



Resilience Class Series

CAMPING 101 & EMERGENCY PREPAREDNESS



WORKBOOK



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES



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PARTNERS

TIM JONES, OUTDOOR EDUCATION INSTRUCTOR

Tim Jones is a seasoned instructor for outdoor recreation, and his experience includes coordinating “Gone Fishing at Kenny Hahn Park” and “Family Camping 101.” Tim served as Vice-Chairperson of the Los Angeles County Fish and Game Commission and an instructor for the California Certified Hunter Education. His other roles include United States Coast Guard Auxiliary, Flotilla 3-4 District 11SR, Los Angeles County Underwater Instructor, and Boy Scouts of America leader. He is a member of the Backcountry Hunters and Anglers, California Bow Hunters Association, Sierra Club, National Rifle Association, and South Bay Archery Club.

LISTOS CALIFORNIA

Anchored at the Governor’s Office of Emergency Services (Cal OES) since 2019, Listos California has succeeded in reaching millions of Californians who otherwise wouldn’t have access to lifesaving emergency preparedness information. They engage a statewide network of community-based organizations, Tribal Governments, and Community Emergency Response Teams across the state to boost resilience, provide accessible in-language information, and advance a new culture of disaster preparedness.

CLIMATE RESOLVE

Climate Resolve builds collaborations to champion equitable climate solutions. We connect communities, organizations and policymakers to address a global problem with local action. We inclusively develop practical initiatives that reduce climate pollution and prepare for climate impacts. Climate Resolve has been involved in the Baldwin Hills area since 2019, beginning with the Baldwin Hills Resilience and Access Plan and now in implementation and programming efforts.

ACCELERATING RESILIENCE LOS ANGELES

This class was made possible through the support of Accelerate Resilience L.A., a sponsored project of Rockefeller Philanthropy Advisors.

COUNTY OF LA DEPARTMENT OF PARKS & RECREATION

Kenneth Hahn State Recreation Area is managed by the County of Los Angeles Department of Parks and Recreation.

CAMPING 101

Common Reasons People Dislike Camping

- 1 Think it's only for "outdoorsy" people
- 2 Think it's dirty or unsanitary
- 3 The weather - It's too hot or too cold
- 4 Rain
- 5 Bugs!
- 6 Think it's too much work
- 7 Campfire cooking pain
- 8 Think using the bathroom is a nightmare
- 9 Don't have the equipment for it
- 10 Don't want to sleep on the ground
- 11 Think it's boring
- 12 Dangerous

**Can you relate
to any of these
reasons?**

You may know someone or be someone who has not gone camping because of one or more of the 12+ reasons listed. To make you feel more comfortable going camping, we will discuss:

- Ways to Camp
- Where to Camp
- How to Camp Responsibly
- How to Camp Comfortably
- How and Why Camping Can Serve as Emergency Preparedness Training



Ways to Camp

Decide What Type of Camping You'd Like to Do

There are several different types of camping, including **backpacking, tent, car, and RV camping.**

Different camping styles are associated with different experiences. It's like deciding whether to stay at a Motel 6 or the 4 seasons.

Think about the type of experience you'd like to have. If you're going family camping, you may want to focus on fun and enjoyment, not survival skill training.



Where to Camp

Research your Destination

Research the following topics when planning your camping trip to ensure you are prepared!

- **Brochures and Maps of the Site**
 - AAA Travel
 - REI
 - U.S. Department of Agriculture Forest Service (USFS)
 - National & State Park Services (NPS)
 - Google
- **Amenities Available at a Campsite**
 - Potable water
 - Electricity
 - Restrooms
 - Open space
 - Playground
 - Cell phone coverage
 - Wi-Fi connectivity
- **Security**
- **Fees and Expenses**
- **Gas/EV Stations**
 - Research locations prior to going off-grid

