

1961

EC61-520 Family Outings

Anna Marie Kreifels

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

Kreifels, Anna Marie, "EC61-520 Family Outings" (1961). *Historical Materials from University of Nebraska-Lincoln Extension*. 3523.
<http://digitalcommons.unl.edu/extensionhist/3523>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

E.C. 61-520

AGRI

S
85
E7

A61-520

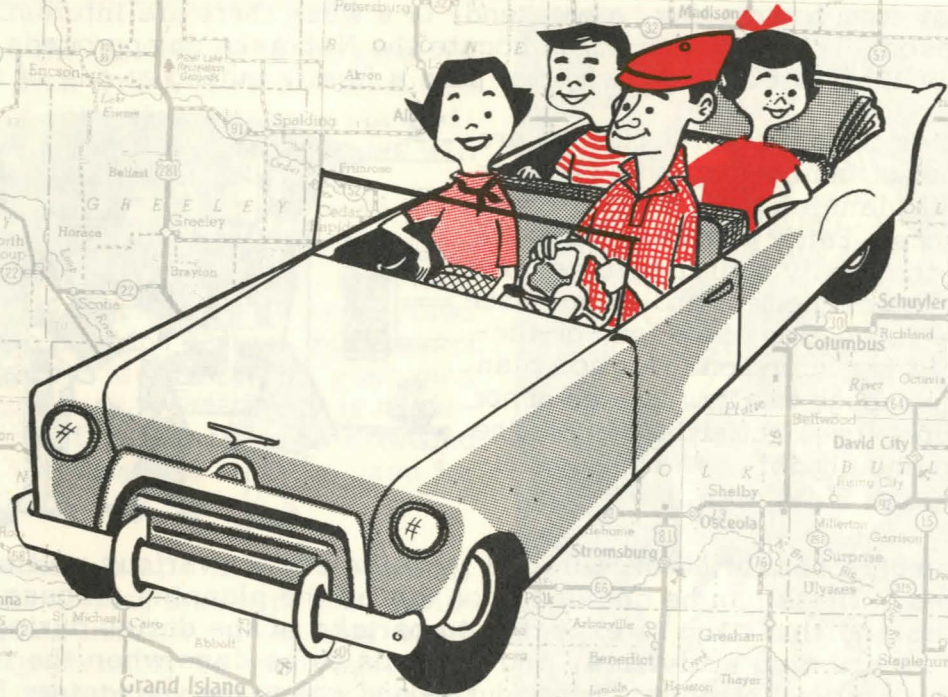
RECEIVED
MAR 1 1971

E.C. 61-520

COLLEGE OF AGRICULTURE
LIBRARY

UNIVERSITY OF NEBRASKA
LIBRARY

Family Outings



EXTENSION SERVICE
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE
AND U. S. DEPARTMENT OF AGRICULTURE
COOPERATING
E. F. FROLIK, DEAN E. W. JANIKE, DIRECTOR

DEE Class



Family Outings

By Anna Marie Kreifels
Extension Specialist

The importance of family activities and family vacations must never be slighted. Vacations do not necessarily mean lengthy journeys, extravagant expenditures and weeks away from home. A vacation can be a one-day outing, a weekend excursion or a few days when family members join together to participate in activities they enjoy. Good citizens develop within wholesome, active family units -- family units which plan together, work together and play together.

Outings for the family provide practical as well as unusual opportunities. There will be the chance to meet other campers and build new friendships; to learn new outdoor skills or to practice the already favorite sports activities; to further pursue present hobbies or to find new interests; or to rest, relax and have fun as a family group in the great outdoors.

What place is better than the Nebraska outdoors for a family outing? Whether you plan to be away from home a day, a weekend, or a week there are interesting and suitable areas reasonably near your home. Locate the Nebraska campgrounds and parks in your section of the state. Now, why not plan a family outing at one of these areas?

