



National 4-H Curriculum  
BU-08044

Name \_\_\_\_\_

County \_\_\_\_\_

# Camping Adventures

LEVEL **2**

**OUTDOOR ADVENTURE  
PROJECT ACTIVITY GUIDE**



REVIEWED & RECOMMENDED  
National 4-H Curriculum

# Note to Project Helper

If you were a project helper for one or more youth involved in completing *Take a Hike* you know what a rewarding experience this important role is. As a Helper you are in a perfect position to help youth grow and develop in positive ways as they learn about the outdoors and about themselves. You can nurture and cultivate their interest in the outdoors by guiding their planning, helping them complete the activities and recognizing them for a job well done.

## The Outdoor Adventures Series



This guide, *Camping Adventures*, is the second in a series of three for youth that also includes *Outdoor Adventures 1, Hiking Trails* and *Outdoor Adventures 3 Backpacking Expeditions*. The three youth guides have been designed for grades 3–5, 6–8 and 9–12, respectively, but may be used by youth in any grade based on their skills, experience and interest.

Each activity is designed so the young person has an opportunity to learn by doing before being told or shown how. Your role as Helper is to “take a back seat” while the youth explores the activities and learns from the experiences, even when something doesn’t work the first time the way you might think it should. You can help with the learning most effectively by listening as the young person considers the questions and draws conclusions. At times the activity may call for you to be a resource person for content or other ideas. The fourth publication in this series, the *Group Activity Helper’s Guide*, provides additional learn-by-doing group activities that can be adapted to 4-H Outdoor Adventures project groups, clubs or other groups.

## Your Role

- Become familiar with the material in this activity guide and the *Outdoor Adventures Project Helper’s Guide*
- Support youth in their efforts to set goals and complete the activities
- Date and initial the activities on the Achievement Program as the youth complete them
- Help the youth know themselves, including their strengths and weaknesses
- Incorporate the use of the experiential learning cycle in all learning experiences

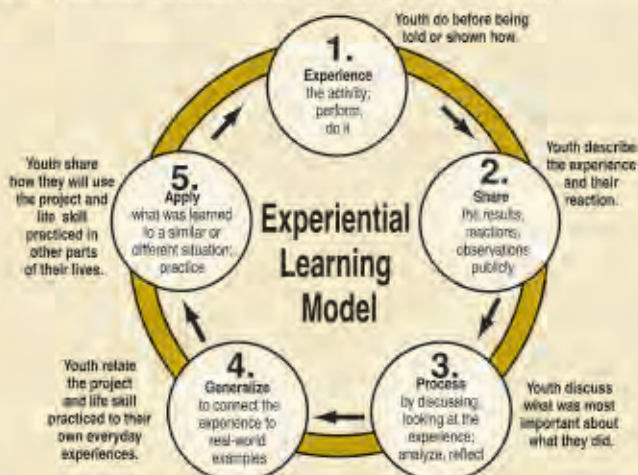


## Outdoor Adventures Outcomes

- Youth will practice and develop the life skills of relating to others, making decisions and communicating with others
- Plan and safely conduct camping, backpacking and wilderness excursions
- Develop minimum impact skills according to Leave No Trace techniques

## Experiential Learning Model

This five-step model is used in each activity in this series. The youth first attempt the activity independently. After the youth do as much as they can and answer the questions, you discuss the questions with them. What did they do? What was important about what they did? How does their accomplishment relate to their lives? And finally, how might they use the life and project skills practiced in the future? The more you ask additional thought-provoking questions and help them clarify and expand on their ideas, the richer the youths’ educational experiences will be.



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals" © 1983 John Wiley & Sons, Inc. Reprinted with permission of John Wiley & Sons, Inc.

All activities support the experiential learning model endorsed by the 4-H Program. Each activity lists the project skill, the life skill to be practiced and a success indicator. The success indicator indicates what the youth will do to successfully complete the activity. In addition, in the *Helper's Guide* you will find an evaluation piece to use to determine what the youth have learned from each activity.

