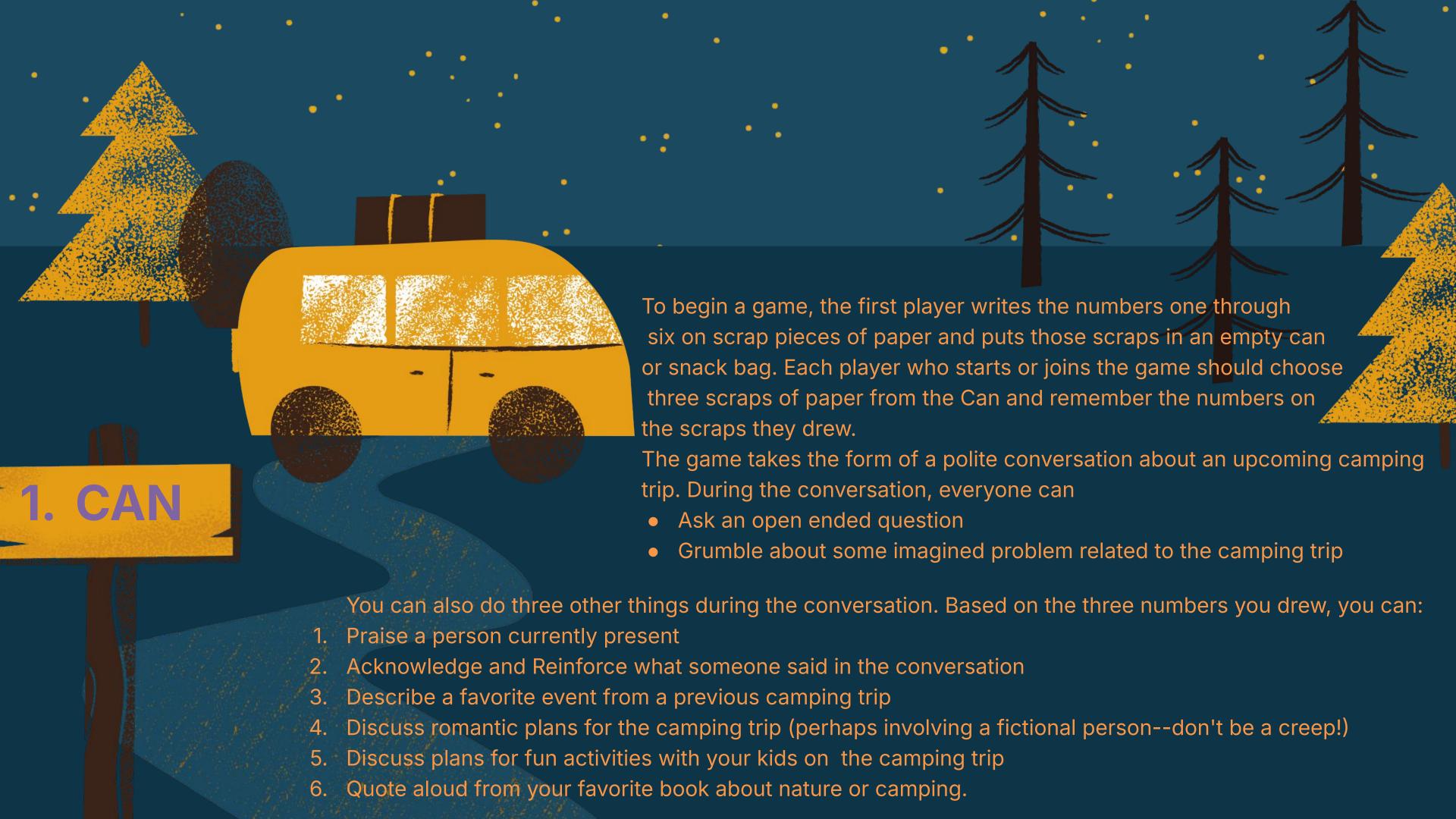




idelines of anothe

ity, such as:

- Watching your children's sports practice
- At a side table at a convention
- In the cafeteria
- At a picnic table in a festival or amusement park
- Empty Food Can or Bag
- Scrap paper and a writing tool
- One of the following:
  Sewing/knitting/crocheting supplies,
  board game, puzzle, or rope and a cool stick (OPTIONAL: Use paracord and a Yew branch or willow reed)
- Your favorite book about nature, camping, or crafting (OPTIONAL: See suggested book list)





While you are discussing plans for camping, you are also observing the activities going on around you. At the same time, you are doing something with your hands. Depending on what sounds relaxing to you, you may use your hands to: Crochet, Knit, or nålbind Sew or patch clothes Play a boardgame, Assemble a puzzle Practice tying knots on sticks (OPTIONAL: See 3. KNOT suggestions and links on the Knotty List).

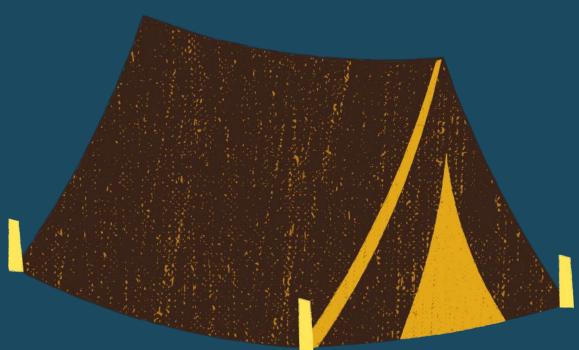


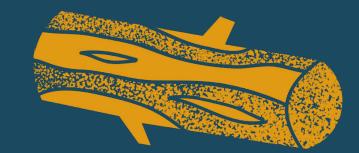


## **Suggested Book List**

- The Peregrine by JA Baker
- Under A Cloud by Binoo K. John
- Waterlogged By Roger Deakin
- The Living Mountain by Nan Shepherd
- Under the Open Skies by Markus Torgeby and Frida Torgeby
- Meg's Miscellany of Mending by Meguey Baker
- With One Needle: How to Nålbind by Mervi Pasonen
- The Wildcrafting Brewer by Pascal Baudar







## **Knotty List**

- Prussik Knot
- Clove Hitch
- Bowline Hitch
- https://www.hammockuniverse.com/blogs/hammock-blog/10-essential-knots-everyone-should-know/