, raw feet will ruin any day. No amount of other fun stuff is going to make up for it.

Let's look at the sorting you did as we assembled. What are the benefits or problems of the different kinds of footwear you saw?

## Learn How to Camp

(Look for mentions of *comfort, safety, dryness/water-repellency, ankle support* but also *expense, convenience, weight*)

### Key Points to Address in Discussing Footwear

#### Boots and shoes

- Sturdy, preferably lightweight, water resistant.
- Make sure they have room for thick socks. You don't want your feet or your socks being compressed, it reduces blood flow and decreases warmth.
- On the other hand, you *do* want good ankle support. It is very easy to twist an ankle and that is a sure-fire way to take the fun out of a hike for you, and for the poor people who have to carry you out.
- **Never** wear new (not broken-in) boots on a hike.
- Military surplus stores may offer a cost-effective alternative.
- A good pair of boots will last for years. They can be expensive but this is one area where you really don't want to cut corners; nothing takes the fun out of an outing like limping home with oozing, bloody blisters.
- Tennis shoes are discouraged. They are comfortable and everyone probably has a pair. However, tennis shoes are not designed to stand up to the challenges of hiking.
  - They offer poor protection from the sharp objects (rocks, sticks and other potential puncture or slicing hazards).
  - They tend to hold moisture (like when you walk across a grassy field covered in dew in the morning or fall in a creek).
  - They may offer poor traction on damp surfaces like logs or rocks.
  - Finally, they typically do not have adequate ankle support.

#### Socks

- There are fancy multi-layer wool blend and synthetic fabric hiking socks. They really are nice.
- There are also plain, basic wool-blend socks (for example, Scout socks). It can be useful to wear them over a thinner nylon sock underlayer to wick away moisture.
- *Always* bring extra socks.
- *Always* go to bed in either bare feet or fresh dry socks. Do not wear your sweaty, damp socks to bed.
- Stop and check feet periodically when hiking and *immediately* address even a small irritation, redness, or blister. Moleskin and foot powder are your friends.

### Staying Warm & Dry: Clothing

Once your feet are taken care of, make sure the rest of you is warm, comfortable, and safe too. In Norway they have a saying, "There is no such thing as bad weather, only bad clothing."

Like footwear, there is no upper limit to what you can spend on camping clothing. But is *not* necessary to break the budget! Let's look at some of the examples we have, which are better than, or not as good as others? Why?

# Learn How to Camp

## Key Points to Address in Discussing Clothing

### Fabrics/Materials

- Be very careful with cotton! It retains moisture and dries slowly. In general, other fabrics which wick moisture away from your body are preferred.
- Avoid blue jeans. They are relatively heavy, they dry slowly, they are relatively thick and can easily chafe.
- Silk, nylon, fleece, and polypropylene will dry out quickly if they get wet. (Finally! An excuse to wear your silk jammies!)
- Wool is great in many ways, but it is very heavy and can smell bad when wet. It takes a very long time to dry out.

### Layers

- You are much better off to wear several thin layers of clothing when camping, for example, a thin inner shirt or t-shirt, preferably not cotton, an outer shirt, a fleece or light sweater, and a water-repellent outer shell. This lets you adjust to the weather and your activity level easily.
- You want to avoid sweating when possible, especially in cold weather. Even in summer it can get cold at night, and even more so in the mountains. Sweaty clothing does not hold heat well, and can leave you and your youngster chilled after sunset, when you are less active. Take off a layer if you are warm, add a layer if you are feeling chilly.
- In addition to flexibility, layers allow you to adapt to a wide range of temperatures using a minimal amount of clothing. Once you start hiking, and are carrying everything you will have for your outing on your back, you will appreciate how much of a difference this makes!

### Head Coverings & Rain Gear

- A hat is a good idea. It can keep your head dry, and prevent water running down your back. It can keep sun off your head and out of your eyes. It can even help keep you warm.
- Which hat is best depends a bit on where you are going and what you are doing.
  - Wide brim hats are great for sunny and for rainy weather, but they can be a problem hiking in dense forest where the brim will catch on branches. A hat with a smaller all-around brim is good for more densely forested areas. These are often called "boonie hats" or fishing hats. Most such hats can also be wadded up and stuck in a pocket or pack when not needed without damaging the hat.
  - Wool-based hats, like cowboy hats, if waterproofed, can be warm in cold weather while still allowing you to hear and keep drips off of your neck. Nylon, straw, or lighter materials, especially if they have vents, can keep you shaded and cool in sunny conditions.
  - A baseball cap can block the sun but it will pretty much send rain straight down your back.
  - A hood is good for blocking rain but generally poor for sun and it can make it hard to hear.

## Learn How to Camp

- A rain suit can keep the rain off of you quite effectively, but they are very hot.
- A good poncho is surprisingly effective at keeping rain off of you and your pack, and it can double as a ground cloth.
- As noted above, avoiding cotton, and if possible, wool, is usually a wise choice. Once wet, they are very slow and difficult to dry. Wet wool is heavy. Wet cotton is heavy and cold. Wool as you know, gets rather smelly when it is wet and will stretch tremendously; and you have to be very careful drying it when you get home or it will shrink to fit your baby sister.
- Always take a couple large contractor trash bags in your hiking gear. They can be rain ponchos, pack covers, ground cloths, etc. They won't stand up to long use or any abuse but in an emergency, they can literally be a life-saver.
- Always pack your extra clothes waterproofed. Ziplock freezer bags and garbage bags twisted shut and closed with a rubber band work well. You don't need an expensive waterproof pack if everything in the pack is already waterproofed! Bring extra empty bags for your dirty clothing.

### Questions to Consider

When looking at different footwear and clothing, consider questions such as:

- How heavy is it?
- How comfortable for extended wear?
- How easily can it be layered?
- What is it made of? (fabric or other materials)
- How water repellent is it?
- How fire retardant is it?

Are there safety concerns? (for example, traction, ankle support for footwear)

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# Adult Program

## Module

### Camping Safety

## Rationale

This session will provide the guidance necessary to plan for basic first aid needs and considerations when preparing for outdoor activities.