Good luck in your role as Project Helper.

## Acknowledgments

**Design Team:** Mark McLaughlin and Rod Lee, Co-coordinators, PA; Rod Buchele, KS, Liaison, KS; Josina Fluehr-Lobban, Writer, PA; Peg Boyles, Editor, NH; Michele Adcock, VA; Brian Brandt, WA; Nancy Franz, NH; Barry Garst, VA; Pat McNally, KS; Sarah Kleinman, VT; Mike Klumpp, AR; Jill Martz, TN; Terry Patterson, VA;

Bob Peterson, AZ; J. Drew Pickle, TX; Elizabeth Sparks, AZ; Sam Tower, WA; Paul Webster, PA; Dee Williams, MI. Additional assistance provided by Tom Zurcher, MI; Mary Ellen Waltemire, MD.

**Design and Production:** Northern Design Group, MN.

For more Outdoor Adventures check the other guides in this series.

**Level 1**

**Hiking Trails**

- Chapter 1 – Planning Your Trek**  
So, You Want to Take a Hike?  
Hiking Essentials  
Get Packing!  
Outdoor Duds: Don't Lose Your Cool  
Layer Upon Layer  
These Boots Are Made for Walkin'
- Chapter 2 – Healthy Hiking**  
Food Matters  
What's in a First Aid Kit?  
Hot Topics
- Chapter 3 – Out in the Wide World**  
Leave No Trace  
Happy Hikers  
In the Right Direction  
A Bad Spell of Weather
- Chapter 4 – Your Niche on the Trail**  
Protective Places  
Whose Footprints Are These?



**Level 1  
BU-08043**

**Level 3**

**Backpacking Expeditions**

- Chapter 1 – Pack It Up**  
Planning Your Trip  
The Perfect Fit  
Gathering Group Gear  
Tent Tactics  
Sleeping Lightly
- Chapter 2 – Trail Mix**  
The Weight Is Right  
Food for Thought  
Share the Load
- Chapter 3 – Naturally Notable**  
Leave No Trace in Your Place  
Fun with Backpacking Pyramid
- Chapter 4 – Happy, Healthy Hiking**  
Train for the Trail  
Finding Your Way  
Sending a Message for Help



**Level 3  
BU-08045**

**Group Activity  
Helper's Guide**

- Chapter 1 – Getting Organized**  
Creating Full Value Contracts  
Let's Make Plans
- Chapter 2 – Hiking Group Activities**  
Happy Hikers  
Get to the Point  
Playing T-R-A-I-L Bingo  
Gnome Homes  
Food Matters
- Chapter 3 – Camping Activities**  
Gearing Up!  
What's Cookin'?  
Pitching Practice  
Home, Home on the Range
- Chapter 4 – Backpacking Activities**  
Share the Load  
LNT in Your Place  
Skillathon Fun
- Chapter 5 – Your Backpack of Tricks**  
Take Note  
Camouflage  
Night Walks  
Notable Quotables



**Group  
BU-08046**



**Camping Adventures  
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# Let the Adventures Begin!

Whether you are a serious camper or just getting started, you'll enjoy the activities in this guide. You'll experience many new things. You'll be eating, sleeping and living in the outdoors on your camping trip. You will consider the various types of shelters and tents that you can use for camping, how to pack and plan meals and how to keep your campsite beautiful for future campers. As you do the activities you'll also be practicing your decision making, problem solving and communication skills.

Don't be afraid to jump right into an activity and give it a try. Learning takes place even when things don't turn out as planned. The most important thing is to try. Once you give it a try, talk with your helper about what you did. Your helper will work with you on your learning adventure.

## How This Activity Guide Works

In each chapter, you will find activities under the title of *Get In Gear*. The activities invite you to explore a specific topic related to base camping. Other images will let you know that there is more information available for you to learn.



