

# My Camping Adventure



# Camping Adventure Lapbook

created by Tammy Maddox and Ami Brainerd

## Lessons and Information

This unit was created to make camping a fun, educational, and memorable family time. There are many helpful books on this subject; these are a few I have found most useful.

*Cooking on a Stick: Campfire Recipes for Kids* by Linda White & Fran Lee

*Cooking in a Can: More Campfire Recipes for Kids* by Kate White and Debra Dixon

*Sleeping in a Sack: Camping Activities for Kids* by Linda White & Fran Lee

*Trekking on a Trail* by Linda White & Fran Lee

*Wishing on a Star* by Fran Lee

*Fishing in a Brook: Angling Activities for Kids* by Fran Lee

*Backyard Birding for Kids* by Fran Lee

*Kids Camp! Activities for the Backyard or Wilderness* by Laurie Carlson

If your child has never been camping, you should be able to find some fun camping stories to read before you go. Some of the information in this unit study is intended to be done before you leave, some you will do while you are camping. It may help to have the mini-books cut out and put in a zip lock bag along with the supplies you will need, such as a pencil, crayons or colored pencils, and some 4x6 cards.

## First Aid/Safety

Camping is a wonderful way to appreciate and enjoy the beauty of the great outdoors. It is also a time to learn about safety and being prepared for scrapes, bruises, bugs, and the sun. Before you leave, discuss basic first aid with your child and put together a kit that you will take with you camping. Discuss what things you will take and why you might need them. Your library and the Red Cross have excellent resources for this.

Be sure to include a whistle; it is very important to have in case you get lost or badly hurt and cannot walk back. A whistle is much louder than your voice and is easier to use. Blow three short bursts then wait a few minutes before blowing again. This should only be used for emergencies not as a toy.

It is a good idea to have a “traveling” first aid kit also. This would be smaller than the one you would keep at the campsite and would include items you may need when you are out on the trail or in the boat etc. We find it convenient to use a belt pack for our traveling kit. It includes smaller versions of our larger kit. I have found that film canisters are great to hold smaller amounts of sunscreen, petroleum jelly, etc.

You can also purchase travel size bug spray to put in your pack. Use the First Aid mini-book to have your child cut and paste items that need to go in a first aid kit. You may want to encourage your child to draw or write in other items that should be included.

### **Be Prepared**

It takes a lot of supplies to go camping; you will be living outdoors and will not be able to run back to the house to grab something.

Once you decide where you will be camping and for how long you will stay, you will be able to start making your supply list. This is a great opportunity to teach your child about list making and responsibility (you don’t want to get to the campsite to discover the cooler wasn’t put in the car!).

You will need a tent, sleeping bags, changes of clothes (clothes that can be “layered” work well), first aid kit and medicines, whistle, food and cooking supplies, towels and toiletries, matches, flashlight and batteries, and maps. There are many other items you may not readily think of such as a compass, plastic bags, etc. We find it useful to have a master packing list that we add to as we begin to pack and we note things we should have brought that we put on our master list for the next time (i.e. clothesline and clothespins).

There are many great books to help you pack what you need without over-packing; Sleeping in a Sack has a thorough list of needed supplies.

Use the Be Prepared! mini-book to list some of the supplies you will need to bring. Perhaps your child can list the supplies he is responsible for and can mark them off when they are in the vehicle.

### **Leaves of Three**

Use this mini-book to teach your child to identify poisonous plants.

### Making Memories:

Use the Making Memories mini-book to scrapbook some of your favorite memories. Encourage your child to draw or write down the memories.

### My Five Senses and Nature

God has given us a beautiful world. Encourage your child to explore it with all five senses. However, unless you are an expert on what is safe to eat in the wild, *taste* should be limited to only the foods you have at the camp.

Be creative! What does the mud *feel* like squeezing through your toes? Is moss wet or dry? Can you *hear* the different animals; can you identify some of them? The sound of rushing water is very peaceful. The *smell* of a crackling of a campfire or the dampness of the morning air. What do you *see*? Evidence that an animal has been near, the bright open night sky, a waterfall, or little sister trying to catch a tadpole?

Use the Senses Flap Book to record what your child discovers.

### Recipes

Nothing tastes quite like food cooked over an open campfire. There are many ways to cook while you camp: popular methods are on a stick, foil wrapped foods cooked directly on the coals, or using a Dutch oven.

There are many helpful books on this subject; Cooking on a Stick has many kid friendly recipes.

Some of our favorites include: Hobo dinners, kabobs and of course, roasted marshmallows.

For a yummy Hobo dinner, take a piece of heavy duty foil lay a cabbage leaf on it (this adds a great flavor and helps to keep food from burning if left on the coals for too long) then add meatballs and your favorite cut vegetables and some seasonings. Wrap the food tightly and cook directly on the coals for about 20-25 minutes. Use long-handled tongs to remove. You can make this recipe with any meat.

Kabobs on a stick (any meat, vegetable, and pineapple) make for a fun and yummy dinner. If you happen to be cooking over charcoal as opposed to wood, your food will cook much faster so be careful!

Write your child's favorite recipes on 4x6 cards and place them in the "Camp Style Cooking" pocket.

### **Building a Campfire**

The campfire is like the kitchen, it is where everyone gathers. Take the time to teach your child both how to build a fire and how to be safe around one.

Your campsite will probably have a fire ring. If not, create one by clearing an area of ground (about three feet in diameter).

Place small stones in the bottom and make a circle around it with larger stones. You will need to bring or gather three types of wood (fuel): tinder, kindling, and larger logs.

Tender is used to start the fire and will give immediate burn; this could be dry leaves or grass, bark, dryer lint, wood shaving, small twigs etc. Kindling is small sticks usually about one inch around or so. You will also need logs which are your main source of fuel once your fire is lit.

Once your pit is ready and your supplies are gathered, be sure to have a bucket of water nearby to put out the fire. Begin by putting a small mound of tinder in the middle of the pit then teepee style, place kindling around it being sure to leave "air holes" for circulation. Then you can build either a teepee style fire with your logs around the kindling (this is good for a quick hot fire to cook over) or a log cabin fire (good for a longer "night-time" fires) by placing your logs in a square around the kindling. Proceed to light the kindling and enjoy!

Be sure to teach and/or remind your child to stay back from the fire and to never play near it or run around it for their safety and to always completely put out the fire before leaving the area even for a short time.

You can use the mini-book to either teach your child how to build a fire or to reinforce what they already know.

You may want to visit the [Smoky Bear website](#) to learn more about fires and safety.

### **Bird Observations**

Use the bird mini-book to record the birds that you spot as you are camping.

### Tree I.D.

Use the mini-book to write the name of trees you have identified and draw a picture of it or make a bark rubbing. If you keep a nature journal at home, you may want to take a leaf to do a rubbing of when you return.

### Watching Bugs

Use the bug mini-book to record the bugs that you find as you are camping.

### Directions

Camping is a great time to learn about directions and what to do if you become lost. Knowing how to use a compass, map, and the sun are great skills to have. When you arrive at your destination, you will want to orientate your child with where your campsite is in relation to landmarks, natural or manmade. Each camper should have their own whistle (see first aid section).

Maps: Most DNRs and other camping areas will have maps of the grounds. Please ask for one; they can be invaluable. If not, make your own with your child using signs and symbols your child will recognize. When you are hiking through unmarked areas you will want to bring pen and paper to create a map, this is a great lesson to do with your child. Make sure they are able to orientate the map to figure out the cardinal directions (North, South, East, and West) and what landmarks to look for when coming from different areas. \*Tip: If you become lost or disoriented climb to a higher area to get a good look around to help locate familiar landmarks or other people.

Compass: Show your child a compass and spend time practicing how to use it (again be sure they know the cardinal directions and where the campsite is in relation). You can practice using the compass as you hike together.

Sun: This is the trickiest way to tell directions but it is a good skill to acquire.

Day time: find a stick about three feet tall and place in a flat open piece of ground. Mark the end of its shadow with a rock or another smaller stick. Wait about thirty minutes and mark the tip of the shadow again. Connect the line and it will run from West to East with the first marking indicating west.

Evening: The direction the sun is going down is west. Once you figure out the direction you need to be traveling walk in a straight line. To help you do this, set

your eye on a landmark and walk toward it. If you need to go around obstacles alternate going around them once on the left side, the next time on the right side, this will help you stay in a straight line.

Write one way to find your way on each piece of the fan book provided.

### **Nature Hunt**

Use the clipboard for a nature hunt.

### **Trash Hunt**

Use the trash hunt mini-book as a scavenger hunt. This is a good time to discuss our role of taking care of the earth and leaving things better than we found them. You can use the mini-book to have your child pick up either before you set up camp or as you are packing to go home.

### **Starry Nights**

Use the mini-book to have your child dictate, write, or draw any constellations you spotted while star gazing.

### **Psalm 19:1**

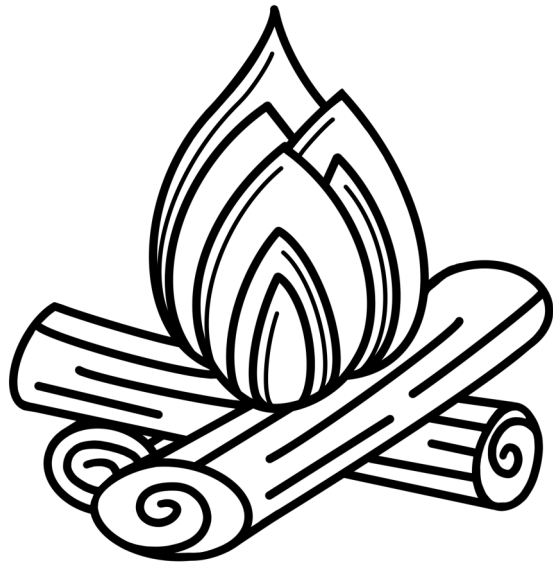
*"The heavens proclaim the glory of God. The skies display His craftsmanship".*

As a family, memorize this verse together. Use it for devotional time to attempt to discern how awesome our God is. He and only He could create the glory of the skies and of the earth. You may want to use Genesis and creation as your devotions for this week and focus on how wonderful God is. Use the mini-book to write in the Bible verse.

