

# Discovering The Wilderness

By Kids For Kids  
A Girl Scout Gold Award Project



Want to learn more? Visit: <https://samanthak443.wixsite.com/dtwilderness>

Written By: Samantha K Illustrations By: Morgan Smith Cover By: Maecey Crocker

# The Seven Principles Of Leave No Trace

Can you think of a time you followed the Leave No Trace principles?

Here are the principles or parts of Leave No Trace. We should follow these whenever we are outside.



- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

Draw Lines to connect whether each option is LNT or not.

Yes

- Know where you are going
- Take home a pet rock
- Carry garbage out with you
- Scream at your family
- Slide down between switchbacks
- Stay on trail
- Take photos
- Feed the animals

No

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Draw me a picture of you following the LNT principles!

A large rectangular area defined by a dashed black line, intended for a drawing. The drawing area is mostly empty, with the cartoon girl from the previous block positioned at the top left corner of the dashed box.

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# Forecasting The Weather

Look up at the sky. Are there any clouds? Have you ever wondered what the clouds could mean? By looking at the clouds you can forecast the weather.

Draw what the clouds look like right now



What kind of cloud is that?

Cumulus: These clouds indicate good weather. They are fun to find shapes in.

Nimbus: These clouds mean a storm is coming, usually a thunderstorm.

Stratus: These clouds mean light weather, they can make the sky seem gray.

Cirrus: These clouds mean that a storm is approaching or has just passed, they are like light brush strokes.

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# Wilderness Bingo

Cross the animal off when you see it

| B                | I             | N      | G          | O            |
|------------------|---------------|--------|------------|--------------|
| Bear             | Deer          | Clouds | Beaver Dam | Hawk         |
| Lake             | Chipmunk      | Coyote | Mushroom   | Butterfly    |
| Animal Made Path | Animal Tracks | Free   | Aspen Tree | Hiking Trail |
| Pine Tree        | Squirrel      | River  | Insect     | Snake        |
| Animal Home      | Elk           | Rabbit | Bald Eagle | Owl          |

Draw pictures of your favorites!

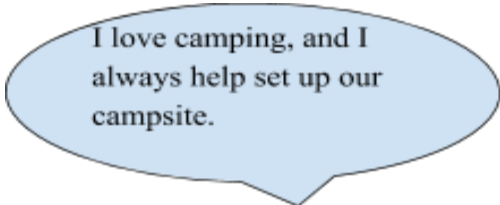


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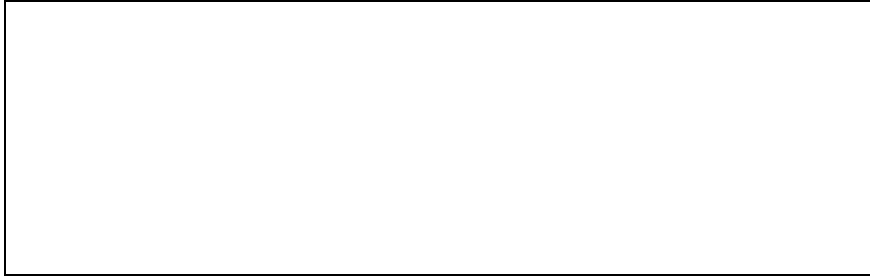
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# Setting Up Your Campsite

Start with finding a flat spot on the ground for your tent.  
Clear the spot of any obstacles.



Draw the obstacles you found in your tent spot.



Help put the tent up and help get the rest of camp set up.

Put your kitchen as far away from your tent as you can, even scraps under your table can attract animals.