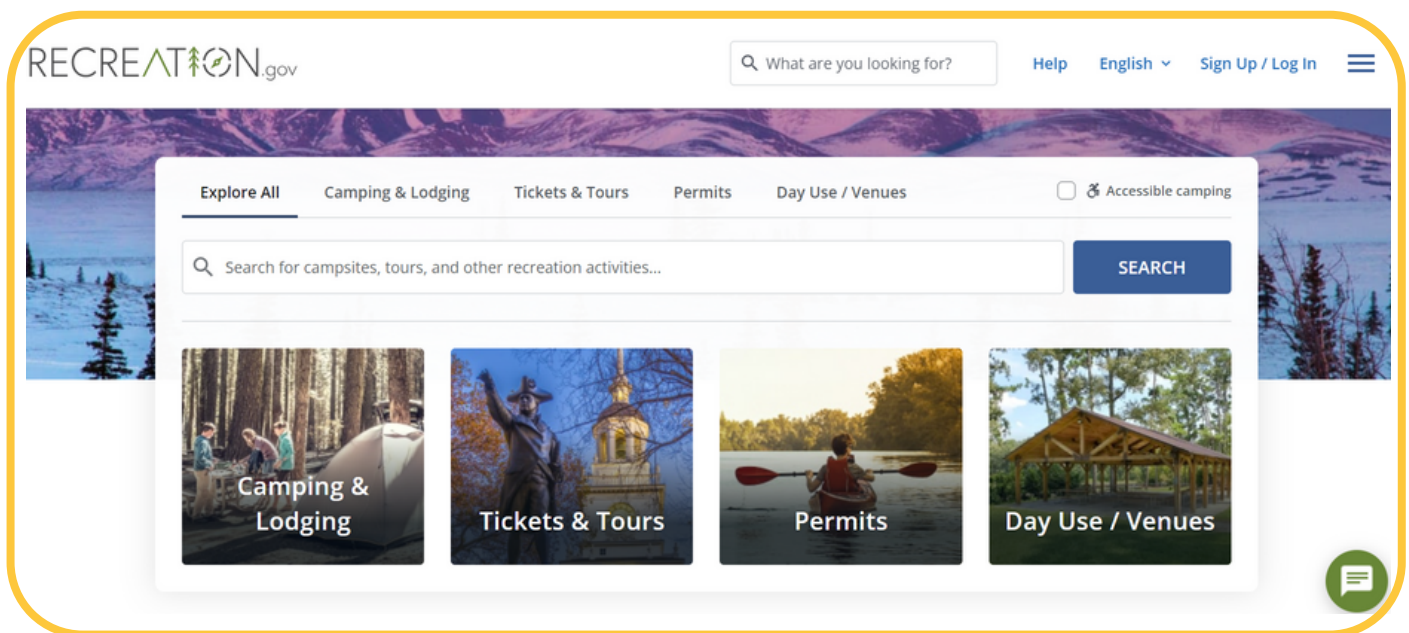


Where to Camp

Reserve your Campsite

Try to book your campsite well in advance, especially if you are going during peak-season!

- Online Reservations
 - USFS & NPS: Recreation.gov
 - Trip builder, www.recreation.gov/trips/new
 - State Parks: ReserveCalifornia.com and ReserveAmerica.com
- Reservation Lead Time
- Back Country/Wilderness Pass
- Adventure Pass Parking Permit



Recreation.gov homepage

How to Camp Responsibly

Make a Packing List: Roughing it does not have to be Rough

CAMPING CHECKLIST

Many campgrounds have drinkable water. If not, bring your own, or be prepared to treat water if there's a water source. And depending on how remote your campsite is, navigation tools such as a map, compass and/or GPS may be required



CAMPSITE

- Tent (with footprint & stakes)
- Sleeping bags
- Sleeping pads
- Camping pillow
- Headlamps or flashlights** (with extra batteries)
- Camp chairs
- Camp table (if no picnic table at campsite)
- Lantern (with mantles and fuel/batteries if needed)

Optional:

- Hammock

- Sunshade, tarp, or screen house
- Cots
- Sleeping bag liners
- Firewood (sourced near campsite)
- Camp rug
- Tablecloth and clips (or tape)
- Clothesline (with clips)
- FOOD** _____
- _____
- _____
- _____



CAMPSITE EXTRAS

- Solar and portable power
- Binoculars
- Navigation tools**
- Field guides (flowers, insects)
- Star chart/night-sky identifier
- Book/reading material
- Notebook and pen/pencil
- Music player (with headphones)
- Games and toys
- Dog gear
- Dry bags, stuff sacks or clear plastic bins to store items
- _____



KITCHEN

- Stove and fuel
- Matches/lighter/firestarter**
- Cook pots (with pot holder)
- Frying pan
- Eating utensils
- Cooking utensils
- Bottle opener, can opener, and corkscrew
- Sharp knife
- Plates/bowls
- Mugs/cups
- Cutting board
- Cooler

- Ice or ice substitutes
- Water bottles**
- Camp sink (or wash bins)
- Biodegradable soap
- Pot scrubber/sponge(s)
- Trash and recycling bags
- Dish towel

Optional:

- Camp grill and fuel
- Grill rack
- Griddle
- Dutch oven

- Charcoal
- Portable coffee/tea maker
- Rolling ice cream maker
- Marshmallow/hot dog roasting forks
- Small food-storage containers, bags and foil
- Large water jugs
- Large, clear plastic bins (for storing kitchen gear)
- _____
- _____
- _____