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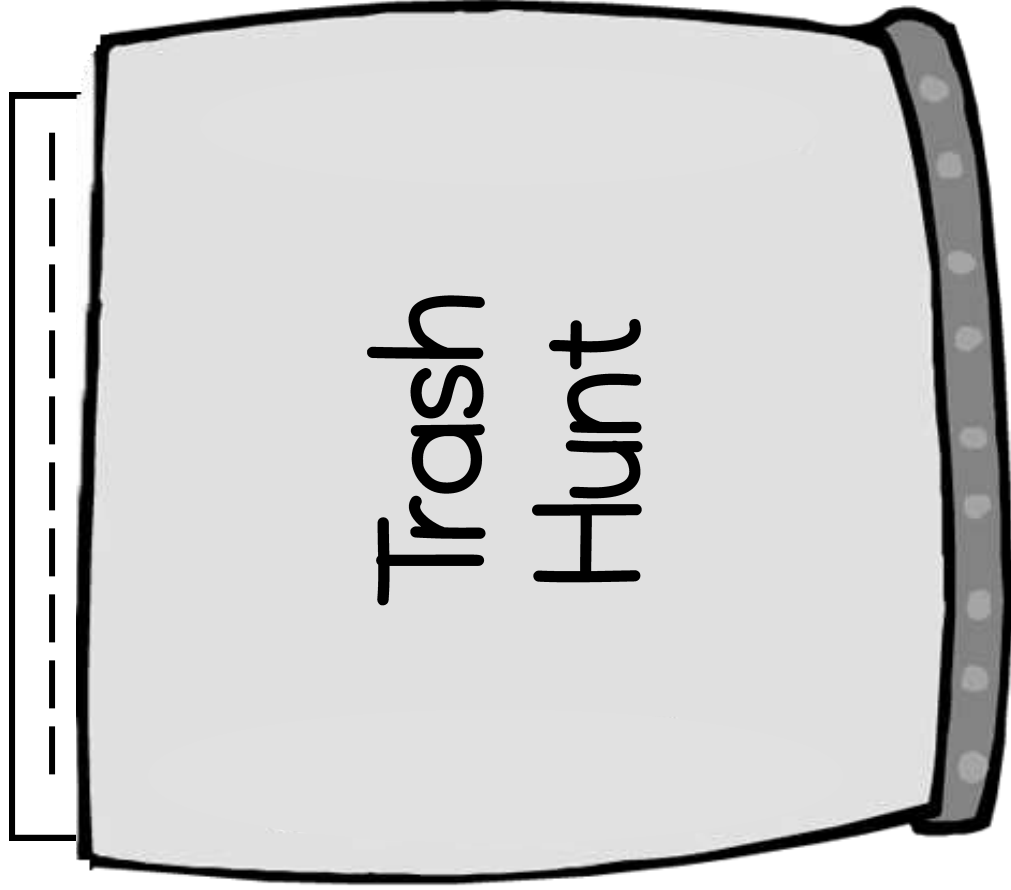
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# Building a Campfire

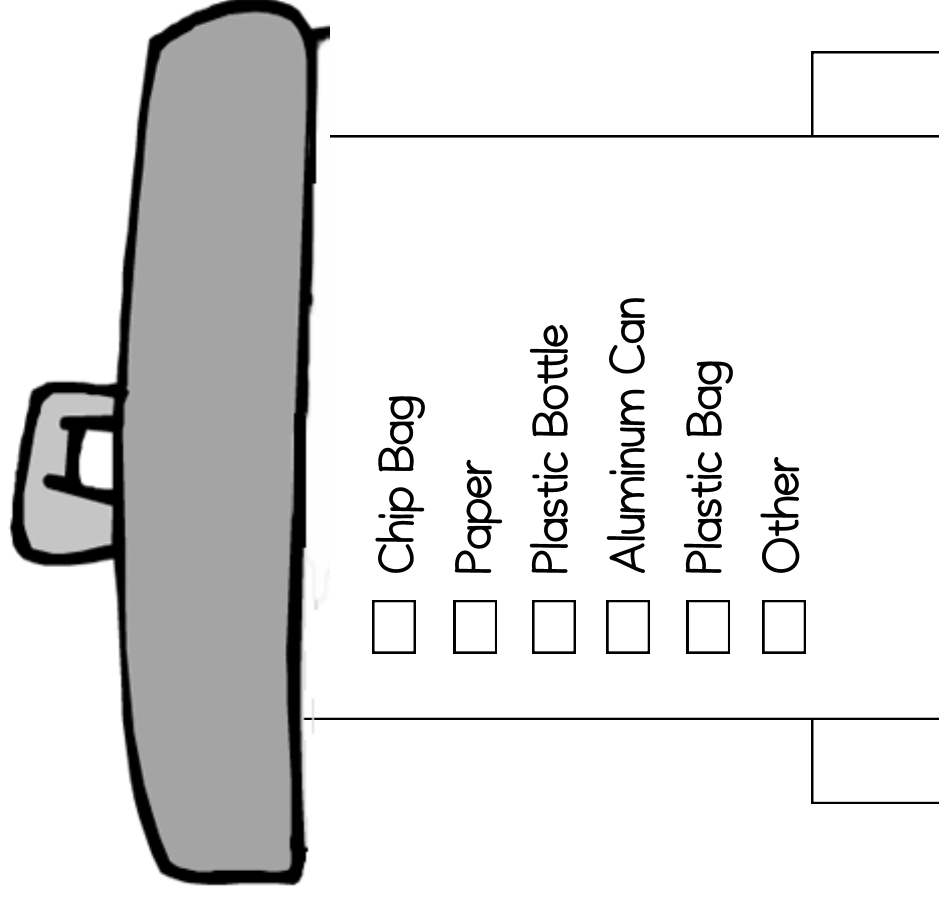


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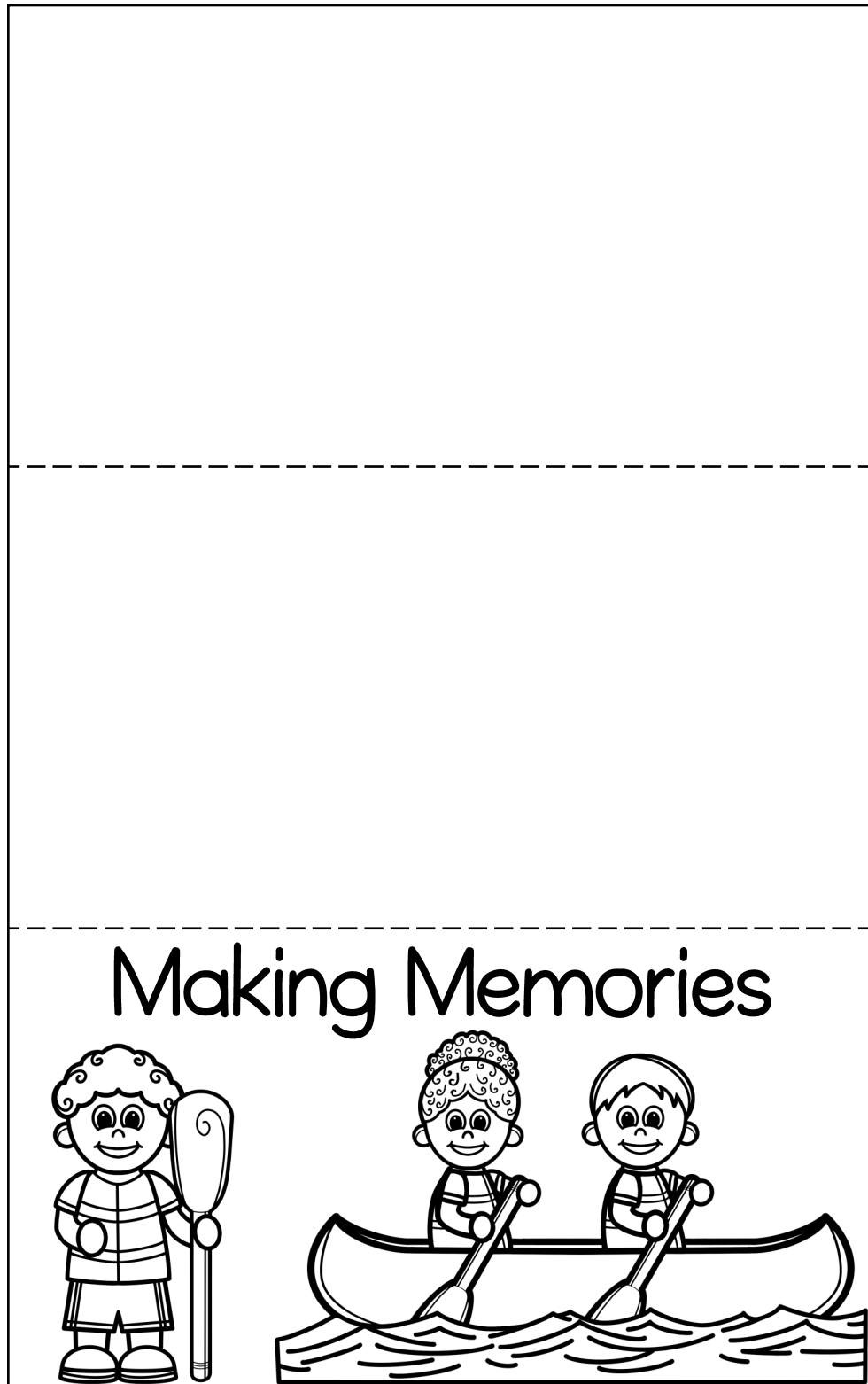


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Cut out both pieces. Using an exacto knife, cut a slit in the trashcan on the dotted lines. Stick top of trash can in to the bottom piece. Put adhesive at the very top and very bottom of the trash can. Make sure the slider can move up and down freely.