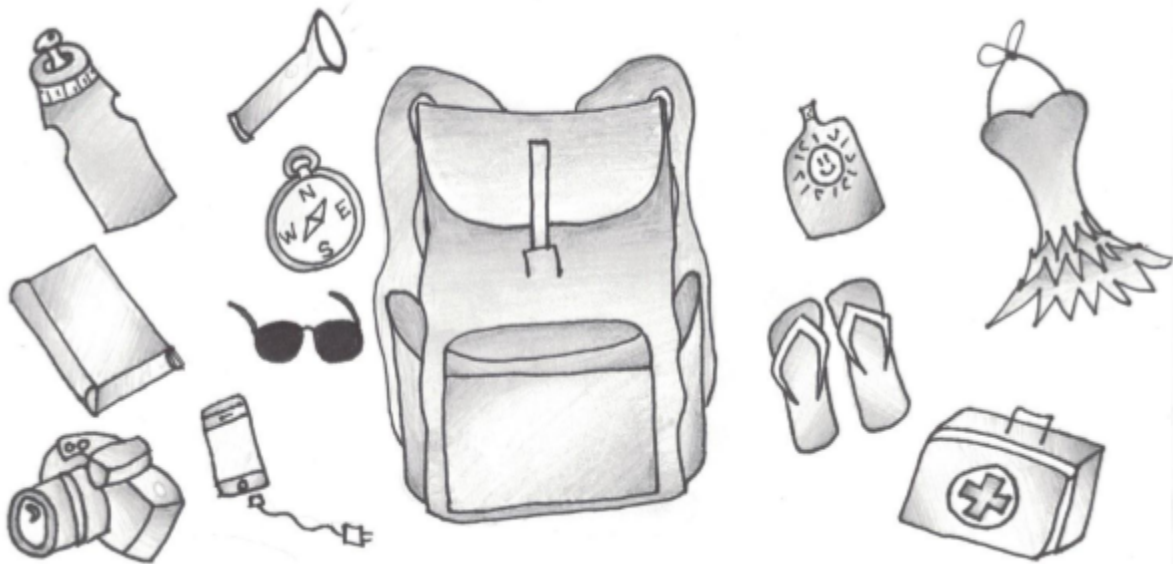


If you plan to start a fire and the campsite allows it, help collect different sizes of wood, including tiny twigs, finger size sticks and larger branches and logs. Make sure they are shorter than your fire ring so they don't stick out. Keep the wood five feet away from your fire on all sides.

If you are wanting to start a fire, make it as safe as possible and listen to the adults around you if they tell you to not do something.

# Daypack Packing Time!

Circle what you think you should be bringing when going on a hike.



Here are some things I bring with me when I pack:



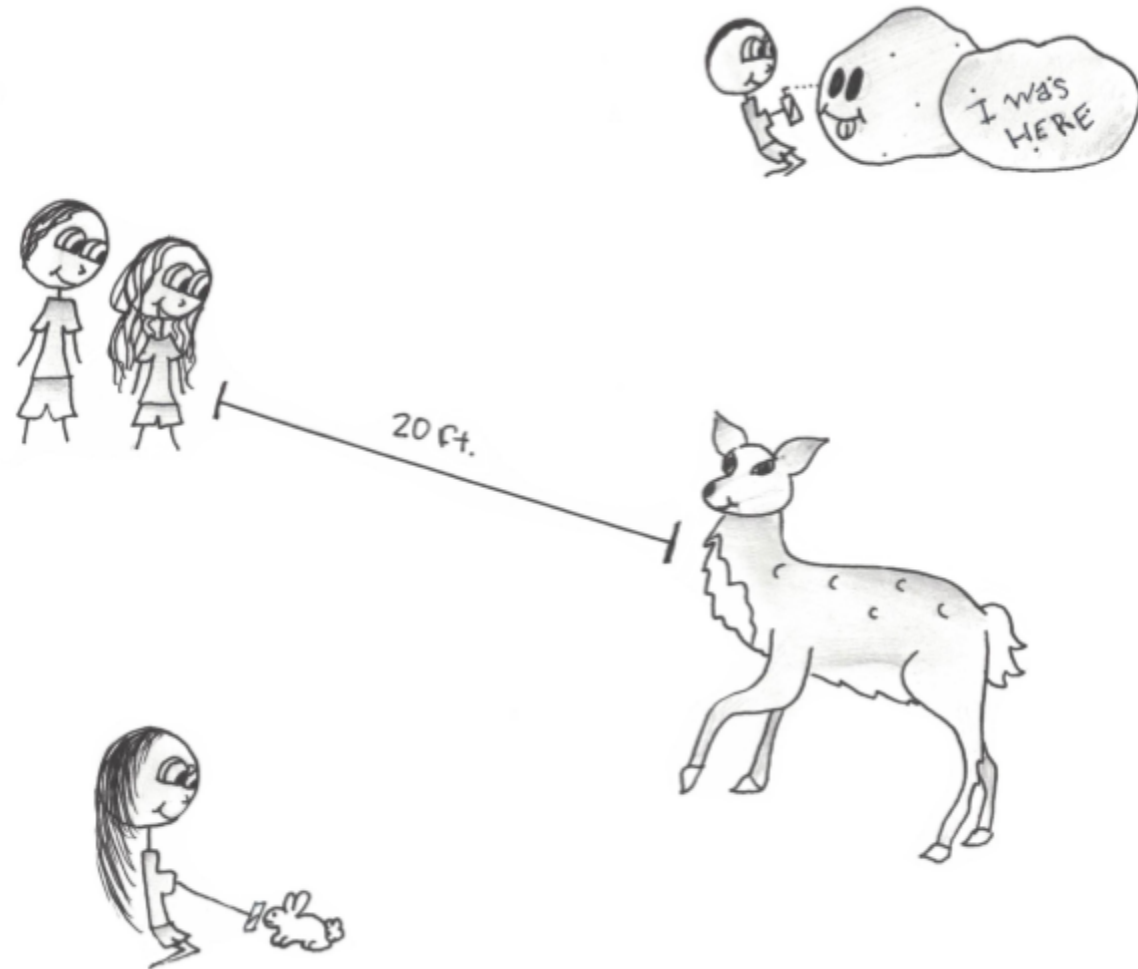
- ★ Water
- ★ Snacks
- ★ Compass (because I know how to use one!)
- ★ Map of the area
- ★ Sunscreen
- ★ Sunglasses
- ★ Extra Clothes
- ★ Flash Light
- ★ First Aid Kit
- ★ Camera
- ★ Phone to Get Help if Needed