## Learning Objectives

- List the essential medical considerations when planning an outdoor activity; both planning and equipment.
- Identify various poisonous plants common in the outdoors

## Materials

### *Appendix M - Personal First Aid Kit List*

#### Personal Kit

- ✓ Adhesive bandages (6)
- ✓ Sterile gauze pads, 3-by-3-inch (2)
- ✓ Adhesive tape (1 small roll)
- ✓ Moleskin, 3-by-6-inch (1)
- ✓ Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel-sized bottle)
- ✓ Bacitracin ointment (1 small tube)
- ✓ Scissors (1 pair)
- ✓ Nonlatex disposable gloves (1 pair)
- ✓ CPR breathing barrier (1)
- ✓ Tweezers (1)
- ✓ Pencil and incident report forms Printable pdf file:  
[https://filestore.scouting.org/filestore/pdf/680-016\\_fillable.pdf](https://filestore.scouting.org/filestore/pdf/680-016_fillable.pdf)
- ✓ Kerlix/Kling (or equivalent), 3-inch rolls (2)
- ✓ Adhesive tape, 1-inch rolls (2) • Alcohol pads (12)
- ✓ Betadine pads (12)
- ✓ Assorted adhesive bandages (1 box)
- ✓ Elastic bandages, 3-inch-wide (2)
- ✓ Sterile gauze pads 4-by-4-inch (12)
- ✓ Moleskin, 3-by-6-inch (4)
- ✓ Gel pads for blister and burns (2 packets)
- ✓ Triangular bandages (4)
- ✓ Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel-sized bottle)
- ✓ Scissors (1 pair)
- ✓ Tweezers (1 pair)
- ✓ Nonlatex disposable gloves (6 pairs)
- ✓ Protective goggles/safety glasses (1 pair)
- ✓ CPR breathing barrier (1)

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- ✎ Pencil and paper Optional Items
- ✎ Instant cold compress
- ✎ Blanket
- ✎ Splint material

### Considerations

General Information The perfect wilderness first-aid kit does not exist. Despite your best efforts at planning, someday you will want something that is not there, or you may carry an item for years and never need to use it. When considering the contents of a kit, consider:

- The environment (such as altitude)
- The number of people who will depend on the kit
- The number of days the kit will be in use
- The distance from definitive medical care
- The availability of rescue (such as access to helicopter evacuations)
- Your medical expertise and/or the expertise of other group members
- Pre-existing problems of group members (such as diabetes)

### Common Camping Injuries

**BURNS** : Often from campfires or hot water. **TREATMENT**: First cool the area with water but not too cool. If there are blisters do not break them. Cover with a dry sterile dressing. Pain relievers such as Ibuprofen can help with pain, unless it is a situation where it cannot be used.

**SCRAPES/CUTS**: Direct pressure if the bleeding is not controlled. Clean with Betadine wipes or warm soapy water, if you have nothing else. Apply a pressure bandage of sterile dressing material listed above, depending on the size of the wounded area.

**SPRAINS/FRACTURES**: Splint injured area using splinting material. Apply a cold pack or ice, if available.

**NOTE**: Scout handbooks are an excellent source for illustrated treatment and are an important tool in your first aid kit.

**IT IS ALSO CRITICAL TO HAVE A PLAN IN ADVANCE TO CONTACT HELP (i.e. 911 FOR ANY OUTING.) Try to determine cellular signal availability in the area you camp before you go; and know where the nearest landline is.**

### Time

20 Minutes

### Activity

Tick removal

# Learn How to Camp

## Introduction

This activity will provide practice for spotting and removal of ticks as well as follow-up, post removal.

### Materials Required:

Scotch tape, poppy seeds, alcohol swabs, and tweezers.

### Setup

Tape poppy seeds to areas susceptible to ticks.

Activity allows each attendee to go through the following process:

- Clean the area with an alcohol swab
- Get the point of the tweezers under the tick, push down, squeeze the tweezers and pull straight up.
- Clean area again, apply antibiotic, cover with band aid, and fill out a tick sheet. Sheet would be to provided to parent or guardian to follow-up and observe the area of the tick bite.

### Final Notes:

When removing a tick, use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. **(See Appendix N – Removing a Tick.)**

Pull upward with steady, even pressure. Don't twist or jerk the tick—this can cause the mouthparts to break off and remain in the skin. If this happens, remove the mouthparts with tweezers.

Avoid folklore remedies such as “painting” the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. These methods do not work and only delay removal. Your goal is to remove the tick as quickly as possible.

After removing the tick, thoroughly clean the bite area and your hands with soap and water. Apply a bandage and change as needed, or at least once per day. Notify the parent or guardian to monitor for symptoms of tick-borne illnesses, which may appear weeks later. See a doctor if you have symptoms of an infection such as a red rash around the bite, fluid draining from the wound, or pain that is getting worse. Again, be aware that symptoms of a tick-borne illness may not develop until weeks after the bite. Seek medical care if you begin to feel ill or develop a rash, fever, headache, muscle or joint pains, or skin ulcer.

## Interacting with Wildlife

ANIMALS IN THE WILD SHOULD BE OBSERVED FROM A DISTANCE. INTERACTION WITH WILD ANIMALS IS NEVER A GOOD IDEA. MUCH LIKE THE OTHER PRINCIPALS OF LEAVE NO TRACE NATURE, IS FOR OBSERVATION.

## Learn How to Camp

### Youth Program – *Camping is fun!*

*Before you begin: As soon as you take charge of the kids' group, ask each of them to name 3 items they think they should carry in their backpack when they go on a hike. Give this list to the staffers who will portray Master & Noob. The list will be used later in the "What's in Your Pack" scene of the "Gear Mistakes" skit.*

#### Module

- ✦ Introduction

#### Rationale

- ✦ This module will provide basic understanding of how to have a safe and fun outdoor experience. This module is broken in to two instructional sections. Shelter, and Safety. The material on clothing and gear will be presented as a skit in seven scenes, which are spread throughout, to "break up" the other material and make it more fun. The Food portion of the training will be taught at the end, as a joint session for youth and adults. Each section has its own learning objectives and considerations.

#### Learning Objectives

- ✦ To have fun!
- ✦ After this module the kids should feel confident in the outdoors and have a basic understanding of how to stay safe in camp, and how to help with camp chores.

#### Time

- ✦ 2 hours (180 minutes)

#### Considerations

- ✦ The time and material for each section is only a suggestion. Feel free to substitute your own ideas and activities, but try to focus on the subject of camping, because that's why they came. The module was written with the assumption that the participants have little to no experience camping.
- ✦ Each section will also have elements of *Leave No Trace* and *Outdoor Ethics*. It's not expected that the participants leave as experts in this field, however these concepts are integral to the Scouting outdoor experience so simplified elements should be covered if they fit in with the conversation.
- ✦ The sections are not meant to be lectures. They should be fun activities that hold the kids' attention and showcase the adventure of Cub Scouting. Remember that kids have short attention spans, and keep things moving so they don't get bored! The object is to make the kids feel comfortable with camping, and hopefully spark their interest in joining Scouting.
- ✦ This module is best presented outside though it can easily be modified for an indoor venue.
- ✦ These modules were written to help kids become "backyard", "3 seasons" or "fair weather" campers. Though winter camping can be fun, it also requires more skill and equipment.