Highlighted items are especially important AKA “The Essentials”

How to Camp Responsibly

Make a Packing List (continued)



CLOTHING/FOOTWEAR

- Moisture-wicking underwear
- Moisture-wicking T-shirts
- Quick-drying pants/shorts**
- Long-sleeve shirts (for sun and bugs)**
- Lightweight fleece or jacket
- Boots or shoes suited to terrain
- Socks (synthetic or wool)
- Sleepwear
- Sunglasses (with retainer leash)
- Sun hat**

Additional items for rainy and/or cold weather:

- Rainwear (jacket and pants)**
- Long underwear
- Warm insulated jacket or vest
- Fleece pants
- Gloves or mittens
- Warm hat

Optional:

- Swimsuits
- Water sandals
- In-camp sandals or booties
- Bandanas or Buffs
- _____
- _____
- _____



HEALTH & HYGIENE

- Toilet paper
- Hand sanitizer
- Toothbrush and toothpaste
- Toiletry kit
- Quick-dry towel
- Menstrual and urinary products
- Prescription medications
- First-aid kit or supplies**

Sun and bug protection:

- Sunscreen**
- Lip balm
- Insect repellent
- Insect repellent candles

Optional:

- Sanitation trowel (if no toilets)
- Baby wipes
- Alcohol or antiseptic wipes
- Mirror
- Brush/comb
- Cosmetics
- Spare eyeglasses/contact lens supplies
- Eyeshades
- Earplugs
- Portable camp shower
- _____
- _____



TOOLS & REPAIRS

- Multi-tool**
- Duct tape
- Extra cord
- Tent-pole repair sleeve
- Pad/Mattress repair kit
- Mallet or hammer (for hammering tent stakes)
- Saw or axe (for cutting firewood)
- Small broom and dustpan
- _____
- _____



PERSONAL ITEMS

- Credit card and/or cash
- ID
- Cell phone
- Campsite reservation confirmation (if required)**
- _____
- _____
- _____
- _____

Highlighted items are especially important AKA “The Essentials”

How to Camp Responsibly

Prepare for All Weather Conditions

Research the weather before your trip, and prepare for unexpected weather conditions as well



Review “The Essentials” Checklist

Double-check you have all essential items before camping

Other Important Reminders

- Limit cotton clothing, especially denim
- Wear light, breathable hats with an encircling brim (straw)
- Use appropriate amounts of sunscreen
- Consider earplugs for sleeping in close quarters
- Double-check you have a standard First Aid kit
- Pack a plastic poncho for foul weather
- Use a headlamp to free up your hands
- Pack wide-mouth water containers (easy to refill)
- Pack several “pushbutton” fire-starters with an extend wand
- Bring a book of matches or several “Strike Anywhere” match sticks
- Bring a map of the area to locate points of interest, amenities, dangers, etc.
- Locate and discuss points of reference

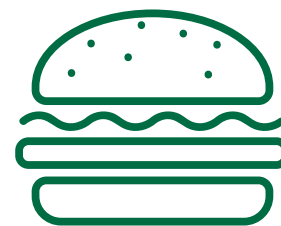
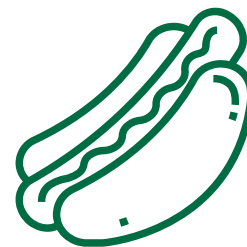
How to Camp Responsibly

Test the Gear in your Packing List

- Check and test batteries
- Examine equipment using fuel for leaks, mantle replacement, etc.
- Confirm that butane lighter still lights
- Confirm all necessary equipment parts are included
- Make sure everything is fully charged

Plan your Meals

- Match utensils and meals
- Use perishable foods first
- Plan for no leftovers
- Take campfire meals
 - Ex: Hot dogs, vegetables wrapped in foil, and burgers
- Take appropriate camping stove and baking equipment
- Research local restaurants
- Plan your day of arrival and departure meals
 - Easy to prepare & often purchased as a prepared meal
 - Easy to access (ex: fruits and nuts)
- Label containers as “drinking water” and keep containers in a cool place (50°F – 70°F) and away from direct sunlight



How to Camp Responsibly

Camping Etiquette

- Respect campground rules
- Respect wildlife that you see – look, but don't touch (or harass)
- Respect your neighbors
- Listen to music with earphones only
- Always be mindful of your campfire
- Maintain a “quiet” & preferably “dim” campsite after dark
- Leash and pickup after pets
- Keep campground facilities clean
- Adapt to your natural surroundings



Leave No Trace!

Respect the natural world and other visitors. Be prepared to leave the campsite as clean or cleaner than you found it.

