**Survival Basics Camp Schedule**

**Please bring/wear daily:** backpack w/ sunscreen, bug spray, lunch, snacks, 16 oz. water (or larger), comfortable shoes for outdoor activities (sneakers, hiking boots are best)   
\*Long pants (can be zip offs), long-sleeve shirt or light jacket, and a hat suggested\*

*Daily: extend learning beyond camp- discuss what was experienced each day.*

*We spend a lot of time in a forested area. Do a thorough tick check at home.* <http://www.lcfpd.org/tickinfo/>

**Monday: Basics of Survival & Team Building**

Today the camper will experience an overview of the week; learn some basics needed in survival situations, find out what belongs in a survival kit and discover the most important tool to surviving; how to work together as a team.

**Tuesday: Skill Building with Tools**

We will discover how we can use what’s in our survival kit if we ever found ourselves in a survival situation. Activities may include setting up tents, orienteering, water purification 3 ways (UV, iodine, filter) *and tasting it*, fire safety, building a fire and using a fire starter, and making team flags.

*Note: we will be drinking samples of filtered/purified water from the lake.*

**Wednesday: Skill Building without Tools**

Campers will learn how to survive without any tools in a survival situation. Activities may include navigation without a compass\*, building a shelter, identifying edible and medicinal plants, learning several knots and making a paracord bracelet.  
\*Optional: Child may want to wear a watch with hour hands for this activity.

**Thursday: Skill Building on Water**

Our day centers around Independence Lake, which will include survival techniques near, on, and in the water. Campers will learn what clothes are best for water activities, how to paddle a canoe including rescues and using a throw rope, and make a fishing pole using bait from their lunch. If time, we may even try to build a raft.

**Please bring/wear:** swimwear, closed toed water shoes with a heel strap (old sneakers, aqua socks. No flip-flops, Crocs, or slip on shoes) towel, dry clothes to change in to.   
*Note: campers will definitely get wet today.*

**Friday: Testing Our Survival Skills**

It’s time to put all the skills we learned this week to the test! Campers will be in teams and be given scenarios throughout the day to apply survival skills. *One of the scenarios includes being on or in the water. Dress accordingly.*

*Note: we will be tasting MREs (meals-ready-to-eat) at snack time.*

*Schedule is subject to change due to weather or other conditions. Call the* ***Summer Camp Weather hotline*** *at* ***847-968-3235*** *for weather-related camp cancellations or changes. Available 24 hours a day, updated daily by 8am. For questions or concerns, call Survival Basics Camp Director, Jenny Sazama at 847-276-5382.*