Booty will tell you about additional tips and tricks related to camping.



This picture will connect you to environmental issues related to camping and enjoying the natural world.



Reach the Peak encourages you to attempt additional activities pertaining to the topic.

At the end of an activity, if you still have questions, or would like to learn more, check the Resources page at the end of the guide. You will also find glossary words in this section.



## Camping Adventures Project Guidelines

- Complete at least six activities each year
- Set your goals and record your Outdoor Adventures project highlights
- Complete the "What do you know? Before and After Evaluation"
- Complete the Camping Adventures Achievement program within three years
- It is recommended that you complete two activities in Chapter 1 as you begin planning your first camping trip; one activity in Chapter 2 before heading out on your camping trip; two activities including What's Cookin'? and Home, Home on the Range in Chapter 3; and read Chapter 4 prior to leaving for your trip or while you are at the campsite

## Achievement Program

While you're having fun doing the activities, you'll also be completing the *Camping Adventures* Achievement Program. This program will help you to set goals, record your successes and be recognized for your hard work. The Achievement Program will enable you to build on your successes to reach for greater challenges in base camping and in Outdoor Adventures.

## Your Project Helper

The Outdoor Adventures Project Helper will support you as you explore the Outdoor Adventures project. Discuss what you want to learn with your helper and how you can work together to make this a fun experience. You may want to continue to work with the person who helped you in Level 1. Or, you may want to work with a new helper. As you do the activities discuss your experiences with your helper using the Talk It Over questions. Your helper will work with you to identify resources, including people, internet sites, organizations, events, magazines and books necessary to complete an activity. Once you have successfully completed an activity, your helper will date and initial your Achievement Program record.

My project helper \_\_\_\_\_

Phone number \_\_\_\_\_

E-mail address \_\_\_\_\_

# Planning the Journey

## My Project Goals

What I want to learn about base camping:

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My camping goals:

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## What Do You Know?—Before and After

Here is a great way to see if you learn something new and develop important skills in this project. Before you start doing the activities in this guide indicate what you know **NOW**. Then when you complete the Camping Adventures Achievement Program indicate what you know **AFTER**. You may be surprised what you learned. Share the results with your helper.

Begin each skill with the words – **I know how to** \_\_\_\_\_. Then circle **1** (to a great extent); **2** – (somewhat); or **3** – (not at all)

Camping Adventures			Before	After
Select equipment for a camping trip.	1 2 3	1 2 3	1 2 3	1 2 3
Select backpacking gear as a team.	1 2 3	1 2 3	1 2 3	1 2 3
Demonstrate knot tying and tool use.	1 2 3	1 2 3	1 2 3	1 2 3
Practice LNT principles while hiking and picnicking.	1 2 3	1 2 3	1 2 3	1 2 3
Select an appropriate camping shelter.	1 2 3	1 2 3	1 2 3	1 2 3
Plan a camping cuisine menu.	1 2 3	1 2 3	1 2 3	1 2 3
Select food preparation supplies.	1 2 3	1 2 3	1 2 3	1 2 3
Describe types of organism habitats.	1 2 3	1 2 3	1 2 3	1 2 3
Select an appropriate cook stove.	1 2 3	1 2 3	1 2 3	1 2 3
Examine and purify water.	1 2 3	1 2 3	1 2 3	1 2 3
Dispose of waste using Leave No Trace techniques.	1 2 3	1 2 3	1 2 3	1 2 3
Describe the relationship between animals and plants.	1 2 3	1 2 3	1 2 3	1 2 3

## My Camping Log Add additional entries on page 36.

Date	Location	Camping Experiences	Challenges





# Camping Adventures

COMPLETION CERTIFICATE

I certify that

Camping

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has completed all requirement of the  
**Camping Adventures**  
Achievement Program  
in the Outdoor Adventures Series.

