

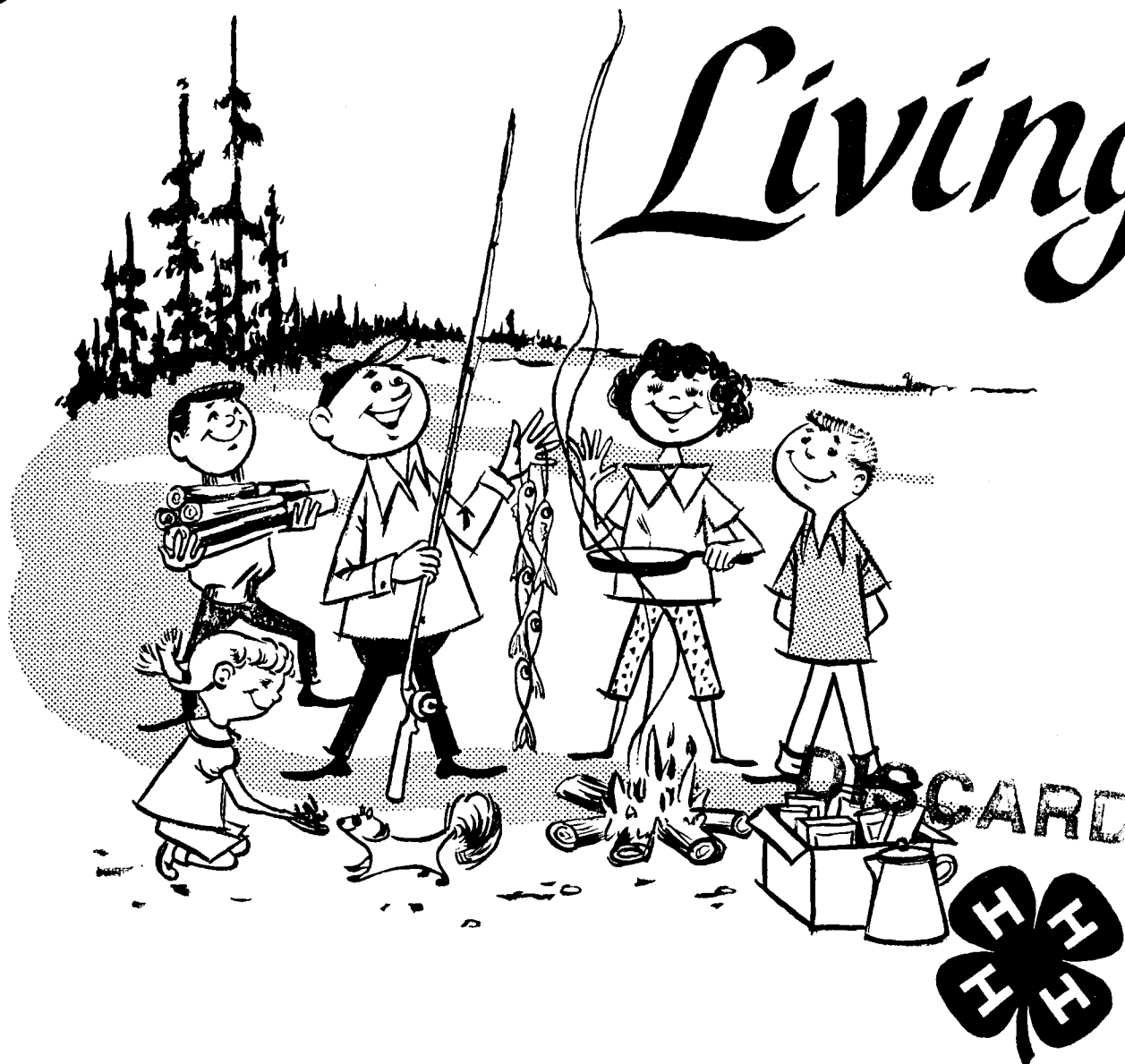
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Outdoor Living



FEDERAL COOPERATIVE EXTENSION SERVICE, OREGON STATE COLLEGE, CORVALLIS

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Outdoor Living

OUTDOOR LIVING is fun. Whenever you live outdoors you face the challenge of being comfortable. Even without modern conveniences, the skilled camper knows how to take care of himself and others. He knows how to prepare himself for an emergency such as being lost in the woods.