How to Camp Comfortably

The “DOs and DON’Ts of Porta-Potties



Do use biodegradable paper

Don’t use regular “Charmin” or “Kleenex” wipes



Do plan your sleepwear & footwear for evening outhouse visits

Don’t wear sleepwear to Porta-Potty at night if possible



Do wipe the toilet seat with disinfectant and/or baby wipes

Don’t dispose of wipes in the toilet. Find trash area



Do feel free to use biodegradable toilet seat covers

Don’t dispose of in toilet if trash can is available



Do feel free to use rubber gloves

Don’t dispose of anything that is not biodegradable in the toilet



Do use a headlamp for nighttime lighting

Don’t use hand-held lighting in the latrine if possible



Do be mindful of how foods that you eat affect your bowels

Don’t eat foods that cause loose bowels such as beans, figs, and/or drink lots of coffee



Do move bowels when necessary

Don’t hold bowels for long periods as there is a buildup of gases



Do lower seat lid when finished (if lid is present)

Don’t forget to use hand sanitizer afterwards

How to Camp Comfortably

“Porta-Potty Survival” When Ya Gotta Go, Ya Gotta Go!

In addition to the DOs and DON'Ts listed, DO NOT keep anything in your hands, pockets, belt loops, etc. that could fall into the toilet.

Supplies

- Paper
- Rubber gloves
- Face mask
- Hand sanitizer
- Wipe or spray disinfectant
- Bug spray for insects waiting inside
- Perfumed (or Vicks Vapor Rub) infused face mask
- Christmas tree air freshener
- Fly paper
- Light



Campsite BugOut

Insect repellants:

- Personal “Bug Fans” and Cintronella Oil
- Bug spray with Picaridin or DEET



How & Why Camping Can Serve as Emergency Preparedness Training

Mental Preparation

“Nature never rushes, yet everything is accomplished.”
(Lao Tzu)

Research suggests that spending time outdoors can help reduce anxiety and mild to moderate depression. With careful preparation, camping should be an enjoyable experience, so remember to **take your time, experience your surroundings, and be present.**



How Camping Can Serve as Emergency Preparedness Training

The National Institutes of Health (NIH) Disaster Preparedness Tips:

- ✦ Prepare to be self-sufficient for at least three days.
- ✦ Conduct practice drills so you and your family know the safe locations for emergencies.

You can practice these tips while camping to prepare for emergencies!

Critical and crisis situations often bring out the worst in people, especially those who are not prepared. Your preparation will help maintain family safety and peace of mind.



NOTES

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NOTES

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EMERGENCY PREPAREDNESS

Emergency “Go Bag”

A Go Bag needs to be portable. Not every item listed is “essential”, but they are all intended to improve your quality of living when you are not at home. You can always add more, but remember to keep it light!

Items to Keep in Your Bag Year-Round

Copies of Important Documents: ID, driver’s license, insurance cards, deeds/titles/proof of leasing, prescription cards, a list of medications with dosage and frequency, birth certificate, passport, photos of value, etc.



Map: Mark different routes out of your neighborhood, nearest hospitals, nearest shelters/public or government buildings, nearest park/field/large parking lot, or another wide open space



Contact List: Emergency personnel numbers, gas company, water and power company, family, friends, neighbors, at least one out-of-city and one out-of-state contact, etc.



Items to Keep in Your Bag Year-Round

Cash: A small amount in bills

Medications: Preferably a vacation supply, list all prescriptions and other important medical information

First Aid Kit: Over-the-counter cold medicine, band-aids, wraps, wound cleanser, tape, and first aid kit with any instructions

Water Purification Method: Iodine tablets, pre-packaged water, filtration bottle/straw, etc.

Food: 3-day (minimum 6 meals) non-perishable food supply with opening devices, water, camping stove/fuel supply needed to prepare meals

- Utensils, dishware that are heat safe
- Kitchen gloves and trash bags

Small Toiletries: Shampoo, soap, packet of tissue, wipes, hairbrush, toothbrush/toothpaste, feminine hygiene products, washcloths, etc.

