



Minimum Impact Camping

Class Outline

Brief Synopsis: Leave only footprints and take only photographs. Camping, one of America's most popular past times, allows one to experience nature in a unique and personal way. But if done improperly, it can affect the serenity and beauty of the site. Participants will learn the philosophy behind Minimum Impact Camping and put their new skills into practice as they pack a backpack, navigate the trail, select a campsite, and prepare a small meal.

Outcomes:

1. Student will learn the philosophy behind minimum impact camping and discuss its importance to the environment and society.
2. Students will properly pack a framed backpack taking into consideration the essential items needed and weight distribution.
3. Students will exhibit environmentally sensitive behavior through actions that affect the environment with the least amount of impact as possible.

Outline:

I. What's Wrong (15 min.)

Students will enter a mock "outdoors campsite" that has gone terribly wrong. Figuring out what not to do at a campsite is just the beginning of MIC. Today millions of people use America's parks for camping and outdoor recreation. Students will learn the philosophy behind MIC and the four main reasons why it should be practiced by all who enjoy spending time outdoors.

II. Plan Ahead and Prepare (20 min.)

Spending time outdoors takes both planning and preparation. Small groups will work together determining what the essential items are needed in order to spend a couple of days in the wilderness living both comfortably and safely. Considering both weight and space will be imperative as gear is assessed and evaluated. Each group will have a framed backpack that must be properly packed before trekking outdoors to Eagle Bluff's remote campsite.

III. Hike to Site and Set up Camp (2 hrs, and 25 min.)

From the time the class exits the building until the end of the class period, students will begin practicing minimum impact techniques. Students will work cooperatively to select a campsite, set up a tent, rig a rain fly and prepare oatmeal over a camp stove. Additional skills such as critter proofing your food supply, purifying water, and implementing sanitary procedures with the least minimum impact possible may be included. Students will end the class period reflecting on the experience and the role humans play in minimizing their impact on the environment both at home and in the wilderness.

Quick Facts

Class Length: 3 hours

Ages: 6th grade or older

Season offered:

Mid-March through October

Time outside: 2.5 hours

Hike length/physical activity:
1.5 miles, moderate

Pre-requisite/prior knowledge:
None

Minnesota Academic Standards:

Language Arts: 6.III.A.3,
Physical Ed: 6.6.1,4, 7.5.2,3, 7.6.3,
8.3.4, 8.5.1,2