You can do this, too, and much more. Think about what fun it will be to recapture some of the thrills and adventures of the pioneers. They learned how to live outdoors comfortably in all kinds of weather and in many different areas. Camping today is not a matter of testing your endurance—seeing how *rough* you can live in the woods. Instead it is seeing how comfortably you can live with the rough conditions nature gives you.

For you 4-H Club members in Oregon there are many opportunities for outdoor living. Wherever you live in the state, you are probably within easy driving distance of state and national forest camps. You might even be near a wayside picnic area with tables, fireplaces, and water for your use.

Learning to be a good camper takes practice. It's like learning to swim or play the piano, you can't do it in one or two easy lessons. Sometimes it takes quite a while to feel safe in the water, or at ease at the piano. Becoming a good camper takes time, too, but the reward of knowing the skills of camping is well worth the trouble of learning.



Camping is fun for the whole family. Perhaps learning camping skills can be a family affair as well as a 4-H Club activity. Then when you go camping everyone can be happy, comfortable, and safe.

Of course, there are many skills that good campers pick up from watching others.

You can find suggestions in books and pamphlets for a lot of interesting things to do while you are outdoors. You can hike, explore, climb peaks, fish. You can sing, tell stories, play word games, make up "tall tales" around the evening campfire. You can find something new and interesting each time you go camping.

If you can learn some of these basic skills first, you will be at home outdoors in no time.

How do you rate as a camper yourself? Can you—

- lay a campfire for cooking? for a campfire?
- tell about the rules of fire prevention and control?
- chop wood and make a woodpile?
- assemble what you need for a personal mess kit? your personal toilet kit? a family camping kit?
- list the equipment needed for a camp kitchen?
- make some cooking utensils?
- cook meals outdoors?
- pitch a tent?
- build a latrine (outdoor toilet)?

Collecting Equipment and Supplies

Many good campers have their camping "gear" ready to use at a moment's notice. Before the camping season actually arrives, you can have lots of fun gathering your "gear."

Kitchen utensils and supplies

Kitchen utensils and supplies can be simple. You can buy inexpensive cooking kettles, or you can make them

from tin cans. Cooking forks and spoons, pancake turner, firemitts or gloves, a grate or grill, and a wire toaster all help to make cooking outdoors easier and more fun. You can make a reflector oven for baking from a 5-gallon can, or you can wire cookie tins together to make an oven.

A nest of tin can kettles is easy to make and serves many useful purposes

in outdoor living. A pair of tin snips, pliers, something to punch holes with, and soldering equipment are about all the things you need to make your own utensils. You can make useful buckets very simply by using wire for handles on tin cans.

A piece of sheet metal or a wire grate serves for toasting, broiling, and cooking over campfires.

First aid kit

Your first aid kit should contain:

Bandages	First-aid manual
Cotton	Salve for burns
Tape	Aspirin
Scissors	Halazone tablets
Razor blade	Laxative
Safety pins	Disinfectants

Prevention of accidents is important, but to know what to do after an accident has occurred is equally important. If you can, take a course in First Aid from the American Red Cross in your school or community. Keep a copy of the American Red Cross First Aid Book in your First Aid Kit. Learn how to take care of simple cuts, bruises, sprains, and burns.