Helper's signature \_\_\_\_\_

Date \_\_\_\_\_

My photo



# Let's Go Camping

**N**ow that you have planned and gone on a day-hike you have many of the tools you will need for planning overnight base-camping trips. What were some of the things you considered when planning your day-hike? What do you imagine you will need to do before you leave for an overnight camping trip?

**Outdoor Skill:**

Planning an overnight base-camping trip

**Life Skill:**

Planning and organizing

**Educational Standards:**

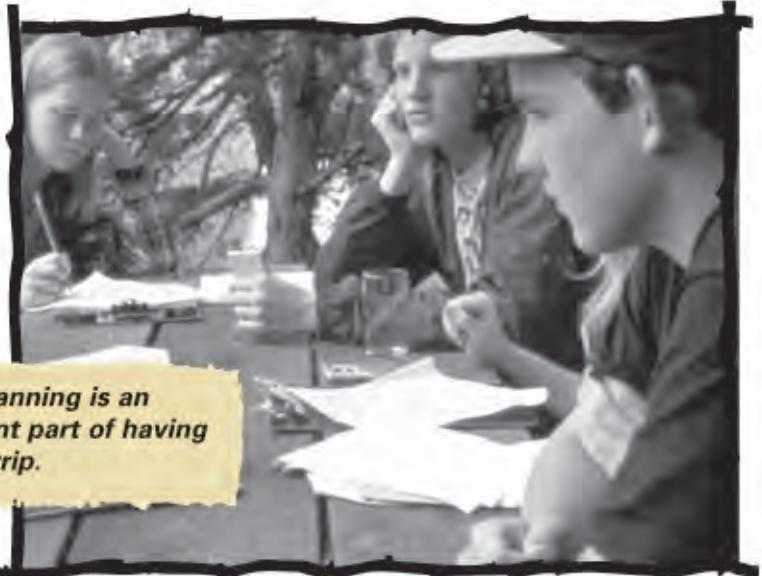
NPH.K-12.7 Understanding Challenge

**Success Indicator:**

Organizes for a camping trip.

## Get in Gear

In the space below write some of the important things you learned while planning your day-hike. Mark the things you think may be important in planning your overnight camping trip.



*Good planning is an important part of having a great trip.*

Write notes about what you have learned:

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## Talk it over

### Share the Experience

- What items did you include in your list of things to take on your overnight camping trip?

### Reflections

- What do you need to consider when planning a trip?

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### Now What?

- How do you think you may be able to apply your planning skills in Level 2—*Camping Adventures*?

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Glossary Words

- Layering/Layers
- Base camping



## Planning an Overnight Camping Trip

As you remember from Hiking Trails any trip away from home requires planning. An overnight camping trip is going to take quite a bit of planning and organization—and you will need to work with your camping buddies to make sure everyone has a role in the planning process. The activities in *Camping Adventures* will help you answer these questions and plan the perfect camping trip for you and your camping companions. Some of the things you will need to plan for include:

- When are you going?
- Where are you going?
- How are you getting there?
- Who is going?
- Will you need to make reservations?
- What will you use for shelter?
- What clothing will you bring?
- What will you eat?
- What are the costs involved with this camping trip?

### Before you go—Planning and Campsite Reservations

- As you made a trip plan for your day-hike, be sure to leave campsite information with appropriate people before you leave for your camping trip.
- You may have to make a reservation at the national or state park camp site you choose. Other sites are available on a first come/first serve basis only. In fact, many sites are reserved months in advance...so don't wait until the last minute.
- Don't forget to send in the reservation fee with your application.
- Consider using the Internet to make your reservations as well as learn more about camping regulations and facilities. Many state and national parks post camping information on their websites.
- Ask about the resources and facilities the camp site offers—this will help you decide what you will need to bring with you and what you can leave at home.
- Find out the restrictions the campground has on fires or if they require permits.
- Twenty-four hours before you leave, call and confirm your reservation and ask about any changes in conditions that could affect your camping. This will allow you to make last minute changes in the food supplies you plan to bring.



