

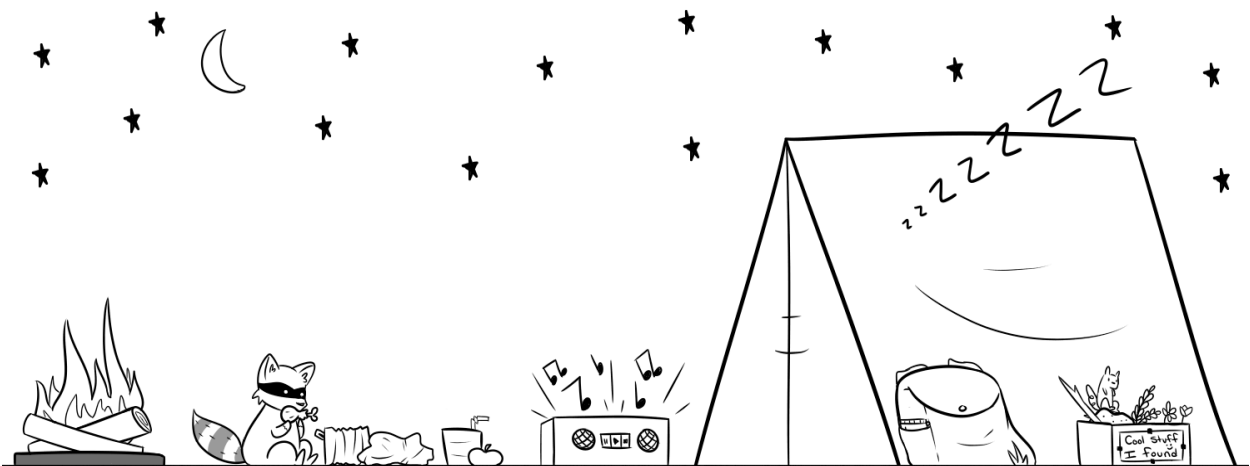
5. **Be Considerate of Other Visitors:** Our camper was loud and disruptive to the other campers who are trying to enjoy nature quietly. What are ways you can enjoy nature without being disruptive to others?

6. **Leave What You Find:** What are ways we can look at things and remember them without taking them?

7. **Respect Wildlife:** Why is it important not to disturb wildlife?

What's Wrong with this Picture?

Below is a picture of a campsite not following the 7 Leave No Trace principles. Can you figure them out? Circle anything not following the principles and tell us why.



The Ten Essentials

We briefly saw the “Ten Essentials” in the video. Packing the “Ten Essentials” whenever you step into the backcountry, even on day hikes, is a good habit. On a routine trip, you may use only a few of these items or none at all. However, if something goes wrong it’s best to be prepared.

Below is the list of the “Ten Essentials” and remember; part of being prepared is knowing where you are going and the weather conditions that could happen.

1. Navigation

- Examples: map, compass, GPS device.
- Navigation is used when planning before your trip and when you need help finding where you are in your surroundings. Know how to use your compass or GPS device before going out.

2. Light

- Examples: headlamp, flashlight, lantern – remember to bring extra batteries!
- Finding light sources outdoors can be difficult, especially at night. Be prepared with at least one of these items! Headlamps are preferred because they are small and hands-free.

3. Sun protection

- Examples: sunglasses, sun-protective clothes, and sunscreen.
- Sun protection is important to protect your skin and eyes against the harsh sun rays that can give you sunburn! Consider using sunglasses, sunscreen, and hats. Sun-protection clothing, such as pants and long-sleeve shirts, can also help minimize your exposure to the sun.

4. First-aid supplies

- Examples: first-aid kit, bug spray.
- Be prepared for emergencies by packing first-aid supplies with you. Accidents are unpredictable, so it’s important to always take one with you. Start with a pre-made kit and modify it to your trip and medical needs. Make sure to check expiration dates on your items and replace as needed.

5. Repair kit and tools

- Examples: knife, multi-tool, duct tape.
- A basic repair kit can help in an emergency if equipment breaks down. Consider packing a multi-tool, which has a compact version of many tools. Be sure to bring any tools specific to your trip and activity.

6. Fire

- Examples: matches, lighter, tinder, camp stove.
- Fire can be an emergency signal or a heat source for cooking and staying warm. Pack a fire starter (waterproof matches, lighter, etc.) and kindling (tinder, dryer lint, etc.). Make sure to learn how to start a campfire, how to maintain it, fire safety, and fire regulations in your park before heading out.

7. Shelter

- Examples: emergency blanket, tent or hammock, tarp
- Shelter is one of the most important things to have during an emergency situation. It can protect you from severe weather conditions and exposure to the elements.

8. Food

- Examples: trail mix, nuts, granola bars – remember to pack extra!
- You should always be prepared for the possibility of changes in your plans. Pack an extra day's supply of food, preferably no-cook items that have good nutritional value in order to keep your energy high.

9. Water

- Examples: water bottles, water bladder for your backpack, water treatment supplies – remember to pack extra!
- Staying hydrated on your trip is incredibly important! Physical activity increases your risk of dehydration (loss of water and salts from the body). If you're active outdoors, especially in hot weather, you should drink water often and before you feel thirsty. Prepare your water before you need it, pack extra, and do not allow yourself to become dehydrated.

10. Extra clothes

- Examples: rain jacket, hat, gloves, thermal underwear, light jacket
- Nature is unpredictable. Be prepared for sudden changes in weather conditions. Pack an extra layer of clothing based on the most extreme conditions you could encounter on your trip.

Help Our Camper Hike Safe!

Our camper is getting ready to go on a hike. Help her pack the “Ten Essentials” needed for a safe hike!



Draw a line from each backpack clue (left) to the correct essential item in the camper's too-big packing list (right).

Ball
Binoculars
Camera
Cards
CD player
Food & water
First aid kit
Flashlight
Frisbee
Guitar
Hairdryer
Hammock
Makeup
Map
Matches
Pocket knife
Popcorn popper
Rain-wind gear
Recipe book
Stilts
Sunglasses
Umbrella
Vacuum cleaner
Warm clothing
Whistle
Yo-yo

Camping Treats

Congratulations! You've now learned the Leave No Trace Principles and how to hike safe using the 10 essentials! However, a camping trip is never complete without a treat! Here are two campfire snacks you can make on your next camping trip, with adult supervision!

S'MORES

Items you will need:



Graham Crackers



Campfire



Chocolate Bars



Cooking Tool



Marshmallows



Adults

Before making s'mores, be sure you have an adult with you. Fire can burn you and hurt you badly.

Place a marshmallow on the end of your cooking tool. Cook over fire until marshmallow is brown and soft. Place marshmallow on graham cracker with a piece of chocolate. Press closed.

Eat and enjoy!



Banana Boats

Items you will need:



Bananas



Foil



Mini Marshmallow



Chocolate chips



Campfire



Adults

Before making s'mores, be sure you have an adult with you. Fire can burn you and hurt you badly.

Carefully slit each banana lengthwise through the peel, making sure not to cut all the way through to the other side. Stuff the bananas with marshmallows and chocolate chips. Wrap each banana in aluminum foil and cook over a fire until chocolate is melted.

Eat and enjoy!

