Boredom Busters: Let’s Go Camping!

“Explore outdoors, the parks are yours!”
This booklet will help you have a wonderful experience wherever you decide to set up camp. Bring this with you on your adventure and follow these quick steps to make your visit fun and easy! Also, don’t forget to use the amazing camping activities found in this booklet that your whole family will enjoy.

**Use this Booklet to:**

- Enjoy the beauty of a local, state, or national park
- Have a fun, safe camping adventure
- Participate in new exciting outdoor activities
- Learn quick and easy tips, tricks, and guided activities to enhance your trip

**Before you go camping:**

Call the campsite visitor center or use their website and what they have available.

- Water activities?
- Hiking trails?
- Playground?
- Sports fields?
- Rentals?

Decide how much time you can spend at the campsite and pick your adventure.

**Make sure you pack:**

- Buddy Bison or BB coloring page
- Healthy snacks and water
- The proper clothing, footwear, sunscreen, hat, and sunglasses
- Sporting equipment and/or outdoor recreation materials

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Boredom Busters

Visit www.buddybison.org to get your own Buddy Bison and take him with you on your camp adventure! Can’t get a Buddy Bison? Use the coloring page at the end of this booklet to design your own.

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Billy Schrack
Director of Youth Programs
National Park Trust
william@parktrust.org
301-279-7275 ext. 20
Camping Gear List

**Camping Gear**
- Sleeping bag
- Sleeping pad
- Pillow
- Extra blankets/sheets
- Tent
- Tent stakes/guy-lines
- Tent ground cloth
- Lanterns
- Camp flashlight
- Extra batteries
- Camp chairs
- Camp water bucket
- Tarp
- Tarp poles/stakes

**Optional:**
- Mosquito/insect netting
- Tent-pole repair sleeve
- Stake mallet and stake puller
- Table-top citronella candle
- Rope

**Navigation**
- Map
- Compass

**Optional:**
- Guidebook
- GPS unit

**Clothing/Footwear**
- Moisture-wicking underwear
- Moisture-wicking T-shirts
- Quick-drying pants
- Long-sleeve shirts
- Lightweight fleece or jacket
- Boots or shoes suited to terrain
- Socks
- Extra clothes

**Items for inclement weather:**
- Rainwear
- Windbreaker
- Long underwear
- Warm insulated jacket or vest
- Fleece pants
- Gloves or mittens
- Warm hat

**Optional:**
- Shower shoes

**Sun protection**
- Sunglasses
- Sun hat

**Optional:**
- Sandals/flip flops
- Bandana

**Camp Kitchen**
- Skillet
- Griddle
- Dutch oven
- Camp stove
- Camp stove fuel
- Fire grate
- Campfire tripod
- Pot(s)
- Serving spoons
- Can/bottle opener
- Cups, bowls, plates
- Forks/knives/spoons
- Personal mess kit
- Campfire roasting forks
- Trashbags
- Paper towels
- Cooking oil/spray
- Salt & pepper
- Heavy-duty tin foil
- Sealable bags
- Dish soap
- Scouring pag
- Dish washing tubs
- Hot/cold packs

*This camping gear list is a suggestion. Take only the things that you think you will need. Check what your campsite offers before packing your bag.*
Ready to go camping? Check out this camping gear list and pick what you'll need for your trip.

### Food/Water
- Water bottles
- Water filter/purifier
- Meals
- Energy food and drinks
- Extra day's supply of food
- Extra water (bring 1-2 cups of water per each hour of your trip)

### Health & Hygiene
- Soap
- Hand sanitizer
- Deodorant/antiperspirant
- Toothbrush/toothpaste/floss
- Face cloth/hand towel
- Toilet paper/wipes
- Sealable bag
- Prescription medications
- Special needs products
- Insect repellent

#### Optional:
- Additional blister treatment
- Nail clippers
- Shower cap
- Pocket mirror

### Tools & Repairs
- Knife or multi-tool
- Repair kit
- Duct tape strips

### Emergency Items
- First-aid kit
- Whistle
- Lighter/matches
- Emergency shelter

#### Optional:
- Two copies of your itinerary
- Fire starter

### Extras
- Camera
- Journal/pen/pencil
- Writing utensil
- Extra batteries
- Binoculars
- Fishing/sports/activity gear

### Personal Gear
- Backpack
- Canteen/water bottle
- Camping knife
- Drinking cup
- Personal first aid kit
- Bag for dirty laundry
- Toilet paper

### Personal Items
- Permits (if needed)
- Credit card and/or cash
- ID
- Cellphone

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Boredom Busters

You just got to the campsite and you need some ideas to get your kids excited and engaged. Check out our to-do list for quick and easy suggestions to make your camping trip fun!

To do while camping

1. Go “hunting” for firewood
   It is important to have a good fire – so get your kids involved by having them gather sticks for the fire. Even if they can only carry very tiny ones, they will still feel like they helped build the fire.

2. Make campfire
   Materials: firewood, matches/lighter
   Nothing says camping like a campfire. So start gathering wood and make a fire! There are many ways to build a fire, but the Log Cabin method is one of our favorites. To build the Log Cabin start with a base of two sticks laid parallel to each other. Place two sticks on top of the base (parallel but turned the opposite direction of your base). Continue until the cabin is as tall as you want. Stuff the middle with dry leaves and kindling and light it. When the fire starts to burn, add another log or two.

3. Tell stories
   Gather around the campfire and tell stories. Let your kids tell stories – made up or not. If your kids can handle it, tell ghost stories!