## Youth Program – *Camping is fun!*

### Module

- ♣ Gear Mistakes

### Rationale

- ♣ This module will provide basic understanding what to wear and what to bring with you when hiking and camping.

### Learning Objectives

- ♣ To have fun!
- ♣ After this module the kids should feel confident in the outdoors and have a basic understanding of how to stay safe in camp, and how to help with camp chores.

### Method

This is a skit, in 7 scenes, designed to be performed by two adults or older youth. Mr. or Ms. Master and Mr. or Ms. Noob. Don't worry about memorizing lines. Reading is fine. Just try not to make it *sound* like you're reading. Delivering the lines for comic effect is the key. Special attention should be given to assigning the "right" staff members to bring this skit to life and make it entertaining.

Considering kids' shorter attention spans, this skit will be a "running gag" throughout the kids' program to help break up the other material.

*Before you begin: As soon as you take charge of the kids' group, ask each of them to name 3 items they think they should carry in their backpack when they go on a hike. Give this list to the staffers who will portray Master & Noob. The list will be used later in the "What's in Your Pack" scene of the "Gear Mistakes" skit.*

### Gear Mistakes Scene 1: Footwear

**Master:** (to audience) Hi, kids! I'm Mr/Ms Master. I love the outdoors! How about you? I like camping and fishing and boating...and I like hiking! Today, I'm taking my friend, Mr/Ms Noob hiking with me. He/she should be here any minute...Oh! Here he/she comes now! (To Noob) Hi, Mr/Ms Noob! Are you ready to go hiking?

**Noob:** (enthusiastically) I sure am! I've been thinking about it all week, and I'm ready to do some distance! Ready to pound some pavement! Ready to make some miles! (Noob starts walking away and looks back over shoulder.) Are you coming?

**Master:** Hold up a second! Do you mind if we talk for a minute? I have some questions.

## Learn How to Camp

**Noob:** Well, I guess...but make it quick! I'm excited to get going!

**Master:** Oh, I can tell! This is your first time going hiking, right?

**Noob:** They don't call me "Noob" for nothing!

**Master:** Right.

**Noob:** So what did you want to talk about?

**Master:** Well, for starters, let's talk about what you have on your feet.

**Noob:** You mean my flip flops? Aren't they awesome?

**Master:** They're definitely awesome.

**Noob:** I know!

**Master:** I'm just not sure...

**Noob:** Not sure what?

**Master:** I'm just not sure if...they're the best choice for hiking.

**Noob:** Oh, no. It's cool. They're super comfy. I wear them around the house all the time!

**Master:** I understand that. But you see, shoes like that are designed for lounging, not for hiking. For hiking, you need shoes that have some special qualities.

**Noob:** Special qualities? Like what?

**Master:** Well, like...they should be sturdy, and support your ankles. When you're hiking on rocks and uneven ground, it's easy to twist an ankle, but sturdy boots can protect you. Do your flip flops support your ankles?

**Noob:** Well, no, but...

**Master:** And when you're hiking, sometimes things get slippery. You might walk on mud, moss, loose gravel, or even through a stream bed. Boots with a nice deep tread can help give you sure footing. Do your flip flops have nice deep tread?

**Noob:** (Looks at bottom of shoe) That would be a "no."

**Master:** Boots can also keep things on the ground from hurting your feet. Like... what do you think would happen if you were wearing your flip flops, and you stepped on a sharp rock, or a thorn, or a piece of broken glass?

**Noob:** (with a worried look) Not good.

**Master:** No, I'd say "not good." And wearing two pairs of socks inside your boots can help prevent blisters. Remind me again, how many pairs of socks are you wearing?'

## Learn How to Camp

**Noob:** (mumbles)

**Master:** I couldn't hear you.

**Noob:** (sheepishly) Zero pairs.

**Master:** Zero pairs.

**Noob:** But in my defense, *nobody* wears socks with flip flops.

**Master:** So are you *sure* you're ready to go hiking?

**Noob:** (confidently): Yes!

**Master:** Yes?

**Noob:** ...as soon as I change my shoes.

### Kids' Program – Shelter (Game: Campsite Mistakes)

#### Rationale

- ♣ This session will teach kids what to do right in a campsite, by learning to notice when things have been done wrong, and then to correct them.

#### Learning Objectives

- ♣ Help kids understand what makes an organized, safe campsite
- ♣ Teach kids to feel comfortable speaking up when they see something that needs fixed, or go take the initiative to fix it themselves
- ♣ Learn the basics of outdoor ethics

#### Method

Setup a "model campsite" with as many things as possible done wrong. Guide the kids in identifying the things that are wrong, and understanding why they're wrong. Then help them to correct the mistakes and make a proper model campsite.

#### Time

- ♣ 50 minutes

#### Materials

- ♣ A model campsite with things done wrong, including:
  - Unattended campfire (real or fake. Follow the rules for your venue)
  - A tent with the flaps and screens left open
  - Muddy shoes in a tent
  - A candle in a tent (Unlit, but placed where it can be seen)
  - Ground Cloth sticking out from under the tent
  - Litter on the Ground
  - Dirty dishes in the kitchen area
  - Food left out

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- Grease on the stove
- Overflowing trash can
- Uncovered axe or saw
- Loud radio playing
- Tent set up incorrectly
- Tripping hazards
- A second fire ring, where one already exists

### Considerations

👉 None

Staffers should feel free to add their own ideas, as long as they are realistic. Examples could include:

#### **Mistake #1: Unattended campfire.**

*Why it's a mistake:* Unattended campfires can spread and start wildfires.

*Solution:* Keep a bucket of water near the campfire. Make sure someone is tending the fire at all times. If you must leave the campsite unattended, put the fire out before you go.

#### **Mistake #2: Tent flaps and screens left open.**

*Why it's a mistake:* Open tent flaps are an invitation for bugs to infest your tent and your bed. Also, if your tent is pitched properly, it will be waterproof, but not if the flaps are left open. It may not be raining now, but what if it starts raining while you're on your hike?

*Solution:* Just like your screens at home, keep your tent screens closed unless you are going in or out. If you're leaving the campsite, make sure the flaps are closed too.

#### **Mistake #3: Dirty shoes in a tent.**

*Why it's a mistake:* Mud from shoes will end up on everything else inside the tent. The grit in the mud will get between the fibers in the tent cloth and cause it to wear out more quickly. It could also affect the waterproofing of the tent.

*Solution:* Always take your shoes off before entering a tent. (Demonstrate how to open the flaps and sit with your body inside the tent and your feet outside while you take off your shoes.) Many tents have vestibules that cover an area outside the tent's flaps. This is a good place to leave your shoes but still keep them out of the weather. If your tent doesn't have a vestibule, or if it's going to rain, keep your shoes in a plastic bag, and close the bag tightly.

