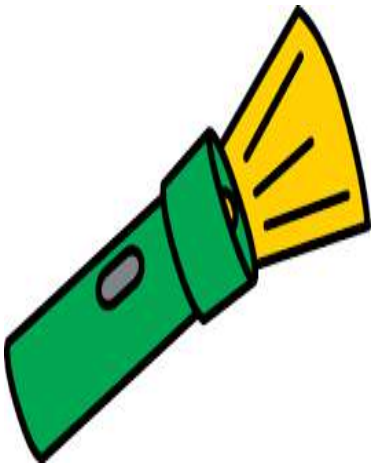




Camping Activities at Home

Flashlight: Hide & Seek



- Grab your family and a flashlight!
- Play outside while it's dark or turn off all the lights in the house and play in the house!
- One person will be “it” - that person will go looking for all the other players.
- Don’t get tagged by the light or you will be “it”!

Flashlight Limbo

- How low can you go??
- Grab a flashlight and a partner!
- The light beam will be the limbo pole.
- Lower the flashlight after each round.
- See how low you can go without breaking the light beam!



<https://www.thespruce.com/flashlight-games-kids-can-play-indoors-or-out-3129284>

Build Your Own Healthy Camping Snack

You need healthy snacks when you're camping, so start with these few quick recipes!

Fruit Kabobs (Fruit Salad)

- Ingredients:
 - Any fruit you want!
 - Watermelon
 - Grapes
 - Pineapple
 - Honeydew melon
 - Strawberries
 - Be Creative!
- Stick fruit pieces on a long toothpick or just put all the ingredients in a bowl!



Ants on a Log

- Ingredients:
 - Logs
 - Celery
 - Bananas
 - Cucumber
 - Carrots
 - Log Fillers
 - Peanut Butter
 - Yogurt
 - Cream Cheese
 - Other Dips/Spreads
 - Ants
 - Raisins (Other Dried Fruit)
 - Peas
 - Grapes
 - Nuts/Seeds
 - Sweet Corn
- Pick a log, a log filler, and ants and put them together



Homemade Trail Mix

- Ingredients:
 - Raisins
 - Dried Fruits (Cranberries or Bananas)
 - Cashews, Peanuts, Almonds (other various nuts and seeds)
 - M&Ms
- Mix all your ingredients together in a little baggie and head out for the trails!



HAPPY TRAILS:)