CAMPING IN KANSAS

THE KANSAS SCHOOL NATURALIST

Vol. 10
No. 4

Kansas State Teachers College
Emporia, Kansas

April 1964
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Camping suggests many things—woods, prairies, mountains, lakes, fishing, hunting, rest for tired nerves, and outdoor life. Camping in this country had its roots in the wilderness living of the pioneers. It has become an important source of enjoyment and recreation for Americans. Camping has also become a major business. Millions of dollars are spent each year for camping equipment, and for travel to and from camping areas.

The city boy or girl can enjoy camping without going many miles from home. Little parks and wooded spots where one may camp for a night or two are usually near at hand. You can have some of the fun of camping any place where a tent can be pitched and a fire can be built.

Camping provides an opportunity to relax and relieve the tensions caused by alarm clocks, office hours, business lunches, jangling telephones, appointments, and too many people around. Instead of falling asleep to the noise of screeching tires and the noisy TV, the camper may drift off to sleep in the peacefulness of a native environment—forest, lake, desert, or plain.

Kansas, once known as the Dust Bowl of the nation, is drawing more and more attention from the outdoor minded public, both in Kansas and the other states. Fewer Kansans feel that they need to travel to the Ozarks to find boating waters or to Minnesota to fish. Lakes and ponds are springing up right at our back doors. Kansas can now boast more than 40 state lakes, almost a dozen Federal reservoirs, and many county and city lakes, totaling many thousands of acres of water. Some 200 roadside parks along the state and Federal highways in Kansas are designed to invite weary motorists to stop. Many of these parks have overnight camping facilities which provide comfort and rest necessary for safe driving. Locations of most of these facilities are shown on pages 8 and 9.

Do not overlook the thrills and advantages associated with the oft-time overlooked opportunities of enjoying the pioneer-type campout in the timber along a neighboring stream. Here you can enjoy camping at its best. Nowhere in Kansas are you more than a few minutes removed from the calm and beauty of the countryside. Kansas' 125,000 miles of good roads, leading everywhere, abound

THE COVER PICTURE shows Mr. and Mrs. Harold R. Hackney and sons Rodney and Bud, of Wichita, Kansas, enjoying a camp dinner at Courtney Davis Lake, northeast of Wichita.
in picturesque and scenic drives, and provide unlimited opportunities to study the state's colorful history at more than 300 historic sites and museums. The old Santa Fe Trail, with its famous old Council Oak at Council Grove, makes its way some miles across Kansas from Westport Landing near Kansas City to the southwest corner where it leaves the state.

As you travel here and there in almost any section of Kansas you become aware of the expanding progress being made by the Soil Conservation Service and related agencies in their efforts to promote conservation of natural resources.

THE CAMPING BUG BITES MANY KANSANS

A most worthwhile organization, gaining members all over Kansas, is the Kansas Campers Association of the National Campers and Hikers of America. This is a fun organization with all non-paid volunteer officers. The chapters have one regular campout each month, and also winter campouts, mostly to visit and to exchange ideas and information. Any family can join the Family Campers Association and can be assured of many hours of enjoyment and fellowship. The Association president, Ray Shields, 101 W. Hudson, Pittsburg, Kansas, in the Christmas 1963 issue of Wake, wrote a "contagious" story of the challenging activities of the Kansas Campers. For further information, read this article or write Ray Shields, or write the Executive Committee Chairman, H. J. Alloway, 878 Whittier, Wichita, Kansas. You'll be glad you did.

A new and popular magazine among campers is Wake, a magazine for outdoor sportsmen, which has much information useful to campers. The publisher is Kent C. Bailar, 1307 West 30th Street, Topeka, Kansas. The committee for this issue of The Kansas School Naturalist is grateful to Mr. Bailar for his interest and for his assistance in providing data for this publication.

Many families interested in camping are not sure of the type of equipment that they should purchase. A wide range is available. Various units range in price from 25 to 5,000 dollars. A short visit to a busy camping site will enable the prospective camper to become well informed as to the type of equipment needed for an enjoyable camping season.

So pack up and go on a camping trip. With a little planning and study you can find outdoor living
one of your finest experiences. Not a lot of equipment is needed; above all, do not try to copy home meals or living standards. Keep your foods simple and avoid taking perishable meats and green vegetables. These can be picked up when needed at a nearby store. Get a suitable cold chest or small ice box and plenty of ice. A good meal to use on a camping trip is ham, which will keep for several days. Instant potatoes are better than whole ones, because you need to save room. Pancakes are almost an essential for outdoor breakfasts.

Here is a check list of important and convenient items for a camping trip.

