Note to Project Helper

If you were a project helper for one or more youth involved in completing Take a Hike, you know that 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 youth will only think it should. You can help with the learning more 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 initil 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 youth's educational experiences will be.


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; Lielson, KS; Josina Fluehr-Lobban, Writer, PA; Peg Byerly, Editor, NH; Michele Adcock, VA; Brian Brandt, WA; Nancy Franz, NH; Barry Garrett, VA; Pat McNally, KY; Sarah Kleinman, VA; Mike Klump, 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 Waltman, MD.

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

Level 1
Hiking Trails
Chapter 1 – Planning Your Trail
So, You Want to Take a Hike?
Hiking Essentials
Get Packing!
Outdoor Duties: 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 3
Backpacking Expeditions
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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

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-L Bingo
Gnome Horses
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

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.
Planning the Journey

My Project Goals

What I want to learn about base camping:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

My camping goals:

________________________________________________________________________

________________________________________________________________________

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)

<table>
<thead>
<tr>
<th>Camping Adventures</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select equipment for a camping trip.</td>
<td>1 2 3</td>
<td>1 2 3</td>
</tr>
<tr>
<td>Select backcountry gear as a team.</td>
<td>1 2 3</td>
<td>1 2 3</td>
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<tr>
<td>Demonstrate knot tying and tool use.</td>
<td>1 2 3</td>
<td>1 2 3</td>
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<tr>
<td>Practice LNT principles while hiking and picnicking.</td>
<td>1 2 3</td>
<td>1 2 3</td>
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<tr>
<td>Select an appropriate camping shelter.</td>
<td>1 2 3</td>
<td>1 2 3</td>
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<tr>
<td>Plan a camping kitchen menu.</td>
<td>1 2 3</td>
<td>1 2 3</td>
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<tr>
<td>Select food preparation supplies.</td>
<td>1 2 3</td>
<td>1 2 3</td>
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<tr>
<td>Describe types of organism habitats.</td>
<td>1 2 3</td>
<td>1 2 3</td>
</tr>
<tr>
<td>Select an appropriate cooking stove.</td>
<td>1 2 3</td>
<td>1 2 3</td>
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<tr>
<td>Examine and purify water.</td>
<td>1 2 3</td>
<td>1 2 3</td>
</tr>
<tr>
<td>Dispose of waste using Leave No Trace techniques.</td>
<td>1 2 3</td>
<td>1 2 3</td>
</tr>
<tr>
<td>Describe the relationship between animals and plants.</td>
<td>1 2 3</td>
<td>1 2 3</td>
</tr>
</tbody>
</table>

My Camping Log Add additional entries on page 36.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Camping Experiences</th>
<th>Challenges</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>
Camping Adventures
Achievement Program

Guidelines

1. Complete at least six activities each year.

2. Do at least 10 of the Camping Adventures activities and 10 Reach the Peak activities to complete this achievement program and receive a completion certificate.

3. Have your project helper discuss with you what you did and then initial the activities as you complete them.

<table>
<thead>
<tr>
<th>Activities</th>
<th>Date Completed</th>
<th>Helper's Initial</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chapter 1: Camping Gear</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Let's Go Camping</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gearing Up!</td>
<td></td>
<td></td>
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<tr>
<td>Rolling Up Group Gear</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tool Time</td>
<td></td>
<td></td>
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<tr>
<td>The Perfect Knot</td>
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<tr>
<td><strong>Chapter 2: Home Away from Home</strong></td>
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<tr>
<td>Site it Right</td>
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<tr>
<td>Nifty Niches</td>
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<tr>
<td><strong>Chapter 3: Camp Cuisine</strong></td>
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<tr>
<td>What's Cookin'?</td>
<td></td>
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<tr>
<td>Everything...but the Kitchen Sink</td>
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<tr>
<td>Home, Home on the Range</td>
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<tr>
<td>What's in Your Water?</td>
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<tr>
<td>Dish Duty</td>
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<tr>
<td><strong>Chapter 4: Earth Care</strong></td>
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<tr>
<td>Natural Wonders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Down to Basics</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Select any of the Reach the Peak activities. Record the page and number of each activity you complete and discuss with your helper.

<table>
<thead>
<tr>
<th>Page</th>
<th>#</th>
<th>Date completed</th>
<th>Helper's initials</th>
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</thead>
<tbody>
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</tbody>
</table>

Write your own activity.

Date       Helper's Initial

Write your own activity.

Date       Helper's Initial

Write your own activity.

Date       Helper's Initial
Camping Adventures
COMPLETION CERTIFICATE

I certify that

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

Helper's signature ________________________________

Date ________________________________
Let's Go Camping

Now 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?

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.

Write notes about what you have learned:

---------------------------------------------

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

---------------------------------------------
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?

Now What?

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

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 your 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 make 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.

Glossary Words

- Layering/Layers
- Base camping

Acknowledgement: Activity written by Josina Fiehler-Lobban.
As 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.

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

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?

Did you know?

• 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.

Gear for a 3–7 day Trip

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

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!
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!

Group Camping Gear List

Number in Group ___________ Number of Days ___________

<table>
<thead>
<tr>
<th>Stationary Camping</th>
<th>Back Country Camping</th>
</tr>
</thead>
</table>

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

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?

Glossary Words

Dutch oven

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

Acknowledgement: Activity written by Draw Pickla.