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# What is wrong with this picture?

Circle all the things you see.

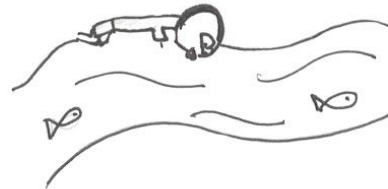
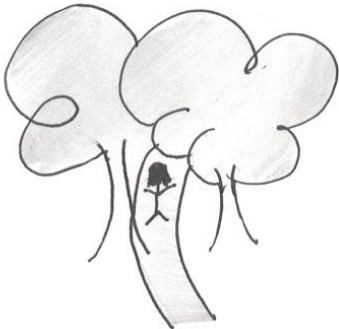
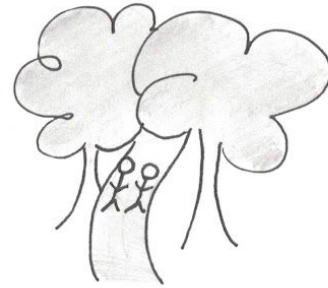
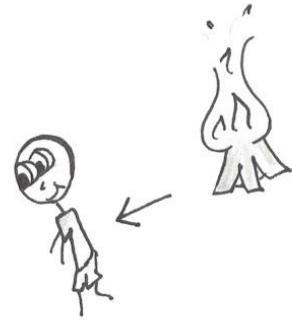
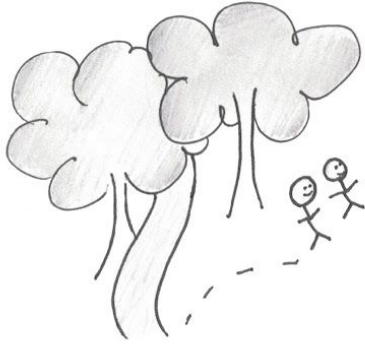


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Wilderness Jr. Ranger Program



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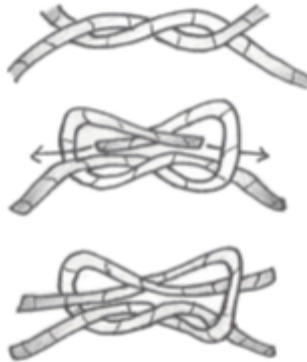
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## Knots

### Square Knot

A square knot is used to connect two pieces of rope together. If done right then your knot should slide if you push on the loops.

Knots have many uses and each knot has its own use, do your best to tie it and know how to use it. Before you start, mark one end A and the other end B. I like to wrap the ends in different colored tape.



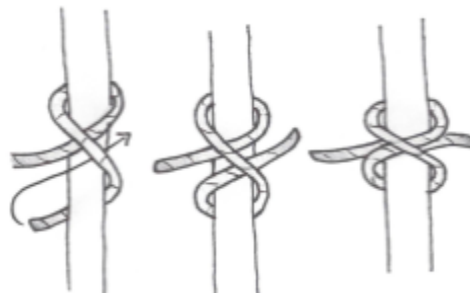
### Bowline

A knot to make a loop that can not slide and change sizes. This knot does not slide unlike other knots, making it a good knot to use when pulling someone up a hill without crushing them.



### Clove Hitch

A knot used to create a no more knot around a tree. This knot can be used to hang up a clothesline.



# What To Do If You Are Lost

First thing to do when you are lost:

**S:** Stop, you want to stop moving and stay in one place.

**T:** Think, do not just panic think about your situation and take note of what materials you have.

**O:** Observe, look at where you are and what your surroundings are, also make sure you and your partner's are all ok and not majorly injured.

**P:** Plan, make yourself a plan to survive and be found, keep in mind to use your new wilderness skills to stay safe like watch the clouds to help predict the weather.

