

SAINTS GLOBAL

# ACTIVITY PLAN

## CAMPING

### PHYSICAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

#### THE CULMINATING EVENT

### The overnight campout

Between Sessions 3 and 4, each saint helps run a real overnight campout — pitching his own tent on a site he helped select, cooking a meal on his own stove, treating water, and breaking camp leaving no trace. The trip is the field test for everything the four sessions prepare for, and contributes to the badge's 20-night requirement.

**OUTDOOR — ESTABLISHED CAMPGROUND OR CHURCH-APPROVED  
BACKCOUNTRY SITE WITH AT LEAST ONE OVERNIGHT**

#### 4 SESSIONS IN THIS PLAN

## SESSION 1 · PHYSICAL CORE

⌚ 60 min target

# Hazards, weather, and first aid

*Anticipate the camping hazards you can name before the trip starts.*

## SESSION AIM

Saints work through the hazards that show up on real campouts — weather, fire, terrain, wildlife, tools — and the first-aid steps for cold, heat, dehydration, bites, and blisters. Saints leave with a written hazard-and-response table, a real forecast read for the planned overnight, and a first-aid kit they have laid hands on.

## 🎯 WALK AWAY WITH

- Has named the five hazard categories and one anticipate-prevent-mitigate-respond move for each
- Has read a real forecast for the overnight and named three things that would change the plan
- Has demonstrated first-aid steps for one cold and one heat condition with a real kit

## 📦 BRING / SET UP

- A printed hazard-and-response worksheet (one per saint) — columns: hazard, anticipate, prevent, mitigate, respond
- A real first-aid kit with the contents visible — tweezers, electrolyte packets, blister kit, gauze, gloves
- Three printed scenario cards (lost saint at dusk, sudden storm rolls in, bee sting with shortness of breath)
- A phone or laptop with a current 7-day forecast pulled up for the planned overnight site
- A whiteboard or large pad for the hazard categories list

## 🕒 THE HOUR

## BLOCK 1 · DISCUSSION Opener — Worst night you slept out

⌚ 5 min

Ask the group: 'What is the worst night you have spent outside, and what would have made it better?' Take three short answers. Look for stories about cold, wet, wind, a missing piece of gear, or a hazard the group did not see coming. The rest of the hour turns those memories into things you can plan for in advance.

## SESSION 1 · HAZARDS, WEATHER, AND FIRST AID (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Five hazard categories — anticipate, prevent, mitigate, respond**

⌚ 18 min

1. Write the five hazard categories on the board: weather, fire, terrain, wildlife, tools. Spend one minute on each, naming two real examples saints have seen on a campout.
2. Hand out the hazard-and-response worksheet. Walk the four columns together once with one example: a sudden storm — anticipate (check forecast morning of), prevent (start setup with a tarp first), mitigate (move off ridges and out from under tall trees), respond (regroup at the cars or the established shelter).
3. Each youth fills out his own worksheet for the other four categories. Quiet work. Ten minutes.
4. Round the room: each youth reads one row aloud. The group adds anything missing. Reinforce that anticipating a hazard is worth more than reacting to one after it lands.
5. Each youth keeps his worksheet in his trip binder. Bring it back to Session 2.

## REQ 1A

BLOCK 3 · DISCUSSION **Read the forecast for the overnight**

⌚ 12 min

1. Pull up the 7-day forecast for the planned overnight site on the screen. Identify the day of the trip first, then the day before and the day after.
2. Walk the numbers out loud: high, low, wind, precipitation chance, and what '30 percent chance of thunderstorms' actually means in practice (about one trip in three will see at least some storm activity in that window).
3. Each youth names three things in the forecast that would change the plan — delaying the start, shortening the route, adding rain gear, or canceling. Write the three on the worksheet.
4. Reinforce that weather monitoring is a leader move, not anxiety. The plan changes when the weather changes; the trip is not on hold for clear skies.

