

# Farmington Recreation Department's

# WILD



## WILDERNESS CAMPING AND SURVIVAL PROGRAM

This new program is sure to capture the interest of young outdoor enthusiasts. Participants will learn more about nature, gain confidence in exploring the outdoors and learn a variety of skills essential to safely explore Maine's rural landscape.

The adventure will take place on Titcomb's mountain side. Participants will be introduced to **Wilderness First Aid principles**, different methods of **purifying water**, **creating proper fire structures**, and **navigating** themselves through the outdoors. In addition, campers will develop teamwork and communication through the need to quickly **build shelters** and improve their awareness amongst nature! Our main focus is helping campers build skills that will aid them for a lifetime.

- ❖ Bring a water bottle and a healthy snack; wear comfortable shoes and dress appropriately for the activity as well as the weather.

### Director

**Seth Noonkester will be instructing this program. He is Wilderness First Aid certified and is excited to pass on his outdoor knowledge. In addition, he has first-hand experience from completing the 273 mile Long Trail in Vermont within 21 days.**

Ages: 7 – 11 Years old

Dates: August 22<sup>nd</sup> , 24<sup>th</sup> , 26<sup>th</sup>

Time: 9:00 a.m. – 10:30 a.m.

Farmington Res. – \$20.00

Out of Town Res. – \$30.00