## Learn How to Camp

### Gear Mistakes Scene 2: Dressing in layers

Noob and Master have been absent for several minutes, while the kids have been addressing campsite mistakes. Now they are back. Noob is wearing hiking boots with socks.

**Noob:** Hey, Mr/Ms Master, I'm got my boots on! I'm ready to go! Let's hike!

**Master:** Just a second. Why don't you tell me a little about that coat you're wearing?

**Noob:** Oh, you like my parka? It's perfect for these chilly mornings!

**Master:** I'm sure it is. And it *is* chilly this morning. But did you check the weather forecast?

**Noob:** (with mock indignation) Do I look like the kind of person who doesn't check the weather forecast? Of course, I checked the weather forecast! "Lows in the 30s." That's why I wore my parka! (Pause) Say...where's *your* parka?

**Master:** Did you read the next part of the weather forecast?

**Noob:** The next part?

**Master:** The part that said, "Highs in the 60s?"

**Noob:** (oblivious) Oh, that will be nice! Shorts weather!

**Master:** Yeah. Shorts...and a parka.

**Noob:** That's just silly. Who would wear a parka when it's in the 60s?

**Master:** Well, if you take it along on our hike, you'll either be wearing it or carrying it.

**Noob:** Eww...that's no fun. But I don't want to go hiking without a coat when it's this cold. What do you think I should do?

**Master:** Well, you could do what I do: dress in layers. (points to clothing) (Describe whatever you're actually wearing.) See? First, I've got a t-shirt. Then a long-sleeved shirt or a fleece. Then a thin vest. A windbreaker over all that helps keep wind from cooling you down so much.

**Noob:** That seems like a lot of hassle.

**Master:** Not really. It's all stuff I already had. And as the weather warms up, or as I warm up from hiking, I can take off some of the layers and carry them in my day pack. I can put them on or take them off in any combination to keep me comfortable, whether it's warm or cool outside. Sun comes out? Take a layer off. Cold wind blows in? Put a layer on. I even have switchback pants, so when shorts weather gets here, I can zip the legs off my

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pants. I don't even need a dressing room! If you dress in layers, you're ready for any temperature!

(Noob starts walking away)

**Master:** Where are you going?

**Noob:** I'm going back to my tent to put away my parka and dress in layers!

**Mistake #4: A candle in a tent.** (Note: You don't need to light the candle in order to make your point.)

*Why it's a mistake:* No Flames in Tents! Tents are made of thin material that will burn or melt easily. The treatments that make tents waterproof can also make them extremely flammable!

*Solution:* Any light inside a tent should come from a battery-powered light. A headlamp wrapped around a water bottle so it shines through the bottle makes a nice indirect light source that will illuminate the whole inside of a tent, without adding more items to your packing list. Also, remind everyone to make sure to set tents up a safe distance from your campfire, since even a light wind can carry hot sparks that could melt holes in your tent.

**Mistake #5: Ground cloth sticking out from under the tent floor.**

*Why it's a mistake:* When it rains, the exposed corners of the ground cloth will collect water and funnel it under the tent floor. Tents are designed to shed rain, not to sit in contact with standing water. Soon, everything on the floor of the tent will be soaking wet.

*Solution:* A ground cloth is a necessary piece of camping equipment. Properly installed, it makes your tent even more waterproof, and will also help protect the tent floor from sharp rocks and sticks. Make sure the entire ground cloth is under the edges of the tent. If the ground cloth is bigger than the footprint of the tent, fold, roll, or stuff the edges of the ground cloth underneath.

### Gear Mistakes Scene 3: Sun Screen & Insect Repellent

Master & Noob have returned again, after another absence. They have been hiking for a while, and are stopping to take a break. Master pulls out two small bottles: sunscreen and insect repellent.

**Noob:** Man, do I love hiking! Thanks for inviting me. Hey...what's in the bottles?

**Master:** Two things no hiker should be without. Sunscreen. And insect repellent. Do you want some?

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**Noob:** (making a face) Eww! No. I don't like putting all that goopy stuff on my skin. It feels gross.

**Master:** Yeah. I don't like it either. But one time I didn't wear sunscreen, and I got a bad sunburn. My skin turned red, and it hurt for days. And then, I had to put ointment on it for days afterward. So instead of one day of goop, I had a whole week! I learned my lesson. Now I always use sunscreen when I hike.

**Noob:** You make a good point. I guess I will take some sunscreen, thank you very much.

**Master:** There are different kinds of sunscreen, too. There are creams and sprays, and ones that go on clear. You can try different ones and see which you like best. The same goes for my other secret weapon, insect repellent. There are different brands. There are creams and sprays. Different kinds seem to work better for different people.

**Noob:** I don't know...I mean, I understand not wanting to get a sun burn, but are mosquitos really that much of a problem?

**Master:** Well, mosquitos are a much bigger problem in other parts of the world, because they carry diseases like malaria, zika, and West Nile. Around here, mosquitos are mostly just annoying, because they swarm around you and make itchy welts where they bite you. Mostly just on your legs, arms, face, and neck. (Noob begins to look concerned.) But the insect repellent also helps keep ticks away. Tick bites can be itchy or painful, and ticks can carry diseases like Lyme Disease or Rocky Mountain Spotted Fever.

**Noob:** That. Is. Terrifying. Give me some of that, please.

**Master:** If you don't like putting it directly on your skin, you can try treating your clothes, or just spraying some on your socks, pants, shirt, and hat. And after you're done hiking, it's important to change your clothes and check yourself all over for ticks. Mosquitos bite you and fly away, but ticks will dig and stay on you for hours or even days! If you find one, you should tell an adult right away, so they can pull it off of you.

**Noob:** Wouldn't it be better to just not let them bite you?

**Master:** Absolutely! One thing that helps is wearing long pants and long sleeves. If you're going to be walking in high grass, you can tuck your pants legs into the tops of your socks to keep the ticks from getting in.

**Noob:** Boy, hiking is fun, but I can see you need to know a lot of stuff to stay safe!

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**Master:** Well, now that we're both protected, are you ready to start hiking again?

**Noob:** Let's go!

### **Mistake #6: Litter on the ground.**

*Why it's a mistake:* Trash is just ugly. Rule #1 of camping is "Leave your campsite better than you found it."

*Solution:* Keeping your campsite neat and clean is a great way to show respect for others in your campsite and for other campers who will come after you. Make sure your trash ends up in the trashcan. Check your campsite for litter that has been dropped by accident, and pick it up. It's also a good idea to carry a small bag on hikes to pick up trash you find.

### **Mistake #7: Dirty dishes in the kitchen area.**

*Why it's a mistake:* Food scraps on dirty dishes can attract insects, rodents, and even larger animals. Eating off of dirty dishes can make you sick.