1. shelter
2. bedding
3. ground cloth
4. raincoat
5. food
6. beverage
7. dishes
8. utensils
9. dish washing equipment
10. matches
11. extra clothing
12. flashlight
13. pocket knife
14. hand axe
15. soap and towels
16. tooth brush and paste
17. toilet paper
18. trenching shovel
19. camp saw
20. stove
21. fuel
22. first-aid kit
23. insect repellant

Of course, you may not need all of these. Stoves and fuel may be available at the camp site. You may choose to use paper dishes and not carry dishwashing equipment.

THE CAMP SITE

In selecting a camp site, keep in mind the following features of a good camp site:

1. Pick high, well-drained ground.
2. Pick a place near the water's edge if possible.
3. Pick a place where firewood is handy (unless you are equipped with a gasoline or bottled gas camp stove).
4. Pick a place where trees and shade are nearby, but don't pitch the tent under a big tree.
5. Don't camp on sandy beaches.
6. Face the tent away from the wind and rain in stormy weather; otherwise face it to the east.

For a good campfire:

1. Take only dry wood; wet wood won't burn.
2. Use dead wood; don't chop down growing trees; do not cut off live branches.
3. Use rapidly burning materials, such as dry grass, to start fire.

If you are camping near water:

1. Find out whether fishing is permitted.
2. Find out whether boating is permitted.
3. Test the water level before swimming is started.
4. Make sure swimming area is free from broken glass and objects that might cause injuries.

A camp is not healthful unless it is clean.

1. For personal cleanliness, make a latrine, wash dishes immediately after a meal, locate a stream area below swimming area for bathing and washing clothes, burn garbage, pour greasy dish water into a grease pit dug in the ground, and don't be a litterbug!
2. Make sure your drinking water is pure, in clean containers. Boil stream or lake water 10 minutes before drinking it. Never drink from a lake, brook, river or swamp. Carry drinking water with you and
never pass a good supply without refilling.

3. Do not leave a trail of litter behind you. Make sure all paper is burned, all cans disposed of, all garbage burned or buried, and leave some firewood in good order.

CAMP STOVES

You may wish to carry a camp stove that uses gasoline or bottled gas; you can buy these at camping supply stores almost anywhere. These stoves come about as plain or as fancy as you may wish—and at prices to fit almost any purse. But a fancy stove is not at all necessary. Wood-burning stoves and open fireplaces are available at many camp sites. You can make a stove and carry it with you, or you can improvise one. The accompanying figures will give you some suggestions. The cooker was described by E. L. Palmer, in the January 1943 issue of the American Biology Teacher, as follows:

"...and I have prepared soup, biscuits, bacon and French toast in less than twenty-three minutes from the time I lit the first match... This combination cooker uses four tin cans. Two of these are one-pound coffee cans. One of these is prepared with a simple wire handle. In it, I place water and enough soup material to make a good soup. Above this can I place the second coffee can, which serves as my oven or for the making of cocoa or native 'tea.' The
boiler beneath serves as an insulating area and prevents my biscuits from burning. In the baker, I place biscuit dough made after a variety of recipes. Prepared biscuit flour may prove to be the simplest material to use though native flour may be had from such plants as cattails...The two coffee cans are placed on top of my 'stove,' which consists of a gallon oil can salvaged from the dump. I have cut out a door about four inches long and the same height, into which I can thrust my fuel of pencil-size sticks. The top of this stove has been cut crudely to let the heat and flames arise but has a skeleton of tin to support my coffee-can boiler and baker. I now place my stove in position; on it, the two coffee cans. Now I make my fryer. This consists of another can about the size of the stove but deep enough to cover my coffee can, and wide enough to allow free circulation of air between. The bottom of this can is open and the opposite end entire. Near this top I cut two flues on opposite sides about an inch deep and four inches wide. This fryer sets on the stove over the boiler and baker. On its top I fry bacon and French toast at the same time. I build a fire in the stove and fry the bacon. In the same grease I lay a piece of bread, with a hole in it the size of the yolk of an egg. In this hole I drop the egg, and when the egg is fried firm to one side of the bread, I turn bread and egg together...there should have been enough heat in the coffee cans to boil the soup and bake the biscuits. You then thrust a stick through the flues in the fryer, lift it off and there the biscuits and soup are ready to be eaten."

CAMP FIRES

Every true camper follows four rules regarding camp fires:
1. Build the fire within ten feet of water's edge if possible, and scrape away all dry leaves and trash.
2. Build as small a fire as will take care of your needs.
3. Never leave a fire even for a few minutes unless someone is near to watch it.
4. Soak the fire with water when you are through with it. Stir up the ashes; be sure not even a spark is left.