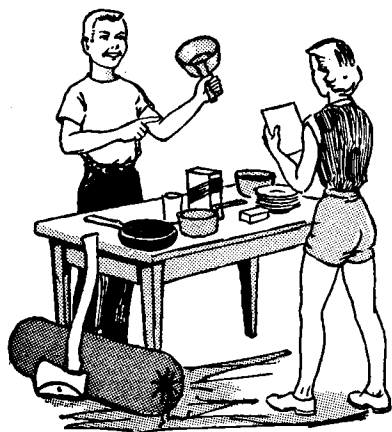
Clothing

Clothing for outdoors can be simple, but you should think about it carefully. You will need clothes for warmth and protection against brush, insects, sun, and rain. One complete change of clothes is a good idea.

A hat or dark glasses to protect your eyes and sturdy, well-broken-in, waterproof shoes are important. A pair of light shoes to wear around camp, especially after you've been hiking, will rest your feet. Heavy socks to wear under heavy shoes will protect your feet.

Personal toilet kit

Overnight campers need their own personal toilet kits that contain towels, washcloth, soap, toothbrush, and tooth paste. A comb and nail file come in handy, too. A small cloth or plastic bag, often called a "ditty bag," is handy for these personal things.



Personal mess kit

Your personal mess kit might contain a plate, a cup, a lightweight frying pan, a pancake turner, knife, fork, spoon, and a large red bandana. A waterproof container for matches, and a sharp pocket knife are important, too.

Packing hints

You can make a cardboard box or lightweight carrying case of wood for the things you'll always need on your trips. Your kitchen equipment, fire fighting tools, your personal mess kit

and toilet kit, and your sleeping bed roll or bag can be ready to go on short notice if you are a good camper.

Space savers are ideas you can develop yourself, particularly if you work up a compact carrying case. Nesting your kitchen equipment; tying your silverware in a dish towel and slipping it into a tin can; and using dishcloths, soap, and scouring pads to fill up extra spaces are some tricks you can try.

You can roll fresh eggs in newspapers and pack them in one of your tin can buckets.

My Camping Check List

First Aid

Insect repellent

First aid kit

Toilet Kit

Soap, towel

Toilet tissue

Camping Gear

Bed roll or sleeping bag

Axe, bucket, and shovel

Clothing

Extra socks

Cooking and Eating

Cup, plate, knife, fork, spoon

Food

Salt, etc.

Other

Matches

Songbook, etc.

Camera, film

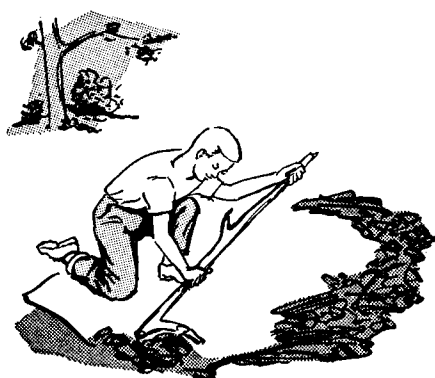
Fires

It is important that you, as a 4-H Club member, learn more than just how to build a fire. You must learn where to build, how to care for and control, and how to put out a fire; and what to do in case a fire is out of control.

Where to build a fire

Select a spot at least 10 feet from overhanging branches or the nearest tree. Choose an area where you can build your fire on sand, bare soil, or rock. Scrape away old leaves, wood, needles, or other decaying material from a 10-foot circle; sparks from your fire can start another fire on dry materials.

On grassy soil it is better to dig up the turf with a shovel; keep turf in a moist place and replace it after the fire is out. If the ground is wet, lay a "floor" of sticks, rocks, or bark from a dead tree to build your fire on. If it is windy, dig a trench for your fire; replace dirt and sod after the fire is out. Plan a site so the wind will be at your back; you will have a better fire and will keep the smoke from your eyes.



How to build a fire

Gather wood for your fire first. You will need **tinder** to start the fire. Tinder is very light and dry—grass, leaves, or small sticks that burn readily. You can whittle fuzz sticks with your knife for tinder.