The keynotes for successful outings are the anticipation of family fun and adventure and the careful planning done by the whole family in advance. Fairly complete plans are necessary for the family's first outings, but also remember the excitement and enthusiasm aroused by the suggestion of a "spur-of-the-moment" picnic or excursion. A good plan will be flexible enough to allow sudden minor changes in route, time, activities, etc. The fun of the trip should not have to be sacrificed because of a rigid plan.



Family members should be encouraged to volunteer for various routine chores and responsibilities. These can be decided upon during the planning process. The family needs to understand that each is expected to partake of the duties during the packing process, the vacationing activities, and the jobs to be done when the family returns home. This helps relieve parents of minor duties and makes the youngsters feel that they too are needed and are contributing to the success of the outing.


All planning needs to be done with family members in mind. Consider the age of the children and the responsibilities they can assume. Are the family members willing to "rough it" or do they prefer some of the comforts of home? Sports activities in which the family participates, general outdoor interests, hobbies, and available sports and camping equipment are points to consider when getting ready for the trip. The length of time you plan to be away from home will determine the provisions you need to take. Your own back yard is a convenient place for a practice camp-out and cook-out.

If this is the family's first camping experience it is well to plan a one day or an overnight outing. This will provide some experience regarding equipment, food, clothing and personal necessities and possible activities.

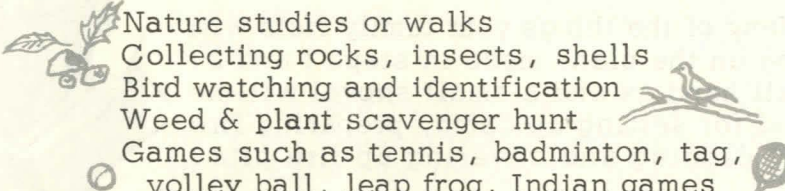
Equipment for the first outing can sometimes be improvised, borrowed from friends and neighbors or rented. When convinced that camping activities appeal to the family members, items of camping equipment can become birthday and Christmas gifts.

Step 1 - What Will We do for Fun and Relaxation?

The first step of the planning process might be deciding what the family members would like to do while on this outing. Some activities require special sports equipment, but there are many interesting as well as educational activities which require nothing more than a curiosity, some initiative and adult guidance which parents can give. Here are some suggested activities:



- Swimming
- Boating
- Water skiing
- Hiking
- Fishing
- Painting or sketching



- Nature studies or walks
- Collecting rocks, insects, shells
- Bird watching and identification
- Weed & plant scavenger hunt
- Games such as tennis, badminton, tag, volley ball, leap frog, Indian games

Try to plan most activities for the family as a group. Individual activities can provide diversion and relaxation.

Step 2 - Where Will We Go?

Step two in the planning process involves selecting the area which provides facilities for the types of activities you have planned. Studying a list of Nebraska campgrounds will help you locate a suitable place.

Drinking water and toilet facilities are of chief importance for family health and sanitation. Few areas provide supervised swimming during camping season, but most of the areas specify "swimming at your own risk." Easy access to wood supply is necessary, especially if this is to be an extended outing and if the campfire is to be used for cooking meals.

When selecting a site in a campground, look for a gentle sloping area with good drainage. Heavy grass indicates a wet area where mosquitoes will probably be numerous. If a tent is used, it should be placed in a clearing near trees but not directly under them. If several days of camping are planned, try to avoid the necessity of setting up and taking down camp each day. Select a suitable site and stay there.



Motor clubs within the state and the Nebraska Game, Forestation and Parks Commission (Capital Bldg., Lincoln) can provide further information about the area near your home or the one you select for your outing.

Regardless of the campground you decide to visit, plan to arrive there early enough to set up camp before dark. During the height of camping season and on summer holiday weekends recreation areas fill up early. Avoid being the campers who have to search for a suitable campsite after your chosen area has posted the NO VACANCY sign.

