

NEBRASKA



Camping Session Outline For the Outdoor Skills Program

- I. Welcome students and ask group what they remember or learned in the last session.
- II. Discuss: campsite setup
 - A. things to look for,
 - B. what to avoid
 - C. design a campsite layout.
- III. Activity: Have a friendly tent assembly contest.
- IV. Discuss how to build a campfire.
- V. Activity: Demonstrate how to build a campfire. Create a petroleum jelly and cotton-ball fire starter.
- VI. Activity: Tear down the tents and campfire. Discuss how to leave your campsite. Remember to clean up when you are packing up. You want your campsite to look exactly like it was before your set up. *If it seems like a lot of the camping experience is preparation – you are right. Choosing the right camping items will make your camping experience much more enjoyable and a lot less work. Always let someone know where you plan to go camping. But, remember, the best part of camping is just getting out there and enjoying being out in nature. It doesn't matter how you do it – with a tent, a camper or RV, or just a sleeping bag – it just matters that you have a good, safe time.*
- VII. Review “Leave No Trace Principles”
- VIII. Wrap-up: have class discuss their camping experiences and if where they might want to go camping next. Have the student draw a picture of their own campsite in the journals.
- IX. What was your high/low from today's activities? Discussion.

Inventory

Session: Camping

Kit Materials & Equipment

- (2) Tents
- Jug for water
- First aid kit
- Fire ring
- Flashlight
- Campfire fork package
- (15) Leave No Trace cards
- (15) Nebraska State Parks brochures
- Petroleum jelly
- Cotton balls

- Snack bags

Supplies Instructor Provides

- Firewood
- Matches
- Area to build a real or simulated campfire
- Trash bags
- Graham crackers
- Chocolate Bars
- Marshmallows

Materials to be Restocked-After Each Use

- (15) Leave No Trace cards
- (15) Nebraska State Parks brochures

Session: Camping

Activity: Creating a Campsite

Objectives: Participants will

- 1) Discuss campsite basics
- 2) Set up a tent

Method: Students will use tents and other camping necessities to set a basic campsite. As a group they will discuss the placement of their camping equipment and then plan a campsite for their group.

Materials in Activity Tub:

Tent, tarp, firewood, matches, jug for water, tub to store items and used as “food” carrier, first aid kit with wipes, band aids, sunscreen, bug spray, ointment, and trash bag, plastic leave no trace cards and Nebraska State Parks brochures.

Materials Needed to Conduct Activity:

Use a chalkboard, easel or note paper for sketching the campsite layout.

Duration: 40 minutes for planning and setting up campsite and 20 minutes to take down.

Group Size: 1-2 groups of 3-6 participants

Setting: Outdoors or Indoors

Setting: Outdoors preferably or indoors

Key Terms:

SET Ability: Collaborate

Background:

There are several different types of camping:

1. Tent Camping
2. Trailer/RV camping
3. Basic – back to nature camping

All of these camping choices have good points however the focus is on tenting camping in this activity. Tent camping is relatively inexpensive way to camp. If you are new a tent camping, consider camping closer to home and for only a night or two the first time out. Look for a place that has the amenities you need close to your campsite. If shower facilities and flush toilets are important to you, select a location that has these facilities available. Consider borrowing a tent for your first experience rather than purchasing one. Some local colleges or outdoor clubs will loan or rent equipment. Make a list of your camping needs and check off each item when you are packing. Having all your necessities will make your camping experience much more enjoyable. Check your list twice.



Activity:

Before the Activity:

Check your supplies of yellow Leave No Trace cards and Nebraska State Parks brochures. If you have your own camping check list or camping supplies bring them to show the students.

Procedure

1. Discuss what a campsite has and discuss where to place the tent; where to build the campfire, and where to store food.

2. Have the students plan their sites using paper, journals, or use the chalkboard for a group site.

Most campgrounds have: tent pads, fire rings, picnic tables, outhouses or bath house, parking, campground host.

3. Divide the group into teams. Have team set up the tent(s). This can be a competition but be careful to not damage the tent or poles.
4. Things to consider when setting up the tent:
5. Look for a level area for your tent, however, not the lowest area in the campsite, water will pool if it rains.
6. Remove any rocks or sticks from your tent site which will make sleeping much more enjoyable.
7. Place a tarp or ground cover sheet over the site – this will help your tent stay cleaner, protect your tent from any ground moisture, and if it rains, will help keep you dry.
8. Set up your tent over the tarp or ground cover sheet. Be sure and use your tent fly even if it looks like it's not going to rain. You'll appreciate the extra effort when it rains or if there is heavy dew. Tuck the tarp under the tent so that rain and dew don't collect on the tarp and run under the tent.
9. Ask the students "what can they do or bring to make their stay in the tent more comfortable?"
Find a flat place to for your sleeping bag so you won't roll during the night. Use a quality sleeping mat or mattress under your sleeping bag to insulate you from the cold or damp ground.
10. Take down tents and repack them in their bags.
11. Discuss leaving the campsite, the campsite should to look exactly like it was before your set up or cleaner.