Extra Eyeglasses/Extra Contact Lenses

Whistle

Flashlights With Working Batteries

Blanket: Mylar blanket preferred (if not, then a regular blanket and “hand warmers”)



Items to Keep in Your Bag Year-Round

Portable Charger: With any cords/adapters needed to use it and to charge it (ideally solar or crank-powered)

Rain Protection: Poncho preferred (if not, then a tiny umbrella)

Pen and Paper

Battery Operated, Solar or Crank Radio

Sleeping Bag, a Small Cushion, or Neck Pillow

Face Masks: Preferably N95 to avoid smoke particles, dust, and pathogens

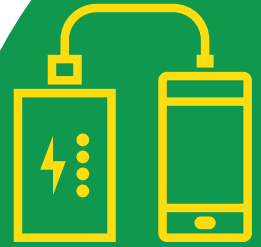
Firestarter: Waterproof matches or other Firestarter you know how to use

Multi-tool: Or Swiss army knife (especially something that cuts)

Shake-To-Use Ice Pack

Plastic Tarp: If not, plastic tablecloths or tarp-like material

Notice any similarities between these items and the camping essentials?



Tips for Storm Safety

Floods



- Flash floods can develop very quickly. Be ready to evacuate all people and animals to higher ground if ordered. Have emergency supplies packed in a Go Bag.
- Keep your car gas tank at least half full in case you are asked to evacuate. There may be traffic and delays.
- Never drive around barricades or drive or walk through floodwater. It may be deeper than you think and can sweep you or your car away. Turn around, don't drown!

Power Outages



- Keep phone batteries fully charged and save your battery power by limiting phone use during an outage.
- Sign up for alerts through your energy company so you can be notified about any energy issues. If you use electric medical and/or assistive devices, be sure to enroll in a medical baseline program to ensure you're safe if the power goes off.
- If your needs cannot be met during a power outage, plan with caregivers for transportation to a location with power.

Tips for Storm Safety

Mudslides



- Find out if your area is at high risk due to steep slopes and runoff, prior mudflows, floods or burn scars from wildfires.
- Mudslides are dangerous even after the rain has stopped. Use caution and remain vigilant for days after.
- Pay attention to weather reports and evacuate immediately if ordered.

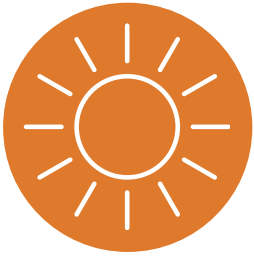
Cold Temperatures



- Body temperature can drop to unsafe levels in cold temperatures. Stay indoors as much as possible. If you must go outside, dress warmly in insulating layers, gloves, scarves, socks and a hat.
- Heat your home safely. Do not use stoves, camp stoves, generators or gas/charcoal grills for heat inside your home. The fumes are deadly.
- Know where you will go if your home becomes too cold. You could go to a friend's house, community center, shopping mall or public library. Check with your county emergency officials about warming centers available to you.

In a non-life-threatening emergency situation, you can always dial 211 for community-specific information and referral services or 311 for non-emergency governmental services.

Watch for Signs of Heat Illness



In the summer, multiple days and nights of hot weather can be very dangerous. Getting too hot can make people sick. The California Department of Health recommends learning the signs and how to help someone with heat illness:

- **Heat stroke:** red, hot, dry skin; very high body temperature; dizziness; nausea; confusion, strange behavior, or unconsciousness; rapid pulse or throbbing headache. Call 911.
- **Heat exhaustion:** heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness and fainting. Move to a cool place and get medical help if vomiting or symptoms get worse or last longer than 1 hour.

Keep Cool



- **When temperatures are very high, make sure to:**
 - Stay hydrated. Don't wait until you are thirsty to drink.
 - Wear loose, lightweight, light-colored clothing and a hat outdoors.
 - Wear sunscreen and avoid too much sun.
 - Slow down and avoid exercise during the hottest parts of the day.
- **Stay in air-conditioned buildings as much as possible.** If your home doesn't have air conditioning or if there was a power outage, find a public place you can go to get out of the heat:
 - Parks, libraries, shopping malls, and community centers can be cool places to take a break from the heat.
 - Ask neighbors, friends, or family if they have a cool place you can hang out at.
 - Call your local county to find a location near you to keep cool.
 - Visit <https://ready.lacounty.gov/heat/> to find cooling centers near you
- **If you work outside:**
 - Take breaks to cool down.
 - Your employer must give you water, rest, and shade.

Look out for Others



- For people who are 65 or older, heat can be especially dangerous. Make a plan with a friend, relative, or neighbor who will call or come check on you twice a day while it is hot outside.
- Bring pets inside. Make sure they have plenty of fresh water.
- Make sure everyone is out of the car whenever you park. Never leave a child, adult, or animal alone inside a parked vehicle. Temperatures inside a car can rise almost 20 degrees within the first 10 minutes causing heat stroke or death.