*Solution:* Start heating your dish water before you sit down to eat. Then you can wash your dishes as soon as you finish eating. Clean your plates, silverware, pots, pans, cups, and even your table and your stove. Wipe surfaces down with water and disinfectant. Keeping the campsite and the camp kitchen clean is everybody's job, not just the grown-ups!

### **Gear Mistakes Scene 4: Soda**

Master & Noob have returned again, after another absence. They have been hiking for a while. Stopping for a break, they take off their day packs.

**Noob:** Boy, this is the life!

**Master:** (getting a drink of water) Sure is. Hey, don't forget to hydrate.

**Noob:** Hydrate? What's that?

**Master:** It's a fancy word that means "drink water." You know... "hydrate or die?"

**Noob:** It's ok. I'm not thirsty yet.

**Master:** That's great, but you should still drink. By the time you get thirsty, you're already starting to dehydrate. Hikers like to say, "drink before you're thirsty."

**Noob:** Oh, I get it. If "hydrate" means "drink water," then "dehydrate" must mean "not drink water, right?"

**Master:** Well, sort of...but not really. Dehydration is way more serious than just not drinking water. It's a thing that happens to your body when you don't drink enough

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water. Your body needs water to survive, and when you're working or exercising hard...like hiking or biking...your body uses up some of that water. If it uses too much, and you don't start replacing it by drinking water, you could end up getting pretty sick.

**Noob:** Not drinking water can make me sick?

**Master:** Unfortunately, yes. Besides making you feel thirsty, dehydration can make you feel tired, confused, dizzy...it can even make you think slower. It can give you headaches, muscle cramps, and even bad breath. It can even raise your heart rate. And if you go without water for long enough, you could even die.

**Noob:** Oh my gosh, that's really serious!

**Master:** (looking at water bottle) And just think, you can avoid all that by making sure to drink plenty of water. Kids need about 5 cups of water a day to stay fully hydrated. Adults need even more than that. And of course, everybody needs to drink extra water when they're exercising.

**Noob:** Thanks for explaining that, friend. I'm going to start "hydrating" right now! (Noob pulls a bottle of soda out of a backpack.)

**Master:** (suspiciously) What's that?

**Noob:** Soda! It's like water, but it's more fun to drink! It's fizzy! See?

**Master:** Sure, it's fun, and it's fizzy. I enjoy a soda myself sometimes. But when I'm hiking, biking, or running, I prefer water.

**Noob:** Why is that?

**Master:** Well, for starters, water hydrates your body better than soda. And some sodas have things in them that aren't so good for you. Things like sugar and caffeine. And if you spill it, anything with sugar is going to attract bugs. Soda won't kill you, but I think water is the way to go.

**Noob:** (looking thoughtfully at soda) You make a strong argument for water. Now I wish I'd brought water instead of this soda.

**Master:** (reaches into back pack and hands a second bottle of water to Noob.) Here. I brought an extra bottle.

**Noob:** Hey, thanks! You're a lifesaver! When we get back to camp, I'll buy you a soda! (Noob opens the bottle and takes a drink.)

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### **Mistake #8: Food left out where bugs and animals can get it.**

*Why it's a mistake:* Some foods that people eat can make some animals sick or even kill them. Eating people food also makes animals depend on that food source. When camping season ends and people stop bringing food, the animals could starve.

*Solution:* Store your food in a container with a sturdy latch or in a vehicle.

**Mistake #9: Grease on the stove.** Sometimes when we're cooking, grease can spill or splatter on the stove.

*Why it's a mistake:* Grease can spread easily from one surface to another. Soon, your dishes will be greasy too, and remember, eating from dirty dishes can make you sick. Grease on a camp stove could also catch on fire and cause an injury.

*Solution:* After cooking, wait for the stove to cool completely. Then, clean up any spilled or splattered grease. Wipe the stove with water and disinfectant.

### **Gear Mistakes Scene 5: Junk Food**

Master & Noob have returned again, after another absence. They remove their packs.

Noob reaches into his pack and pulls out a candy bar and a bag of chips.

**Noob:** Thanks again for the water. Want some chips?

**Master:** See if you can guess what I'm about to say.

**Noob:** What? No, wait. Let me guess. (mocking) "You know, Noob, I never eat chips when I'm hiking because chips will make your toenails fall out and your hair turn blue."

**Masters:** (chuckling): Well, not exactly, but you're pretty close. When I'm hiking I like trail food that's high in energy, and at least a little bit healthy. Like trail mix for example. Sometimes I make my own. This kind (points to bag) is called GORP.

**Noob:** Did you say, "gorp?"

**Master:** Yep. It stands for Good Old Raisins and Peanuts.

**Noob:** Haha! That's cute. But I'm allergic to peanuts.

**Master:** I know. So I brought you this. (Pulls out a bag) It's raisins, M&Ms, and sunflower seeds.

**Noob:** I love sunflower seeds! Thanks! But aren't M&Ms "junk food?"

**Master:** Kind of, I guess. But I still like to mix a few in for some flavor and texture. Not too many. And I try not to use anything too greasy or salty, because it makes me feel

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sluggish. I like nuts, M&Ms, granola, any kind of dried fruit...And besides trail mix, different flavors of beef jerky make good trail food too. I like to keep a little bag of trail food in my pocket so I can nibble while I hike. Then I don't get super hungry between meals, and I always have the energy to keep going.

**Noob:** You're pretty good at this, aren't you?

**Master:** I guess so. I've been doing it for a long time. But I'm always trying to earn new and better ways of doing things too.

**Noob:** Let's get going! I'll stick my special trail mix in my pocket and eat it while we hike!

### **Mistake #10: Overflowing garbage can.**

*Why it's a mistake:* The most common things we throw away in camp are food packaging and food waste. These items smell like food. Animals have very sensitive noses, and will naturally try to scavenge our trash.

*Solution:* If the trash is overflowing, it's time for a new trash bag. Find out where trash gets picked up in the area where you're camping. Tie the full bag shut and take it there. Remember that scavenging animals are most active at night. Take the trash to the dumpster or pickup point every night before bed, whether the bag is full or not. Better to have the raccoons rummaging through the dumpster than in your campsite!

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## Learn How to Camp

### Kids' Program – Safety Game: What Would You Do?

#### Rationale

- ✿ This session will teach kids what they can do in an emergency to help someone who has been injured.

#### Learning Objectives

- ✿ Help kids understand what help they can give
- ✿ Teach kids to when it is appropriate to seek help, and where that help can be found
- ✿ Learn what the things in a first aid kit are, and how they are used.

#### Method

Kids will be shown or told about a variety of scenarios, and asked, "What would you do?" After a discussion, staff will share the recommended answer.

