

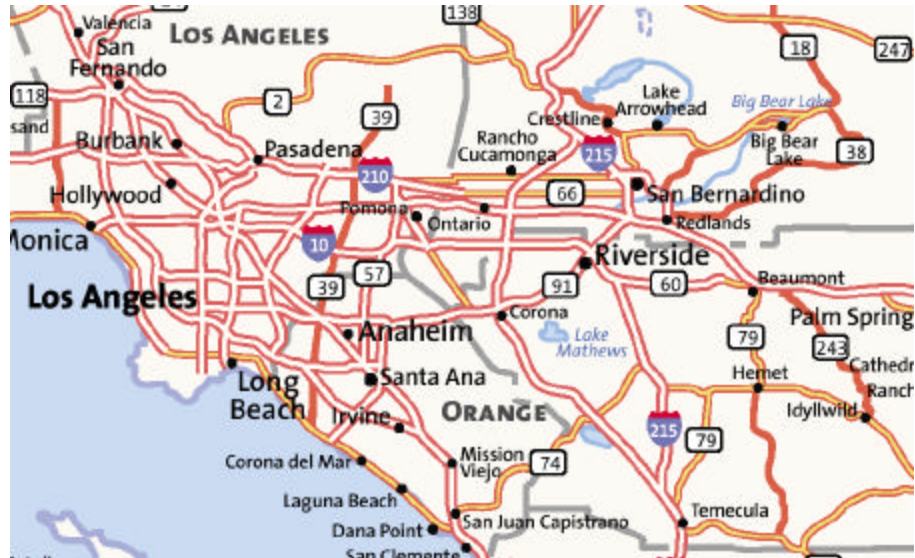


# Getting Ready for Camp!

Use this worksheet and all of the activities on it to get yourself ready for your Camp High Trails Outdoor Science School experience

## CAMP QUIZ

1. Why does your school go to camp every year?
2. What do you want to take away from your camp trip experience?
3. What is the average daily and nightly temperature at camp for the time of year you will be attending?
4. What is the elevation difference between your school and camp?
5. Where is camp on this map of Southern California? Can you trace which way the bus will travel to Camp High Trails?



**A. What five letter English word does not change its pronunciation even when four letters are taken away? B. I run, yet I have no legs. What am I? C. What gets wetter the more it dries? D. Forward I am heavy, backward I am not. What am I?**



## TEAMBUILDING 101: GREAT DIVIDE

Mark two points on the ground 25 feet apart. Line up in a group of 5 people, with right feet touching right feet and left feet touching left feet (some people may have to face backwards). Everyone's foot must be touching someone else's, and all 5 people must be connected in one group. Walk from one point to the other, without breaking contact with your feet. If you break contact, start over. Once you have this mastered, try it with your entire classroom.

What do these mean?

E. EILNPU

F. LOYOUOK

G. VAD ERS

## RULES AT CAMP

Everywhere you go there are rules! We have to admit, we love rules at Camp High Trails, because they keep you safe, healthy, and happy. Here are two topics for you:

1. What do you think three of the major camp rules are?
2. How much water (not soda) do you drink every-day? How much do you think you will have to drink at camp? Why?



## TREES

Those big, tall, and sometimes small things that we all take for granted are what give us our oxygen. Once you get to camp you will see more trees than you ever knew existed, but here are some questions about the trees in your neck of the woods:

1. Can you identify the names of 5 different trees in your neighborhood?
2. Which of these are indigenous? And what does indigenous mean?



### WILDLIFE

What kind of birds and animals you can find says a lot about the environment you live in. Seen any polar bears lately? Neither have we...otherwise we would be living way up north where there is snow year round. Here are some questions for you to figure out:



1. What different kinds of wildlife have you seen in your neighborhood?
2. What kind of wildlife lived in your area 200 years ago?
3. Has the wildlife population changed over the last 200 years? Why?

What do these mean?    H. DICE DICE                      I. ME QUIT                      J. BALLO-T



### WATER

Did you know that when you get to Camp High Trails, the water you drink will be from the surrounding area? This doesn't sound impressive until you realize that in the city, just about all of your water comes from somewhere far away. Here are some questions for you to ponder:

1. Where does your neighborhood get its water?
2. How much of it is used on landscaping?
3. Is there a "recycled water" program in your community?

### FOOD WASTE!

At camp our food system is simple; take what you can eat, but eat everything you take. So much energy is wasted every day by people throwing perfectly good food away! **Here's an experiment to try at your school: How much food (in pounds) did your class throw away at lunch today?** When you get to camp, we'll weigh the food waste at every meal. You'll be surprised at how little you waste when you are aware of it!



L. When is a door not a door?    M. What two words have the most letters in it?  
 N. What fills up a room but takes up no space?  
 O. What kind of room has no windows or doors?

### TEAMBUILDING 202: TRAFFIC JAM

Take 11 pieces of paper and spread them out evenly in a line. Have 10 people stand on the pieces of paper, with the middle piece empty and the two sides facing one another. The goal is to have the people on the left side exchange places with the people on the right side. If you can master this, try it with your entire class.

**You may:** move into an empty space in front of you, move around a person who is facing you into an empty square directly behind them.

**You may not:** move backwards, move past someone facing the same way as you, use any move which involves two people moving at the same time, move any of the pieces of paper.



### STARS AND THE SKY

One night at camp, we'll head out to look up at the sky and learn all about stars, planets and lots of other stuff. Here's how you can get a head start on the experience: go outside one night when there is no moonlight and look up. Then look down and diagram in this box (on the right) the stars that you can see. Once you get to camp you can compare what you saw in the city and what you see in the mountains.