## REQ 1B

## SESSION 1 · HAZARDS, WEATHER, AND FIRST AID (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **First aid — kit in hand**

⌚ 20 min

1. Open the first-aid kit and lay the contents out on the table. Name each item and what it treats. Anything missing for camping conditions (tweezers, electrolytes, blister kit, gloves) gets noted now.
2. Walk the early warning signs and first response for four conditions, two minutes each. Cold-related — shivering that won't stop, slurred speech: stop, calories in, dry layer on, get out of the wind. Heat-related — stops sweating, confusion: stop, water, shade, cool the neck. Dehydration — headache, dark urine: stop, sip water with electrolytes, rest in shade. Tick — felt at the ankle through the sock: find it, remove with tweezers straight up, save in a baggie, mark the spot, watch for fever.
3. Pair up. Each pair runs two scenarios: one cold, one heat. The 'patient' names a symptom; the 'responder' walks the first three actions in order. Switch and repeat.
4. Add blisters and hyperventilation as a quick walk-through: prevent blisters with dry socks and tape on hot spots before they break; for hyperventilation, slow the breathing with a count or a paper bag, sit the saint down, reassure.
5. Each youth identifies one item missing from his own first-aid kit at home and writes it on the worksheet. Bring the resupplied kit to Session 2.

## REQ 1C

BLOCK 5 · REFLECTION **Close — Hazard sheet and homework**

⌚ 5 min

1. Each youth reads aloud one item he is now going to check before any campout — weather window, missing kit item, or a hazard category he had not thought about.
2. Homework: bring the worksheet back to Session 2 with the first-aid kit gap filled, the forecast section updated for the overnight date, and one extra hazard added to any of the five categories.

## AT THE CLOSE · DEBRIEF

1. Which hazard category was hardest to fill in on the worksheet, and why?
2. What did pulling up the real forecast show you that a generic packing list never would?
3. Which first-aid item is missing from your own kit, and where will you get it before Session 2?

✓ Initial 1a, 1b, and 1c on each saint's BRC after this session. Note any saint whose first-aid kit was incomplete and check it at the start of Session 2.

## SESSION 2 · PHYSICAL CORE

⌚ 60 min target

## Plan the trip and the duty roster

*Plan the campout on paper so on-site decisions are simple.*

**SESSION AIM**

Saints work from a real map of the overnight route to write the trip plan — route, navigation, parents-informed details, and bailout points — then walk Leave No Trace as a written commitment, not a recitation. The session ends with a duty roster assigned and a younger-patrol mentoring task scheduled.

**🎯 WALK AWAY WITH**

- Has a written trip plan with route, navigation method, and parent-notification details
- Has written one personal and one group commitment under the Outdoor Code and LNT
- Has a named duty on the overnight roster and a younger saint paired for the mentoring task

**📦 BRING / SET UP**

- Printed paper map of the planned overnight site (one per saint, larger format if possible)
- Trip Plan worksheet (one per saint) — route, water, bailout points, contacts, navigation method
- A compass per saint (or shared) and a phone with a GPS app for navigation reference
- Printed Leave No Trace seven-principles handout (one per saint)
- A printed duty-roster grid for the overnight (cook, cleanup, fire, water, gear, sanitation)

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — One thing you fixed**

⌚ 5 min

Round the room, under 30 seconds per saint: 'What is one thing you fixed in your first-aid kit, your hazard worksheet, or your camping gear since last week?' Quick check that the homework actually showed up. Anything still missing gets named now so the group knows before the overnight gets booked.

## SESSION 2 · PLAN THE TRIP AND THE DUTY ROSTER (PAGE 2 OF 3)

## THE HOUR — CONTINUED

## BLOCK 2 · CREATIVE Write the trip plan

⌚ 20 min

1. Hand each saint the printed map of the overnight site and a Trip Plan worksheet. Use a paper map — phones are a backup, not the primary.
2. Walk the route together. Mark the trailhead, the campsite, the water source, the bailout point, and the parking. Each youth circles all five on his own map.
3. Each youth fills out the worksheet: route in/out, distance, expected duration, navigation method (map and compass, GPS app, or both), water source, and one weather contingency from Session 1's hazard sheet.
4. Add the parents-informed block: who at home knows the trip plan, what phone number is the emergency contact at the site, and when the group expects to be home. Each youth writes a one-line summary to text his parents.
5. Reinforce that a written plan is what separates camping from wandering. The trip plan stays with the leader, and a copy goes home with parents before the overnight.