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Tree I.D.

Name of Tree

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Leaf Sketch

Name of Tree

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Leaf Sketch

Name of Tree

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Leaf Sketch

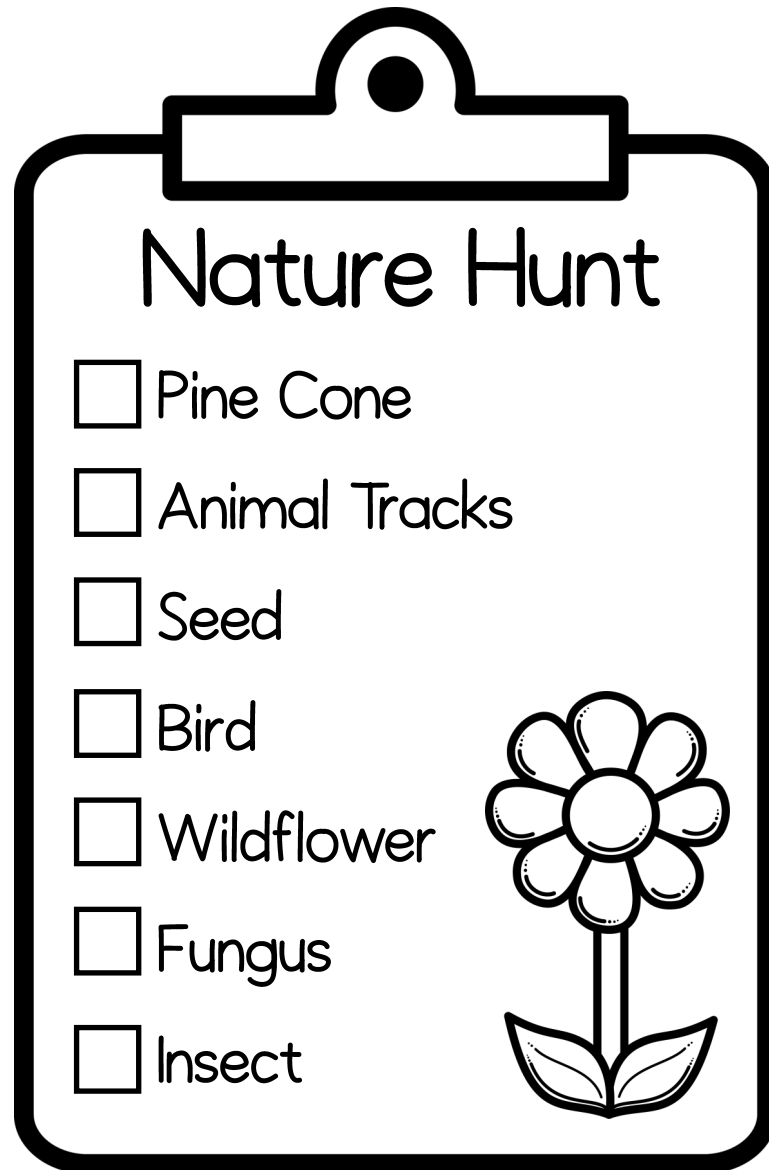
**Directions:** Cut out shapes. Stack together with cover on top and staple. Use the mini-book for tree identification. Identify a tree, write its name on the line, and draw its leaf on the page.

The image shows the back of a file folder. At the top, a paperclip is attached. The text "Date:", "Time:", and "Observation:" is printed in a simple font. Below the "Observation:" label are three horizontal lines for writing. The folder has a tab on the right side.

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**Directions:** Cut books out. Fold on lines (matchbook style).

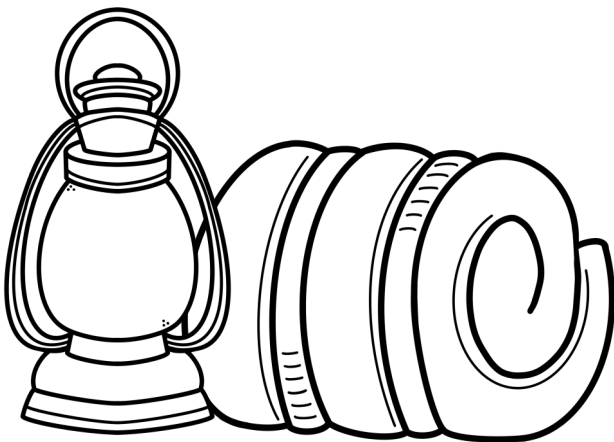
# Starry Nights

Glue this area to your  
lapbook or notebook.

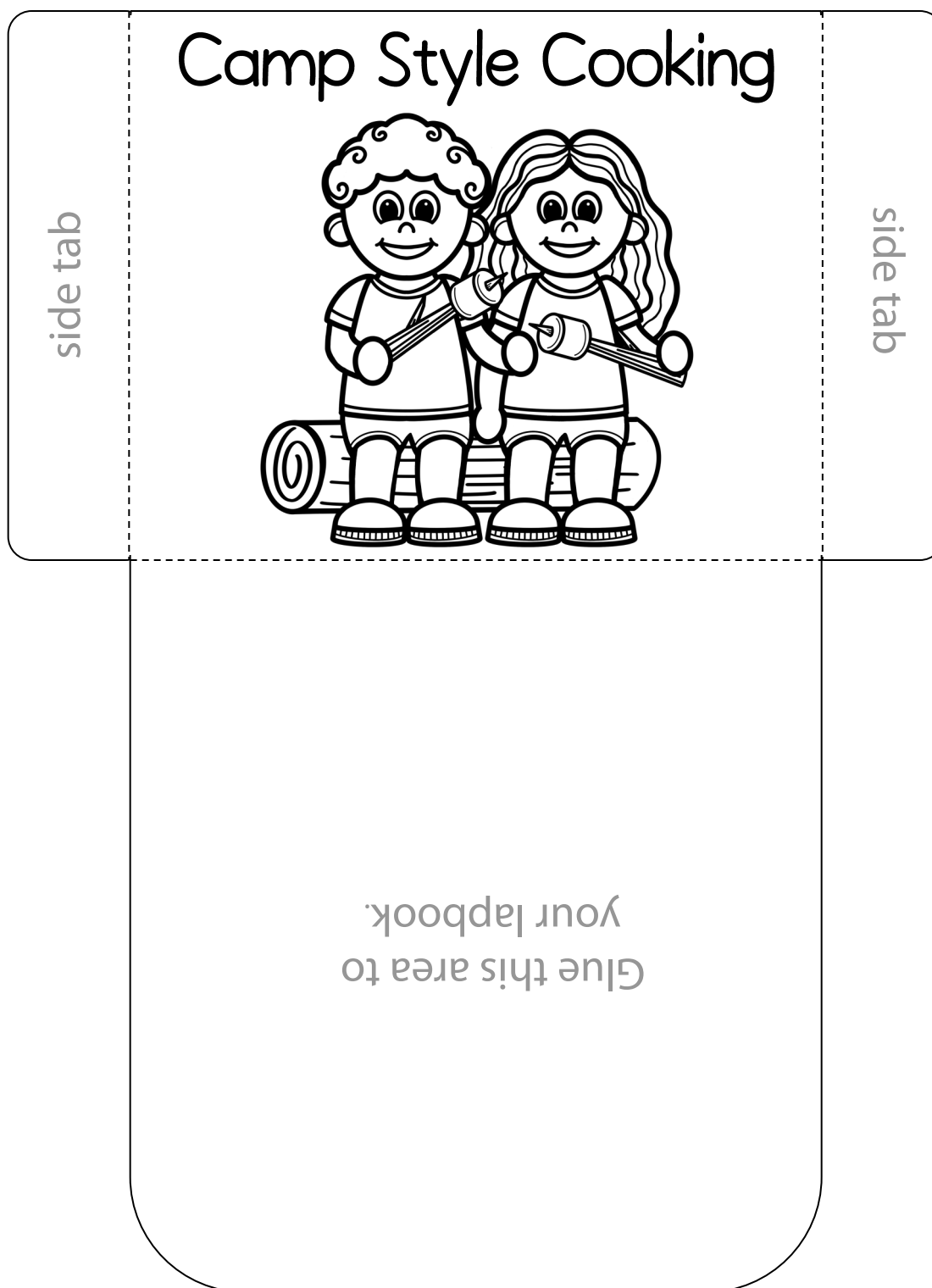


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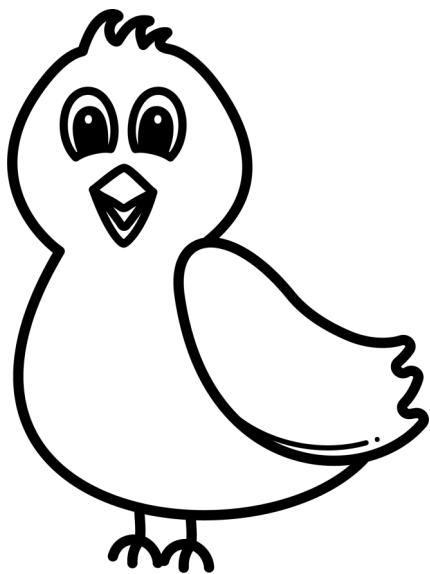