TENT TRICKS

If you are using a tent, here are some useful suggestions:
1. Don't touch top of tent in rain.
2. Stretch the tent tight when you put it up.
3. Loosen the tent when it rains.
4. Open tent each morning.
5. Don't fold up tent when it is damp.
6. Shake out all dirt and bugs before folding.
7. Don’t fold the canvas against tent pegs.
8. Dig trench around tent to carry water away from tent.

**WILD FOODS**

**Precautions:**
1. Be a courteous collector; take only plants that are abundant; do not collect on others’ property without permission; obey “No Trespassing” signs and other signs governing the use of grounds.
2. Some wild plants are poisonous; do not use plants that you know nothing about.
3. Do not eat wild plants raw unless they grow where there is no chance of contamination.

**Some Edible Wild Plants:**
- Dandelion—leaves, young roots
- Water cress—leaves, young stems
- Sheep sorrel—leaves, stems
- Curly dock—young leaves
- Burdock—young stems, leaves, roots
- Shepherd’s purse—young leaves
- Chickweed—leaves and stems
- Lamb’s quarter—young leaves and seeds
- Milkweed—young stems (like asparagus), young leaves, young pods
- Cattail—young stems, pollen, roots
- Arrowhead—tubers
- Wild rice—seeds
- Elderberry—fruits
- Wild grape—fruits
- Persimmon—fruits
- Pawpaw—fruits

**A FEW RECIPES**

1. **Camper Stew**—take boiling beef and brown it, meanwhile, cook tomatoes, celery, potatoes, onions, any leftover vegetables such as peas, beans, and carrots, salt and pepper, and add beef and broth. Cook until meat is tender and stew is piping hot. Serve.
2. **Home-made Mustard**—use dry mustard, a “smidgeon” of turmeric, dehydrated horseradish to suit your taste, generous seasonings, dampened first with a little water, and then mixed to the right consistency with garlic vinegar.
3. **Green Salad**—equal quantities of young dandelions, dock, and sorrel, tossed with French dressing, with a little chopped mint.
4. **Burdock Stems**—peel leaf stalks of young burdock like rhubarb, drop into boiling water, cook until tender, drain, stir into pancake batter, fry in fat until brown.
5. **Cattail-pollen Pancakes**—(late May and June) when upper parts of cattail “heads” are ready to shed their pollen, shake pollen into a bowl and substitute for about half the flour required for your favorite pancake recipe.
6. **Young Milkweed Stalks on Toast**—cook like asparagus and serve on toast with your favorite white or vegetable sauce.
Camping and Camp Classroom, Burgess Publishing Co., Minneapolis 15, Minn. $3.00


Hamnett, Catherine T. 1944. Camp Craft's ABC's, Girl Scouts, 155 E. 44th Street, New York 17, N. Y. $1.00


Mitchell, Crawford. 1961. Camp Counselling, W. B. Saunders Company


CAMPING AREAS OF THE FORESTRY, FISH & GAME COMMISSION

All campgrounds are open for use at all times of the year. No fees are charged and no reservations are necessary. All space is available on a first-come—first-served basis. No specific number of campsites are available at any individual park; all camping areas are large enough for any anticipated load. Naturally, the better or more desirable spots are taken first so early evening is the best time to establish your camp. In state parks where a caretaker is in residence, a permit to camp is required. The permit is valid for a three-day period and can be renewed at the discretion of the caretaker.

Pets are permitted in State Parks only if confined or restrained on a leash. Rules regarding use of each area are posted at each campground. Drinking water is not available on all areas. However, where available, it is tested and safe. Where not available, it can usually be found in the immediate vicinity close to the park area. Boats may be used on all State Park Lakes; however, motorboats may be used for fishing purposes only. For complete boating regulations, write the Kansas Forestry, Fish and The family that plays together stays together; the Robert Swain family of Wichita.
Game Commission, Pratt, Kansas.

The committee wishes to thank the Commission for supplying the table of state parks and lakes shown below.

This issue of The Kansas School Naturalist was prepared by a committee of three Kansas teachers who were members of the second section of the 1964 Workshop in Conservation, under the direction of Thomas A. Eddy, member of the biology faculty of the Kansas State Teachers College.

In Kansas, camping areas are also located at state parks, roadside parks, county and city parks. Information on state parks under the jurisdiction of the Kansas Park Authority, may be had by writing that agency at 801 Harrison, Topeka. The State Highway Commission is located in the State Office Building, Topeka, and supplies information regarding roadside parks. For touring information write the Kansas Economic Development Commission, State Office Building, Topeka.

