Name:

Core Camping Skills Notes

1. Features of Campsite Selection
2. Select a campsite based on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, environmental factors, and what is suitable for the group.

B. Campsites should include the following features:

1) Durable and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) Free of hazards such as weather, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and trails, and widowers. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- a tree that is dead, partially fallen, or under dead or broken limbs.

3) Admit breezes, which aids in the reduction of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Desirable Campsite Features
2. A good campsite will contain all the features that make it suitable, but it should also provide some \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Desirable campsites could include features like:

1) Shade trees for relief from the \_\_\_\_\_\_\_\_\_\_

2) Easy access to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ opportunities such as a sand beach, areas to explore, and space for a group to gather and engage in common activities.

3) Determine location based on safety, including emergency evacuations or proximity to other campers.

1. Evaluating Campsites for Drainage
2. Campsites that look great when the sun is shining can become a nightmare if a sudden storm brings significant precipitation. Campers must make sure that their campsite is properly situated away from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Features:

1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ campsites are ideal for sleeping

2) Slightly sloped campsites are good for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) Avoid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sites-an area that is lower than the surrounding terrain from multiple angles.

4) Sandy, gravelly soil tends to shed or absorb water quickly and dry quickly, but mosses will absorb water and stay damp longer after rainfall.

1. Evaluating Campsites for Additional Hazards
2. Local knowledge is important when evaluating campsites. Features that might be desirable in one region might present hazards in a different region.
3. Hazards:

1)

2) Check trees for wind or lightning damage-most storms \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

- Check for tripping or injury causing hazards along pathways.

-Branches, roots: Can be marked with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at night.

1. Evaluating Campsites for Animal Risk
2. An important factor to consider when looking at a potential campsite is personal safety from animals.
3. Features:
4. Check surroundings for any signs of animal life such as: trails, territorial markings, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- animal feces, or claw markings on trees.
5. Be aware of any insects that may cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Research into the types of animals that might present problems

-Bring pictures of \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ samples from animals that pose threats.