#### Time

- ✿ 20 minutes

#### Materials

- ✿ A list of first aid scenarios and safety practices that could come into play on a family camping trip

#### Considerations

None

**Scenario #1:** You got a small cut on your finger. What would you do?

*Recommended answer: Tell a grown up. Direct Pressure if the bleeding is not controlled. Clean with Betadine wipes or warm soapy water if you have nothing else. Apply pressure bandage of sterile dressing material listed above depending on the size of the wounded area.*

**Scenario #2:** You got too close to the campfire, and your clothes caught on fire. What would you do?

*Recommended answer: Stop, Drop, and Roll!*

**Scenario #3:** Your friend wrecked her bike. You think her arm is broken. What would you do?

*Recommended answer: Get a grown up to help you. Call 911 or have some trusted grownups take her to the hospital.*

#### Equipment Mistakes Scene 6: What's in your pack?

Master & Noob have returned again, after another absence. They have been hiking for a while. They stop and set their backpacks in view of the audience.

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**Noob:** I'm really enjoying our hike, Mr./ Ms. Master. But I've been wondering about something.

**Master:** What's that?

**Noob:** I've been wondering what's in your pack. I packed some stuff this morning, but I wasn't really sure what I needed. I'm just wondering how well I did.

**Master:** I'm glad you asked about that. Why don't you tell me what you brought, and we can talk about it, and then I'll tell you what I've got.

**Noob:** Oh, ok.

*[At this point, Noob unpacks the items in his/her backpack, and explains each one. Then he/she reads the list of remaining items the kids named when they arrived. Each items are discussed one at a time as they're unpacked, with Noob explaining why it was packed, and Master giving feedback as to whether it's a good choice or not. For example, not likely to be needed on a day hike, too heavy, redundant, etc.]*

**Master:** Wow, Noob...you did a pretty good job of choosing what to pack. Especially for your first trip! Now let me show you what I have in my pack. First, we have what we call the "Six Essentials." That's a first aid kit, a water bottle, a flashlight, some trail food, sun protection, and a whistle.

**Noob:** A whistle? That's an odd choice. What's that for?

**Master:** The whistle is to help searchers find me if I get lost or injured while I'm hiking. You can only shout for a little while before your voice will give out. As long as you're still breathing, you can still blow your whistle. And a whistle can be heard over a longer distance, too.

**Noob:** That's really smart! What else do you have in your pack?

**Master:** Well, I always carry a raingear when I hike.

**Noob:** Even when it's sunny? Isn't that just extra weight?

**Master:** When it's sunny, yes, it's extra weight. But when you're hiking all day, the weather can change. Sometimes it can change very suddenly. And when you're hiking, all you have is what you brought with you. A rain jacket doesn't weigh that much. So, if I carry it all day and don't wear it, I don't really mind. But if the weather turns bad, I'm always glad I have it. Wet clothing will make you cold, and could even cause something

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called “hypothermia.” That’s when your body gets so cold that your health is in danger. When you’re hiking, staying dry means staying safe.

Do you remember when we talked about “layering?” If the weather gets cooler, I can always use my rain jacket as an extra layer to help keep me warm and block the wind. By the way, did you know that if you forget to bring a rain jacket or poncho, you can improvise a poncho by cutting head and arm holes in a plastic trash bag?

**Noob:** I never thought about it, but I guess that would work. Waterproof is waterproof, right?

**Master:** And one other thing I always carry is a litter bag. Sometimes, I keep it in my pants pocket instead of my pack, where it’s more accessible. Then, if I see litter on the trail, I have a place to keep it until I find a trashcan.

**Noob:** So *that’s* why you keep stopping and picking stuff up! But why would you pick up somebody else’s garbage? That’s gross!

**Master:** What’s gross is when people junk up our natural areas and hiking trails with their garbage! I always try to practice *Leave No Trace* by leaving an area better than I found it.

**Noob:** “*Leave No Trace*?” what’s that?

**Master:** (looks at sky, then at watch) I think we’ve stood around here long enough. We’d better keep moving if we’re going to make it back to the car before it gets dark. When we stop for our next break, I’ll tell you more about *Leave No Trace*.

**Scenario #4:** You want to go visit your friend’s campsite. What would you do?

*Recommended answers: Tell an adult where you are going. Use the buddy system anytime you leave the campsite.*

**Scenario #5:** You and your friend want to go for a bike ride. What would you do?

*Recommended answer: Use the buddy system. Wear a helmet. Tell an adult where you’re going, which route you’re taking, and when you’ll be back.*

**Scenario #6:** Your dad burned his fingers while cooking. What would you do?

## Learn How to Camp

*Recommended answer: First cool the area with water but not too cool. If there are blisters do not break them. Cover with a dry sterile dressing. If it hurts a lot, suggest that your dad take some Ibuprofen.*

**Scenario #7:** Your grandma has a nosebleed. What would you do?

*Recommended answer: Have your grandma sit up, pinch her nostrils, and lean forward. Find another adult to help.*

**Scenario #8:** You notice a small black spot on your sister's leg. It won't brush away. You think it is a tick. What would you do?

*Recommended answer: Show it to an adult. If it is a tick, ask them to remove it by gripping it with tweezers as close to the skin as possible. Pull straight up. When the tick is removed, clean the area and apply antibiotic ointment. Then bandage the area. Continue to check the area for infection for several weeks afterward.*

### Equipment Mistakes Scene 7: Leave No Trace

Master and Noob stop for another break.

**Noob:** Mr. / Ms. Master, I think we've been hiking in circles.

**Master:** That's just silly. Why would you say that?

**Noob:** (points at kids) Because every time we take a break, I see this same group of kids!

**Noob:** So, you were going to tell me more about *Leave No Trace*. Maybe the kids would like to learn about it too. What's it all about?

**Master:** *Leave No Trace* is just some things we can all remember to help keep the outdoors clean and healthy. We call them the "Seven Principles."

**Noob:** So what are the "Seven Principles?"

**Master:** Well, first is "*Know Before you Go.*" Who thinks they know what that means? (*Get answers from the kids. Answers may include the following:*)

- Be prepared! Remember food and water, and clothes to protect you from cold, heat and rain.
- Use maps to plan where you're going. Check them along the way so you'll stay on course and won't get lost.
- Remember to bring a leash for your pet and plastic bags to pick up your pet's waste.

## Learn How to Camp

- Learn about the areas you plan to visit. Read books, check online and talk to people before you go. The more you know, the more fun you'll have.