4. Make binoculars
   Materials: paper towel/toilet paper tubes, tape/glue, decorating materials
   Before you leave, have your kids decorate two cardboard tubes and tape the sides together. When you get to your campsite look through the “binoculars” and see what there is to see!

5. Squirt guns
   Materials: squirt guns/spray bottles
   Let’s face it. Camping means dirt. Instead of fussing over your kids playing in the dirt, start the cleaning process with a fun game. Fill two spray bottles with water and let your kids battle it out as they clean themselves.

6. Canoe ride
   Materials: canoe, paddles, life jacket
   If you can rent a canoe, take a ride with your kid! You can even rent little paddles and have your kid help you paddle.

7. Swimming
   Cool off by jumping in the water and going for a swim.

8. Make s’mores
   Materials: graham crackers, chocolate, marshmallows
   No camping trip is complete without s’mores. Make a fire and help your kids roast marshmallows. This treat will be a great reward after a long day.

9. Keep a journal
   Materials: journal, writing tool
   You think that you will remember your trip, but many of the fun details will slip away. Have your kids write in a journal to record your activities and their thoughts. It will be something to look back on as a record of activities written in your kids own voice and hand.
You just got to the campsite and you need some ideas to get your kids excited and engaged. Try out these boredom busters to keep the fun going all day long.

**Objective:**
Children will identify their own basic needs and generalize that wildlife and other animals have similar basic needs.

**Method:**
Children draw pictures of human and animal homes, comparing basic needs.

**Age Level:**
5 - 9 years old

**Duration:**
Approximately 40 minutes

**Group Size:**
Any

**Materials:**
Writing utensils

**Other Information:**
Humans and other animals have some of the same basic needs. Every animal needs a home. Home for many animals means more than a place to live. The scientific term for an animal’s home is habitat. An animal’s habitat includes food, water, shelter, and space to be available in a way that meets its needs in a suitable arrangement.

*A House, A Home, A Habitat*

**Procedure**
1. Give the children paper, and pencils or crayons. Ask the children to draw a picture of where they live. Ask them to label the parts of their drawings where they find their food, water, shelter, and space.

2. Once the drawings are complete, inform the children that food, water, shelter, and space arranged to meet an animal’s needs is called a “habitat.” Explain that, unlike human homes, a habitat can span many miles.

3. Explore animal habitats in your area. What type of animals are near? Birds, squirrels, deer? Have each child choose an animal to observe. Instruct them to search for different aspects of their chosen animal’s habitat. Each child should find one example of food, water, shelter, and space.

   Be careful not to disturb or harm any animals. Do not get too close to wild animals as some can be dangerous.

4. Ask children to draw a picture of their chosen animal in a place where it lives. Ask the children to make sure they include food, water, shelter, and space in an arrangement that they think would make it possible for the animal to survive.

5. Ask children to discuss their drawings, pointing out the habitat components they have included.

6. Discuss the basic needs of humans and other animals with the children. Compare and contrast the arrangement of these needs for humans and other animals.

*This activity requires some preparation before getting to the park. Younger children may need assistance of a parent or guardian.*
You just got to the campsite and you need some ideas to get your kids excited and engaged. Try out these boredom busters to keep the fun going all day long.

**Objective:**
Identify similarities and differences in basic needs of ants and humans.

**Method:**
Children observe and demonstrate ant behavior.

**Age Level:**
9 - 14 years old

**Duration:**
Approximately 50 minutes

**Group Size:**
Teams of three to six

**Materials:**
Note pads, pens or pencils, log, strips of paper to be used as food tokens

**Other Information:**
Ants are members of a family of insects known for their highly organized social life. At least 8,800 known species exist, most of which live in the tropics. Ants are important to the environment. They contribute to population control of their prey, recycle plant material, aid seed dispersal, and turn the soil.

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**Colony Conduct**

**Procedure**
1. Divide the children into groups. Have one child per group serve as a recorder, noting the group’s observations. Included in their observations could be:
   - evidence of how ants take care of their basic needs
   - evidence of what their basic needs are
   - evidence of ant behavior, including how ants move in a line (this is important for a later phase of the activity)
   
   Caution: Remind children to make their observations without harming the ants or their habitat.

2. Locate some ants and observe their behavior. Look on trees, near trash cans, and under rocks.

3. After approximately 20 minutes of observation, bring the groups to a central location and ask them to present their findings.

**Optional activity:** Find a log. Have children stand in lines facing each other. Instruct children’s “ant lines” to start from each end of the log and walk to the other end. The ant lines must pass each other without falling off the log. When they reach the far end of the log, they pick up a “food token” and carry it back across the log to their “home end.”

4. Following the simulation, ask children to describe similarities and differences between basic needs of ants and humans.

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**Aquatic Adaptation**

1. Human and aquatic wildlife also have similar basic needs. Have each child or group pick an aquatic insect, spider, bird, reptile, fish, amphibian, or mammal.

2. Have the children find their chosen animals, observe them, and discuss their basic needs.

3. Have the children demonstrate their animal’s movement to the group.
Create a nature collage as a fun and easy camping activity. Find leaves, twigs, pine cones, feathers, pebbles, and other interesting items to create a one of a kind nature collage.

**You Need:**
- bag to collect materials
- construction paper
- glue

**Create your collage on a separate piece of construction paper.**
**Use the space below to plan what your collage will look like.**
Boredom Busters

Want a relaxing activity? Try this camping travel match. Circle the image on each row that doesn’t belong. Write some other items that don’t belong in the space below.

What doesn’t belong?

Circle the image on each row that you would not take camping with you.

What other items would not belong?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Draw what you see!

Keep your camping fun going by designing your own Buddy Bison. Draw your environment around Buddy Bison.