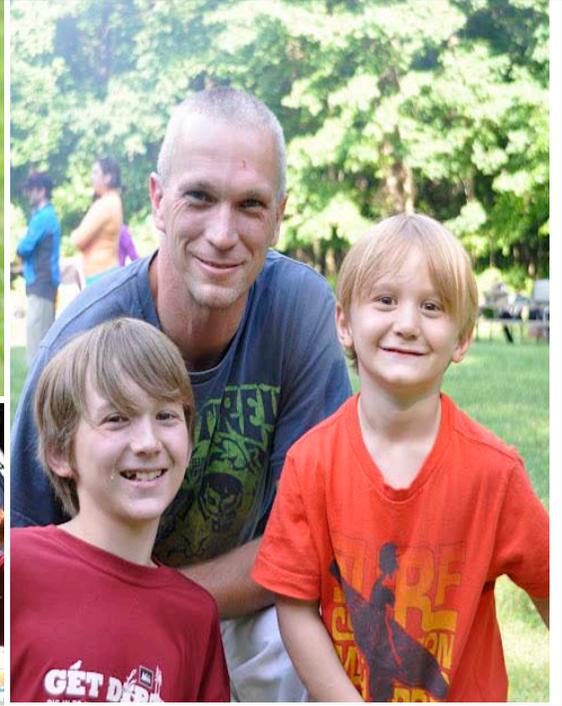




THE NORTH FACE
EXPLORE
YOUR PARKS
exploreyourparks.com



OPERATION: CAMPOUT!

Swallow Falls State Park

New Germany State Park

Rocky Gap State Park

Patapsco Valley State Park

Pocomoke River State Park



OPERATION: CAMPOUT!

Dear Campers,

The Maryland Park Service is pleased to welcome you. We're excited you have chosen to participate in our new program, Operation: Campout! This program is designed to offer you an opportunity to experience Maryland's natural, cultural, historical and recreational resources firsthand! We are including a few things you should know before your camping adventure begins. Please note this packet includes:

- FAQ- Frequently Asked Questions
- Gear List of required and recommended items
- Suggested food menu list
- Recipe ideas

Please take a moment to read and review the recommended Gear List. We encourage you to bring everything on the list. It's better to have an item and not need it than to need an item and not have it.

The suggested food menu list includes common items you already have in your kitchen or are available at your local grocery store. We recommend bringing foods that are easy to cook, requiring little clean up. Remember to pack your cooler with ice to keep your perishables cold. Reusable ice packs work great too.

If you have any questions, please contact Christina Holden or Diane Fehelley at 410.260.8155 or 410.260.8167 or email at CHolden@dnr.state.md.us

We look forward to seeing you soon!

The Maryland Park Service staff



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Frequently Asked Questions

- **How much does it cost?**

There is no charge to borrow the Gear Locker of camping equipment. The campsite reservation service charge varies per park and length of stay.

Swallow Falls SP

Campsite: \$21.49 + service charge*/night

Campsite with electric, water and sewer: \$32.49 + service charge*/night

New Germany SP

Campsite: \$18.49 + service charge*/night

Rocky Gap SP

Campsite: \$21.49 + service charge*/night

Campsite with electric: \$27.49 + service charge*/night

Patapsco Valley SP

Campsite: \$18.49 + service charge*/night

Campsite with electric: \$24.49 + service charge*/night

Pocomoke River SP

Shad Landing- Campsite: \$21.49 + service charge*/night

Campsite with electric: \$27.49 + service charge*/night

****Per night service charge is \$4.51***

- **How do I reserve a campsite and equipment?**

Below you will find a list of the five participating parks. We encourage you to visit our website for park descriptions and amenities offered at each park.

www.dnr.maryland.gov/publiclands/ Once you've decided where your adventure will take you, contact the park directly to make your camping reservation. The park will be able to assist you in checking available dates. ***Make sure you let the park staff know you are reserving through OPERATION: CAMPOUT!***

- Swallow Falls State Park - (301) 387-6938
- New Germany State Park - (301) 895-5453
- Rocky Gap State Park – (301) 722-1480
- Patapsco Valley State Park – (410) 461-5005
- Pocomoke River State Park – (410) 632-2566



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- **How many people can I bring?**
Campsites can accommodate up to six people. A six-person tent will be provided.
- **What should I bring?**
We provide the tents, sleeping pads, cook stove, chairs, lantern and a few other essential camping items. You need to bring your own sleeping bags, food and personal items.
- **What age do my kids need to be?**
Kids will have a fantastic time; there is no age restriction for children.
- **Can we bring our pet?**
Our campgrounds have designated loops for pets if you would like to bring your pet with you. Make sure you let the park know if you are bringing your pet so the appropriate campsite reservation can be made. Service animals are always welcome.
- **Will we see any wildlife?**
You bet! Many different animals make their home in our state parks making for great wildlife viewing.
- **Will I have to sleep on the ground?**
No, we will loan you foam sleeping pads to go underneath your sleeping bags.
- **Will there be a lot of bugs?**
Bugs are an unavoidable part of camping. What kind of bugs and how many will all depend on the park location, weather, and time of year. Remember to keep strong aromatic sprays and soaps at home; these products attract mosquitoes and bees.
- **Will there be bathroom facilities?**
Yes! All of our campground areas have bathrooms and shower facilities nearby.