You'll need **kindling**, dead twigs that are pencil thick in size.

Firewood can be split logs, larger branches, and heavier pieces of wood. Wood should be split for better burning.

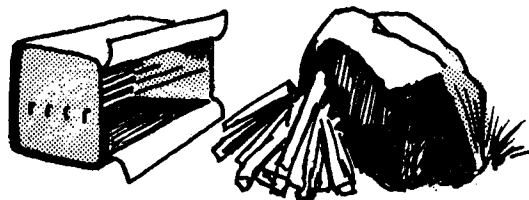
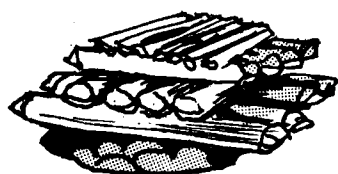
Make a woodpile, if you wish, placing the tinder, kindling, and firewood in separate piles near the fire but not near enough to be dangerous.

The **wigwam** or **teepee** fire is commonly used. It is basic to many other kinds of fires.

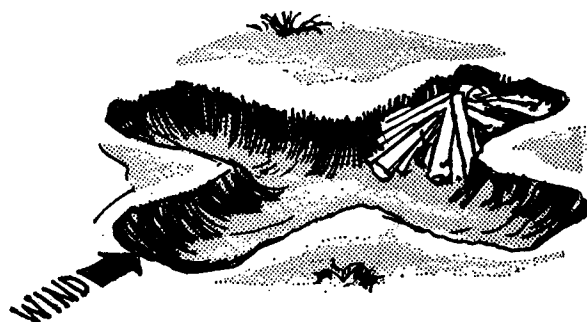
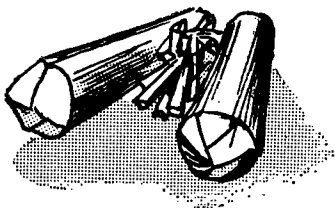
To start it, place the tinder and kindling in the center of a cleared spot in the shape of an Indian teepee. Lean some of the thin pieces of firewood against the teepee on the side away from the wind. Light the fire with your back to the wind, and slowly add more wood and larger pieces.

The **hunter-trapper** fire is one of the best cooking fires. Choose two hardwood or green logs about 3 feet long and 6 to 9 inches thick. Place them a foot or two apart. Build a big fire between the logs. When it is burned down, push the logs closer together. This bunches the coals for a hot cooking fire. Frying pans and kettles for cooking can rest on the logs as the fire burns.

The **trench** fire is good for a windy day and saves fuel. A trench just wide



LEFT—Bean hole fire. MIDDLE—Reflector fire. RIGHT—Tin can fire.



LEFT—Wigwam or teepee fire. MIDDLE—Hunter-trapper fire. RIGHT—Trench fire.

enough to fit the cooking pots, about 1 foot deep and 3 to 4 feet long, is dug in the ground. Dig the trench so that the wind blows into one end. If you intend to camp in one spot several days you may make two trenches in the shape of a cross so that the wind blowing in either direction can be used.

A **bean hole** fire is made by digging a hole $1\frac{1}{2}$ feet square and 14 inches deep. Build a log cabin rack of wood over it and across the hole. Burn this down, letting the coals and ashes fall into the pit. When there is a good bed of coals and ashes in the pit, set a covered kettle on the coals and pack coals around over the kettle. Shovel in 3 or 4 inches of warm earth, and let the pot of beans sit over night or all day.

A **reflector** fire is built against a rock or reflector of logs and allowed to burn down to good coals. It throws heat forward for baking or heating. It is a good warming fire for a small group.

A **tin can** fire is made under a tin can stove—made from a number 10 tin can. It is a small fire of tinder and small twigs. A Buddy burner (one of the things you can make) can be used for the fire under your tin can stove.