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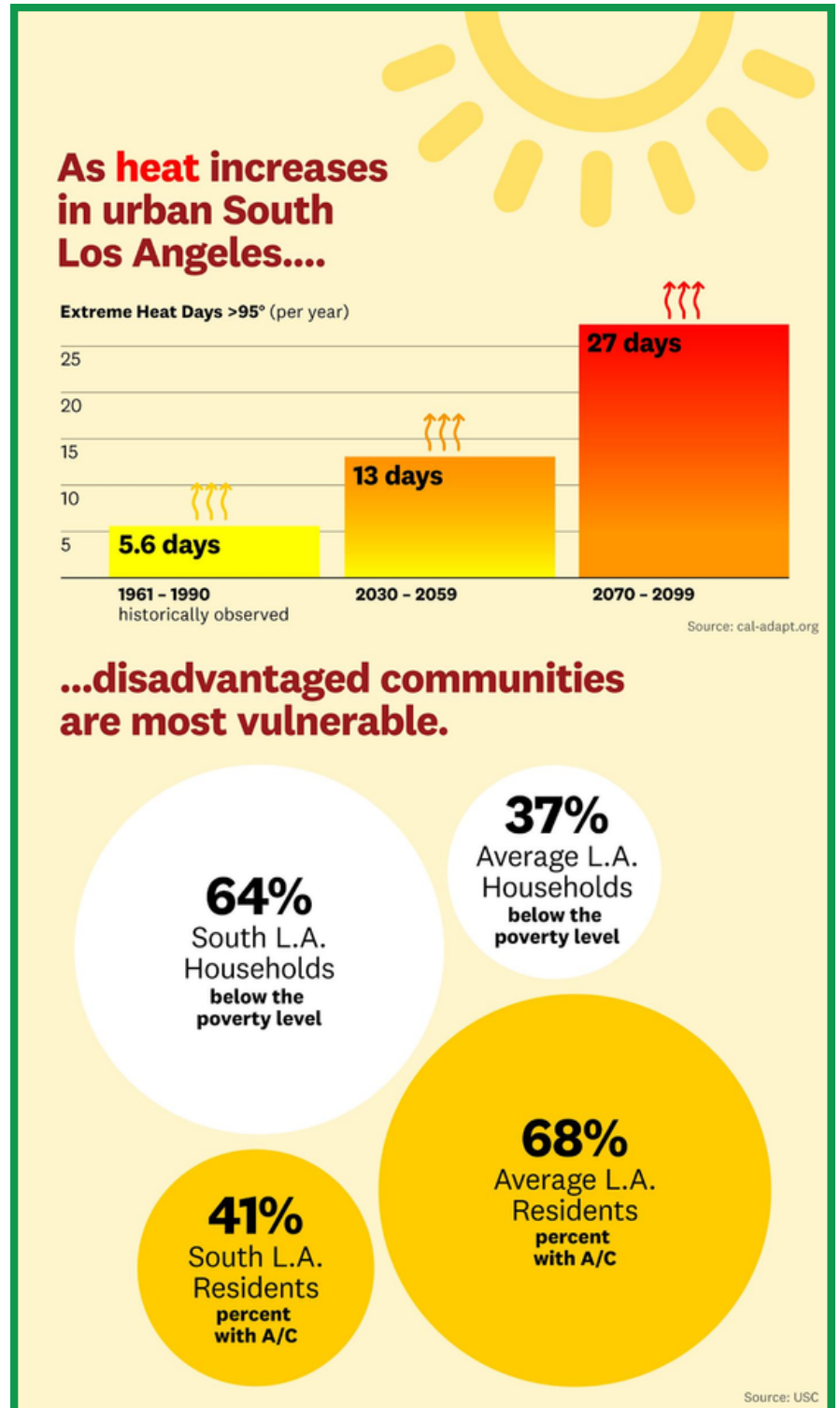
CLIMATE RESILIENCE

Extreme Heat in South LA

South Los Angeles is a designated disadvantaged community.

In South LA, the number of days over 95 degrees is increasing, and the number will increase to an average of 13 days in the middle of the century, and then about 27 days at the end of the century.

Extreme heat days are a traumatic experience for many populations in poverty, those without air conditioning, those without water, and those who lack shade.