**At the campsite speak with the site caretaker or ranger about the camp site regulations. Ask about how the user fees benefit the camp site.**



# Gearing Up!

**A**s you get into “high gear” with preparations for your upcoming camping trip, you’ll want to decide what personal items to take. Consider climate, season and weight. Remember, you will be responsible for your own decisions. The gear you choose will affect your comfort and safety in the field.

## Get in Gear

First check the gear you plan to take on your upcoming camping trip in the column marked Gear. Then for each piece of gear listed in the Gear column indicate under what type(s) of conditions you would choose that gear. After you have made your choices discuss with your helper why you made those selections.



*There are different advantages to each unique hat.*

**Outdoor Skill:**  
Selecting personal gear for base camping

**Life Skill:**  
Decision making

**Educational Standards:**  
NPH.K-12.7 Understanding Challenge

**Success Indicator:**  
Selects equipment for a camping trip.

Gear	Equipment you will take	Spring in High Desert	Summer along Wooded Creeks	Winter in Snowy Mountains	Autumn in the Forest
Sleeping bag					
Down jacket					
Sandals					
Rain gear					
Wool hat, gloves, over mitts					
T-shirt					
Poly-pro tops and bottoms					
Wool or synthetic socks					
Hiking boots or shoes					
Light synthetic layers					
Extra layer for weather changes					
Wide brimmed hat					
Layering with synthetic or wool					
Synthetic fill sleeping bag that will stay warm when wet					
Stocking hat and gloves					
Fleece jacket					
Cotton socks					
Insulated boots					
Shorts					

# Talk it Over

## Share the Experience

- What gear did you select?
- What personal gear is essential for every trip regardless of climate or season?

## Reflections

- What attracted you to certain gear?
- How can a goose down sleeping bag represent a good or bad choice in relation to climate and weather conditions?

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## Now What?

- What did you learn about decision making through your gear selection?
- How are you responsible to others by what you choose to bring on a trip?

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- **Goose down comes primarily from Elder Geese.**
- **Some brands of fleece are actually made from recycled plastic milk jugs!**

Acknowledgement: Activity written by Drew Pickle.



# Personal Gear Check List

## Gear for a 3-7 day Trip

- |  |   |
|--|---|
| <input type="checkbox"/> Ball cap/sun hat                                  | <input type="checkbox"/> Under garments for 3 days  |
| <input type="checkbox"/> Stocking hat (fleece, wool)                       | <input type="checkbox"/> Toiletries (keep to the basics; no makeup, hair gel, etc.)                       |
| <input type="checkbox"/> 3 short sleeve T-shirts (polypropylene or cotton) | <input type="checkbox"/> Personal cook gear—1 cup, bowl, spoon (plastic, aluminum)                        |
| <input type="checkbox"/> 1 long sleeve T-shirt (polypropylene or cotton)   | <input type="checkbox"/> Small folding knife (2-3 inch blade)   |
| <input type="checkbox"/> Sweater (fleece, wool)                            | <input type="checkbox"/> Small flashlight or headlamp   |
| <input type="checkbox"/> Rain jacket (light weight, nylon)                 | <input type="checkbox"/> Water bottle (2 one-quart watertight plastic bottles)                            |
| <input type="checkbox"/> 3 shorts (nylon or cotton)                        | <input type="checkbox"/> Sunscreen  |
| <input type="checkbox"/> Sweat pants/wind pants (nylon)                    | <input type="checkbox"/> Matches/lighter  |
| <input type="checkbox"/> Running/hiking shoes or sandals—camp shoes        | <input type="checkbox"/> Optional gear—lightweight gloves, sun glasses, sandals, camera, binoculars, book |
| <input type="checkbox"/> Hiking boots (well broken in)                     | <input type="checkbox"/> 1 set of clean clothes to wear home  |
| <input type="checkbox"/> Socks—3 pair (wool or synthetic)                  |   |
| <input type="checkbox"/> Liner socks—3 pair (polypropylene or thin cotton) |   |

