

★ STRONG VALUES ★



The values you learn here at Camp Croft will guide you through life as you work to help your family, community, country, and planet. ***In the space below each value, write in a way you can practice it in your own life.***

LOYALTY Commitment to a person, group, or cause

DUTY Fulfill your obligations and responsibilities

RESPECT Treat people as they should be treated

SELFLESS SERVICE Serve with no thought of reward

HONOR Put your values into action

INTEGRITY Do the right thing

PERSONAL COURAGE Face challenges and adversity

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Welcome to
“CAMP CROFT”

Training Manual for New Recruits



You have been called to training! During World War II, thousands of soldiers trained here at Camp Croft before serving their country. Today, **YOU** will complete a special recruit training course to explore history, nature, and outdoor skills.

“THIS WE’LL DEFEND”

During World War II, Camp Croft was one of the largest Army training camps in the United States. It opened in 1941 and trained over 200,000 soldiers! It’s the perfect place to make new recruits Army Strong. **Are you ready to train?**

★ STRONG BODIES ★

Army life can be physically tough. These exercises will prepare you for the challenges ahead.

● **ARMY CRAWL**
Crawl on your belly for 20 feet



● **HIGH KNEES**
Run in place for 30 seconds



● **JUMPING JACKS**
How many can you do in 30 seconds?

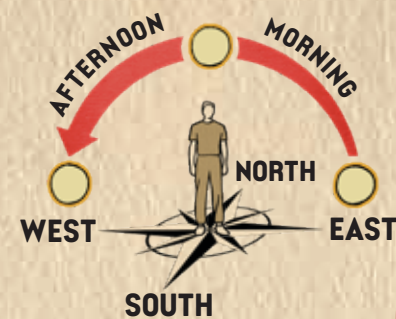


● **PUSHUPS**
Do as many pushups as you can



★ STRONG MINDS ★

Situational awareness is a fancy way to say, “I know where I am and what I need to do.” It requires a sharp mind and keen observation. Here you will learn how to observe and understand your position in the landscape.



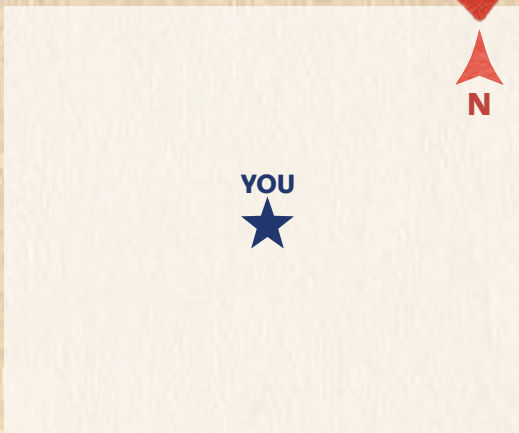
ORIENTEERING

Without a compass, you can find direction by observing the sun. In the morning, it’s in the East. If it is after noon, the sun is in the West. **Determining one direction reveals the other directions on a compass.**

Can you orient your map North?

MAPPING

A clear mental picture of the landscape around you can help orient yourself, navigate to your destination, and prevent you from getting lost. **Draw a map of your surroundings and plot a path to a destination. Make note of landmarks.**



★ STRONG TEAM ★

Learning to **trust** your team and earning the trust of your teammates is essential. Practice these team building drills and work together for success!



● **MARCH IN TIME**
Can you stay in sync for 30 seconds?
Left, right, left, right, left...



● **BACK TO BACK**
The forward-facing partner guides the backward-facing partner safely to a destination, then switch roles.

Trust allows hundreds of thousands of individual soldiers to accomplish great tasks together.



SURVIVAL SCHOOL

Your missions might take you into wild country. Knowing which plants are helpful and which ones to avoid is critical. Nobody wants to march with an itchy rash! **Can you find these HELPFUL and HARMFUL plants?**

HELPFUL

● **Dandelion**
People cook the leaves and roots.



HARMFUL

● **Poison Ivy**



● **Poison Oak**



Covered in oil that can cause a painful, itchy rash.