



## CHALLENGE AND ADVENTURE ACTIVITY

### CAMPING WITH “OUT-TRIPPING”

There are many locations in Oregon that can be used as a “base camp” for a wide array of other outings and excursions (out-tripping). These may be trail heads with camping or a fully developed campground or a State/National Park.

- Review other information sheets that apply to the “activities” that are part of the larger outing.
- Check for kind of camping site: reservation based or walk-in/first come.
- Check for maximum number of campers per site.
- Consider the cost of the camping site(s).
- Type of footwear that is best for the activities that are planned.
- Teach material on GPS type units.
- Have a list of minimal clothing and gear that each participant carries with them. Check to make sure participants actually have it with them. Having a practice pack day at least one week before the trip can help assure youth will be prepared properly.
- Bring food and water for participants or assure that water is available. Do not allow participants to drink untreated water.
- Research “out-tripping” sites and confirm that they are available to your group.
- Know the symptoms of and remedies for dehydration, exhaustion of participants. Check for symptoms at regular intervals.
- Be familiar with evacuation routes and techniques in case of an emergency.
- Carry emergency food, clothing, and shelter during “out-tripping”.
- Repair kits should include repair tools and materials for the type of equipment that the group is using: backpacks, trekking poles, day packs, headlamps, tents etc.
- Be aware of weather-specific access and travel considerations.
- Check the weather forecast for the area. Within 48 and then 24 hours of beginning a trip.
- Consider tent/shelter arrangements: group size and gender.
- Consider quality, weight and temperature ratings of sleeping bags and sleeping pads.
- Consider how the youth are transported to the activity.
- Do volunteer drivers have OSU Driver Authorization?
- Teach proper LNT<sup>1</sup> and trail practices.
- Are permits required for any of the “out-tripping” activities?
- Practice LNT<sup>1</sup> for travel, waste control, consumables and trash.

#### References

1. Leave No Trace Center for Outdoor Ethics [www.LNT.org](http://www.LNT.org)

### FOOD HANDLING & DISH SANITIZATION<sup>6</sup>

Educating about cooking is one of the most important components of the adventure trip. Participants will have a chance to learn cooking techniques, the importance of making and eating nutritious food with attention to quality presentation. Cooking is also one of the most dangerous activities in the out-of-doors and needs to have the utmost attention by facilitators/group leaders/volunteers.

## **Policies**

- Cook groups will be directly supervised by facilitators/group leaders/volunteers when using stoves.
- Stoves will not be used off the ground.

## **Procedures**

- Participants should be directed in proper use and lighting technique prior to use of stoves. (Canister fuels and canister stoves are recommended, liquid fuels pose a greater risk of burns and fire than do contained fuels).
- Participants should use “pot grips” when handling/stirring a pot with hot contents.
- Participants should clear out a designated cook space away from the main camp, and involve only the participants in the cook group for that meal.
- Participants and staff should wear close-toed shoes while cooking and using stoves.

## **Sanitation and Hygiene<sup>1</sup>**

- Place convenient hand washing system in central location and ensure that food handlers wash hands before preparing meals.
- Ensure dirty eating utensils, pots etc. are kept out of fresh water sources.
- Use serving utensils and not personal spoons to serve food.
- Wash and initial rinse temperature are at least 100° F. Second rise process should use an approved chemical sanitizer such as bleach.<sup>1</sup>
- Pack food separately from fuel to avoid contamination.
- Roll down bags to pour food out of or use another bag as a glove to give food to others. This greatly reduces chances of contamination.
- Instruct participants on how to effectively clean their dishes and dispose of their gray water and food waste. Screening gray water is recommended.

## **References**

1. American Camping Association Standards – 2012/updated 2014