



The Utah Division of Outdoor Recreation is excited to introduce the **Outdoor Adventure Challenge**. The program is open to **all school-age children and their families**. Each month, participants are encouraged to take on new challenges that promote outdoor recreation, nature exploration, and skill-building, all while fostering a love for the outdoors.

Adaptive Access: We partner with organizations that provide resources for people with disabilities, and the Adventure Challenge Eventbrite pages prompt participants to sign up for specialized equipment. Utah-based organizations like the [National Ability Center](#), [Ogden Valley Adaptive Sports](#), [Wasatch Adaptive Sports](#), and [TRAILS Adaptive](#) offer adaptive equipment and scholarships to ensure that cost is never a barrier to recreation.

Note to Parents/Guardians: Feel free to modify the challenges to match your child's age, interests, and needs. Whether you shorten the time spent on each activity or simplify tasks, the most important thing is spending quality time together and exploring our backyard wonders at your own pace.

Choose Your Own Adventure: Start by picking up your challenge stickers at a [partnering location](#) then choose at least one of the activities listed below. Be sure to have someone take a photo of you while doing the activity then [register here using this survey](#). We will send another survey quarterly to check-in on your progress and to enter you into giveaways.



CURRENT HIGHLIGHT | CAMPING CHALLENGE

CAMPING ACTIVITIES

Safety Tip: Remember to tell a trusted adult if you plan to camp, hike, or cook on your own. You can check out more safety tips [here!](#)

Indoor Camping – If you don't have outdoor space, try building a fort indoors with blankets and pillows. Spend the evening reading, playing games, or watching a nature documentary.

Community Camping – Attend a local camping event or participate in an organized camping experience through schools or community centers.

Set up a Tent in Your Backyard – Practice setting up a tent or camping hammock and spend the night outdoors in your backyard.

Create a Sleeping Area Outdoors – If you don't have a tent, use sleeping bags or blankets to make a comfortable sleeping area outside, even in your yard.

Camp at a Campground – If you can access a campground, spend a night camping there. Set up your tent, cook a meal, and follow campground rules (like quiet hours and keeping the area clean). You can also take part in campground activities such as nature walks or attending ranger-led programs, if available.

Go on a Day Hike with a Backpack – Pack a small backpack with essentials (water, snacks, first aid, sunscreen) and go on a day hike. Practice navigating the trail, managing your gear, and taking breaks as needed. Camp overnight at a nearby location or in a designated backcountry area if possible.

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CURRENT EVENTS

Monthly events and event details are being finalized, check back for updates!

ONGOING OPPORTUNITIES



Bring a Friend to Nature

– Choose any activity to participate in and invite a friend to come along.

Fourth graders get a [FREE National Parks Pass](#).



Viewing a physical flyer?

Scan code for all info on your mobile device!



OUTDOOR COOKING

There are many exciting ways to cook outdoors—perfect for developing new skills and enjoying meals in nature! Lots of city and county parks feature public grills. You can try many of these activities at a local park!

Make a Campfire Meal – Learn to cook a simple meal over a campfire, outdoor grill, or portable stove. You can try foil packets with veggies or meat, s'mores, or hot dogs for a classic campfire experience.

Cook Using a Camp Stove – If you can access a camp stove, an experienced adult can guide you in making meals like pasta or scrambled eggs outdoors.

Campfire Cooking Skills – Learn to cook on a grate or a rock placed near the fire. This technique is great for making meals like grilled cheese or burgers.

DIY Solar Oven – Use a cardboard box, aluminum foil, and plastic wrap to create a simple solar oven. This eco-friendly method can be used to cook meals like s'mores, baked apples, or roasted vegetables. Find online tutorials to help guide you!

Tin Foil Packet Cooking – Wrap meals like chicken and veggies such as potatoes in foil packets. Place them in the campfire coals or grill for a delicious meal.

Skewer it! – Did you know marshmallows aren't the only thing you can cook over a campfire? Try skewering hot dogs for a classic campfire treat, or get creative with fruits like fresh pineapple and peaches and veggies like bell peppers and zucchini. Grill them over the fire for a delicious and healthy outdoor snack.

Cooking with a Dutch Oven – If you have a Dutch oven, you can cook stews and soups and even bake bread or desserts like cobblers over the fire.

One-Pot Meals – Use a single pot or pan to make easy, hearty meals like chili, pasta, or stir-fried rice. These dishes are great for campers with limited equipment and are perfect for sharing.

Cooking with a Cast Iron Skillet – A cast iron skillet is ideal for outdoor cooking. Try making scrambled eggs, pancakes, or grilled sandwiches on a campfire or portable stove.

Fire Starting and Fire Safety (Under Supervision) – With the guidance of an experienced adult, safely build and start a fire

using matches, lighters, or fire starters in a controlled outdoor setting. However, learning to start a fire is only part of the process—it's equally important to understand fire safety. Know what to do if a fire gets out of control, how to extinguish a fire properly, and how to respect fire bans. When you're done, make sure to put out the fire completely: drown it, stir it, and feel it to ensure it's fully extinguished!

OTHER OUTDOOR SKILLS

Learn How to Use a Compass – Use a map and compass to practice basic orienteering skills and navigate through local parks or trails.

Learn to Tie Basic Knots – Learn how to tie useful knots like the square knot, bowline, or clove hitch that are essential for camping tasks.

Pack a Backpack – Pack a backpack with all the essential camping gear: a sleeping bag, food, water, a first-aid kit, and a flashlight.

Learn About Basic First Aid – Learn basic first aid skills, such as how to treat a scrape or cut or what to do in case of a minor injury. Pack a first aid kit. Bringing gauze, ace bandages, and large band-aids are helpful on any overnight camping trip.

SURVIVAL SKILLS

Build a Shelter – Learn how to create a basic lean-to or shelter using natural materials like branches and leaves.

Identify Safe Wild Plants – Learn to identify safe, edible, or useful wild plants in your area (like dandelions, which can be used for medicinal or nutritional purposes).

Practice Water Filtration – Learn how to purify water by using a filter or boiling it for survival situations.

