

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 find 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 two 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.

Activities may change or be modified without notice based on a variety of conditions.

Cancellations or changes to this camp due to weather will be emailed to the address(es) you listed on the camp health form. If you have questions, concerns or need to speak with your child's camp director or instructor, please call Jenny Sazama 847-276-5382.