## REQ 2B

## BLOCK 3 · DISCUSSION LNT and the Outdoor Code — written commitments

⌚ 15 min

1. Open with a question: 'On a campout you have been on, what was the worst thing the group left behind?' Two or three short answers — trash, scarred firepit, carved tree, food scraps, off-trail damage.
2. Walk the seven LNT principles. Split them across the room so each youth reads one and gives one specific action — not a slogan. "Pack out toilet paper in a sealed bag" beats "respect the land." "Use an existing fire ring or no fire" beats "minimize campfire impacts."
3. Discuss the Outdoor Code as the saint's own promise on the next campout, not a recitation. Each youth writes his own one-sentence version: how he will be clean, careful, considerate, and conservation-minded on the overnight.
4. Each youth writes two commitments on the worksheet: one personal habit he will keep on the overnight, and one group habit he will hold the patrol to. Read both aloud to a partner.

## REQ 2A

## SESSION 2 · PLAN THE TRIP AND THE DUTY ROSTER (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · ROLEPLAY **Duty roster and the younger-patrol task**

⌚ 15 min

1. Pull up the duty-roster grid on the screen or board: cook, cleanup, fire, water and treatment, gear and tents, sanitation. Walk what each role owns over the 24 hours of the overnight.
2. Assign rotations. Each youth picks one role for the first half of the trip and a different role for the second half. Write both on the worksheet. The leader holds the master copy.
3. Pair each saint with one younger saint from the next-down patrol. The mentoring task: walk through that younger saint's gear with him before the trip and help him pack the kit categories from Session 1 (first aid, water, light, food, layers, shelter).
4. Reinforce that leading on a campout means organizing others to do the work, not doing it for them. Mentoring is part of the job, not extra credit.
5. Each youth writes the younger saint's name and the gear-check date on the worksheet. The check happens before Session 3.

REQ 3A

BLOCK 5 · REFLECTION **Close — Plan check**

⌚ 5 min

1. Pair up and trade Trip Plan worksheets. Each youth spots one thing his partner has not accounted for — a missing bailout point, an unwritten contingency, or a role conflict.
2. Take the worksheet home. Bring it back to Session 3 with the parent text written, the LNT commitment circled, and the younger-saint gear check scheduled.

## AT THE CLOSE · DEBRIEF

1. Which part of your trip plan did your partner catch as missing or thin?
  2. Which Leave No Trace principle is hardest to keep on a real campout, and what one habit will you commit to?
  3. Who is the younger saint you are paired with, and when will you walk his gear with him?
- ☒ Initial 2a, 2b, and 3a on each saint's BRC after this session. Hold 3a as in progress — it closes once the younger-saint gear check happens before Session 3.

## SESSION 3 · PHYSICAL CORE

⌚ 60 min target

# Inspect, pitch, treat, and cook

*Practice every field skill once before the overnight.*

## SESSION AIM

Saints inspect their packed gear against the trip weather, pitch a tent with a partner on a real site walk-through, set up the camp-sanitation stations, and cook a meal on a real stove. The session ends with the overnight locked in — date, gear-check confirmed, and roster finalized.

## 🎯 WALK AWAY WITH

- Has laid out his trip clothing in correct layers and explained what each layer does
- Has pitched a tent with a partner and walked a candidate site against the six criteria
- Has demonstrated water treatment, hand-wash setup, and cathole spec
- Has cooked one trail meal on his own stove and cleaned the kit safely

## 📦 BRING / SET UP

- Each saint brings: his packed gear for the overnight, his stove and fuel, his mess kit and water bottles
- A tarp large enough to lay one saint's gear out on for the inspection
- One two-person tent per pair, with stakes, guylines, and rainfly
- Two water-treatment stations (pump or squeeze filter at one, chemical tablets at the other) with buckets of cloudy water
- A small spade and a measuring tape (for the cathole spec demo)
- One dehydrated meal or freezer-bag dinner per saint for the cook block

## 🕒 THE HOUR

## BLOCK 1 · DISCUSSION Opener — Last things to lock in

⌚ 5 min

The overnight is days away. Round the room: each youth names one thing he has already done to be ready (gear sorted, parents notified, younger saint walked through his pack) and one thing he is still scrambling to finish. Note the open items — they get fixed in the close when the roster is confirmed.