Another type of tin can fire can be made by using a 2-pound coffee can half full of sand or dirt. Punch 3 or 4 holes in the can just above the level of the sand. Pour in a cupful of kerosene, or fuel oil. Then drop a match into the can. The fire will burn for 45 to 50 minutes and is hot enough to heat water or soup.

How to care for and control a fire

- Fire is a tool; not a toy. Don't play with it.
- Use a fireplace to shut a fire in; make it out of rocks, green logs, or sod.

Food and outdoor living go together. The smell of wood smoke mixed with the smell of food cooking make mealtime outdoors something to remember. Food even tastes better, you'll find, as you try your skill in cooking many different kinds of foods and eating them.

There are lots of ways to cook outdoors—nearly as many as if you were cooking at home, maybe more. In fact

• **Never** leave a fire unattended; **always** have someone watching it.

• Build a fire large enough to serve a need but small enough to insure safety, comfort, and economy. Never build a fire larger than you need.

• Always have on hand fire-fighting tools—bucket, shovel, water, or sand.

• Never throw a match away until you have broken it in two and the head is cold enough to touch.

The **knife** and **axe** are important tools of the fire builder. Use them with extreme care, and try to develop real skill.

Here are some general rules about keeping your tools in good shape:

- Your tools should be sharpened and kept sharp; a dull axe can be dangerous.
- Keep your tools away from grit, earth, or stones; they will dull the cutting edge and may nick the blade.
- Keep tools dry and free from rust.
- Cover the cutting blade with a sheath when not in use.

Remember these safety rules when you are gathering and chopping wood:

- Whittle away from yourself; keep others 3 feet away.
- Keep others 10 feet away when you are chopping; beware of overhanging branches or other obstacles to catch your axe overhead or behind you.
- Use a safety log when you chop.
- Keep your feet, knees, and hands out of the path of the axe; finish your stroke with the handle of the axe low; bend your back.
- When carrying an unsheathed axe in your hand, grasp the handle near

the head of the axe. Throw it away from you if you fall.

• **Never** carry your axe over your shoulder; you can cut yourself or someone else.

• Do not chop when the axe head is loose.



How to put a fire out completely

- Drown the embers with water.
- Stir the embers with a stick until only soaked ashes remain.
- Turn the logs and sticks over and drench them with water.
- Wet the ground around the fire.
- Cover the fire area with dirt, or bury with wet ashes.
- Test the fire with your hand; if your hand gets hot, the fire is not out.
- When you are *sure* the fire is out, pour on one more bucket of water.

What to do in case of an uncontrolled fire

- Get to the nearest telephone as quickly as possible.
- Ask the telephone operator to connect you with the nearest fire protection agency. (You can always call collect.)
- Give the dispatcher at the agency information about the location and condition of the fire.

Cooking Outdoors

there are some ways of cooking that you couldn't use at home. When you cook outdoors you'll have a chance to boil, bake, broil, fry,—and you'll love it. You'll be able to use aluminum foil and tin cans and sticks. You'll invent ways of your own to make outdoor cooking easier for you.

You'll find no limit to the kinds of foods you can prepare outdoors.