1. Bowline Knot
2. A versatile knot used to tie a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ loop in the end of a rope that can be easily untied even after being under a heavy load.
3. Because the bowline knot is a strong knot that forms a \_\_\_\_\_\_\_\_\_\_\_\_ that will not slip under force, it serves as an excellent knot to \_\_\_\_\_\_\_\_\_\_\_\_\_ the rope to almost any object.
4. Practice tying this knot around a tree or fixed object
5. Common Uses: Hanging a hammock, Hanging a Bear bag, Anchoring, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Instructions: 1) Form an eye in the rope with the standing part of the rope running underneath. 2) Run the free end of the rope up through the eye, making a loop below the eye. 3) Take a turn around the standing part and feed the free end back down through the eye and hold. 4) Pull the standing part to tighten the knot.
7. Tent Selection
8. Tents come in a variety of styles, but there are two main factors that influence which type of tent is appropriate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
9. Tents designed to withstand weather have aerodynamic shapes that \_\_\_\_\_\_\_\_\_ water and wind easily.
10. Lightweight tents often require \_\_\_\_\_\_\_\_\_\_\_\_, whereas freestanding tents can be set up almost anywhere but usually \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
11. \_\_\_\_\_\_\_\_\_-outer protective layer of a tent that guards against moisture and wind.
12. Sleeping Shelters
13. The most common example is the traditional \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ style with a ridgeline between two trees and then a tarp is hung across and pegged out in the four corners.
14. Once the outer tarp is secured, a smaller \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ should be put directly underneath to keep the group dry from any moisture from the ground.
15. A Frame Teaching Cues
16. Build shelters on \_\_\_\_\_\_\_\_\_\_\_\_ surfaces that will be able to recover quickly after staying in the shelter overnight.
17. Ensure that the groundsheet covers slightly less area than the outer tarp to prevent water from pooling overnight in the groundsheet.
18. Take height and size of shelter into consideration. A smaller, lower shelter will maximize \_\_\_\_\_\_\_\_\_\_ and keep the ground warmer in colder conditions, whereas a larger, higher-built shelter is better suited for \_\_\_\_\_\_\_\_\_\_\_\_\_ outings.
19. Alpine Butterfly Knot
20. A versatile knot used widely throughout outdoor activities such as shelter building and \_\_\_\_\_\_\_\_\_\_\_\_\_. In regards to shelter building, this knot can be used as a pulley to tighten the guideline.
21. The alpine butterfly is useful when a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is required at any point along a length of the rope. An easy knot to tie, it also remains reasonably easy to undo even after considerable tension and pressure.
22. A Frame Tent Style Skill Cues
23. Correct knots should be used when building shelters: 1) A \_\_\_\_\_\_\_\_\_\_\_\_ should be used to tie the first end of the ridgeline to the tree.2) When securing and tightening the other end, an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ knot should be used first and then a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ should be used to make the guideline taught. 3) A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ should be then used to peg out each of the corners. 4) If participants need to tie two ropes together, a reef knot or \_\_\_\_\_\_\_\_\_\_\_\_\_\_ should be used depending on the diameter.
24. Inspect tarps for holes and use \_\_\_\_\_\_\_\_\_\_\_\_ for repairs.
25. Debris Hut- Natural Shelter
26. Shelter made from dead and down trees that is easy to set up against a fallen log or hill using logs, tree branches, leaves, boughs, and grasses.
27. Can be an effective \_\_\_\_\_\_\_\_\_\_\_\_-term shelter if built correctly.
28. The hardest part of building this type of shelter is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
29. Debris Hut Skill Cues
30. Leaves and small twigs help \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ towards end up construction
31. Use \_\_\_\_\_\_\_\_\_\_\_\_\_ sticks to make the base of the hut
32. Weave smaller sticks among the larger sticks
33. Stuff leaves and place large pieces of bark across the sticks to form the walls and roof. \_\_\_\_\_\_\_\_\_\_\_ can help protect against rain and intense sun.
34. The hut should be constructed with a low roof to maintain \_\_\_\_\_\_\_\_\_\_\_\_.
35. Quinzhee
36. A shelter built out of a mound of \_\_\_\_\_\_\_\_\_\_\_ that is hollowed out.
37. A door should be built going upward into the shelter so as to keep as little \_\_\_\_\_\_\_\_\_\_ as possible from escaping.
38. Quinzhee Skill Cues
39. The base walls should be \_\_\_\_\_\_\_\_\_\_\_ than the top walls.
40. If built on a slope, the door area should be on the down side
41. To ensure consistent wall \_\_\_\_\_\_\_\_\_\_\_\_\_\_ after digging out, several \_\_\_\_\_ inch sticks should be inserted into the walls of the dome.
42. Digging:

1. The digger will start at the door and dig straight back then up.

2. The digger should dig out the inside walls consistently to avoid caving in one area.

3. Make floor even for comfortable sleeping and taller than door to prevent intrusion of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and make heating easier.

1. Finishing Touches:

1. Use shovel handle to make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Smooth interior walls to ensure water drips down the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and not from the roof to the floor