**Master:** The second principle is *"Stick to Trails and Camp Overnight Right."* Who thinks they might know what that means? (*Get answers from the kids. Answers may include the following:*)

- Walk and ride on designated trails to protect trailside plants.
- Do not step on flowers or small trees. Once damaged, they may not grow back.
- Respect private property by staying on designated trails.
- Camp only in existing or designated campsites to avoid damaging vegetation.
- Good campsites are found, not made. Don't dig trenches or build structures in your campsite.

**Noob:** This is some good information! What's the third principle?

**Master:** Promise not to laugh? The third principle is *"Trash Your Trash and Pick Up Poop."* (expect uncontrollable laughter) But seriously, what do you think this is all about? (*Get answers from the kids. Answers may include the following:*)

- Pack it in, Pack it out. Put litter—even crumbs, peels and cores—in garbage bags and carry it home.
- Use bathrooms or outhouses when available. If not available, bury human waste in a small hole 6-8 inches deep and 200 feet or 70 big steps from water.
- Use a plastic bag to pack out your pet's poop to a garbage can.
- Keep water clean. Do not put soap, food, or human or pet waste in lakes or streams.

**Noob:** These all seem like pretty easy things that anybody can do.

**Master:** Exactly! If we all just remember a few simple things, we can keep our trails and campsites looking good, and protect them for the future!

**Noob:** So what's Principle Four?

**Master:** It's *"Leave it As You Find It."* What do you kids think that means? (*Get answers from the kids. Answers may include the following:*)

- Leave plants, rocks and historical items as you find them so others can enjoy them.
- Treat living plants with respect. Carving, hacking or peeling plants may kill them.

## Learn How to Camp

**Master:** The next principle is one everybody should already know: *“Be Careful With Fire.”* What does that mean? *(Get answers from the kids. Answers may include the following:)*

- Use a camp stove for cooking. Stoves are easier to cook on and create less impact than a fire.
- If you want to have a campfire, be sure it’s permitted and safe to build a fire in the area you’re visiting. Use only existing fire rings to protect the ground from heat. Keep your fire small.
- Remember, a campfire isn’t a garbage can. Pack out all trash and food.
- Firewood should be either bought from a local vendor or gathered on site if allowed. Don’t bring firewood from home – it can harbor tree killing insects and diseases. Many states regulate the movement of untreated firewood.
- Before gathering any firewood, check local regulations.
- Burn all wood to ash and be sure the fire is completely out and cold before you leave.

**Noob:** So then, there are two principles left? What’s the next one?

**Master:** Principle Six is *“Keep Wildlife Wild.”* What do you think that means? *(Get answers from the kids. Answers may include the following:)*

- Observe wildlife from a distance and never approach, feed or follow them.
- Human food is unhealthy for all wildlife and feeding them starts bad habits.
- Protect wildlife and your food by securely storing your meals and trash.

**Noob:** Does this mean I’m not going to get to pet a bear?

**Master:** You want to pet a bear?

**Noob:** They’re so cute and fluffy...

**Master:** They also have sharp claws and teeth. Lucky for us, they’re not looking for a fight. If we leave them alone, they’ll leave us alone.

**Noob:** But...fluffy...

**Master:** Can we talk about the Seventh Principle?

**Noob:** Sure.

**Master:** The Seventh Principle is *“Share Our Trails and Manage Your Pet.”* How can we do that? *(Get answers from the kids. Answers may include the following:)*

- Be considerate when passing others on the trail.

## Learn How to Camp

- Keep your pet under control to protect it, other visitors and wildlife.
- Listen to nature. Avoid making loud noises or yelling. You will see more wildlife if you are quiet.
- Be sure the fun you have outdoors does not bother anyone else. Remember, other visitors are there to enjoy the outdoors too.

**Noob:** Thank you for teaching us about *Leave No Trace*. I think if all of us do those easy things, we can make a big difference!

**Master:** I'm sure we can. (checks watch) Well, I think we should get going. Remember? Before we let for our hike, we made sure to tell our families where we were going, and when we'd be back. If we don't soon get home soon, they'll start to worry.

**Noob:** Oh yeah. I guess we should go. But we sure had a great day of hiking, didn't we?

**Master:** We sure did.

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## Adult/Youth Combined Program - Cooking, Eating, and Cleaning

### Rationale & Goals

Everybody loves to eat! So, after learning about shelter, clothing and safety for camping, let's bring the whole group back together to learn about the delicious food we can make in camp, and how EVERYBODY can share in the responsibility for keeping the camp kitchen neat, organized, and sanitary. This session provides tips and hints for eating well in the field.

### Learning Objectives

Discuss some ideas for planning your meals

Show some options for preparing and eating

Demonstrate methods for keeping yourself and your cookware clean

### Time

50 minutes

### Materials

At least one and preferably 2-3 different cooking stoves

Basic propane camping cook stove

Light-weight single burner hiking stove

## Learn How to Camp

Consider having a solar reflector oven or a cardboard box lined with tin foil campfire reflector oven.

Several types of simple meal items; enough for everyone to sample them. Examples might include silver turtles, walking tacos, cupcakes or cookies in a reflector oven, dehydrated foods, mountain pies. Pick some items you like, and feel comfortable making in the setting where you will be.

Silver turtles are awfully familiar to many people, even non-campers, make sure you are not doing the same old boring stuff.

Silver turtles are familiar but you may not have enough time to make them unless you start early and make them yourself.

Examples of dehydrated or otherwise preserved camp foods make a great addition.

Stuff for doing dishes on a hike or campout.

Three pan method (like at Summer camp)

Disposables - Why or why not

Dutch oven

### Considerations

Outdoor Ethics/Outdoor Code. Leave no trace.

YPT

This module will require more set-up and clean-up than many of the others, so make sure the presenters are not tied up doing other things before and after this one.

Fire Safety!

A campfire and some coals can be wonderful; however, many venues are not going to be excited about you lighting a fire. Thus, you may be limited in some of your examples but you can still discuss how best to use a fire or stove when camping.

Because fires, stoves, and other potentially dangerous things are involved here, as well as tasty foods, attractive to young and old alike, you really *cannot* leave this area unattended at any time. Somebody needs to be keeping an eye on it at all times.

Remember that food allergies are fairly common and, in some cases, can be very serious. In addition, people may also have food preferences, e.g., vegetarian, vegan, kosher, etc., related to personal or religious beliefs. Be respectful of others and help everyone to feel welcome.

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### Introduction

*Remember children will be in the area also so very close monitoring of the stoves and any fire is essential.*

### Ways to Cook

#### Camp Stoves & Grills

If you are camping at a cabin or near your vehicle, you can use a charcoal or propane grill or camp stove and make pretty much anything you could make at home.

#### Hiking stoves

## Learn How to Camp

BSA discourages liquid fuel stoves because it can be very easy to spill the fuel and have a very bad day. Children are especially not recommended to using any kind of liquid fuel no matter how desperately they want to.