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<th>State Park and Lake</th>
<th>Directions from Nearest Town</th>
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The state convention of the Kansas Campers, Labor Day, 1963, Toronto Lake

KANSAS ROADSIDE PARKS

The Kansas Roadside Parks and Rest Areas are designed to invite weary motorists to stop for a short rest. Comfort and rest contribute to safer driving.

Overnight camping (except on Interstate Highways) is permitted, for one night only, in those parks having toilet facilities. Below is a list of the parks and facilities in each. Camping is also permitted at the State Lakes and Federal Reservoirs; all of these areas are shown on the State Highway Map, which may be obtained from the State Highway Commission of Kansas, State Office Building, Topeka, Kansas. The committee takes this opportunity to thank the Commission for the following list.

Abbreviations: (F) Fireplace, (T) Tables, (W) Water, (Tit.) Toilet

US-24 12 Mi. W. Kansas City F, T
US-24 2 Mi. E. Cawker City F, T, Tlt.

US-38 E. Seneca F, T, W.
US-38 2 Mi. S. Axtell F, T, W.
US-36 At Scandia F, T, W.
US-36 10 Mi. W. Mankato F, T, W.

This roadside park is located on U.S. Highway 81, north of Wichita.
K•16 2 Mi. E. Denison F, T.
K•18 N. E. Junction City F, T, W.
K•18 E. Lincoln F, T, W, Tit.
K•18 At Luray F, T, W, Tit.
K•18 4 Mi. W. Natoma F, T, W, Tit.
K•18 E. Plainville F, T, W, Tit.
K•18 N. Palco F, T, W, Tit.
K•18 N. Bogue F, T, W, Tit.
K•25 11 Mi. S. Atwood F, T, W, Tit.
K•27 6 Mi. N. Elkhart F, T, W, Tit.
K•28 At Jamestown F, T, W.
K•42 5 Mi. S. W. Wichita F, T, W, Tit.
K•42 1 Mi. E. Jet. K•2 F, T, W, Tit.
K•45 Cheyenne Bottoms F, T, Tit.
K•57 1 Mi. E. Girard F, T, W, Tit.
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This is the last issue of the 1963-64 volume of The Kansas School Naturalist; the next issue will be that of October, 1964, Volume 11, Number 1. The mailing list for Volume 11 will not be changed; all those now on it will be kept on, except for anyone who moves from his present address and does not notify us of his new address. The Kansas School Naturalist is sent second class mail; this is not forwarded, and unclaimed copies are returned to us. Therefore it is important to keep us informed concerning address changes.

The editorial committee of a magazine such as this enjoys hearing from the readers. Communications are always welcome, especially information about ways in which The Kansas School Naturalist has proved useful to teachers and suggestions for future issues.

On the lower part of this page is a coupon which may be cut out and filled out in case an address change is necessary. Anyone who does not wish to cut up his magazine can of course send us the new address on a post card.

Plans for future issues are always tentative, but several are either in process of preparation or have been tentatively scheduled. In the next couple of years we shall probably have other issues to follow up our first one on the geology of Kansas, one each on building of equipment for elementary science and on experiments for elementary science, one on lizards in Kansas, one on science projects for the elementary level, and no doubt one or more on birds. It is possible that the 1964 Workshop in Conservation will produce an issue, as Camping in Kansas was produced by the 1963 Workshop.
THE 1964 WORKSHOP IN CONSERVATION will again be conducted in two sections, from June 1 to June 19, and from June 22 to July 10, inclusive. As in the past several years, the Workshop will cover water, soil, grassland, wildlife conservation and conservation teaching.

There will be lectures, demonstrations, discussion groups, films, slides, field trips, projects, and individual and group reports. You may enroll for undergraduate or graduate credit.

The first section is open to any interested person; there are no prerequisites. Since the second section is devoted almost entirely to the production of teaching aids (e.g. preparation of copy for an issue of The Kansas School Naturalist), enrollment is limited to those who already have an established interest in conservation education and who have some teaching experience.

Fee for first section (3 hours credit): Residents of Kansas, $25.95; non-residents—undergraduates, $50.10; graduates, $45.30. Second section (3 hours credit): same rates.

For other information write the director, Thomas A. Eddy, Department of Biology, KSTC, Emporia, Kansas.

PREVIOUS ISSUES


Those printed in boldfaced type are still available, free of charge except Poisonous Snakes of Kansas, which is sold for 25¢ per copy postpaid, to pay for the increased printing costs due to the color plates.

The out-of-print issues may be found in many school and public libraries in Kansas.

* Out of print in the original form, but available in condensed version.