

FAMILY FUN DAY CAMP

Camping

- ☐ Nutritious Breakfast
- ☐ Set up camp
- ☐ Make trail mix
- ☐ Pack for the great outdoors
- ☐ Nature scavenger hunt
- ☐ Picnic lunch
- ☐ Campfire Story Starter
- ☐ Fire Tender
- ☐ Tin Foil Dinner
- ☐ Stories & S'mores under the stars



Supplies and Preparation List

- Groceries for breakfast, lunch, and dinner (recipes below)
 - Nutritious breakfast
 - Picnic lunch
 - Tin foil dinner
- Set up camp
 - Tent
 - Sleeping bags
 - Sleeping pads
- Make Trail Mix (snacks may vary to your taste)
 - m&ms
 - raisins or craisins
 - cheerios
 - pretzels
 - peanuts or other nut
 - mini marshmallows
 - goldfish
- Pack for the great outdoors
 - binoculars
 - water
 - magnifying glass
 - trail mix
 - lunch
- Nature Scavenger Hunt
 - scavenger hunt printable (included below)
- Campfire Story Starter
- Fire Tender
 - blindfold
 - sticks
- Stories and S'mores under the stars
 - favorite books
 - marshmallows
 - chocolate
 - graham crackers
 - other s'mores goodies
- Bonus
 - Sleep in the tent!



Instructions

- **Nutritious Breakfast:** Make breakfast
- **Set up camp:** Set up the tent where you have a good space for it. It can be inside or outside. Lay out the sleeping pads and sleeping bags. We like to use air mattresses to make for a nice cushioned sleep. Gather any pillows and blankets you want to use to make your campsite cozy!
- **Make Trail Mix:** Set out all of the snacks. Give each person a bag and let them mix together their own trail mix from the variety of snacks. Seal and shake the bag to mix it all together!
- **Pack for the great outdoors:** Gather all of your supplies that you'll want for your lunch and nature scavenger hunt. These can go in individual backpacks or one big backpack for the family.
- **Nature Scavenger Hunt:** Take your printed scavenger hunt and find all of the items on it. You can add your own as you find things on your walk or hike.
- **Picnic lunch:** Find a comfortable spot while you're out on your scavenger hunt to stop for a picnic lunch. Then you can finish the hunt!
- **Campfire Story Starter:** Tell a story together. Each person gets to add one sentence to the story. Afterward draw and design your perfect campsite or illustrate the story you came up with!
- **Fire Tender:** One person sits blindfolded with sticks all around him. Everyone else, one or two at a time, attempt to sneak up and steal a stick and return safely. If the blindfolded person hears a noise, he points in that direction and that person is out. Try to steal all of the sticks without getting caught.
- **Tin Foil Dinner**
- **Stories and S'mores under the stars:** Gather your s'more ingredients. You can make s'mores in the oven, build a fire if you're out camping, or use a candle to roast your marshmallows. Enjoy the s'mores while you read some of your favorite books! When you're done with the s'mores move into the tent and get cozy to read even more.
- **Bonus:** Sleep in the tent!

Yogurt Parfaits & Oatmeal Bar

yogurt	fruit
granola	oats
water	oatmeal toppings

1. Top yogurt with granola, and then add berries or sliced fruit.
2. Cook oatmeal according to package directions (1 part oats to 2 parts water, pinch of salt per serving).
3. Top oatmeal with your favorite toppings.

Picnic Lunch

Pack a picnic lunch with your favorite portable foods! Here are some ideas of what to include:

Sandwiches, fruit, veggies, chips, trail mix, string cheese, granola bars, etc.

Tin Foil Dinner

1 lb ground beef	2 large carrots
4 medium potatoes	1/2 small onion
1/4 cup butter or olive oil	salt & pepper

1. Measure 4 sheets of heavy duty aluminum foil to about 18 inches. Spray with nonstick cooking spray.
2. Layer beef and veggies in a mound into the center of each sheet of foil, dividing ingredients evenly between all 4 sheets.
3. Top with butter or oil. Season heavily with salt and pepper, about ½ teaspoon of salt for each packet.
4. Fold edges of foil over and crimp tightly to seal. Consider double wrapping to prevent tears in foil.
5. **To cook on grill:** Preheat grill to medium heat, about 400° and cook for 20 minutes, flipping halfway through, until meat is cooked through and veggies are soft.
6. **To cook in oven:** Preheat oven to 400°F and cook for 20 minutes or until meat is cooked through and veggies are soft.
7. Carefully open up foil packets as the steam inside is very hot. You can eat straight out of the foil or dump contents onto a plate

Nature Scavenger Hunt

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| ☐ Pine cone | ☐ Cloud |
| ☐ Green leaf | ☐ Flying insect |
| ☐ Brown leaf | ☐ Colorful rock |
| ☐ Wildflower | ☐ Round rock |
| ☐ Spider web | ☐ Rough object |
| ☐ Bug | ☐ Smooth object |
| ☐ Bird | ☐ Grass |
| ☐ Fallen branch | ☐ Treasure (to you) |