## SESSION 3 · INSPECT, PITCH, TREAT, AND COOK (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Layer check — kit for warm and cold**

⌚ 12 min

1. Spread the tarp on the floor. Each youth lays out the clothing and footwear he plans to take on the overnight.
2. Walk the layer system together with one saint's gear as the demo: base layer (wicks sweat), insulation layer (holds warmth — fleece or wool, not cotton), shell layer (blocks wind and rain), plus extras (hat, gloves, dry socks). Cotton in cold-wet conditions stays wet and pulls heat — name what would replace it.
3. Each youth points to each piece of his own kit and says aloud what role it fills. If a layer is missing for the expected low overnight, write it down — fix before Saturday, not at the trailhead.
4. Inspect footwear. Trail shoes or boots broken in, laces in good shape, two pairs of socks. Blisters happen when something here is off.

REQ 3B

BLOCK 3 · PHYSICAL **Pitch the tent and walk the site**

⌚ 15 min

1. Pair up. Each pair gets a tent, stakes, guylines, and the rainfly. One saint calls the steps from a copy of the tent instructions; the other does the steps. Switch halfway through.
2. Walk a candidate site together before pitching. Use the Campsite Selection Card from Session 2: water within reach but more than 200 feet, flat dry ground, sheltered from wind, nothing dead overhead, slight slope only (head uphill), and an existing site if one is there.
3. Pitch on the site. Stake into firm ground, set guylines under tension, and confirm the rainfly is taut so it does not touch the inner tent.
4. Inspect each pair's tent. Stakes seated, guylines tensioned, rainfly taut, door zipped and unzipped without snagging. Anything sloppy gets fixed before tear-down.
5. Tear down and pack. Each saint loads the tent the way it came out, in the same bag. Tents that come home wet get aired before the next trip.

## BY TIER

## ENTRY

Pair with an established saint for the pitch. Call the steps from the instructions while he does the first half, then trade.

## ESTABLISHED

Pair with another established saint. Pitch without referring to the instructions if you can; check each other on stake angles and guyline tension.

## MENTOR

Pair with an entry-tier saint. Talk him through the site-selection walk and the pitch in his own hands; do not do the work for him.

REQ 3C

## SESSION 3 · INSPECT, PITCH, TREAT, AND COOK (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Treat the water and set sanitation**

⌚ 13 min

1. Set up the two treatment stations. At station A — pump or squeeze filter — each youth assembles the unit, treats one liter, and names what the filter removes (bacteria, protozoa) and what it does not (viruses).
2. At station B — chemical tablets — each youth drops the tablet into one liter, times the wait period, and names what the chemical kills (bacteria, protozoa, viruses) and what it leaves behind (sediment, taste).
3. Discuss when to use each. Filter first for fast turnaround; tablets as a backup or when the filter clogs. Carry both on the overnight. State aloud when the water is safe to drink.
4. Walk the cathole spec on the ground outside: 200 feet from any water, camp, or trail; dig 6 to 8 inches deep with the spade; cover and disguise when finished. Pack out toilet paper in a sealed bag.
5. Set up a hand-wash station between the cathole path and the kitchen. Biodegradable soap, water, a small towel. Sanitation is group care, not personal hygiene — the next person eats what your hands carry.