1. Square Knot (Reef Knot)
2. Knot used to tie two pieces of rope together that are the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. This knot woks best with ropes of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. RIGHT over LEFT, \_\_\_\_\_\_\_\_\_\_\_\_ over RIGHT
5. Igloo
6. Created by the \_\_\_\_\_\_\_\_\_\_\_ people of the Arctic tundra
7. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and most stable of all winter shelters
8. A traditional Inuit shelter that uses blocks made of snow to build a domelike shelter. This is a durable and structurally sound shelter that can be depended on for the long term if built well.
9. Snow Trench
10. An emergency shelter built by digging a trench in the snow and then placing logs, branches, leaves, boughs, or tarps, on top to waterproof it.
11. Recommended only for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
12. Sleeping Bags
13. \_\_\_\_\_\_\_\_\_\_\_-the thickness of a sleeping bag, which will determine how warm the bag is.
14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-A sleeping bag tailored to the human body with a hood built in it
15. Clove Hitch
16. Knot used to hold onto things, such as building a button to keep more tension on an outer tarp or to peg down a corner of a shelter to a tent peg, tree, or tree root.
17. Cooking Shelters
18. High enough for the cooks to stand and work under. The height also allows for a well-ventilated space and keeps the tarp away from the heat source.
19. Should be placed \_\_\_\_\_\_ paces away from away from sleeping area
20. Simple shelter that can be a tarp hung over a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with a slight angle in the tarp and with all four corners tied off to trees.
21. Stoves
22. \*\*An empty pot of water should be on hand to cover a stove that is out of control.
23. Allow for ample cool down time before stoves are packed.
24. Four types of stoves consist of stoves that use: pressurized gas, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, liquid gas, and wood.
25. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stoves do not have a refill option-ex: 1 pound propane tanks
26. Liquid fuels include white gas also known as naphtha and allow you to refill the canister
27. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tanks consist of butane mixed with propane and cannot be refilled
28. \_\_\_\_\_\_\_\_\_\_ stoves rely on twigs
29. Guideline Hitch
30. A \_\_\_\_\_\_\_\_\_\_\_\_\_ used to form an adjustable loop that can be quickly slipped to either tighten or loosen a line.
31. Excellent knot for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
32. Fires
33. Important Components: tinder, kindling, and fuel.
34. -\_\_\_\_\_\_\_\_\_\_\_\_consists of highly flammable materials that create a heat source hot enough to ignite the kindling, but it burns very quickly.

-Example: dry grass, little pieces of twigs, or crumpled bark from down trees (widowers)

1. -\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is simply thin pieces of dry wood that ignites fairly easily, developing a small bed of coals used to light bigger pieces of fuel.

-Example: Small twigs

1. \_\_\_\_\_\_\_\_ consists of larger burnable items such as sticks or logs that could be split

-Example: Split logs, windfalls-dead and down trees that were caught so that they do not rest on the damp forest floor.

-Put the fire out with water-

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_-Flint and steel tool used to light a fire or a stove.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_- Small twigs, pieces of birch bark found on the ground, dry leaves, old man's beard (hanging moss), ferns, wood shavings, and any other natural material used as kindling to start a fire.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- The block is shaved onto a ball of kindling to help start a fire using flint. Magnesium will burn in any condition and burns at about 3,000 degrees Celsius (5, 432 degrees Fahrenheit).
4. Backpacks
5. It is important to learn how to properly \_\_\_\_\_ (put on) and \_\_\_\_\_\_\_\_\_\_\_\_ (take off) a pack.
6. Fuel should be kept \_\_\_\_\_\_\_\_\_\_\_\_ food and in external pockets if possible in case fuel leaks
7. Loosen all straps before donning the pack. Once the pack has been donned, the pack is ready for adjustments
8. Packing:

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: light weight items that will not be needed until stopping to make camp. Ex: Sleeping bag

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Heaviest items. Ex: clothes, pot sets, stoves, food, etc.

-\_\_\_\_\_\_\_\_\_\_\_\_\_: Lighter items needed throughout the day. Ex: Rain gear, tarp, jacket, change of clothes, etc.

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (top compartment): small items needed throughout the day. Ex: Camera, binoculars, first aid kit, compass, map, snacks, etc.

1. Fitting a backpack
2. After the pack is donned:
3. Check that the \_\_\_\_\_\_\_\_\_\_\_ is over the hipbones, and fasten the buckle.
4. Tighten shoulder straps until snug. The strap should barely allow a hand to slide in between the \_\_\_\_\_\_\_\_- and shoulder.
5. Adjust the top loader straps until the top compartment is touching the back of the \_\_\_\_\_\_\_\_\_\_\_\_.
6. Adjust the sternum strap to take stress off \_\_\_\_\_\_\_\_\_\_\_\_\_
7. Shucking a Backpack:
8. Leaning slightly forward, loosen the shoulder straps and unbuckle the hip belt. Slide one arm out of the shoulder strap and grab the opposite strap.
9. Move the pack from your \_\_\_\_\_\_\_\_\_\_\_, to your \_\_\_\_\_\_\_\_\_\_, to the \_\_\_\_\_\_\_\_\_\_\_\_.
10. Sheet Bend
11. Knot used to tie two pieces of rope together that have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.