

Summer Camps 2020

SURVIVOR CAMP

Kendall County Outdoor Education Center * www.kcoutdoored.org * dbazan@roe24.org

At Home Activities:

- FOOD
- WATER
- SHELTER
- PERSONAL SAFETY
 - First Aid
 - Map and Compass

At KCOEC Activities

- Fire Building
- Shelter Building
- Map and Compass Challenges (see Map and Compass Camp)

You may want to download a compass app for your smartphone. For iPhone users, try Smart Compass <https://apps.apple.com/us/app/smart-compass-compass-plus/id1064372449> For Android users, try the Gyro Compass (also good for IOS) <https://apps.apple.com/in/app/gyro-compass/id515899618>

Background Information

Survival skills are not just for deep wilderness exploration. This camp will provide you with some knowledge to practice some basic skills in your own backyard.

FOOD

Eating healthy food is a critical piece of survival. While many people think that hot dogs and s'mores are the ultimate camping food, there are really so many options. Let's begin with different ways to cook.

ROASTING SKEWER: used for holding food over an open fire to cook; good for roasting hot dogs, marshmallows and bread dough



FOIL PACKETS: Lay out a heavy-duty piece of foil and fill it with meats, vegetables, seasonings... anything you like. Here's a great site to find out more about what you can make and how to do it well.

<https://www.brit.co/food/food-adulting/easy-foil-packet-meals-for-camping/>

CAMPING STOVE: This works for anything you would cook at home including pasta, soup, eggs, meats, vegetables and water for hot drinks on a cold night. Here are some one-pot recipes to try out:

<https://www.foodnetwork.ca/canada-day/photos/one-pot-camping-recipes/#!tofu-chili-pot-avocado-salad>



PIE IRON: These are super handy and versatile for making pizzas, grilled cheese, chicken pot pies, waffles and pancakes, and fruit pies. Generally bread or dough of some kind is required. Here's a short video to show you how it is done:

<https://www.youtube.com/watch?v=PcHqaNvX3yM>

DUTCH OVEN: One of my personal favorites, the dutch oven, is great for cooking lots of food for your whole group at once. It requires coals to cook from both the top and the bottom. Here are a couple of references to get you started:

<https://www.youtube.com/watch?v=dfYQACZ818g> (video)

<https://www.freshoffthegrid.com/camping-dutch-oven-recipes/> Dutch oven tutorial and recipes



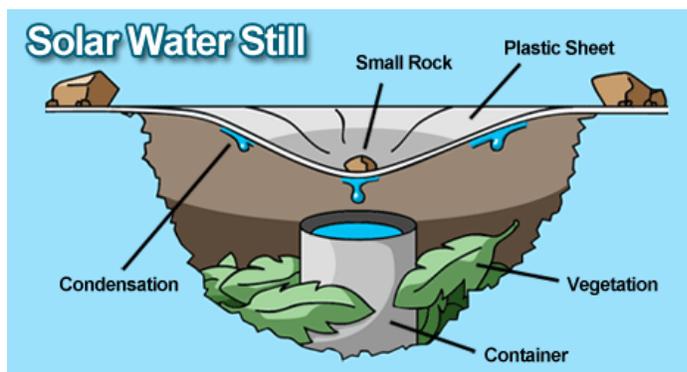
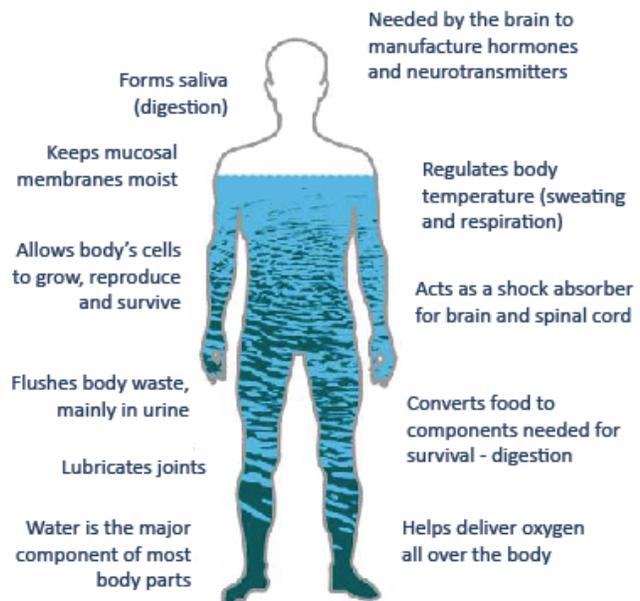
WATER

Like food, water is critical to survival. Do you know how much of your body is made up of water? Scientists tell us we are about 60% water. See the illustration to find out what water does for your body.