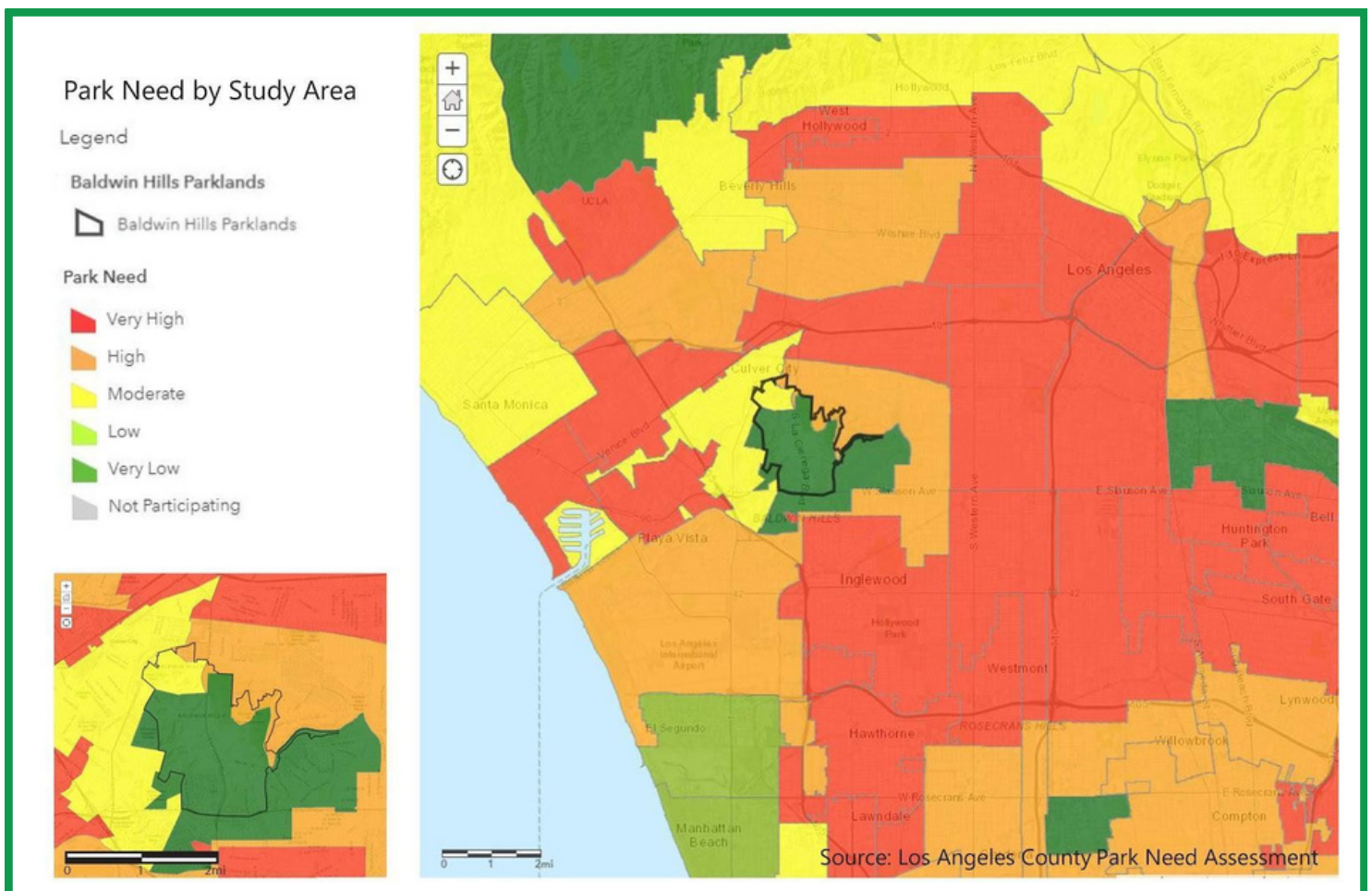


Park Needs Assessment



The Baldwin Hills Parklands is a haven of nature and green space in the surrounding area. The park potentially provides refuge from extreme heat and is also a place that fosters relationships, social cohesion, and emergency preparedness.

In the field of climate change, we're looking at how enhanced community centers and spaces can provide more types of services and programming. These centers and spaces are typically created in partnership with cities, non-profits, resident organizations, utilities, schools, and faith-based organizations so that all entities work together to address local challenges and build community health before and during crises such as extreme climate events.



