

# CAMPING

Leave the screens behind and  
pitch a tent 😊



# Why Camping



## Camping is:

- One of the most environmentally friendly ways to go on holiday.
- An opportunity to stay in eco-friendly accommodations.
- An option to organize electronic-free activities: nature treasure hunt, books, card games, simple art supplies, build fairy houses in the woods, hammocks.



# Camping – safety tips

## Where to camp:

- Do not camp on high, windy ridges
- Do not camp in a ravine or dry creek bed that might become flooded in a rainstorm
- Camp away from large trees standing alone that could be hit by lightning
- Camp away from the water's edge to avoid polluting the waters and to avoid rapidly rising water, high tide, or wind-driven waves





# Camping – safety tips

## Where to camp:

- Camp away from anthills and poisonous plants
- Camp away from unstable hillsides or dirt slide areas
- Camp away from low ground or swampy areas to avoid mosquitoes and protect camping gear from dampness



# Camping – safety tips

## How to camp:

- Do not allow flammable rubbish to accumulate.
- Never use kerosene or other flammable substances to light a fire.
- Do not pour water on flaming grease; throw salt or baking soda on the flame, or cover it with a metal lid.
- Extinguish all outdoor fires before leaving them.



# Camping – safety tips

## How to camp:

- Be careful when using lanterns in sleeping quarters because of danger of fire.
- Use flashlights.
- Provide adequate ventilation to avoid poisoning if space heaters or charcoal burners are used in tent.



# Before camping ...



Weather  
Forecast

- Stay up-to-date with the weather - check the weather forecast before your camping trip.
- Pack and store food safely to prevent unwanted confrontations with an animal
- Take insect protection - repellent that doesn't dissolve easily in water.
- Wear long-sleeved shirts and long pants to avoid direct contact with insects.





# Before camping ...

- Pack everything in clear tubs for easy camping organization.
- Organize your camping supplies in bins large plastic tubs each one for Kitchen Supplies, Food & Snacks, Bathroom & Bathing, Toys, Tents & Sleeping Bags, Clothes & Laundry, Music & Entertainment.





# During the camping...

- **Protect your skin from the sun** - wear a hat, put on sunglasses, seek a shadow.
- **Stay hydrated** - drinking water regularly throughout the day, even if you don't think you're thirsty.
- **Pay attention to how your body feels** throughout your trip - wear the right size clothes, hiking boots or shoes, quick drying pants, rain jacket, hat for sun and wind



# During the camping...

- Be aware of wildlife.
- Avoid touching and feeding wild animals.
- Avoid tasting unknown vegetation, especially mushrooms



# Things You Learn While Camping

- You don't need a lot of "stuff"
- Doing camping reminds us that our material possessions aren't quite as important as we might think they are.
- **Remember!** You have to carry everything you need on your back.





# Things You Learn While Camping

*trust yourself*



- **A sense of direction** - It helps you know where you are, where you're going, in what direction you'll find water, the camp site, etc.
- **Self-trust** - out in nature, you depend on yourself to problem-solve. Trust your gut instincts without leaning on technology for simple solutions. Thus you will build confidence in your abilities.
- **Promoting** responsibility, teamwork and cooperation, thinking, repairing, creating and imagining



# The Camping Lessons



- How to set up the tent?

<https://www.youtube.com/watch?v=tAFPLSfDEKs>

- How to built a campfire?

<https://www.youtube.com/watch?v=nPnyBfIM9E4>

- What's the best way to supply water to your campsite?

<https://www.youtube.com/watch?v=IdVLBxhZFGQ>





## ...and more Camping Lessons

- Do things outside of the comfort zones—get dirty, cook by fire, become wet in the rain and learn to roll with the punch.
- Master useful everyday skills - how to properly sweep a floor, set and clear a table for 14, or clean up garbage strewn about after a storm



- Master socialization skills - being a part of a camp, regardless of its focus, can build a sense of community between participants.
- Understand that the routine jobs have to get done before fun can be had.





# Nature study while camping

- Observe animals in their natural environments.
- Compare the differences in the environment in various areas.
- Identify plants and trees.
- Art projects and play with fallen objects, such as leaves, twigs.
- Star watching away from city lights; when night falls – observe the constellations.





# Nature study while camping

- Understand and respect nature:
  - do not leave food around the campsite to avoid attracting animals.
  - leave what you found: do not take anything from the area such as plants, rocks or other natural objects.
- Demonstrate ways to protect the environment in camping area - carry out a project that helps to preserve or restore the area of the camping.





# Let's play Camping!

- Learn the basic principles for storing and preparing food in the outdoors.
- Learn about the various kinds of cloud formations.
- Demonstrate two methods for purifying drinking water.
- Learn how to signal for help in the outdoors.
- Identify local authorities who could provide help
- Learn how to contact .







# Let's play Camping!

- Demonstrate how to find directions by observing the sun and stars.
- Learn the basic principles of good nutrition. Plan and prepare one meal at the camping.
- Identify poisonous plants and edible plants in the area of the camping and talk about their differences.
- Spend time observing an event in nature - sunrise, sunset, the movement of clouds, rainbow
- Express your thoughts about this event with artwork, poetry, song, dance, or written words.



# E-sources about camping

- <https://www.gooutdoors.co.uk/expert-advice/camping>
- <https://www.youtube.com/watch?v=woFPe2fBWeg>
- <https://www.youtube.com/watch?v=1heVINedCPM>
- <https://koa.com/blog/a-beginners-guide-to-camping-for-the-first-time/>



# E-sources about camping

- <http://piar.cyc.org.au/wp-content/uploads/sites/8/2014/12/Adventure-Camping-Booklet-Sept-20121.pdf>
- <https://koa.com/blog/camping-safety-tips/>
- <https://www.linkinteractive.com/blog/2016/07/14/campfire-safety-tips-checklist/>
- <https://www.officialkidsmag.com/2019/06/25/outdoor-safety-tips/>