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Gear List: Required + Recommended Items

Supplied Items:

- × Tent for six people
- × Ground tarp for tent
- × Lantern
- × Folding camp chairs (4)
- × Sleeping pads (4)
- × Cooking stove
- × Roasting sticks (marshmallows, hot dogs, etc.)

Essential Items:

- Good walking shoes/boots
- Shorts
- Long pants
- Long sleeve shirt/sweatshirt
- Short sleeve shirt/t-shirt
- extra pairs of socks
- Raingear
- Sleeping bag/blankets/bedding
- Pillow
- Backpack/ daypack
- Firewood (available at park)*
- Matches/Lighter
- Fire starter/Kindling
- Cookware (pots, pans)
- Dishware (plates, cups, silverware)
- Cooler with ice/reusable cold packs
- Washtub with sponge and soap
- Large water containers
- Water bottle
- Food items (see separate sheet for recipe ideas)
 - Due to the potential threat of the Emerald Ash Borer, the importation of personal firewood is prohibited. Please do not bring firewood with you from home when visiting a DNR property.

Recommended Items:

Personal Hygiene and Safety:

- Towel
- Wash cloth
- Lip balm
- Toothbrush/Toothpaste
- Soap/Shampoo
- Deodorant
- Sunglasses
- Sunscreen (SPF 30 or greater)
- Insect Repellent
- Family first-aid kit
- Flashlight/ headlamp

Clothing:

- Hat
- Sleepwear
- Underwear
- Swimsuit
- Water shoes
- Warm jacket

Kitchen Items:

- Resealable plastic bags
- Paper towels
- Trash bags
- Hand sanitizer
- Dish towel
- Can opener
- Aluminum foil

Extras:

- Camera
- Extra batteries
- Notebook and pencil
- Playing cards
- Nature guide
- Binoculars
- Bicycle/Helmet
- Fishing rods & tackle



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Suggested Camping Food Menu List

SNACKS

Fruit, dried fruit, fruit strips, trail mix, beef jerky, cashew/peanut/almond nuts, energy bars, crackers, popcorn, etc.

BREAKFAST: Outdoor Cooking

Just add water!

Instant oatmeal, Hot cereals, Pancakes (find mix that only needs water), tea, instant coffee, hot chocolate

Cook it!

Breakfast sausages, bacon, eggs (liquid eggs in carton are easy to transport)

Quick and easy: Cereal, granola, fruit, breakfast bars

Don't forget... butter, syrup, milk

LUNCH: Packed lunch, no cooking required

Easy: Chicken strips

Sandwiches: PB&J, deli meat & cheese

Wraps: tortillas, humus, meat, etc.

Snacks: dried fruit, trail mix, chips, rice cakes, pretzels, string cheese, energy bars, cookies

Drinks: water, juice, sports drink, lemonade

DINNER: Outdoor Cooking

Suggested meals below but options are endless, feel free to create your own dishes with the most popular ingredients below.

Key Ingredients for Camp Dinners:

Grill it!

Meat: marinated steak, chicken breast, ground beef, hot dogs, sausages

Vegetables: onion, bell peppers, mushrooms, tomatoes, potatoes, corn on the cob, carrots

Cook it!

Canned Items: beans, vegetables (corn, carrots, peas, green beans), soup (chicken noodle, tomato, vegetable blend)

Quick & easy: quick cooking pasta (Knorr's), instant rice mixes, couscous

Dessert: S'mores (marshmallows, graham crackers, Hershey chocolate bars)

Drinks: tea, instant apple cider, instant hot chocolate

Cooking Essentials: aluminum foil, olive oil, spices, seasonings, re-sealable plastic bags

Don't forget your condiments and spices!



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Recipe Ideas

Trail Mix:

Prep time: 10 mins Total time: 10 mins

Servings: 2 – add more ingredients for bigger groups as needed

Ingredients:

- 2 cups chocolate chips
- 1 cup almonds
- 1 cup raisins
- 1 cup banana chips
- 1 cup dry cereal
- 1 cup dried apricots or cranberries

Instructions: Use a bowl to mix all ingredients together. Use small plastic bags to portion out trail mix for your hike.

Breakfast Scramble:

Prep time: 10 mins Cook time: 10 mins Total time: 20 mins

Servings: 4

Ingredients:

- 8 eggs or liquid eggs
- 6 hash brown patties
- 6 slices of ham
- 1 bell pepper, chopped
- Salt and pepper to taste
- ½ cup onion, chopped
- 4 mushrooms

Instructions: Chop bell pepper, mushrooms, and ham into smaller pieces. Warm skillet over medium heat and scramble eggs. Add hash brown patties and break up with fork and mix into eggs. Next add chopped onions and pepper, mushrooms, and ham to scramble. Finally add salt and pepper to taste. Add ketchup or hot sauce for additional flavor.