**Directions:** Cut out pocket as one piece. Fold back up. Wrap flaps around the back and glue down.



**Directions:** Cut out pages. Stack together with cover on top and staple.

# Bird Observations



Date:

Bird:

Behavior:

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Date:

Bird:

Behavior:

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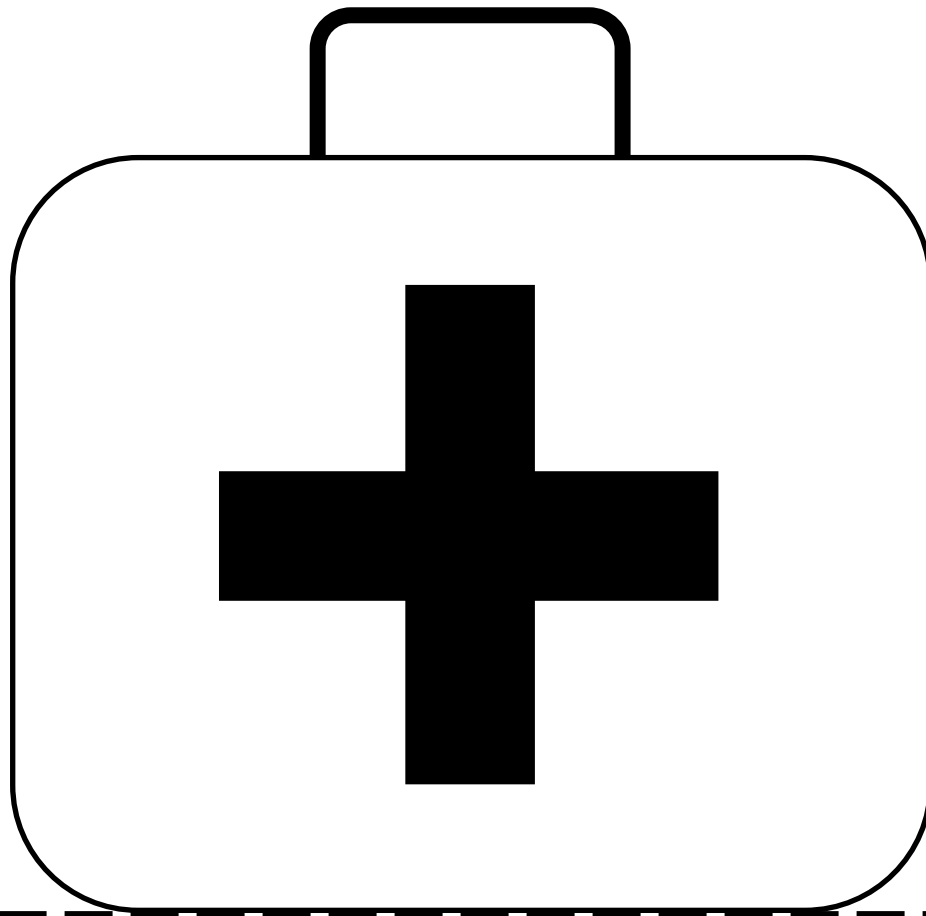
Behavior:

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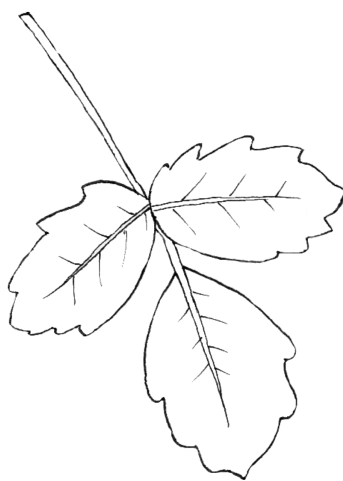
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Have student make a list of what he would include in his kit. A younger student can cut and paste pictures from the next page.