Most of the listed items are the preferred gear. Polypropylene, wool and fleece will keep you warm when wet while synthetic materials, like polypropylene and fleece will wick sweat and be warm when wet. Cotton has no insulating ability when wet. Remember that you will be carrying all of your own personal gear so keep it to a minimum. The desert and the mountains can change in temperature by more than 30 degrees in just minutes. If you do not already own most of the items on the list, get creative. Is your windbreaker water proof? Try to use what you have or can borrow. Many outfitters or outdoor sports stores will allow you to rent gear. It is always a good idea to try something before you decide to buy it!



1. Compile a list of economical camping equipment that you would recommend to your group or family.
2. Find information on how different materials insulate and share with your helper what you discover.
3. Show your group or family members how to pack light.

# Rolling Up Group Gear!

## Outdoor Skill:

Group gear selection for backpacking

## Life Skill:

Teamwork and cooperation

## Educational Standards:

NPH.K-12.7 Understanding Challenge

## Success Indicator:

Selects backpacking gear as a team.

Look in your backpack or duffel bag to see what you plan to take on your camping expedition. You probably have all of your personal gear in there. But where is the stove going to fit? The cooler? The tents and tarps? Base camping allows you to take more group gear than you could take alone on a backpacking trip. With your

camping group or with your family, practice planning for a camping trip by doing this activity.

## Get in Gear

Before you load the car to head "into the wilderness", you'll want to consider what group gear to take. Your safety, comfort and the weight of the gear will be factors in making your decisions.

1 Using a six sided die, roll to determine the number of participants in the group. Multiply the number by two to get the number in the group to plan for. (for example, if you roll a five on the die, then plan for a group of 10 people).

2 Next, roll the six-sided die to determine the number of days you will be camping. Follow the group gear check list for base camping. Then select the items you feel the group will need for the trip. Don't forget to discuss the number of each item that will be needed according to the size of the group and the length of your trip. Once you have selected gear for a base camping trip, then use the checklist to pack for your actual base camping trip!



You can take more if you can dividie the gear up amongst the group.



## Group Camping Gear List

Number in Group \_\_\_\_\_ Number of Days \_\_\_\_\_

### Group Gear Needed for the Trip

Stationary Camping

Back Country Camping



# Talk it over

## Share the Experience

- What gear did you select?
- How did the number of participants in the group affect your decisions in selecting group gear?
- Which factors were most important to consider in choosing camping gear?

## Reflections

- How is the person selecting group gear responsible to the group?
- If you did this in a group, how did you decide what to select?

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## Now What?

- How can you apply the group gear selection activity to your day-to-day responsibilities?
- Why is working in a group to make decisions important?

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Glossary Words

**Dutch oven**

Acknowledgement: Activity written by Drew Pickle.



# Group Gear Check List

### Tent Group

- 2-3 person tent
- Large tent, 3-6 person
- Sleeping bag
- Sleeping pad
- Lantern with extra mantles and fuel
- Trowel and toilet paper
- Wet wipes
- Tarp
- Rope
- Extra tent stakes
- First aid kit
- Any permits—fires, camping, etc.

### Cooking Group

- 4 quart pot & lid
- 2 quart pot & lid
- 6-8 quart pot and lid
- Frying pan
- Pocket knives
- Cutting board
- Colander or strainer
- Serving spoon
- Spatula
- Scouring pad
- Biodegradable soap
- Trash bags
- Ice chest
- Water purification system
- Water jugs
- Wash basin
- Single burner stove/fuel
- Two burner stove/fuel



### Other Items

- Dutch oven
- Griddle—cast iron
- Fire grill/grate
- 12-14 inch cast iron pan
- Mixing bowls
- Cheese grater



Describe to your helper alternatives to base camping gear.