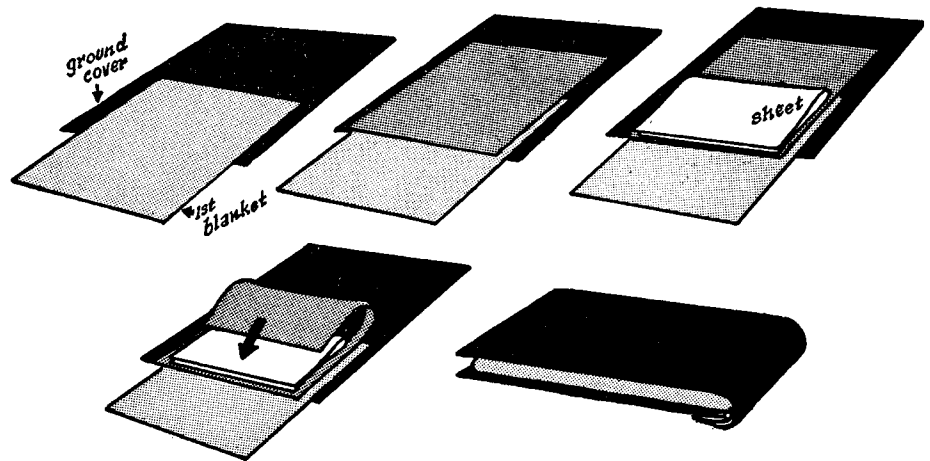
Fruits, vegetables, meats, and fish all lend themselves to outdoor cooking. And, of course, you can eat lots of fresh foods from the garden or forest. Things you have learned in 4-H cooking projects can help your outdoor cooking; the good principles of cooking never change, no matter where you are. Here you have an opportunity for many pleasant experiences.

Sleeping Comfort

Sleeping bags, or bed rolls, and ground covers are essential to good sleeping outdoors. A ground cover under your sleeping bag or bed roll keeps the moisture out of your bed. A canvas or a plastic cloth will do. Newspapers also make good insulation against cold. An air mattress between your bed and the ground cover makes very comfortable sleeping, although hundreds of campers make their own mattresses of ferns or boughs.

An envelop bed is easy to make and gives you blankets under and over you as you sleep outdoors.

A pup tent, a poncho shelter, or a family-size tent are easy to put up, and will protect you from rain and dew, if you prefer to sleep under canvas instead of the sky.



To make an envelop bed, lay the first blanket so that one long edge is even with the right edge of your ground cover. Place the second blanket with one edge even with the left edge of the ground cover. Continue in this manner until as many blankets have been used as weather conditions permit. Fold the sheet double in the center before you start folding the blankets to make the envelop bed complete. Fold the last blanket over first, then the next, and so on.

Health and Safety

Drinking water, if you are in a state or national forest camp or in a public picnic area, is no problem. But if you are in wide open country on a fishing or hunting trip, it is wise to be careful about the water you drink. You can use halazone tablets, iodine, or chlorine (laundry bleach); or you can boil water for 20 minutes to make it safe for drinking.

Dissolve 2 halazone tablets in each quart of water and allow the water to

stand $\frac{1}{2}$ hour. Use two drops of laundry bleach to 1 gallon of water and allow it to stand $\frac{1}{2}$ hour. You can also use 1 drop of iodine for each quart of water.

Insects can be quite a problem when you are living outdoors. A good insect repellent, something that drives the pesky insects away, will make your outdoor living more comfortable. Check with your druggist for help.

Garbage disposal in a state or na-

tional forest camp is taken care of easily with garbage cans. If you are not in an area that provides this service, make sure that you keep your camp clean by burying your garbage deep enough so that animals will not dig it up and scatter it. You can burn your papers and some leftover food.

Latrines or toilets are provided in established camping areas. If you are on your own, build one to keep your outdoor living area clean and sanitary.

When You Go Into the Woods

- Know the country. Carry a map and compass when you go into strange areas. Study the roads, trails, streams, and landmarks.
- Take someone with you. Don't go alone.
- Tell someone where you are going and when you will be back. Be sure to report to them when you get back.
- Wear sturdy shoes that will keep your feet dry.

- Wear suitable clothing to protect you from sun, rain, wind, cold, and brush.
- Carry matches in a waterproof container.
- Have a knife (pocket knife preferred) or hand axe with you.
- Do not get wet. If you should get wet in winter, go to shelter immediately, or build a fire and dry out.

If you get lost—

- Stop, sit down, and try to figure out where you are. Use your head, not your legs.
- Don't wander about unless you *know* which direction to go.
- If lost at night or in a fog or a storm, stop at once and make camp in a sheltered area. Build a fire in a safe place. Gather plenty of dry fuel.