# First Aid Kit Supplies



Poison Sumac

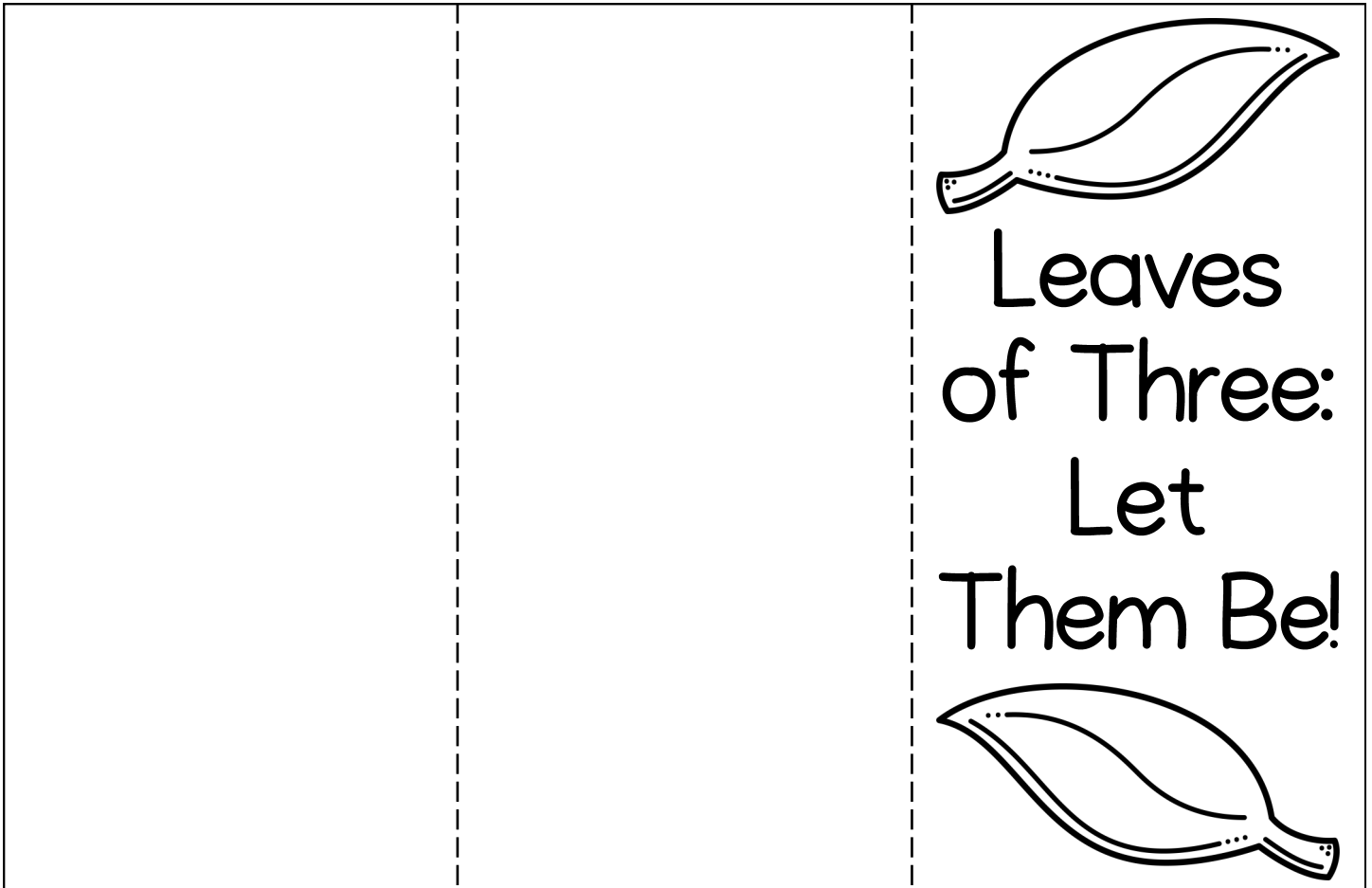


Poison Oak

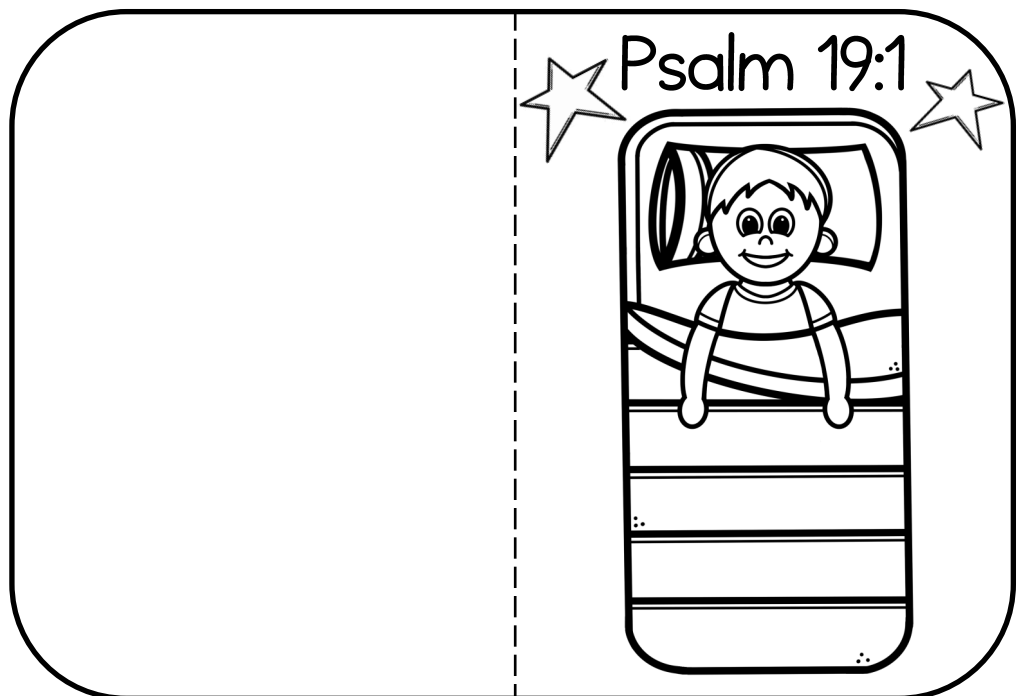


Poison Ivy

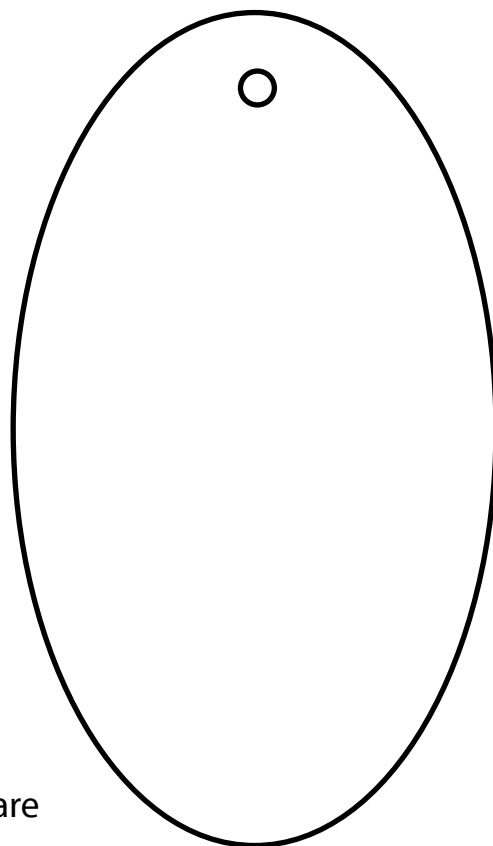
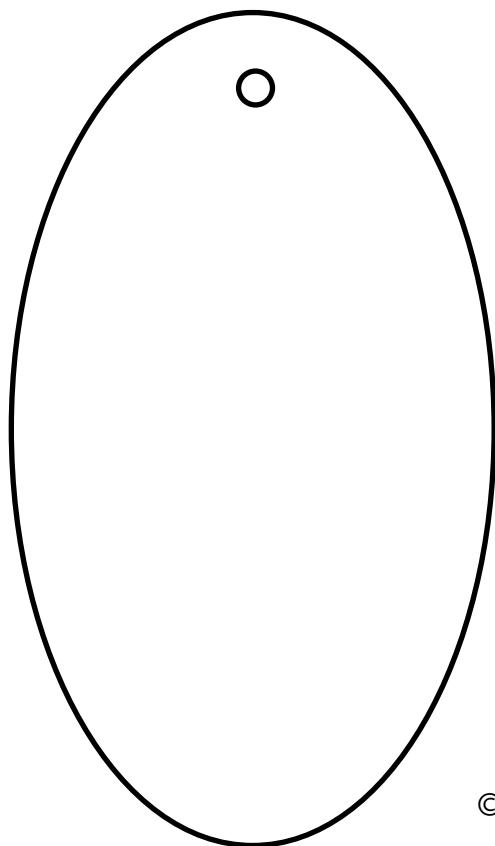
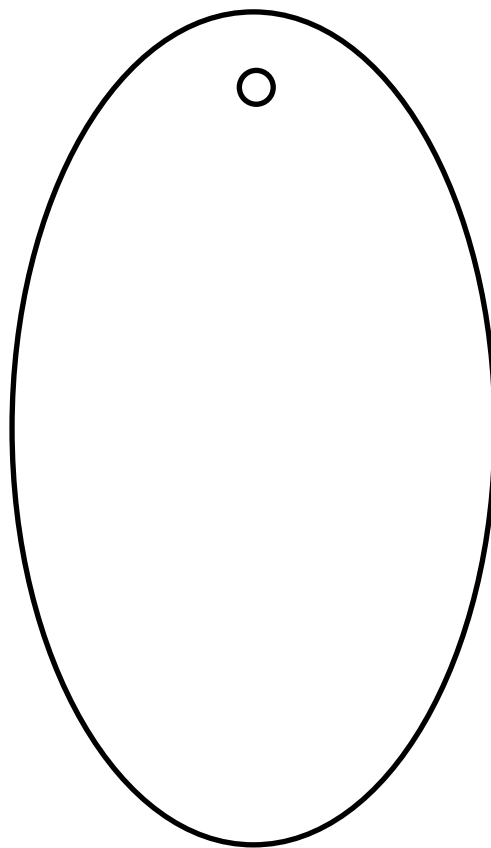
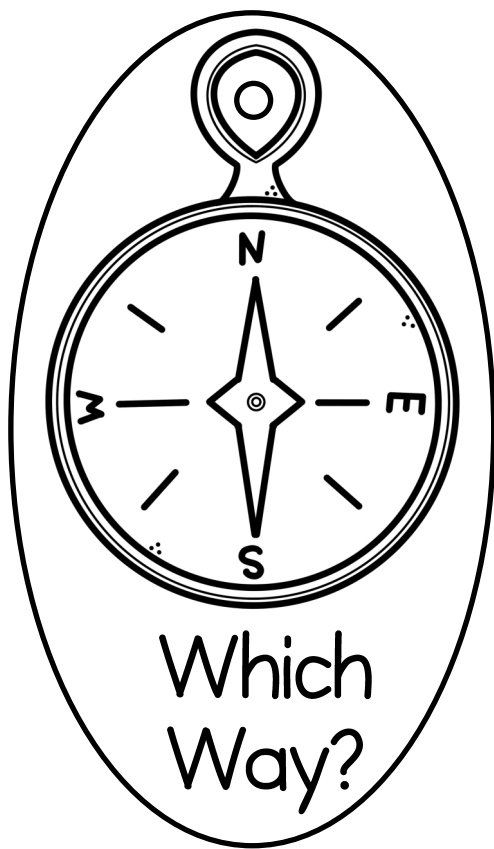
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**Directions:** PRINT ON CARDSTOCK. Cut out each piece on the solid black lines. Attach with brass fastener where indicated.



**Directions:** Cut out book as one piece. Fold left side under. Fold right side under (it is the cover). Unfold book. Cut on the solid lines to form five flaps.

Hear

Touch

See

Smell

Taste

Glue this area to your  
lapbook or notebook.

