NWA Camping Skills Campout

* Please plan on covering your information in a solid 30 minutes.
* Please make your class interactive and as activity based as possible (try to have no more than 10 minutes of sitting/lecture, games are really good)
* Cover each requirement on the list so that together all the topics in the honors are covered.
* As much as possible please bring your own supplies and equipment for your class. If you need something contact us as soon as possible to help you.

**FOOD**

Please cover the following:

1. Know how to keep cold food cold and hot food hot on a campout.
2. 2 types of fuel for camp cooking.
3. How to prevent insects and animals from getting into your food.
4. Know the proper nutrition for hiking (discuss canned, fresh, frozen and dried options)
5. Make a healthy menu for a weekend campout.