If it seems like a lot of the camping experience is preparation – you are right. Choosing the right camping items will make your camping experience much more enjoyable and a lot less work. Always let someone know where you plan to go camping. But, remember, the best part of camping is just getting out there and enjoying being out in nature. It doesn't matter how you do it – with a tent, a camper or RV, or just a sleeping bag – it just matters that you have a good, safe time.

12. Hand out yellow Leave No Trace cards and Nebraska State Parks brochures. If you are running low on these publications contact Ak-Sar-Ben Aquarium for more 402-332-3901

Session: Camping

Activity: Building a Fire

Objectives: Participants will

- 1) Build a basic campfire
- 3) Make fire starters

Method: Students will be provided firewood and fire ring to set a basic campfire.

Materials in Activity Tub:

Fire ring, Fire wood, matches, jug for water, cotton balls, petroleum jelly and zip lock snack bag.

Materials Needed to Conduct Activity:

Area to build a real or simulated campfire.



Duration: 30 minutes

Group Size: All participants

Setting: Indoors or Outdoors

SET Ability: Build/Construct

Background:

Fire requires 3 things to actually burn: Heat, to bring the fuel to ignition point; Fuel, materials that will burn; Air, provided oxygen which keeps fire burning. To put out a fire take away any of these 3 and it will eventually go out.

Remember – fire safety should always be number one. When conditions are dry, a fire can get out of hand quickly.

- Use an established fire ring or rock fire pit. If they are not available, then select a site at least 10 feet away from tent, trees, roots, and other flammable items.
- Clear a space on the ground 24 to 32 inches across.
- Gather firewood and kindling (only if permitted) or purchase it locally to prevent spread of invasive insects.
- Build a small, loose pile of dry kindling, making sure to allow space for air to feed the fire. Paper scraps, dry plant matter, or lint (from your dryer) can be used for kindling or use a fire starter.
- Construct a pyramid of dry twigs and small sticks around and above the kindling pile. Light the kindling with a match. Always have water available in case of fire.
- Carefully add larger sticks and then logs as the fire continues to burn, be careful to allow for air circulation to the embers this will allow the fire to burn better.

Never leave the campfire unattended.

- When you are ready to leave, put out the fire well before you leave the campsite to ensure it's cool. A good time to put it out is before you begin packing your gear.
- Spread the embers out and douse them with water.

- Check embers for any remaining heat, and douse them again if still hot or warm.
- Pound the charcoal into dust.
- If you dug a fire pit, then cover them with dirt, sand or gravel.
- Before leaving, make sure the fire pit is fully saturated and cool to the touch.

Activity:

Before the Activity

1. Prepare fire area. If indoors only simulate making a fire. If able to actually build a fire outdoors the group could also make smores. Use the fire ring in the kit, arrange a ring rock on the ground, or use an existing fire ring/pit outdoors.
2. Make sure you have enough cotton balls, petroleum jelly and baggies.

Procedure

1. Show students examples of tinder or kindling materials (lint, dry grass, needles, paper). Make a small loose pile of these items in the center of the ring.
2. Show the students what larger kindling looks like (sticks 1" or smaller around). Create a small loose pyramid around the kindling.
3. Simulate lighting the kindling with a match or lighter. As the fire catches carefully add more kindling to keep the fire going.
4. Keep adding larger fuel (wood) so that the "fire" gets larger and starts creating coals (glowing chunks at the center). The coals are where the real heat is concentrated and are better for cooking.
5. Optional, if actually burning a fire you can now make roasted marshmallows or smores using long forks from box or sticks and roasting the marshmallows over the fire.
6. Put out the fire. Pour water over the fire and spread out the coals. Make sure everything is cool to the touch before leaving the site.
7. Make fire starters with the group. Give a large cotton ball to each student.

8. Take a teaspoon or two of petroleum jelly and work it through the cotton ball. Knead for 2 or 3 minutes until the cotton is thoroughly coated with petroleum jelly.
9. Store in zip lock bag until ready to use.
10. Place fire starter at bottom of campfire. It may take a while to light. After it is lit, it will burn for 3 to 5 minutes depending upon the amount of petroleum jelly used.
11. If time permits, you may light one to show students.