# My Senses in Nature



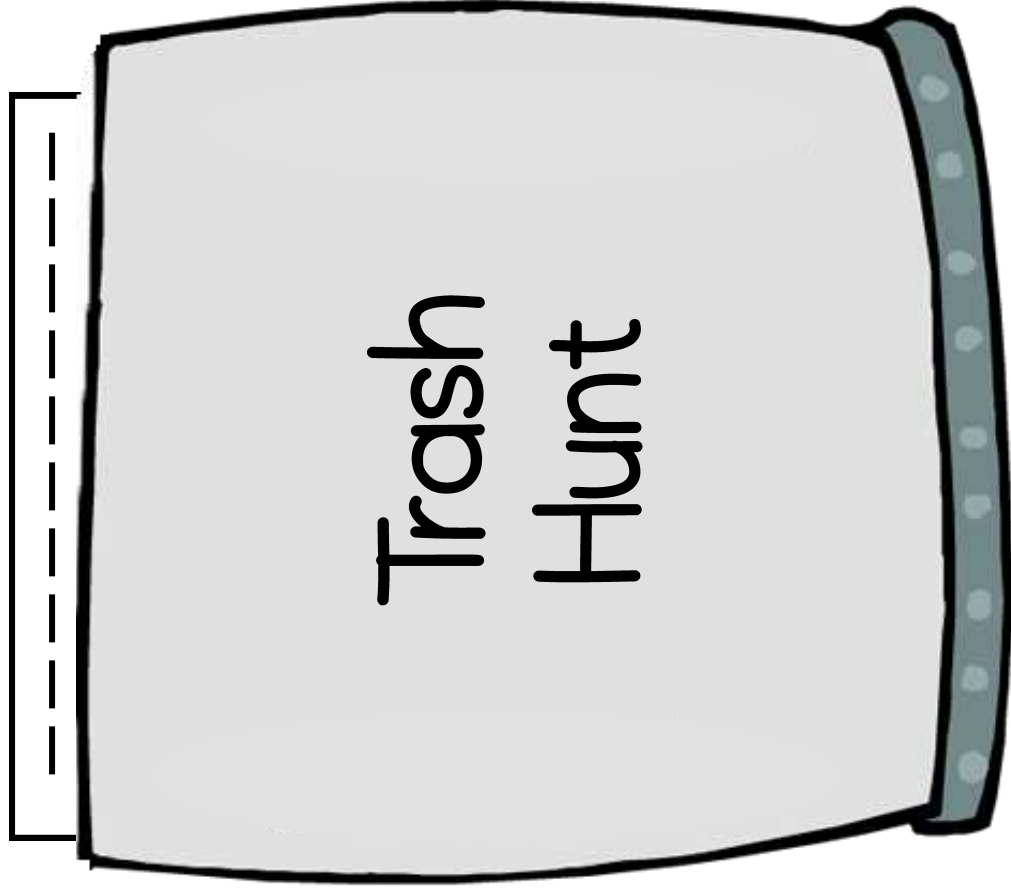
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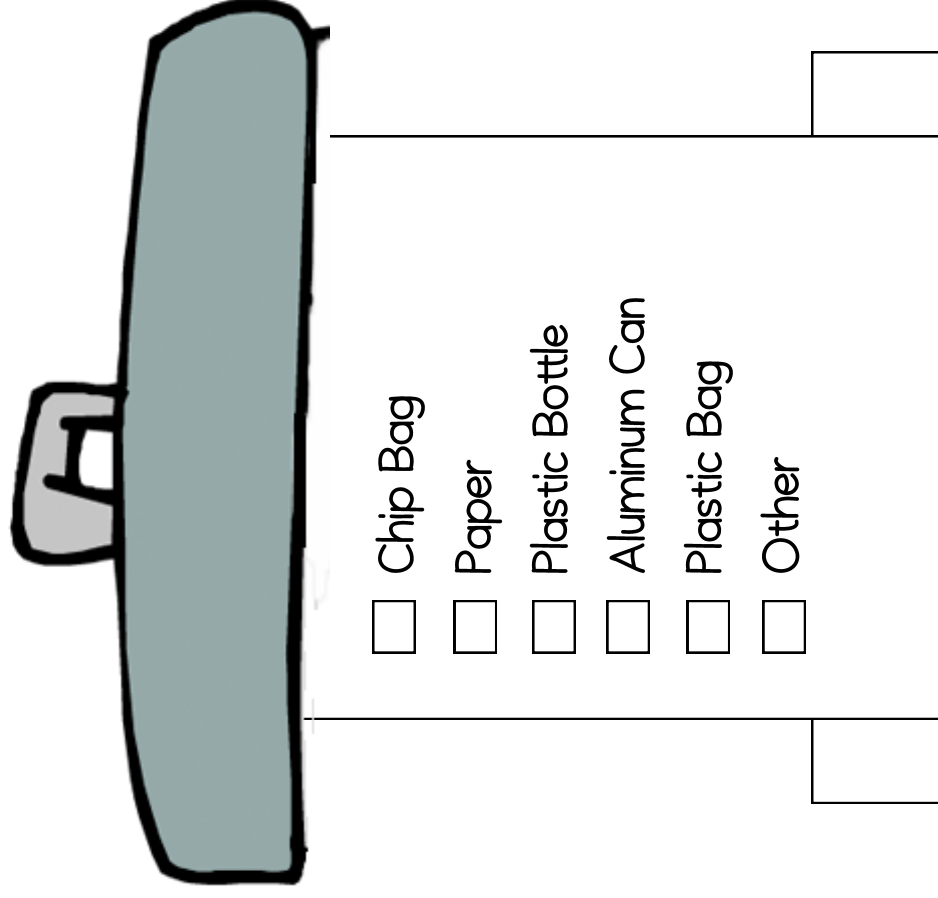
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☐ Chip Bag