### **Solar ovens**

On a sunny day, even in the northeast, you can generate enough heat to cook and even bake with a well-designed reflector oven.

### **Reflector ovens**

Fun to use and easy to make. Line a cardboard box with tin foil. Face the opening into a fire or some coals. Check often, it will get really hot inside but the box will be fine.

### **Fire & Coals**

Often restricted due to risk of wildfires. Please take these advisories seriously, you don't want to be on the news with an out-of-control wildfire named after you.

Generally, cooking is done over coals rather than flame so the fire needs to be started (and watched carefully!) well before time to cook.

### **What to Cook**

- Search for "hiking recipes" online for more suggestions than you can shake a stick at.
- Foil meals ("silver turtles")
- Making muffins in half-an orange peel over coals is fun and easy; but you need coals.
- "Walking tacos": Some hamburger, onions, queso, jalapeno peppers for discriminating palates, maybe some lettuce, salsa or chunks of tomato all dumped into a single-size tortilla chip bag or Fritos bag is easy, tasty, and allows people to customize it to their taste.
- Dehydrated foods are great for convenience and light weight when hiking.
- "Fruit Roll-up" can be made in advance from apple sauce, jam, or fruit preserves in your oven. Spread out on a cookie sheet and put in oven at lowest setting, usually about 140 degrees F, for hours. Leave oven door cracked to help moisture escape. This works great for spaghetti sauce, too, and reconstitutes easily with hot water in freezer baggie or pot in the field. You can pour over noodles (macaroni may be easier than spaghetti on a hike, or Ramen noodles work well).
- Dutch Oven cooking. A whole topic in itself. You can make anything from stew or chili to cornbread, cobbler, or baked bread in one. *(This is a fun kind of demo but remember you will need to start coals and start cooking well before your presentation.)*

Be creative! You can make anything you like. If you have a favorite, do that instead. Remember that food allergies are fairly common and, in some cases, can be very serious. In addition, people may also have food preferences, e.g., vegetarian, vegan, kosher, etc., related to personal or religious beliefs. Be respectful of others and help everyone to feel welcome.

### **Cleaning is Part of Cooking**

## Learn How to Camp

*Think about clean up in planning your event. You need to be able to clean any pots, etc., you use but also, your participants may need to be able to wash their hands and face.*

Use the three-tub system used at summer camp (will need sanitizer tablets)

Start water heating when you sit down to eat. It will be ready when you are done eating.

*Always* scrape plates and pots as clean as possible *before* putting them in the wash basins. If you don't, the first plate will completely ruin the wash water and you get to start over.

A slice of bread or a tortilla makes a great tool for wiping off your plate (and not wasting a bite!).

The system is designed primarily to sanitize the stuff, not scrub chunks of uneaten food off.

### **Philmont hiking system**

Wipe cookware, utensils, etc., as clean as possible after eating (usually one small pot that is used to cook and eat off of). At the next meal, boil your water in the pot, it will heat and sterilize it.

Keep in mind that Philmont is in a relatively dry, desert environment. Some bleach wipes might not be a bad idea to add to this system in our area.

### **Disposables**

They are convenient though can be expensive. If hiking, you need to pack out whatever you carry in. Please do not ever leave garbage anywhere but proper waste disposal locations (trash cans or dumpsters).

Remember to clean your stove too!

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## Invitation to Scouting

By now, your participants have realized how much fun they can have in Scouting, and how much they can learn. You taught them how to camp, just like you promised. It's the perfect time to tell them about your pack and troop and invite them to join for more fun! Show them your pack calendar. Tell them about the Pinewood Derby and the Blue & Gold Banquet. Let your Scouts tell them about the fun they have had on past outings, and the fun that's planned for the coming year. Make sure to emphasize Day Camp, Resident Camp, and upcoming Family Camp opportunities, where they can use the skills they've just learned, in a safe environment, and with lots of help nearby.

Have printed copies of your unit calendar to hand out, along with youth and adult applications, a prorated fee schedule, mini Scout Life magazines. (If you don't have them already, you can get these resources from your District Executive or the Scout Service Center.) information about your uniform bank, (if you have one,) and fundraising opportunities your unit offers to make funding their Scouting experience easier.

## Learn How to Camp

Have financial assistance forms available as well. Make sure families are aware that financial assistance is available, and that money should never be a barrier for a child who wants to be in Scouting.

Invite them to bring their friends! Make sure everyone understands that Scouting is a year-round program and that new members can join anytime! A common misconception among parents is that Scouting is like a sport, and that missing sign up night means missing the whole season. We need them to know that this isn't the case! They should also know that Scouts are welcome to participate in sports as well as Scouting. They don't have to choose one or the other.

Make sure parents know that we will work with them to accommodate their children's special needs, be they physical, dietary, or behavioral. Scouting is for everybody!

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## Awards

Appendix W and X are fillable certificates, acknowledging the efforts of everyone involved in *Learn How to Camp*. Your awards ceremony should be lighthearted, but not silly. The accomplishments and efforts of everyone involved should be taken seriously and rewarded. It doesn't need to be anything fancy. Just a sincere expression of gratitude to everyone involved.

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## Picture Time!

Before anyone departs, ask everyone, participant or staff, to pose for a group picture. (Please observe COVID protocols as necessary.) Ask family groups to pose for pictures, holding the "We Learned How to Camp" sign, (Appendix Y). Write down the names of all the people, corresponding to where they're standing in the picture. Take several pictures, to make sure you get a good one. You'll need these pictures for your Post-Event Promotion, which will be covered in a later section. You may also want to print copies of them to hang in your unit's meeting area. In future years, you can look back on your new Scouts' first day of Scouting.

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## Reviews (Evaluations)

**Insert info about Constant Contact Online Survey tools here.**

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## After the Event

### Post Event Promotion

## Learn How to Camp

Once you've held your event, it's important to share the excitement and thank everyone involved in your success! A post-event fill-in-the-blank news release is included as Appendix U. The news release can be paired with the group photos you took. Send them to local print and broadcast media outlets in your area. Radio stations obviously can't share your photo on the air, but they may be willing to feature it on their website. You can also use the photo and news release on your social media pages to generate more interest in your units and bring in even more new members.

You'll also want to send thank-you cards or letters to each of your staffers, the owners of the venue where you held the event, anyone who helped you obtain material, and anyone else who helped to make your *Learn How to Camp* a success. Yes, you've already given certificates to your staff on the day of the event, but you can never say "thank you" too many times. You appreciate the work your fellow volunteers have done, and it's important to make sure everyone *feels* appreciated.

Finally, you'll want to submit your close-out report, (Appendix Z) so we can track how many events have been conducted, and how successful they've been.