



OUTDOOR **CAMPING** AWARD



PROJECT: **CAMPING TRIP**

GOALS

- A. CAMPING PLAN:** Complete the steps.
 - B. CAMPING CHALLENGE:** Complete one of four.
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A. CAMPING PLAN

Camping is a wonderful and fun activity! Camping is simply staying outdoors overnight. Camping for recreation became more popular after World War 2 when cars and spare time allowed people to travel more easily. With planning, food, shelter, water, and appropriate clothing, you can be ready to camp! Use the *Camping Checklist* at the end of this document to help with this section.

Step 1—Pick a Location

Choose your dream camping location and research current weather and climate.

1. Research online or obtain a travel/camping book for your area. Your dream location might be far away, a local campground, or your backyard!
2. Keep the temperature and location in mind when you are planning!

Step 2—Plan Your Food

What will you eat? Think through food and snack needs for your trip.

1. Plan your food for each meal. Choose hot or cold options for breakfast. Cold foods work well for lunch. For dinner, one-pot meals are easiest. You can cook all your meat and veggies together in a foil pack over the fire! See **Camping: Cooking Meals** for more ideas.
2. Bring food in reusable plastic containers or plastic bags.
3. If any items need refrigeration, bring a small ice chest.
4. Bring trash bags, biodegradable soap, utensils, dishware, and a washpan or bin so you leave no trace and eliminate odors that could attract animals.

BEAR SAFETY: Cook far from your tent, and throw away food remnants in sealed trash, and dump the water in the toilet. Leave strongly perfumed cosmetics, toothpaste, and bug spray in the car.

Step 3—Plan Your Water

What will you drink? There may be clean water available at your campsite, but if you are not camping at a designated campsite, you might need to bring and/or purify your own water.

1. Bring jugs of water OR...
2. Bring a large water container and personal water bottles that you can fill at the campsite.
3. If you camp where there is no potable water, but near a stream or lake, you can filter your own water. See *Section B, Option 4* for water purification options.



□ Step 4—Plan Your Shelter

Will you sleep in a tent or in a sleeping bag outside? This decision is usually made after researching the weather and climate.

- *Cold or Bad Weather:* Your tent needs to be light, waterproof, and strong, with steep walls to keep any snow from piling on the top.
- *Warm Climate:* Tents should have screens below the rain fly that keep out bugs but allow ventilation.
- *Sleeping Outside:* Bring a tarp to place underneath your sleeping bag. Synthetic down in a bag is warm even when wet. A bag with down feathers is very warm, but useless when wet.

B. CAMPING CHALLENGE

□ Option 1—Backyard Camping

Camp in a backyard! Bring sleeping bag, PJ's, flashlight, pillow, and food and snacks for one night. (Only plan for a fire if you have a fire pit available with adult supervision.)

1. Look for a dry spot in the backyard.
2. Work with a friend to pitch your own tent. Clear out brush, sticks, and rocks from a flat area in the yard.
3. Unroll your sleeping bag, add any extra blankets, and add your pillow, so you are ready whenever it's time to go to bed.
4. Tell stories in your tent, roast marshmallows over a fire if available, or read books with a flashlight in the tent right before bed! Have fun!

□ Option 2—Plan Your Dream Camping Trip

If actual camping is not an option, use the supplemental "Camping Checklist" and plan a trip on paper to your dream camping spot. Determine what items you have and what you would need to borrow or buy.

1. Ask your parents which items you have and which you can borrow from someone else. Check off those you have personally, and write "borrow" next to the items you would need and who has that item.
2. Plan how you would get to your destination and what activities you would do once you were there.
3. Research the climate and determine what kinds of clothing and other items you would need to camp in your dream area. Present your findings to a friend or family member.

□ Option 3—Go on an Overnight Camping Trip

Help plan a camping trip with friends or family for at least one night.

1. Work with your family members to organize the supplies and help plan what you need. Use your "Camping Checklist."
2. Lookup the weather predictions for the night.
3. Go on your overnight camping trip!



Option 4—Practice Water Purification

Get the items you would need to purify water and practice cleaning water in your backyard or local camping area.

Water Cleaning Options

- Boil your water: (1 minute)
- Purify it using a pump, squeeze, or gravity filter
- UV light pen (90 seconds per 32 fl. oz.)
- Tablets of chlorine dioxide or iodine (15 minutes)

- Pick which method of water purification you want to try.
- Visit your local outdoor store and ask for advice on tablets, UV pen, or pumps.

TIP: If you cannot buy or borrow a pump—boiling water is a free option, and tablets are inexpensive.

RESEARCH MORE

- reserveamerica.com
- gocampingamerica.com/findpark
- recreation.gov
- wunderground.com (Weather Underground)—track storms and weather
- rei.com/learn/expert-advice.html —gear advice

My child has successfully completed the Project Goals for the topic—Camping Trip.

Adult Signature: _____ Date: _____

(Complete SIX projects to earn your CAMPING award)



CAMPING SUPPLY CHECKLIST

GENERAL

- camping chair
- camping permit (if needed)
- backpack
- water bottle
- sense of adventure
- other
- map of the area
- GPS or compass
- first aid kit
- flashlight and/or headlamp
- bug repellent

CLOTHING & PERSONAL SUPPLIES

- light tops or t-shirts
- pants (appropriate for weather)
- solid shoes (hiking or athletic)
- sleeping clothes
- sunscreen
- lip balm
- other
- jacket (appropriate for weather)
- rain jacket
- athletic or wool socks
- sunglasses
- hat
- personal grooming items (toothbrush, soap etc)

WATER SUPPLIES

- water purifying system (pot, water filter/pump, UV light, or water purification tablets)
- water in jugs

FOOD & CLEANING

- dinner items
- lunch items
- breakfast items
- snacks—trail mix, chips, and fruit
- small cooler or ice chest.
- biodegradable soap
- other
- trash bags
- sponge
- wash bin
- utensils
- plates
- cups

TENT & BEDDING

- tarp
- tent (w/ poles and stakes)
- pillow
- sleeping mat
- sleeping bag
- other

FIRE SUPPLIES

- fire safe cooking pan (if needed)
- axe or knife
- matches or lighter
- wood, kindling, and tinder (if needed)
- skewers
- s'mores supplies (marshmallows, graham crackers, chocolate)
- other