- Don't yell, don't run, and don't give up. Make your camp comfortable while you wait.
- Build a smoky fire. Smoke can be seen for a long way.
- Find a clearing, and make a sign with fir boughs or other materials.
- Don't worry. You will be found.



Good manners

Good manners are important to outdoor living. The outdoor person should know and do the right thing at all times. Sometimes, good manners for the outdoors are called "rules of the woods." These rules mean that you are supposed to be as careful with things outdoors as you would be in your own home. Courtesy, after all, is an expression of respect.

Good manners outdoors means:

- Ask permission before you hike, picnic, or camp on private property.
- Do not damage or hurt trees, flowers, and animal life.
- Check to see if a fire permit is necessary for the area you want to use.
- Cut only the green wood you *need*. Select a scrub tree instead of a good one.

- Prevent fires by careful selection of fire sites, and never leave a fire unattended. Put fires out completely when you have finished cooking. An evening campfire should be put out before you go to bed.
- Leave a clean camp; bury or burn all garbage; do not throw anything in a stream or lake.
- Leave your outdoor cooking area clean and neat; leave it cleaner than when you arrived.



Let's Go Camping

See how easy it is to get ready for outdoor living? You have learned lots of things to do so that you will live more comfortably outdoors. Before you can go, you may want to check up on the camping spots in your area. Ask the United States National Forest Service and the Oregon Highway Department for maps of their outdoor camping areas. Road maps from service stations often show the locations of camping areas and what facilities are available in each area.

When you drive into a forest camp, look around carefully for a vacant spot. Don't wait until too late in the afternoon or they will all be taken. Find a place to suit your needs.

If you are staying overnight you'll want a *sleeping area* large enough for your family. Be sure the *kitchen area*

is handy to your car so you won't have to carry things too far. The *campfire area* may be separate or you may use your cooking fire to sit around before you crawl into bed. Remember that it is important to set up your camp *before dark*. You can look around for fun in the morning.

Look for the water supply, the latrines, the woodpile, and the garbage disposal before dark. These forest camps are well equipped to meet your camping needs.

You're all set to go for you know how to make an envelop bed (if you don't have a sleeping bag), you know how to build a fire, and you've practiced cooking over a fire. Use good manners in the woods, and know and follow the rules of fire prevention and fire control. You are a camper!

Packing In?

If you drive to a campsite you can take many more comforts and a larger variety of food than if you have to pack all your gear in. For the overnight camper who carries his equipment on a pack board, here is a suggested list of the bare essentials for comfort and living.

Equipment

Sleeping bag and tent or plastic cover
Extra clothing as weather dictates
Large handkerchief
Soap and tissue
Matches in waterproof container
Newspaper
Small hatchet and sheath knife
Aluminum plate and cup
Fork and tablespoon
No. 10 can or pot with wire handle
Small frying pan
Aluminum foil
Three 10-penny nails—they're handy
Map and compass—if you're going to strange country
Canteen if water is not handy
(Minimum fishing tackle)

Food

Hardtack
Butter
Dried milk
Salt
Hamburger
Wieners or sausage
Packaged minute soup
Bouillon cubes
Bacon
Pancake flour or cereal
Syrup or makings
Raisins and other dried fruits such as prunes
Candy bars
Potatoes—powdered or fresh

Lightweight Meal Suggestions

First day

Lunch:

Hardtack and butter—lots of it
Large pot of minute soup
Raisins or other dried fruit
(Fish?) or wieners

Dinner:

Hamburger, potatoes, and bacon—cooked in frying pan
or aluminum foil
Hardtack and butter
Milk or bouillon broth
(Fish?)

Second day

Breakfast:

Hot cakes, syrup, butter
Dried prunes
Milk or bouillon broth
(Fish?) or sausage

Lunch:

Hardtack and butter
Pot of soup, or wieners
Milk or bouillon broth
(Fish?)