



Brantwood Camp
Summer 2020
Challenge Packet



Directions:	<i>This challenge packet is not like your typical challenge packet that you have done in the past at camp; however, just because we aren't together in person, doesn't mean that you can't learn this summer. In order to pass your challenge and earn your hat, you will need to complete this packet. Once you are done, you need to mail it back to camp in order to claim your hat.</i>
Summer 2020 Challenge Packet includes:	<ul style="list-style-type: none">● Cover sheet (fill out the bottom of this sheet, make sure to include your name!)● Brantwood Camp Word Search● Universal Precautions: Design your own mask and band aid● Outdoor Scavenger Hunt & Checklist● Summer Safety Rules, Checklist, and Hydration Record● The Five Ideals

First & Last Name:

How many summers have you spent at Brantwood Camp?

I live in:

The thing I will miss most about not being at Brantwood this summer is:

The Brantwood Ideal I most often use is:

Brantwood Camp Word Search

Directions: Circle or highlight all the words you can find

Brantwood Camp Wordsearch

R	P	R	I	Z	E	N	I	G	H	T	S	O	C
I	R	E	M	M	U	S	R	O	A	D	S	A	U
C	A	T	H	L	E	T	I	C	S	O	M	M	N
O	S	N	H	H	C	T	N	A	T	P	Y	N	S
O	N	H	N	C	W	O	K	O	F	R	T	S	E
P	O	M	R	H	I	A	B	I	Z	O	L	M	L
E	I	O	O	A	C	H	R	S	N	H	A	C	F
R	T	N	S	L	S	E	A	W	O	O	Y	C	I
A	C	A	L	L	H	D	N	I	R	N	O	O	S
T	E	D	L	E	A	H	T	M	T	E	L	M	H
I	P	N	A	N	C	N	W	M	H	S	O	M	N
O	S	O	B	G	K	I	O	I	P	T	E	O	E
N	N	C	G	E	S	D	O	N	A	Y	I	N	S
A	I	K	P	S	A	N	D	G	K	A	T	S	S

CAMPFIRE
COMMONS
CHALLENGES
HONESTY
INSPECTION
PGBALL
COOPERATION
SHACKS
SUMMER
ATHLETICS
PRIZENIGHT
MONADNOCK
BRANTWOOD
UNSELFISHNESS
LOYALTY
SWIMMING
NORTHPAK

Universal Precautions

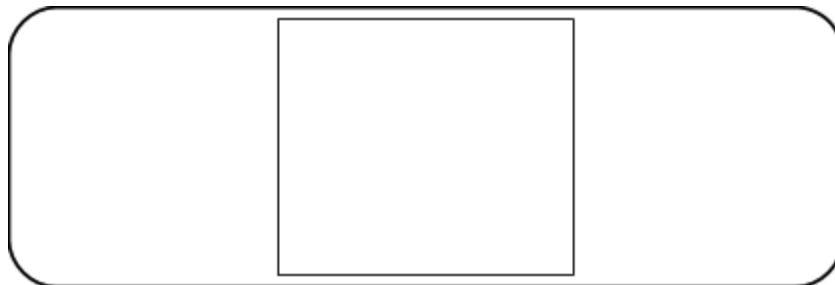
Directions: Read about Universal Precautions, share what you learned with a friend, and then design your own mask and band aid.

Universal Precautions	Universal precautions refers to the practice of avoiding contact with bodily fluids, by means of the wearing of nonporous articles such as medical gloves, goggles, and face shields. The infection control techniques were essentially good hygiene habits, such as hand washing.
Ways to protect yourself and others:	<ul style="list-style-type: none">• Do not share personal items such as hairbrushes, razors, makeup, toothbrushes, bathing suits.• Do not touch anything that may contain someone else's bodily fluids without gloves. These include: band-aids, tissues, pads, clothes.• In case of a medical emergency, leave the area and get help. If necessary, call 911.• Wash your hands often (for 30 seconds with soap and water) to help protect the spread of bacteria. Always wash your hands after coming into contact with bodily fluids. If you cannot wash your hands, use hand sanitizer.• Practice social distancing, keep 6 feet apart when possible, and wear a mask.

Design your own Brantwood themed mask: Use colors and be creative!



Design your own Brantwood themed bandaid: Use colors and be creative!



Outdoor Scavenger Hunt

Directions: Look around your yard, neighborhood, block, or anywhere outside. Use your 5 senses to make observations around you. Try to find as many of the following as possible. Once you do, complete the checklist and write what you noticed.

Something brown		Something taller than you	
Something green		Something red	
Something round		Something smooth	
Something smaller than a quarter		Something wet	
Look right. What do you see?		Look left. What do you see?	
Pick up one piece of trash. What did you pick up?			

Take a walk for 10 minutes. Look around. How many of the following can you find?			
Cars		Dogs	
People		Fire Hydrants	
Trees		Wild Animals (squirrels, pigeons, birds, etc)	

Summer Safety

Directions: Read and practice the following rules and suggestions to stay safe this summer. Complete the safety checklist and record how much water you drink one day this summer.

Summer is for adventures and exploring, spending more time in the sun, swimming and being around family and friends. During summer, it's important to stay safe and healthy.

Ways to stay healthy and safe are:



deer tick

- Protect yourself from the sun: wear sunblock, sunglasses, a hat and make sure to cool off in the shade
- Stay hydrated: drink water! Carry a water bottle and take small sips throughout the day. Coffee, juice, and soda are okay once in a while, but they are full of caffeine and sugar, and not as healthy as water.
- Keep yourself safe from mosquitos and ticks: wear bug spray and do tick checks if you are walking around in tall grass or forests. After you come home, check for ticks on your arms, legs, around your hairline, and other hiding spots. Wear pants and long sleeves to protect yourself.
- Be safe in the water: when swimming, never go alone, follow rules and directions, swim at beaches with lifeguards, and stay close to the shore when going into the ocean.

Summer Safety Checklist - Write down two things you did to stay safe this summer.

1)	
2)	

Stay Hydrated!

Choose one day to measure and record your water consumption (how much water do you drink on an average day?). Try to use a refillable water bottle.

Date:

How many bottles/glasses of water did you drink today?