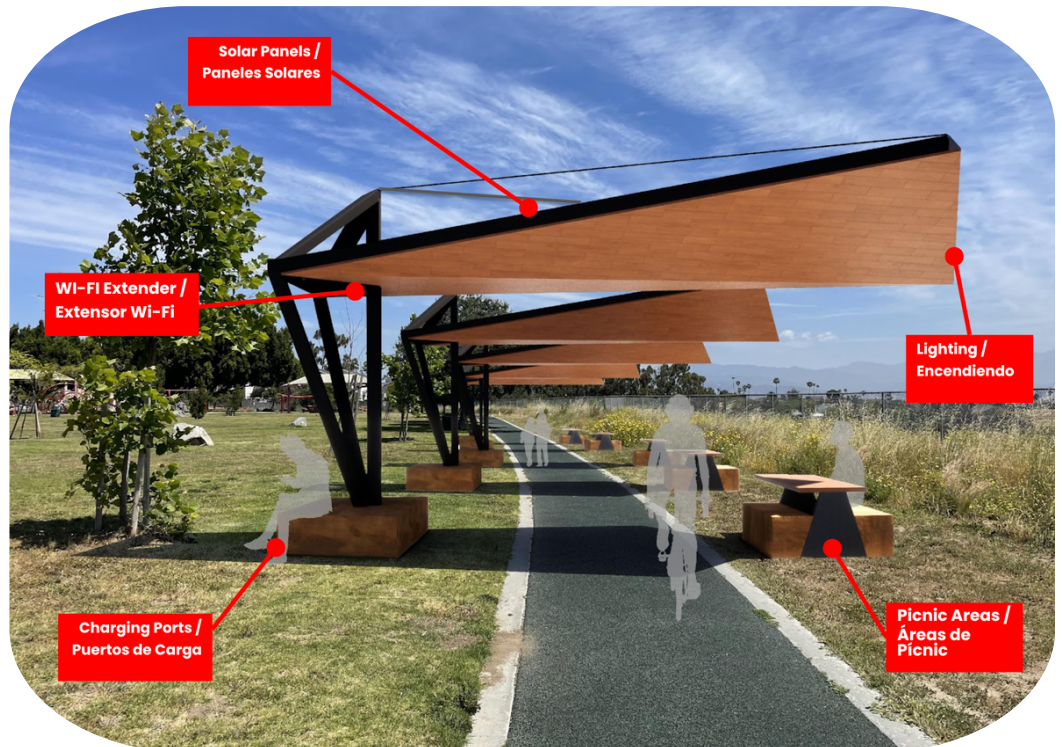
Enhancing Climate Resilience in Parks



Resident Advisor Committee Field Trip during the development of the Baldwin Hills Community Resilience and Access Plan, 2021



Proposed structures in the Parklands could have shaded solar panels, WiFi, charging ports, lighting, and picnic areas.



Parks, Social Cohesion, & Definitions

What does climate change mean to you? Have you used parks to cool down?



With increasing heat waves, parks and open spaces help us cool down and gather, both every day and during emergencies. Although parks already provide refuge from extreme heat, they could be even more effective with additional tree canopy, shade, better WiFi for connectivity, and other resilience amenities that provide public access to cooling benefits.

Events like Camping 101 and Emergency Preparedness help build social cohesion by connecting neighbors and community members while building shared knowledge, shifting from self-sufficiency alone to community care.

Climate Change



is a long-term change in the average weather patterns that have come to define Earth's local, regional, and global climates. Since the 1800s, human activities have been the main driver of climate change, primarily due to the burning of fossil fuels.

Resilience

refers to knowing the climate impacts and creating people-centered approaches to withstand those impacts.



Emergency Preparedness



refers to the steps you take to make sure you are safe before, during, and after an emergency or natural disaster.

Urban Heat Island Effect



is when a city experiences much warmer temperatures than nearby rural areas.

RESILIENCE GAME: 4 CORNERS

Respond to the following questions with:
Very likely, Somewhat likely, Unlikely, or Never

How likely are you to go to a park during a heat wave?

How likely are you to help out or seek help from your neighbors during an emergency?



How likely do you feel that if you choose to go camping, you will feel prepared to do so?

How likely are you to prepare your own emergency go bag after this class?

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RESOURCES

Check out the following resources for more information on camping, parks, climate resilience, and emergency preparedness:



Los Angeles Parks

Visit parks.lacounty.gov to get information on parks and programs near you.



Emergency Preparedness

Visit listocalifornia.org to access key disaster material.



Climate Change / Climate Resilience

Visit climateresolve.org to learn more about climate resilience projects.





Camping

Visit parks.ca.gov/camping to learn where and how to start planning your trip!



RESOURCES

Keep in touch with Climate Resolve, Listos California, and Tim Jones! Contact information is below.


Climate Resolve

-  Visit climateresolve.org to learn about our work and sign-up for our newsletter!
-  Follow us on social media [@climateresolve](https://twitter.com/climateresolve)

Listos California

-  Visit listocalifornia.org to access key disaster readiness material.
-  Follow us on X [@ListosCA](https://twitter.com/ListosCA)

Tim Jones

-  To follow-up, email him at FishAndGameTim@gmail.com





CERTIFICATE OF ACHIEVEMENT



THIS CERTIFICATE IS PROUDLY
PRESENTED TO:

(Your Name)

As a participant in the
Camping 101 and
Emergency Preparedness
Class. Congratulations!