☐ Paper

☐ Plastic Bottle

☐ Aluminum Can

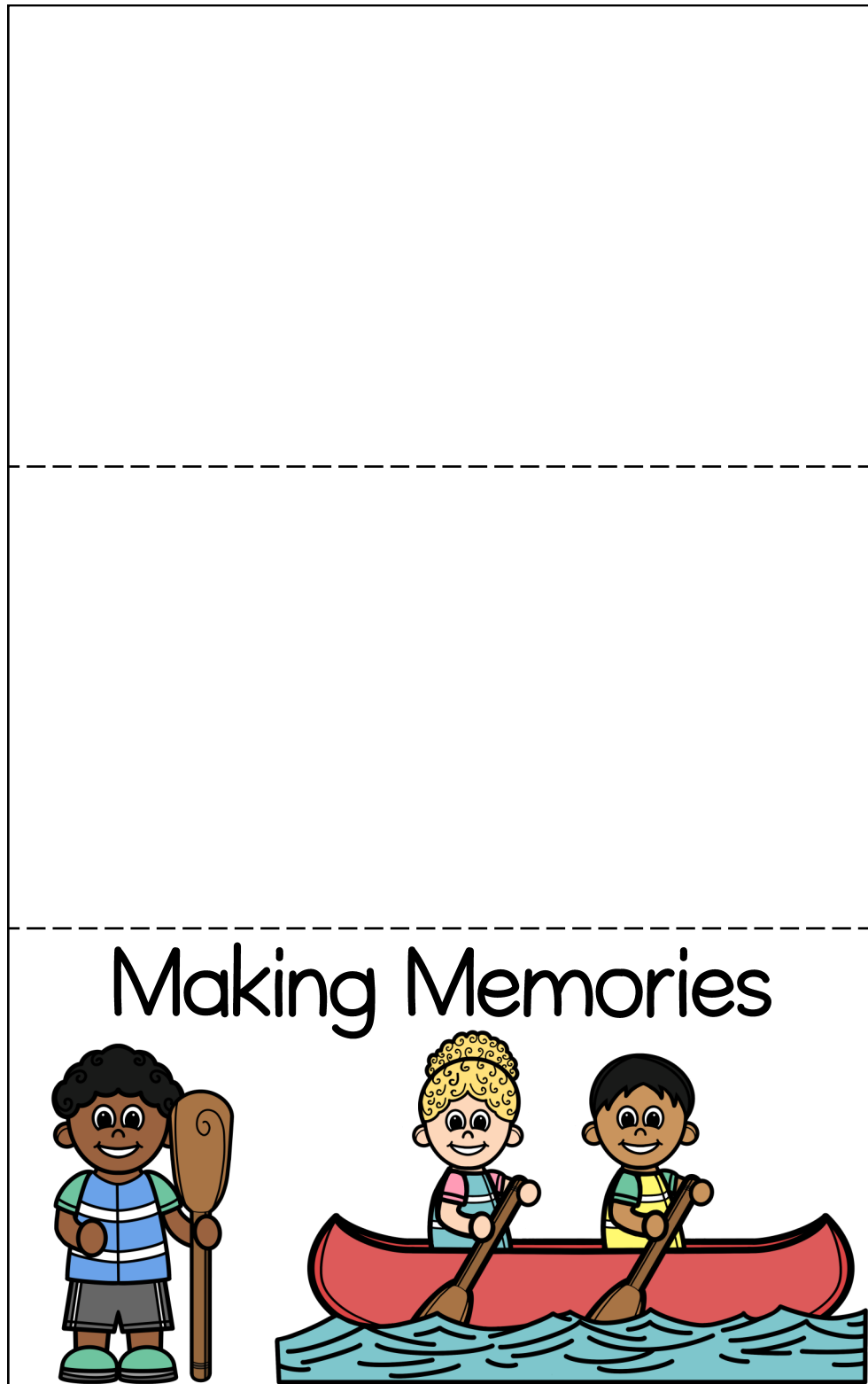
☐ Plastic Bag

☐ Other

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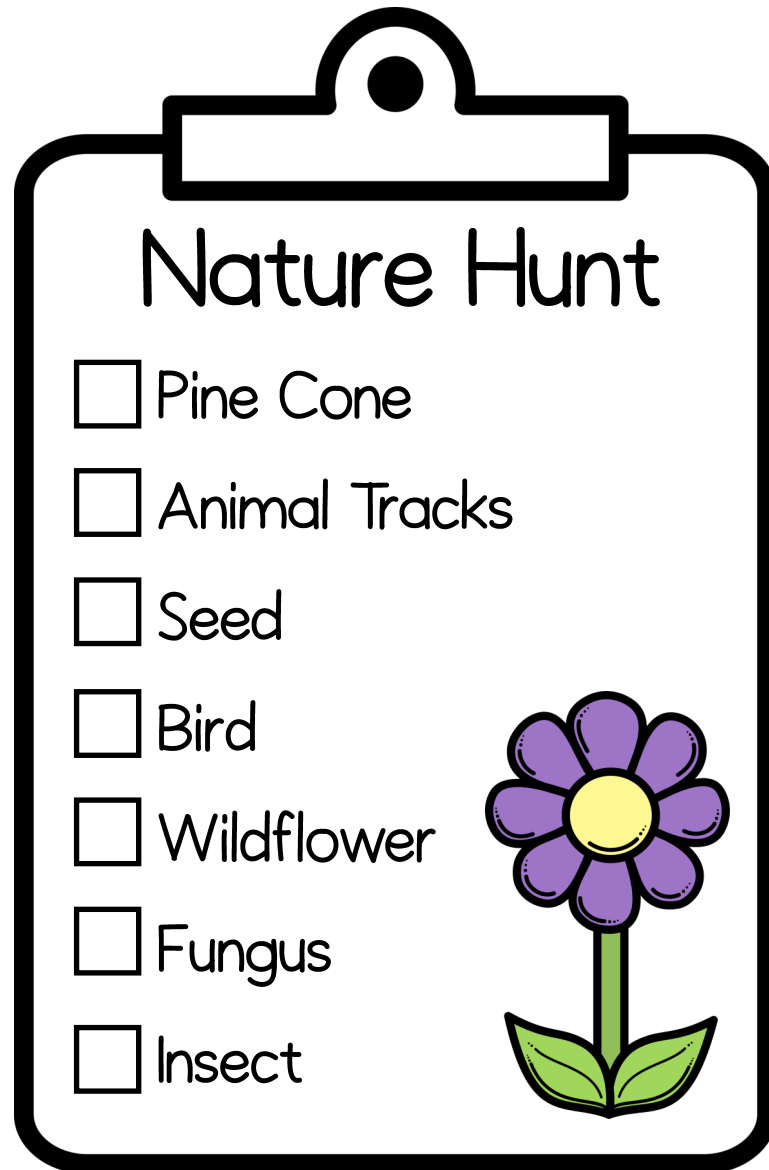
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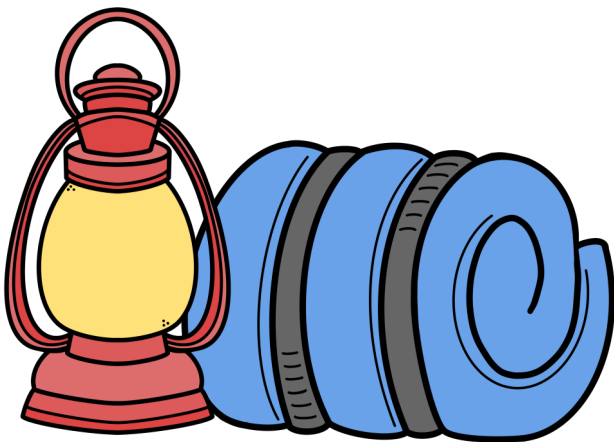
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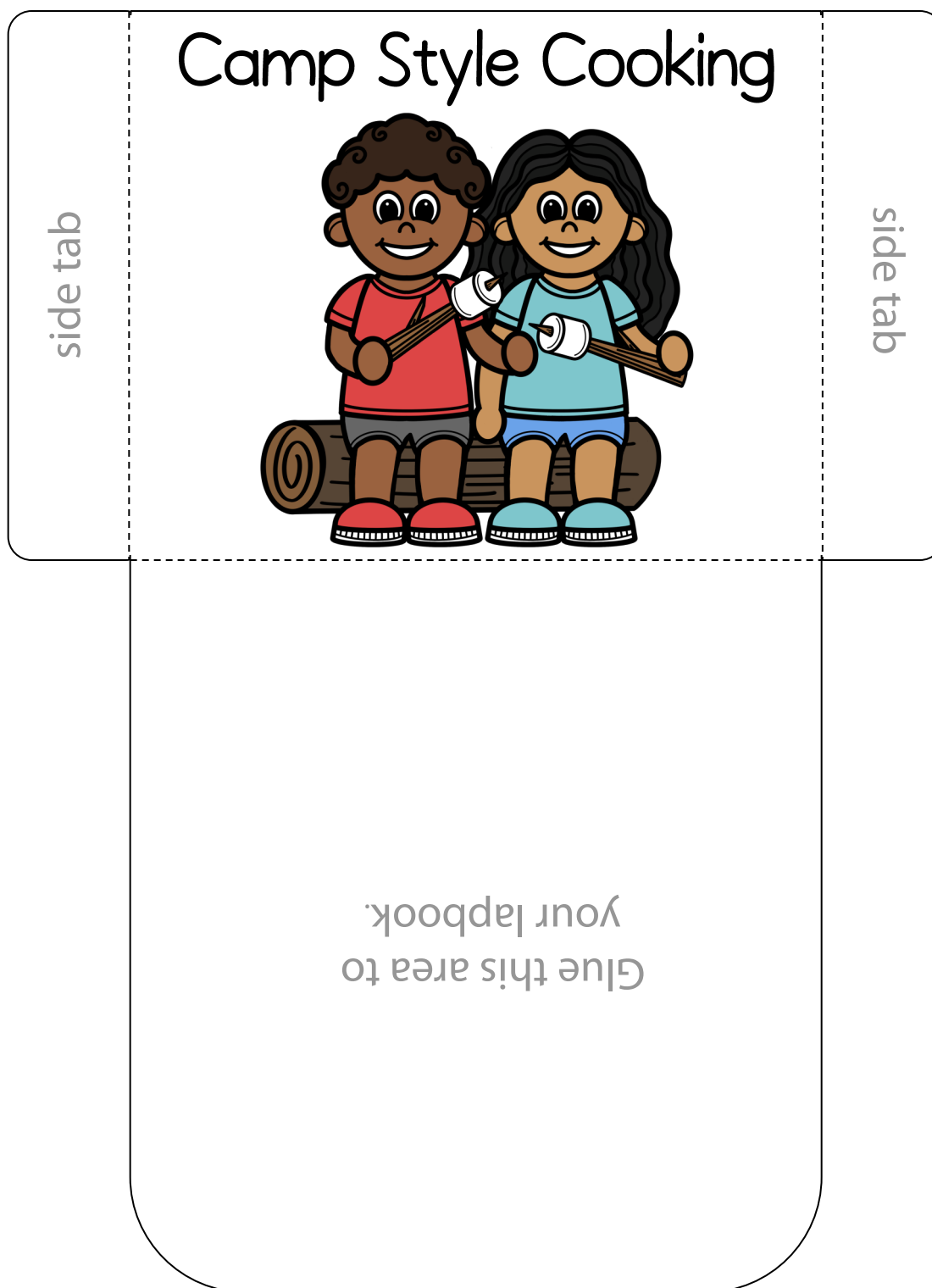


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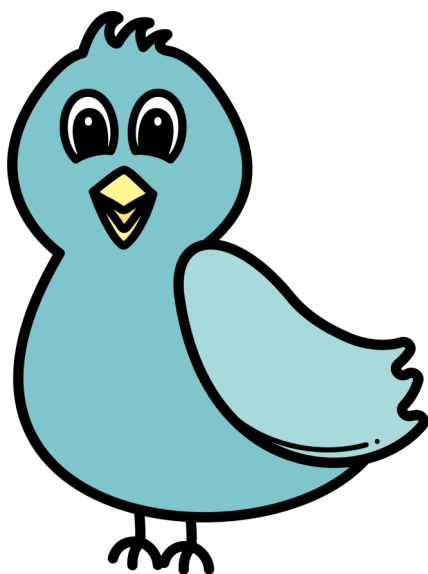


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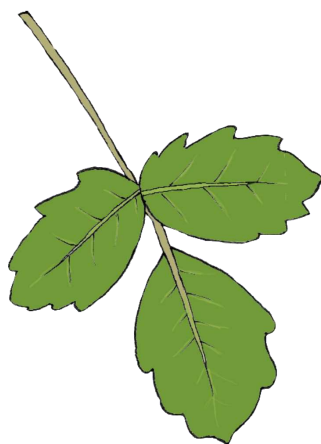
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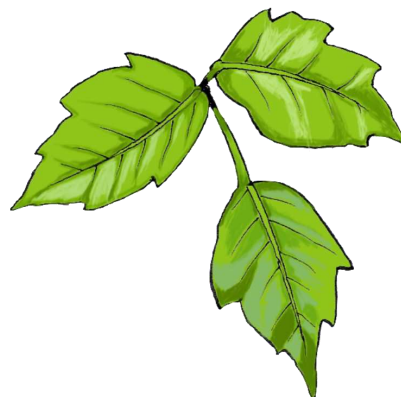
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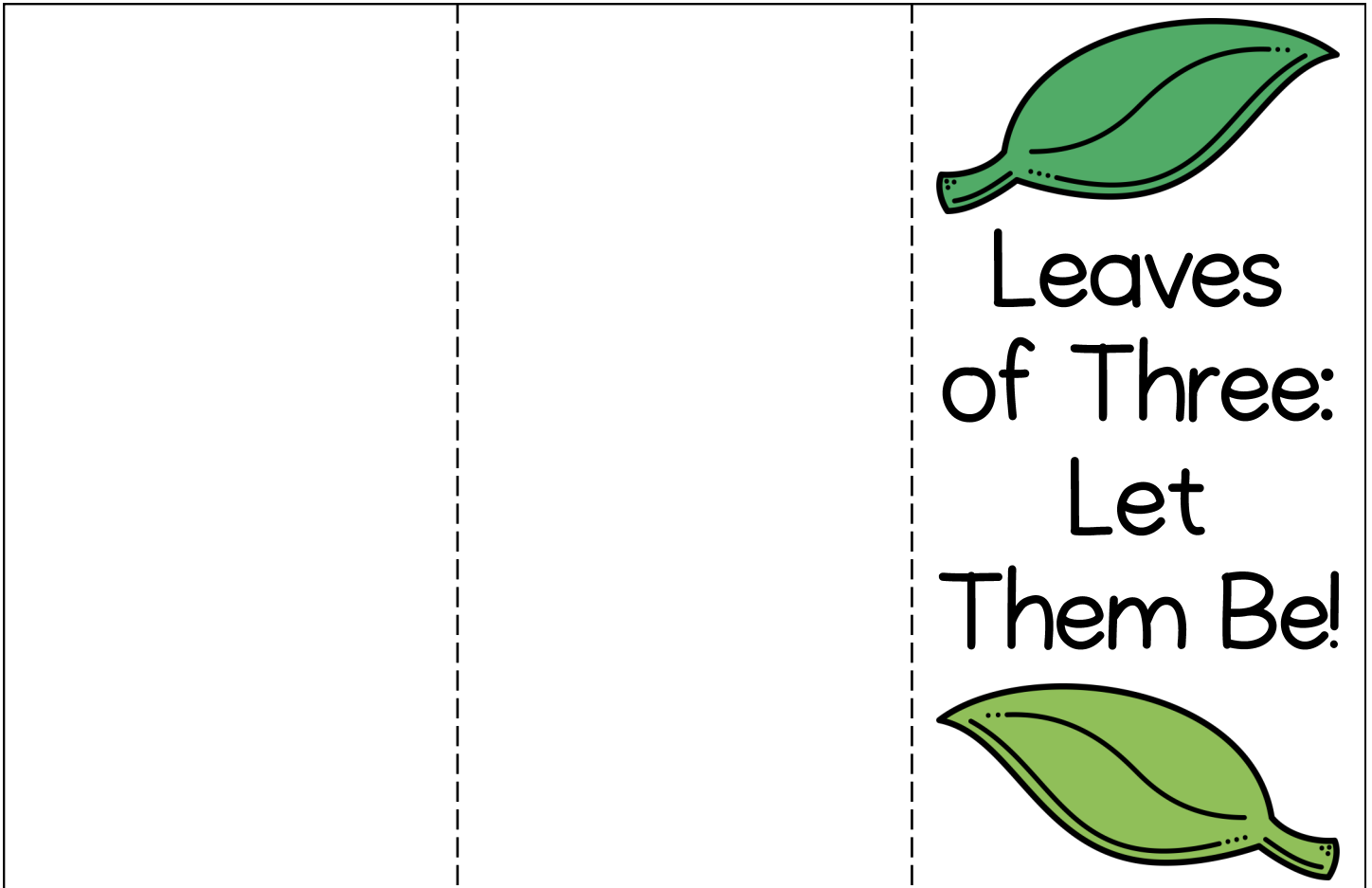