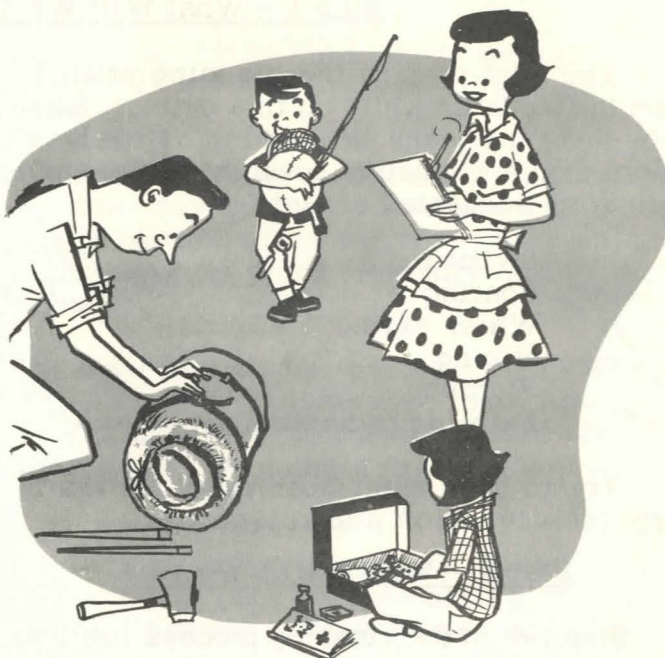
Step 3 - What Will We Need to Take Along?

Working and planning as a family group, prepare lists of items under the main topics of food, clothing, bedding, safety equipment and sports equipment. To some families, camera equipment is a major item.

Many of the things your family lists will depend on the plans made in steps 1 and 2. A small hand ax and a small shovel will be needed for setting up camp, preparing fire wood, digging and covering up fire pits.

List the most necessary supplies first, keeping in mind the length of time you plan to spend on this outing and the amount of packing space you have.

Those items which would be nice to have along, but not necessary, can be put in the list headed "if packing space allows."



Food

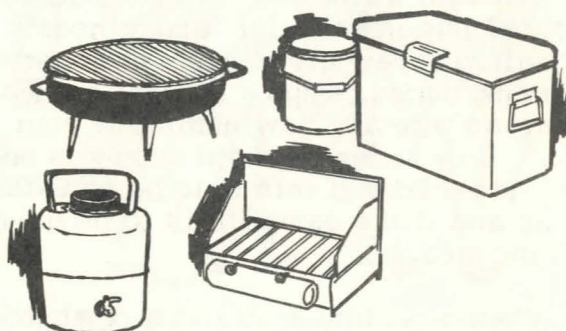
Consider food storage and food preparation facilities you own at present, can improvise, or can rent. Relatively inexpensive charcoal stoves or gas burning camp stoves are available if your family wishes to purchase some equipment. An ice chest of some sort is essential for proper storage of perishable food and drinks.

If you plan to camp for several days, it will be necessary to know if perishable food supplies are available near the chosen campgrounds.

Non-perishable and canned goods can give an almost complete food supply. Give due consideration to canned meats, evaporated or dried milk, ready mixes and instant foods.

Items of equipment you will not want to forget are: The can opener, the large heavy skillet, the long handled spoon, pot holders, a kitchen knife and forks, plates, cups and cutlery for the family. A pail, dishpan, detergent, dishcloths and dish towels will also need to be added to the list of necessities.

Fuel for fires is sometimes supplied at campgrounds, but if you are in doubt, take at least a minimum supply. Remember the matches too -- keep them in a waterproof container. Refuse containers are usually





provided in picnic areas and campgrounds. Use these for disposal of trash -- DON'T BE A LITTER BUG. Help keep Nebraska clean.

Children love to be helpful at meal preparation time. Delegate tasks to them and remember to reward with praise the jobs well done. Rotating responsibilities is sometimes more satisfactory than permanent job assignments.

Camp cooking provides the ideal opportunity to put to use ideas and methods presented in the Extension lesson "Outdoor Cookery."

Cleanliness and sanitation are important for the health, comfort and appearance of the campers. Convenient wash-up facilities must be provided to prevent careless personal habits and unsanitary food handling practices from becoming commonplace. This means you must have soap, hand basin and towels plus a sufficient supply of water.