For more fun learning about how water is important to your body, try this interactive game:

<https://www.discoverwater.org/healthy-water-healthy-people/>

What Does Water do for You?



Here is your outdoor challenge: build your own solar water still. Use the illustration here to construct this in your yard.

First, use your shovel to dig a hole at least 12" deep and 24" wide in a sunny area. Then place some leaves in the bottom of the hole; this will provide a water source. Place your water collection container (can) in the center of the hole. Stretch clear plastic over the top of the hole and pin it down with rocks so it cannot blow away. Place one small rock in the center over the can; the condensed water will roll down the plastic and drip into the can. How long do you think it will take to collect a cup of water?

SHELTER

Being prepared to survive in the outdoors starts with knowing what to be prepared for. You can live days without water and weeks without food. People who don't survive in the outdoors most often die from losing their body heat, not necessarily from starvation or dehydration. You need to be able to build a shelter to stave off wind, rain and snow, and to keep your body heat trapped where it belongs: near your body. There are many different shelter designs, and knowing what resources you have available will help you build the right one.

Here is your outdoor challenge: build your own shelter. Use the article here to get some ideas about how you want to build it. Then, try sleeping overnight in it!

<https://boyslife.org/outdoors/3473/taking-shelter/>

Here's a short video showing miniature shelter designs:

<https://www.youtube.com/watch?v=O5OLy5hlZxI>



PERSONAL SAFETY



First Aid: First aid refers to the medical attention you receive before reaching professional care. It can be as simple as cleaning a small cut and applying a band aid, or it can be more serious. Having your own first aid kit is an important part of survival. It is wise to carry a first aid kit with you while you are out hiking and exploring, or while you are camping. Many people even keep one in the car for unexpected

emergencies. What might it contain? Here is a quick list from the Red Cross:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>

- Gloves (non latex)
- Band aids, assorted sizes
- Gauze pads, assorted sizes
- Adhesive tape
- Antibiotic ointment packets
- Antiseptic wipes
- Breathing barrier (CPR)
- cold compress/ice pack
- roll of gauze
- tweezers
- Aspirin and/or Acetaminophen
- 2 triangle bandages (bandanas)
- Emergency Blanket
- Emergency First Aid guide

Map and Compass: Knowing how to use a map and compass together is another important survival skill for the outdoors. For more on this, visit the Map and Compass Camp:

<https://www.kcoutdoored.org/wp-content/uploads/2020/07/Map-and-Compass.pdf>

FIRE BUILDING

Fire can be a critical piece of survival in a wilderness setting, but it's also fun to do at your own home. The survival stars on TV make it look easy. How well will you do?

Begin by using **TINDER**, fine, dry material that will burn very quickly. From home, dryer lint works great. In the wild can use dry pine needles, wood shavings or shredded twine.

The second material you need is **KINDLING** or small material that will hold a flame but burn quickly. Use dry sticks that are bigger around than your finger but smaller around than your arm.

The third material is **FUEL**, the logs that will catch fire and burn for a long time.



Gather all of these materials and construct your fire in a safe place away from anything else that would burn (bare ground works well). Build a frame of kindling and tuck the tinder inside to light. Have your fuel ready to add. Use your lighter or match to ignite the tinder. If your fire is successful, it will only take one light to get the whole thing to burn. Good luck!

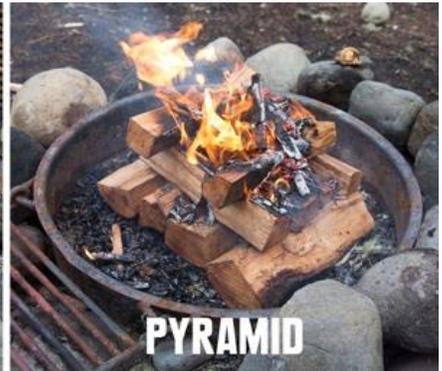
Study these illustrations for ideas on how to set your fire.



CONE



LOG CABIN



PYRAMID

Fires require three ingredients. First, they need oxygen to burn. If you put a lid over a fire, it will go out because it must have oxygen to burn. Secondly, it needs fuel, or something to burn. In our campfires, we use wood. Finally, fire needs a spark, something to get it going. That could be from a match or lighter, or it could be from lightning.