REQ 3D

BLOCK 5 · CREATIVE **Fire the stove and eat the meal**

⌚ 15 min

1. Each youth sets up his stove on a flat non-flammable surface with a wind block in place. Inspect every stove for fuel leaks, damaged seals, and a loose connection before any flame.
2. Walk the safe-light protocol: clear the ground for grass and debris, confirm a six-foot perimeter, fuel valve closed before priming, light away from your face, flame should burn blue and steady — not yellow and lazy.
3. Boil two cups of water and prepare a real dehydrated meal — instant rice and beans, ramen, or a freezer-bag dinner. Each youth eats his own meal so he experiences the full cycle.
4. Clean up using a sand-and-rinse or boiled-water rinse. Scatter grey water at least 200 feet from any source. Pack the stove cold and bagged. Fuel canisters go in the food-storage area, not the tent.
5. Reinforce that fuel handling near food prep is where most camp injuries begin. The youth who cooks safely also cleans up safely.

REQ 3E

## AT THE CLOSE · DEBRIEF

1. Which of tonight's four skills (layer, pitch, treat, cook) felt least solid when you tried it, and why?
2. Which step on the campsite-selection walk caught something you would have missed pitching by feel?
3. What is one thing you are still uncertain about for the overnight, and who will you ask before Saturday?

☑ Initial 3b, 3c, 3d, and 3e on each saint's BRC after this session. The overnight provides field confirmation; record the night on the saint's camping log. Confirm 3a is signed off from the Session 2 mentoring task.

## SESSION 4 · PHYSICAL CORE

⌚ 60 min target

# Trip debrief, service, and BRC sign-off

*Debrief the overnight, plan the conservation work, and sign off the badge.*

## SESSION AIM

Saints arrive having just finished the overnight. The session opens with a trail report, walks paired strain stories against 5a, scopes a conservation or service project for an upcoming trip, and closes with a written reflection and a BRC walk-through. Each saint leaves with the badge fully signed and a service project on the calendar.

## 🎯 WALK AWAY WITH

- Has told the story of his hardest single hour on the overnight and what carried him through
- Has named one health, one safety, one stewardship, and one personal-responsibility takeaway in writing
- Has a conservation or service project scoped to a real upcoming trip
- Has a fully signed BRC

## 📦 BRING / SET UP

- Each saint brings: his Trip Plan worksheet, his hazard sheet from Session 1, his camping log, and his BRC
- Half-sheets of paper and pens (one per saint) for the written reflection
- A printed list of conservation and service options at the unit's usual camping sites
- The trek log from the overnight (leader holds the master copy)

## 🕒 THE HOUR

BLOCK 1 · DISCUSSION **Opener — Trail report**

⌚ 5 min

Go around the circle. Each saint answers in one sentence: what was the overnight like? Do not comment or compare; let each saint name his version. The answers usually range from 'harder than I expected' to 'better than I thought.' That range sets up the strain stories in the next block.

BLOCK 2 · DISCUSSION **Strain stories — partner pairs**

⌚ 15 min

1. Pair up with a saint who was not your tent partner. Six minutes each — one talks, the other listens. No advice and no comparing.
2. Each youth describes his hardest single hour on the overnight, what he thought about during it, and what got him through (gear, the saint next to him, a verse, the goal at the end, his own steadiness).
3. Switch and repeat for six minutes.
4. Each pair reports back to the group one phrase from the partner's story — only what the partner gave permission to share.
5. Reinforce that on a campout, helping a partner usually means staying alongside him while he carries his own load. The partner work on the overnight was a real version of that.

REQ 5A

## SESSION 4 · TRIP DEBRIEF, SERVICE, AND BRC SIGN-OFF (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 3 · CREATIVE **Four takeaways — health, safety, conservation, responsibility**

⌚ 15 min

1. Each youth writes for ten minutes on a half-sheet, in four short paragraphs. One paragraph per area: what camping taught him about his own health, about safety on the ground, about conservation of the site, and about personal responsibility for his own gear and his own role.
2. The point is specific, not general. "I learned hypothermia signs from the cold morning at camp" beats "camping taught me to be safe." "I packed out my partner's wrapper because he forgot" beats "I learned stewardship."
3. Each youth reads his four paragraphs aloud to the group. No commentary from the group. The leader listens for which area is thinnest in each saint and notes who needs a follow-up.
4. Reinforce that the badge measures growth, not perfection. The reflection is what the leader signs on.

