



WEEKEND CAMPING GUIDE FOR FAMILIES



WHAT TO BRING



Basic Camping Checklist

1. Shelter: tent with footprint and stakes
2. Sleeping system: sleeping bags (appropriate temp) + sleeping pads
3. Headlamps (1 per person) + spare batteries
4. Camp stove + fuel, cookware, utensils, plates/bowls
5. Water bottles + 1 gallon of water per person per day or water filter system
6. Easy meals, snacks, and food containers
7. Matches/lighter + firestarter
8. First aid kit: family-sized kit with blister care and any meds
9. Clothing layers: base layer, warm insulating layer, waterproof shell
10. Navigation & communication: map, compass, phone with power bank

11. Hygiene: biodegradable soap, hand sanitizer, toilet paper in resealable bag
12. Multi-tool or knife
13. Trash system: sturdy bags & small recycling bag
14. Sun & bug protection: sunscreen, sunglasses, insect repellent
15. Emergency kit: whistle, emergency blanket, small torch

Pro-Level Add-Ons

1. Camp kitchen setup: collapsible sink, cutting board, and spice kit
2. Portable camp lantern
3. Folding camp chairs with cup holders
4. Solar charger
5. Games!



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Activity 1

3 WAYS TO BUILD A CAMPFIRE



1. Teepee (the fast starter)

Best For: Getting a fire roaring quickly with great airflow.

The Build: Arrange kindling in a cone shape over your tinder. As the flame grows, lean larger logs against the cone to keep the teepee shape.

2. The Lean-To (the wind shield)

Best For: Breezy days when you need extra protection.

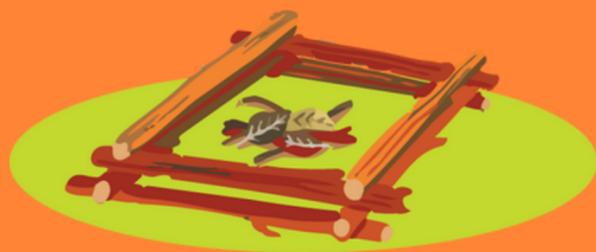
The Build: Lay down one big "backstop" log to block the wind. Lean your kindling against it at an angle, tucking your tinder underneath the "roof" you've created.



3. The Log Cabin (the slow burner)

Best For: Steady heat, long nights, and easy camp cooking.

The Build: Stack logs in a square (think Lincoln Logs). Place your tinder and a small teepee of kindling in the hollow center before lighting.



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Activity 2

NATURE OBSERVATION LOG

WHERE ARE YOU?

In the mountains? The desert? A national park?

WHAT'S THE WEATHER LIKE?

Is it sunny, cloudy, windy? Do you think the weather might change?

HOW MANY DIFFERENT ANIMALS CAN YOU FIND?

Do you see birds, fish, or mammals? If not, do you see animal tracks?