Eggs in a Hat:

Prep time: 5 mins Cook time: 10 mins Total time: 15 mins

Servings: 4

Ingredients:

- 8 slices of your favorite bread
- 8 eggs
- 8 slices of ham
- 8 slices of cheese

Instructions: Warm a skillet over a camp stove and use cooking spray or butter to grease the pan. Using a cookie cutter or a drinking glass to cut out a hole in the center of your bread. Place the bread in the skillet and toast on both sides. Next, crack an egg or pour liquid egg into the hole in the bread and cook until the egg white is almost solid. Flip the bread over and place a slice of cheese and then a slice of ham on top. Once the cheese has melted the meal is ready to enjoy.

Campfire Foil Packs:

Prep time: 30 mins Cook time: 40 mins Total time: 1 hr 10 mins

Servings: 4

Ingredients

- 1 pound skinless, boneless chicken breast meat - cubed
- 2 onions, diced
- 1 (8 ounce) package sliced fresh mushrooms
- 1 yellow bell pepper, seeded and sliced into strips
- 1 red bell pepper, seeded and sliced into strips
- 4 cloves garlic, sliced
- 4 small potatoes, cubed
- 1/4 cup olive oil
- 1 lemon, juiced

Instructions

In a large bowl, or a large zip-top bag, combine the chicken, onion, mushrooms, yellow pepper, red pepper, garlic, and potatoes. Pour in the olive oil and lemon juice, then mix well. Evenly divide the mixture between 4 large sheets of aluminum foil. Top each with another sheet of foil, and roll up the edges tightly. Wrap each packet again, securely in another sheet of foil to double wrap. Cook in the hot coals of a campfire until the chicken is opaque and the potatoes are tender, around 40 minutes.

Campfire Banana Splits:

Prep time: 10 mins Cook time: 8 mins Total time: 18 mins

Servings: 6

Ingredients

- 6 large bananas, unpeeled, stems removed
- 2 cups semisweet chocolate chips
- 1 (10.5 ounce) package miniature marshmallows

Instructions

Preheat the grill for high heat. Spray 4 sheets of aluminum foil, large enough to wrap bananas with cooking spray. Slice the peel of the banana from stem to bottom, while slicing the banana inside lengthwise. The bananas can be cut into slices instead if you like, (while still in the peel) for easier handling later. Carefully open the banana just wide enough to place the chocolate chips and marshmallows inside the peel with the banana. Stuff with as much of the chocolate chips and marshmallows as desired. Wrap the bananas with the aluminum foil and place on the grill or directly in the coals of a fire. Leave in long enough to melt the chips and the marshmallows, about 5 minutes. Unwrap bananas, open the peels wide, and eat with a spoon. Yum!



The 10 Essentials of Hiking

Ten things to have on every hike.

1. **Appropriate footwear.** For a short day hike that doesn't involve a heavy pack or technical terrain, basic low-cut trail shoes are great. For longer hikes, carrying heavier loads, or more technical terrain, hiking boots offer more support.
2. **Map and compass/GPS.** A map and compass not only tell you where you are and how far you have to go, it can help you find campsites, water, and an emergency exit route in case of an accident. While GPS units are very useful, always carry a map and compass as a backup.
3. **Extra water and a way to purify it.** Without enough water, your body's muscles and organs simply can't perform as well. Consuming too little water will not only make you thirsty, but susceptible to hypothermia and altitude sickness.
4. **Extra food.** Any number of things could keep you out longer than expected: getting lost, enjoying time by a stream, an injury, or difficult terrain. Extra food will help keep up energy and morale.
5. **Rain gear and extra clothing.** Because the weatherman is not always right. Dressing in layers allows you to adjust to changing weather and activity levels. Two rules: avoid cotton (it keeps moisture close to your skin) and always carry a hat.
6. **Safety items: fire, light, and a whistle.** The warmth of a fire and a hot drink can help prevent hypothermia. Fires are also a great way to signal for help if you get lost. If lost, you'll also want the whistle as it is more effective than using your voice to call for help (use 3 short bursts). And just in case you're out later than planned, a flashlight/headlamp is a must-have item to see your map and where you're walking.
7. **First-aid kit.** Prepackaged first aid kits for hikers are available at any outfitter. Double your effectiveness with knowledge: take a first aid class with the American Red Cross or a Wilderness First Aid class.
8. **Knife or multi-purpose tool.** These enable you to cut strips of cloth into bandages, remove splinters, fix broken eyeglasses, and perform a whole host of repairs on malfunctioning gear.
9. **Sunscreen and sunglasses.** Especially above tree line when there is a skin-scorching combination of sun and snow, you'll need sunglasses to prevent snow blindness and sunscreen to prevent sunburn.
10. **Daypack/backpack.** You'll want something you can carry comfortably and has the features designed to keep you hiking smartly. Don't forget the rain cover; some packs come with one built-in. Keep the other Essentials in the pack and you'll always be ready to hit the trail safely.