## REQ 5A

BLOCK 4 · SERVICE **Scope the service project**

⌚ 15 min

1. Pull up the list of conservation and service options at the unit's usual camping sites — trail clearing, invasive-plant pulls, fire-ring cleanup, signage repair, water-source restoration, or a hosted cleanup with a land manager.
2. Each youth picks one project tied to the actual next trip. The project is part of the trip, not a separate weekend — service-built trips form character better than pure-recreation ones.
3. Each pair scopes the work: what gets done, what tools are needed, who is the contact at the land manager, what photo or short report will document the work.
4. Reinforce the connection to stewardship from Session 2. The service is care for ground the group has been using.
5. Each youth writes the project, the trip date, and the named contact on his Trip Plan worksheet. The service project must be completed during a camping experience, per Req 4b.

## REQ 4B

## SESSION 4 · TRIP DEBRIEF, SERVICE, AND BRC SIGN-OFF (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **BRC sign-off and 20-night log**

⌚ 10 min

1. Walk the BRC with each saint one at a time while the rest of the group cleans up. Confirm each requirement: was it met? If yes, initial it; if not, note what is still outstanding.
2. For 4a (20 nights and two qualifying adventure activities), confirm against the camping log. Most saints will not be at 20 nights yet — note the current count and the next trips that will get them there. The badge can be partially signed with 4a as the open item.
3. For 3c, 3d, and 3e, confirm against the leader's overnight notes — the tent went up correctly, sanitation was set, the stove was used safely, and the meal cleaned up without incident. Initial any that were confirmed in the field.
4. For 4b, initial only if the service project has been completed; otherwise note the scheduled date.
5. Leader and saint each sign the BRC for the requirements that are complete. The saint takes the BRC home.

## REQ 4A

## AT THE CLOSE · DEBRIEF

1. Which of your four takeaways (health, safety, conservation, responsibility) was hardest to write specifically, and why?
  2. Which saint on the overnight helped you in a way you did not expect, and how?
  3. How many camping nights do you have logged tonight, and what trip gets you to 20?
- ☒ *Initial 4b and 5a on each saint's BRC after this session. Confirm 3b, 3c, 3d, and 3e from the overnight notes. Hold 4a open until the 20-night log and the second adventure activity are complete; track on the camping log.*

## HANDOUT 1 OF 2

## FROM SESSION 2 — WRITE THE TRIP PLAN

# Campsite Selection Card

Walk all six criteria before any stake goes in the ground. Hand a copy to every saint before the overnight.

## CAMPING · FIELD CARD

## Walk the site before you pitch.

Check all six points. If any one fails, keep walking — a better spot is usually nearby.

## SIX SITE CRITERIA

walk · look up · look down · decide

**1 Water — close but not too close**  
Within a short walk for cooking and washing.  
Pitch at least 200 feet from any lake, stream, or spring.

**2 Ground — flat, dry, durable**  
Smooth, level enough to sleep on; no roots or rocks.  
Bare ground or established pad — not on plants.

**3 Weather — out of the wind, off the low spots**  
Shelter from prevailing wind; some morning sun.  
Low spots collect cold air and water — pick a rise.

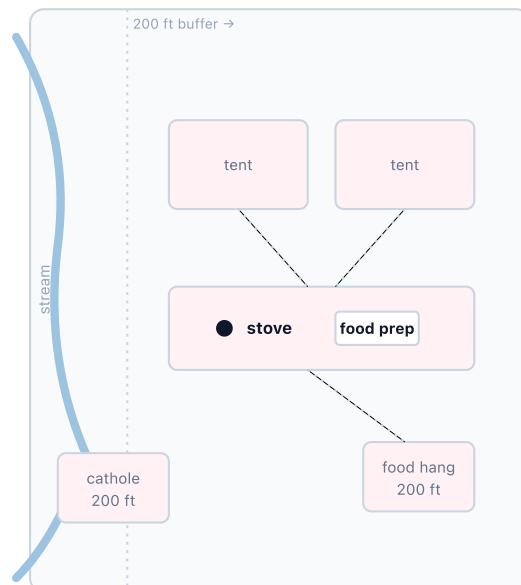
**4 Look up — what could fall on you**  
No dead branches or leaning trees overhead.  
No loose rock above; no obvious widowmakers.