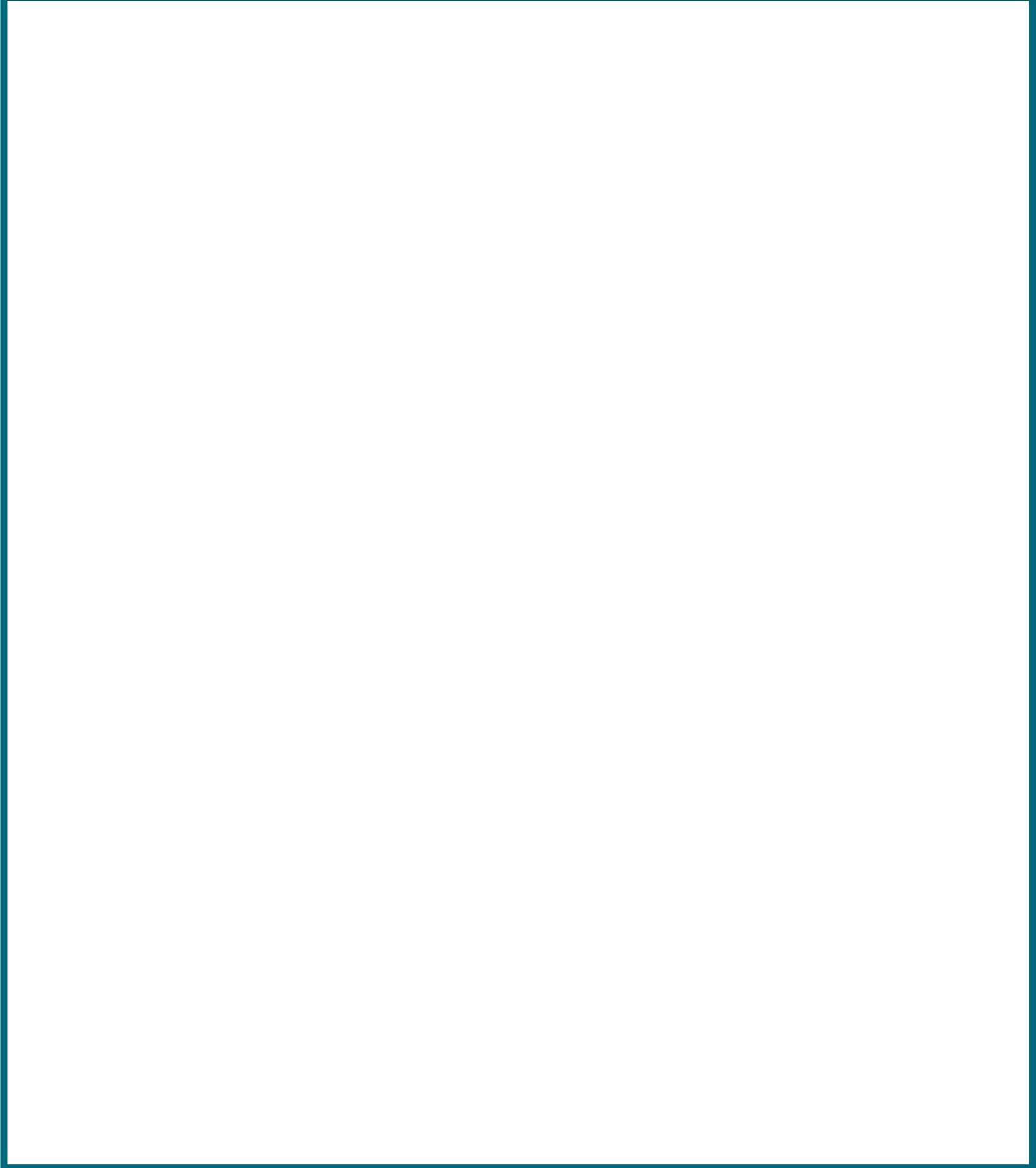
WHAT KINDS OF PLANTS DO YOU SEE?

Are there trees, shrubs, or flowers? How many different plants can you count?



Activity 3

DRAW A PICTURE OF YOUR CAMPSITE



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LEARN THE 7 PRINCIPLES OF LEAVE NO TRACE



Plan Ahead & Prepare

Know the rules for your area, pack light, and plan for weather/emergencies.



Travel & Camp on Durable Surfaces

Stick to trails, use established campsites, and camp at least 200 feet from water.



Dispose of Waste Properly

Pack out all trash (including food scraps like peels), use catholes for human waste (6-8 inches deep, 200 ft from water), and pack out toilet paper.



Leave What You Find

Take photos instead of picking flowers, leave rocks and artifacts, and don't build structures.



Minimize Campfire Impacts

Use camp stoves, use existing fire rings, keep fires small, burn wood to ash, and extinguish completely.



Respect Wildlife

Observe from a distance (don't feed), store food securely, and keep pets leashed or leave them home.



Be Considerate of Others

Keep noise down, yield on trails, and be friendly.

PRO TIP: After you pack up camp to head home, see who can pick up 5 pieces of trash the fastest!



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