

## Registration Information

Pre-registration is required for all children. To register, please call 804-493-8821 or sign up in person at the Visitor Center. **Registration fee is \$25.**

Once registration information has been received, space will be reserved for your child. This is a one day event with a limit of 30 spots for hopeful Junior Rangers. Once registered, your child will be able to participate in all programming occurring on June 25th.

This is a drop-off event, parent/guardian and child are expected to read and sign a code of conduct.

In order to receive the certificate, in addition to the Junior Ranger Badge, your child must attend as many programs as they can on July 23rd and complete their Junior Ranger Handbook.



## Directions

Six miles northwest of Montross, just off Route 3.

- From Fredericksburg (I-95), take Rt. 3 east, go about 40 miles to the park's entrance, turning left onto Rt. 347.
- From Tappahannock, take U.S. 360 East to Warsaw. Turn left onto Rt. 3 west at the third stoplight. Stay on this road until about six miles past Montross. Turn right into the park's entrance on Rt. 347.
- From Richmond, take U.S. 360 East, then follow Tappahannock directions.
- From Tidewater, take 17 north to Tappahannock. At the second light, past Lowrey's Restaurant, turn right onto 360 east, then follow Tappahannock directions.



## Contact Us

Westmoreland State Park

145 Cliff Road,

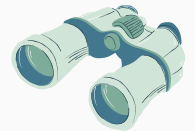
Montross, Virginia, 22520

804-493-8821

[Westmoreland@dcr.virginia.gov](mailto:Westmoreland@dcr.virginia.gov)



## JUNIOR RANGER DAY WILDERNESS SURVIVAL 2022



### Westmoreland State Park



VIRGINIA  
STATE  
PARKS

## General Information

This is a full day of Junior Ranger activities. Snacks and lunch will not be provided but are encouraged. Parents should plan on arriving with their children at 9:00 am. An adult must sign child in and sign their child out at the Discovery Center.



## What to Bring

- Water
- Hat
- Sturdy shoes (sneakers or hiking boots, no open-toed sandals)
- Sunscreen
- Insect repellent
- Snacks/Lunch
- Backpack
- Mask
- Hand sanitizer



## Schedule

**Session 2: Ages 8-14**

**July 23rd**

**9:00 a.m. - 4:30 p.m.**

### 9:30 a.m.- Ranger Welcome Message

**@ Discovery Center**

*A brief welcome message from staff.*

### **Demonstrations:**

#### 10:00-10:30 a.m.- How to pack your pack!

**@ Discovery Center**

Learn about the best way to pack your backpack and which items should be in your possession regardless of the length of your trip for your overall safety.

#### 10:30-11:30 a.m.- Fire Starters & Fire Building

**@ Discovery Center**

Safely build, start, maintain, and extinguish fires whether the fire is for signaling, warmth, or cooking.

#### 11:35-12:00 p.m.- Basic First Aid

**@ Discovery Center**

Learning basic first aid skills can help us keep ourselves and others safe in the outdoors.

This program will focus on treating cuts, scrapes, and how to stop bleeding as well as how to respond to heat exhaustion or hypothermia.

**12:00- 12:45 p.m. LUNCH BREAK**

## Schedule Continued...

**12:45-1:15 p.m. - Tarp & Tent Shelter Building**

**@ Discovery Center**

Learn how to best choose a place for your shelter, how to set up a tent, and how to makeshift an emergency tarp shelter.

#### 1:15 p.m.- Leave No Trace Hike

**@ Discovery Center**

A hike to Rock Spring Pond where we discuss staying on trail, not littering, picking up trash, eco friendly fishing, ticks, and poison ivy.

#### 2:30-3:30 p.m.- Paracord Bracelet Making

In emergency situations paracord can help you splint your leg, restrict venom flow, stop gushing blood from an artery, help you makeshift an emergency shelter, and more. Let's make a bracelet or keychain for your pack!

#### 3:30-4:30- S'mores

**@ Discovery Center**



Find a ranger at the Discovery Center or Visitor Center and turn in your completed Junior Ranger Handbook, recite the pledge, and earn your Westmoreland State Park Junior Ranger Badge.

