



# OUTDOOR GUIDEBOOK



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# WHO WE ARE

## ODR MISSION

Support mission readiness through expertly managed outdoor recreation programs and facilities delivering fitness, unit cohesion, family and individual well-being.

## HOW IT WORKS

- Complete tasks for points towards the **GRAND PRIZE**. Each task has an associated number of points that can be earned for completion.
- Submit a photo or video of you completing each activity (you must be present in the photo/video for credit) and Challenge answers to the ODR Facebook page. ODR Staff will review posting for completeness and accuracy of answers.
- All Facebook posts must be made prior to midnight on the program end date. Only one post per task, so make sure you are confident in your newly learned skills.
- Partial points may be awarded for partially completed or un-mastered tasks.

# GRAND PRI ZE

## GIFT CARDS

Every 10 points you earn will enter you in for a drawing to WIN a FSS gift card. There will be four \$25 FSS gift cards up for grabs!

## GRAND PRI ZE

Complete 70+ points for an entry into the grand prize drawing.

# FAMILY CAMPING PACK

(VALUED AT OVER \$1,200!)

### INCLUDES: GRAND

6 CAMPING TENT,  
RADIANT 200 LANTERN,  
2 CAMP X CHAIRS, 4  
TRAILBREAK PILLOWS,  
GROUNDBREAKER SELF-  
INFLATING SLEEPING PAD,  
4 SIESTA 30 SLEEPING  
BAGS, TENT WHISK/DUST  
PAN, TENT PEG/MALLET/  
PULLER.





## KNOW BEFORE YOU GO

The information presented in this program is intended to serve as a guide for skill progression. By participating in any of the activities, you accept all risk of possible injury. This guide will not address every situation you may encounter in the wilderness. Traveling and recreating in remote areas can be hazardous or deadly. Always consult local authorities such as Forest Service field offices and park rangers before embarking on a journey. Always maintain situational awareness and pursue caution if you are not sure about something.

***Most importantly, stay safe and have fun!***



# TASK #1: INTRO TO CAMPING IN THE SONORAN DESERT

Date Submitted: \_\_/\_\_/\_\_

Points: \_\_/5

## CHALLENGE QUESTIONS

1. What are all of the Biomes that can be found in the Sonoran Desert?
2. What are the steps to planning a camping trip?
3. What are two (2) items that should go in the BOTTOM of your backpack?
4. What are the five (5) Campfire Safety Tips?
5. What are two (2) animals that you might encounter in the wild in Tucson, AZ?

## HOW TO SUBMIT

Send us a DM on the ODR Facebook page with the answers to your questions!

### Resource Link





## TASK #2: SHELTERS

Date Submitted: \_\_/\_\_/\_\_

Points: \_\_/12

### LEARNING OBJECTIVES

1. Selecting a good location & areas to avoid.
2. Building materials
3. Natural shelters
4. Primitive shelters
  - a. Debris huts
  - b. Tree pit
  - c. A-frame
5. Setting up a tent

Resource Link



### CHALLENGE QUESTIONS

1. Video record yourself setting up a tent. (2 points)
2. Build a primitive shelter (4 points) of your choice and answer the following questions:
  - a) What type of shelter did you build? (2 points)
  - b) Why did you choose the location you chose to build your shelter? (2 points)
  - c) What material did you use to build your shelter and why? (2 points)

### HOW TO SUBMIT

Upload pictures or a video of your building process with answers to questions for full points.





## TASK #3: FIRE

Date Submitted: \_\_/\_\_/\_\_\_\_

Points: \_\_/16

### LEARNING OBJECTIVES

1. Locating your ideal fire building spot.
  - a. Fire rings
2. Types of wood
3. Fire structures
4. Starting a fire
  - a. Friction fires
5. Extinguishing the campfire

Resource Link



### CHALLENGE QUESTIONS

1. Build a fire structure and answer the following questions (2 points):
  - a. What fire structure did you build and what is the structure good for?
  - b. What did you use for tinder, kindling and fuel?
2. Video record yourself starting a “one match fire” (4 points)
3. Successfully start a friction fire (fire plow, bow drill or hand drill) (10 points).

### HOW TO SUBMIT

Upload pictures or a video of your fire building & starting process with answers to questions for full points.



## TASK #4: WATER

Date Submitted: \_\_/\_\_/\_\_

Points: \_\_/10

Resource Link



### LEARNING OBJECTIVES

1. Water without purification
2. Water sources to avoid
3. Purification Methods

### CHALLENGE QUESTIONS

1. Answer the following questions:
  - a. What are two (2) sources of water that do not require purification?
  - b. What are two (2) water sources to avoid?
2. Create and purify water by either a sand filter OR a solar still (one submission only, 6 points) and answer the following questions:
  - a. Which type of filter did you make and why?
  - b. Describe the main components of your filter and why each part is important.

### HOW TO SUBMIT

Upload pictures or a video of your filter making process with answers to questions for full points.



## TASK #5: COOKING

Date Submitted: \_\_/\_\_/\_\_

Points: \_\_/7

### LEARNING OBJECTIVES

1. Cooking on Coals
2. Cooking on a stick
3. Foil packs
4. Classic roast
5. Dutch oven cooking

Resource Link



### CHALLENGE QUESTIONS

1. Utilizing one of your newly learned cooking methods, prepare and cook a meal. (5 points)
2. Share your favorite camping recipe with us! (2 points)

### HOW TO SUBMIT

Upload pictures of you preparing and cooking your meal with your favorite recipe for full points.



## TASK #6: NAVIGATION

Date Submitted: \_\_/\_\_/\_\_

Points: \_\_/10

### LEARNING OBJECTIVES

1. Using a compass
2. Alternative navigation techniques
  - a. Using the sun
  - b. Shadow tip method
  - c. Watch method
  - d. Using the moon
  - e. Using the stars
  - f. Tree growth patterns

Resource Link



### CHALLENGE QUESTIONS

1. List the ten (10) common parts of a basic orienteering compass. (2 points)
2. Create a compass using the “shadow tip method.” Take a picture of your compass and how you found North. (4 points)
3. Which two constellations are used to locate the North Star? (2 points)
  - a. BONUS POINTS! Capture a picture of these constellations and the North Star.

### HOW TO SUBMIT

Upload pictures or a video of your shadow tip compass with answers to questions for full points.



## TASK #7: TRAPPING & FISHERY

Date Submitted: \_\_/\_\_/\_\_

Points: \_\_/10

### LEARNING OBJECTIVES

1. Dead Falls
2. Simple Snares
3. Pocket Tackle box
3. Survival Fish Hooks

Resource Link



### CHALLENGE QUESTIONS

1. Construct a simple snare. Demonstrate that it works using a stick or other object and answer the following questions: (4 points)
  - a. What materials did you use to construct your snare and why? Did they work well, or did you have to change something about your trap for it to work?
2. Make a pocket tackle box and upload your photo to the Facebook page. (4 points)
3. Make a soda tab fish hook. (2 points)

### HOW TO SUBMIT

Upload pictures or a video of your trap, tackle box and fish hooks with answers to questions for full points.



## TASK #8: KNOTS

Date Submitted: \_\_/\_\_/\_\_

Points: \_\_/20

### CHALLENGE QUESTIONS

1. Using rope (or a material that you have available), practice tying various knots and submit pictures for points.  
(1 point each / 20 points max)

### HOW TO SUBMIT

Upload pictures of each knot with the description of the knot.



Resource Link



## FIELD NOTES