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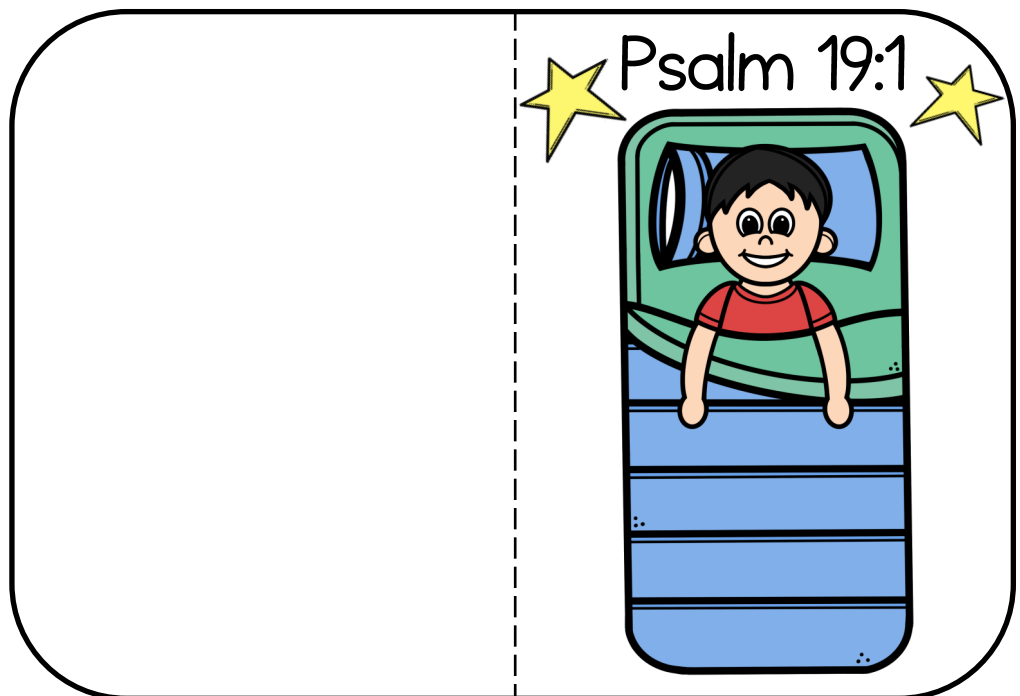


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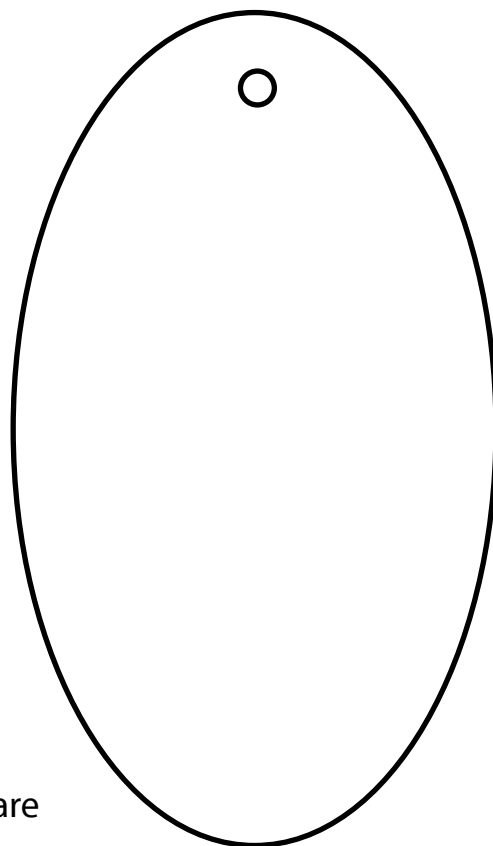
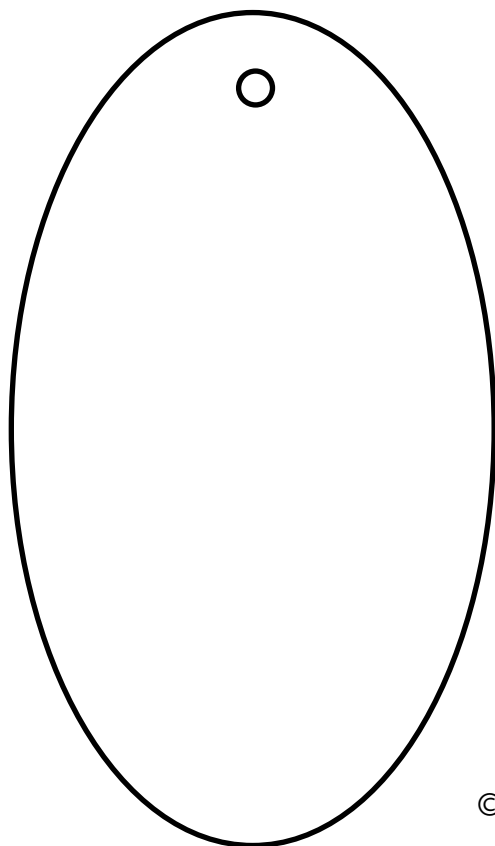
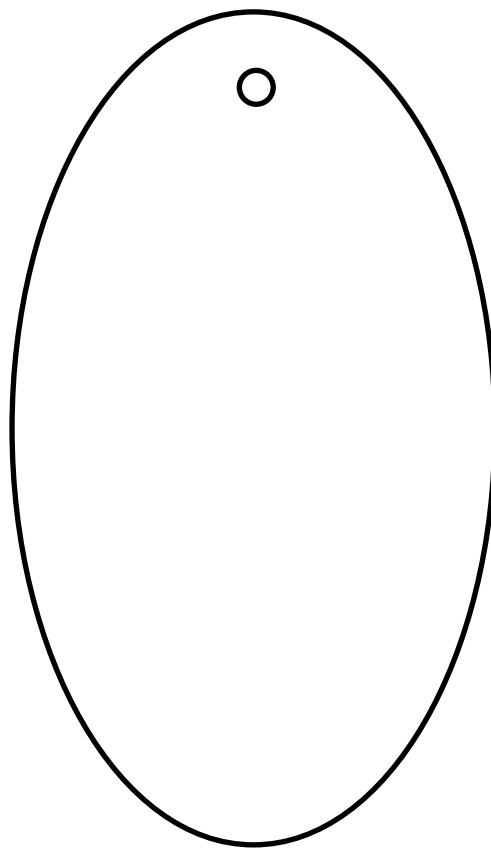
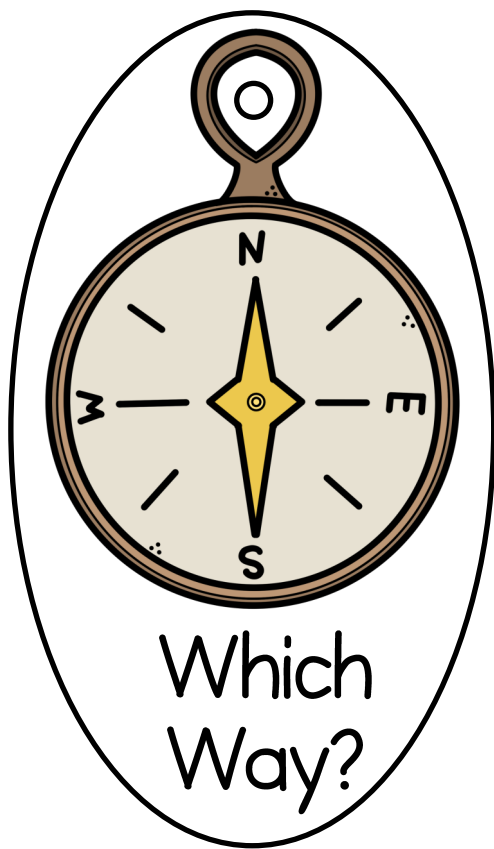
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