**5 Slope — sleep with your head uphill**  
Slight slope is fine; steep slope rolls you all night.  
Pitch lengthwise to the slope, head higher than feet.

**6 Impact — use an existing site**  
A used site keeps the impact in one place.  
Do not clear, dig, or trench to make a new one.

## CAMP LAYOUT — TOP DOWN

spacing keeps food, sleep, and waste apart



## The triangle rule

Keep tents, kitchen, and food-storage in a wide triangle — at least 200 feet between the kitchen and the food hang. Food never sleeps in tents.

## Sanitation

Cathole site at least 200 feet from water, camp, and trail. Dig 6–8 inches. Cover and disguise when finished.

## Hand-wash station

Set up between the cathole path and the kitchen. Use biodegradable soap. Strain and scatter grey water far from any source.

## Before you commit

Lie down where the tent will go. If a rock or root would wake you up, move now — not at two in the morning.

**Pick the site first; pitching a tent on a bad spot does not save it.**

Walk the six points before any stake goes in the ground.

Print this handout for in-person reference during session 2 — write the trip plan.

## HANDOUT 2 OF 2

## FROM SESSION 2 — LNT AND THE OUTDOOR CODE — WRITTEN COMMITMENTS

# Fire Safety and Leave No Trace

Use the four pre-light checks at the fire ring and the seven LNT actions through the whole trip.

## CAMPING · FIELD CARD

## Light it carefully; leave nothing behind.

A fire is a tool you borrow from the land. Use the checks before, and the steps after.

### BEFORE YOU LIGHT — FOUR CHECKS

stove preferred · fire only when allowed

1

#### Permission

Fires allowed at this site today? Check posted rules and current fire restrictions.

If burn ban or red flag, use a stove only.

2

#### Ring

Use an existing fire ring if one is there.

Do not build a new one.

Clear leaves and duff to bare mineral soil, 10 ft out.

3

#### Overhead

Look up. No branches over the ring. No tent walls or tarps above.

Sparks rise. A small fire under a low branch starts a big one.

4

#### Water on hand

Full bucket and a shovel at the ring before the first match.

Nobody leaves the fire alone, even for a minute.

### PUTTING IT OUT — FOUR STEPS

cold to the touch · or it is not out

A

#### Let it burn down

Stop adding wood early. Burn the embers to ash.

B

#### Drown

Pour, do not splash. Cover every coal with water.

C

#### Stir

Mix ash and water with a stick. Soak the bottom layer.

D

#### Feel

Hand near the ashes. Cold? Done. Warm? Repeat.

### LEAVE NO TRACE — SEVEN PRINCIPLES

one concrete action per principle

1

#### Plan ahead and prepare

Bring a written trip plan and the gear it requires.

2

#### Travel and camp on durable surfaces

Stay on trail. Pitch on bare ground or used pads.

3

#### Dispose of waste properly

Pack out all trash. Cathole 200 ft from water and camp.

4

#### Leave what you find

No carving, no picking, no souvenir rocks or plants.

5

#### Minimize campfire impacts

Use a stove first. If fire, use the four checks above.

6

#### Respect wildlife

Store food away from tents. Do not feed any animal.

7

#### Be considerate of other visitors

Keep voices low. Yield on the trail. Camp out of sight of the next group when you can.

#### THE OUTDOOR CODE

Be clean in your outdoor manners. Be careful with fire. Be considerate in the outdoors. Be conservation-minded. Write your own plan to live this on the next campout.

**Leave the site so the next group cannot tell you camped here.**

Stewardship is care for ground that is borrowed, not owned.

Print this handout for in-person reference during session 2 — Int and the outdoor code — written commitments.