Clothing

Again, the necessary items will depend somewhat on where you go, what you do and how long you plan to stay. Climatic conditions too, must be considered. Comfort and protection become the chief factors. Children, especially, will feel most comfortable in older clothes. No need for mother to fret or scold if clothes are torn or badly soiled. Sturdy shoes (avoid sandals) are important both as a health and safety measure. Extra sweaters or jackets are insurance against chilly evenings and mornings. Remember to pack sleep wear.

Encourage each family member to pack and care for his own clothes and personal belongings throughout the outing.

Bedding

A tent of some sort provides protection from the weather elements. Some campers prefer sleeping "under the stars" in favorable weather conditions.

Be it sleeping bags, blankets or cots that you choose to use, be sure enough bedding is supplied to allow each camper to sleep comfortably warm. The experienced campers have learned that no matter how much covering one piles on, the cold attacks from below. Blankets and air mattresses provide insulation for sleeping comfort. Sleeping areas should be prepared before darkness sets in and bedtime approaches. Occasionally, a tire pump is needed for inflating the air mattress.



Sports Equipment

Major items will be determined by step 1 in the plan -- what will the family do for relaxation and fun?

A few surprise items or games can provide entertainment on unexpected rainy days and for the moments between major activities. Some suggestions are a ball and catcher's mitt, a checker board, a few magazines or books, and a deck of cards. Smaller children will need occasional periods of less active play to prevent overtiredness.

Road maps and some of the mentioned activities can also help children pass the time while traveling in the car.



Safety Equipment and Practices

The well supplied First Aid Kit is a "must" on your list. Know where the nearest first aid station, hospital or doctor's office is located.

Fires are a hazard unless they are managed properly and extinguished completely after use. A fire extinguisher is one sure way to put out the fire. Take advantage of this opportunity to teach fire safety to the children in the family.

Although traffic and parking regulations are safety features in camping areas, all campers, especially children, must be aware of the traffic and the possible dangers involved.

Life jackets should be included if boating and water skiing are in the plans. Become familiar with and respect boating regulations on the water area you use.

Use of various camping equipment requires a knowledge of safety practices. Axes, knives, fishing equipment and even cooking equipment can be dangerous if mishandled. Camping offers numerous opportunities for the family to learn and practice safety measures.

Campers need to learn to recognize and to avoid poisonous plants and shrubs. Children should be warned not to eat wild berries. These could be poisonous and result in illness. You should also be familiar with treatment procedures, just in case of accidental contact. A first aid book could prove to be a useful item on the camping trip. Take one with you.

Animals encountered in the camping area are in their natural homes. Small children, especially, must be informed about the nature of the animals and cautioned against disturbing or molesting them.



A small flashlight for each member of the camping party will add a feeling of security during non-daylight hours. A gas lantern provides adequate light in the camp area during late evening. Give due consideration to safety when hanging the lantern. For insured late evening comfort, pack the mosquito and insect repellent.

Now that the primary plans for the family outing are formulated you will feel more confident and relaxed about your excursion if you browse through additional books and pamphlets which give more detailed and complete information. Numerous magazines print articles telling about camping experiences and practices. Watch for these on newsstands.



Arriving home and the final clean-up are part of the outing itself. Family cooperation is still needed.

After an extended outing, try to get home a day or so before family members have to resume routine school and work tasks. Each family member can and should, assume his share of cleaning up responsibilities.

Camp equipment will have to be cleaned and stored. Bedding should be aired and cleaned before storing. The family laundry will need to be done. If a thorough job of cleaning up and storing is done all equipment will be ready for the next outing.

It is important for the family to discuss the outing and suggest changes which might improve their next camping trip. Basic equipment lists and plans can be saved so preparations for future excursions can be made in a fraction of the time spent for planning the first outing. Soon your family will be going on "spur-of-the-moment" outings which will be as successful as planned trips.

It will be amazing to notice how family interests and topics of conversation will result from family outings.