## Rule of Three's

You can live:

3 minutes without air

3 hours without shelter

3 days without water

3 weeks without food

What kind of game can you make up to practice this? Do not forget LNT even if you are lost.



## Strangers

Everyone is taught about stranger danger, and don't forget this while lost in the wilderness. You can tell if the person is real help or just a hiker because search and rescue will call for you by your first and last name and will be wearing special uniforms, usually bright colors like orange and yellow. The uniforms will likely say, Search and Rescue, Fire, Ranger, etc.

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# Fire Building

| Safety First   |  |   |
|--|--|---|
| A safety circle is a circle 5 feet around your campfire. Only your safety equipment should go in your safety circle. | You should have a metal water bucket next to your fire ring for emergencies and to put out your fire at the end. | Put a large stick in your water bucket so you can have a wet stick handy and to save a thirsty critters life. |

## Types Of Fires

Teepee:  
Good for heat  
Not a great cooker



Log Cabin:  
Great cooker  
Not best for heat



A-Frame:  
Starter fire  
Can become log cabin or teepee

**Putting out a fire**  
You want to sprinkle water on by dipping your hand in the water and dumping the water that is in your hand. Use your critter stick to spread all the sticks around getting them separated. You can tell when you are done when there are no more red glowing spots and if you can “float” your hand over the logs and you feel no heat.

Do not use a match without supervision. Help your family have a campfire. My favorite dessert is s'mores!



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## Wild Animals

Animals live here and it is our job to respect them. You do not want to be in a dangerous situation with an animal. Here are some ways to avoid a bad situation:

- ★ Throw away all food scraps
  - Put food in a bear proof box, tie it up, or throw it away. Food scraps attract predators. Bears can break into cars.
- ★ Clean all dishes to the max
  - Dirty dishes can still have a food smell and will attract wild animals.
- ★ Treat all trash like food
  - Do the same actions that you would do for food with your trash.
  - Don't burn your food trash. It leaves smells that attract animals.
- ★ No food in the tent
  - You want to store your food far from your tent, so that the smell does attract unwanted visitors.
- ★ Keep anything smelly out of the tent
  - It sounds silly, but smelly items, like deodorant, lip balm, and toothpaste are all smelly items. These materials should be kept with your food not in your tent.
- ★ Never feed smaller animals
  - What would happen to you if your mom stopped feeding you? Small animals can forget how to find food for themselves.
- ★ Pet food is food, too
  - Pet food needs to be with the rest of the food.

How many different types of animals can you spot? How many people do you see disrespecting animals?



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# Ask a Ranger

Ask a Park Ranger something new.

What I asked: \_\_\_\_\_

What was the answer:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Ranger Signature: \_\_\_\_\_

# Participate in a Ranger Program

What did you learn: \_\_\_\_\_

Ranger Signature: \_\_\_\_\_

- ❖ Fire Prevention
- ❖ Local Wildlife
- ❖ Star Gazing
- ❖ Historic Events
- ❖ Ranger Talks
- ❖ Local Plant Types
- ❖ Medicinal Plants
- ❖ Local Legends



Rangers are really nice people, and they want you to have the best time. It is ok if you can not come up with anything to ask, so here are some of my suggestions

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# Wilderness Tips

Here are some tips before you go out into the wilderness



- Know your Plan
- Know Where you are
- Don't Go Alone
- Stay Away From Animals
- Use Your LNT Skills
- Be Safe
- Have Fun
- Enjoy Where You Are
- Take Some Photos
- Make The Area Better
- Know the Rules

I hope this was a fun journey for you, because I had a blast. Now, if you want to learn more you can visit my website and there you can learn tons of new wilderness skills including:



- Fire Building, Knot Tying, Basic First Aid, Using A Compass, Reading a Map, Edible Plants, Poisonous Animals, Survival Shelters, Knife Safety, STOP, Homemade Compass, The 10 Essentials, Your Attitude, The 7 Priorities, Water Purification, Rule of Threes, Strangers vs. Help.

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## Go Have A Great Adventure

### Why Are These Skills Important?

This program is a way to share wilderness skills that our present day youth have lost. When you ask an older generation about what they did as kids and how they played, there are huge differences between them and us. Many of the skills they know are being forgotten, and this program is a way that you can learn these skills. My hope is that you teach them to people to help spread these skills. Another great way to learn new skills is to join Scouts. Both girls and boys learn wilderness skills, all you have to do is ask. Please help our society keep wilderness skills alive. It could someday save a life!



Produced by Samantha K as part of my Girl Scout Gold Award.



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