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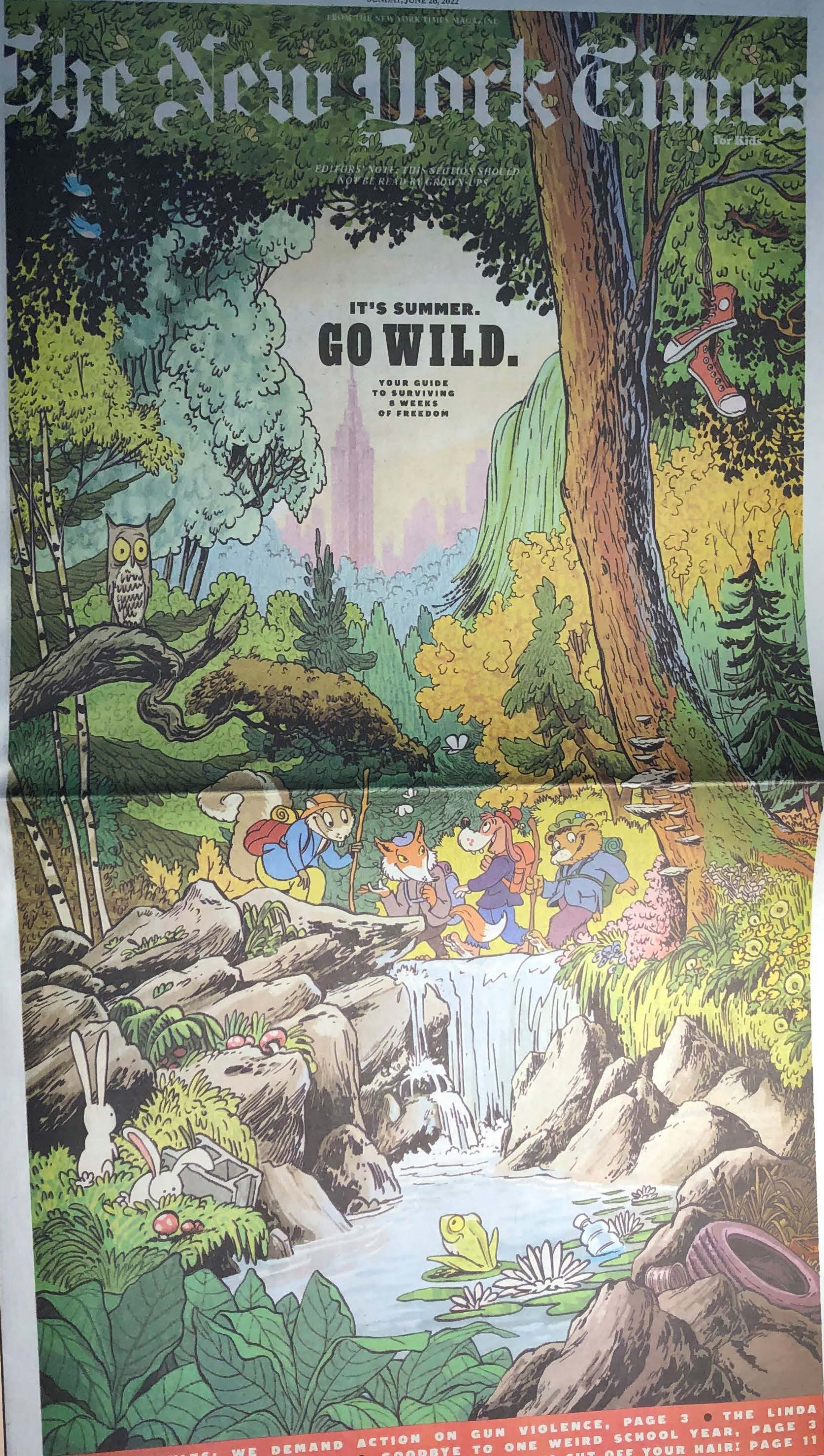
The New York Times

For Kids

EDITOR'S NOTE: THIS SECTION SHOULD
NOT BE READ BY GROWN-UPS

IT'S SUMMER. GO WILD.

YOUR GUIDE
TO SURVIVING
8 WEEKS
OF FREEDOM



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ILLUSTRATION BY ZOHAR LAZAR

Summer Handbook

PULL ME
OUT!

INTO THE WILD

HOW TO
SET UP CAMP WHEREVER
SUMMER TAKES YOU

BY CHELSEA LEU,
SHEELA SHRINIVAS AND ED WINSTEAD

ILLUSTRATIONS BY
ZOHAR LAZAR



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NO MATTER HOW STRANGELY A NEW SCHOOL YEAR STARTS, BY THE TIME SPRING COMES, YOU PRETTY MUCH HAVE A HANDLE ON THINGS.

You know that if you're late to soccer practice, you'll have to do an extra lap, and that if you ask your math teacher a question about his pet lizard, he'll get so excited he'll forget to assign homework. You have your school-day schedule, your weekend routines. And then, every May or June, the same thing happens: It all ends. Your routines go out the window. The social scene you finally figured out dissolves. For the next two months, you're basically in the wilderness — whether that means an actual camping trip or trying to figure out how this whole "summer job" thing is supposed to work. A break from routine is part of what makes summer so great: It's a time to get out of your comfort zone and explore new territories. But being plopped down into an unfamiliar situation can also throw you off your game. That's where this guide comes in. Pull it out and carry it around all summer long — it'll help you navigate whatever kind of wilderness you find yourself in. **TURN THE PAGE**

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THE GREAT OUTDOORS
1
THE GREAT OUTDOORS

SLEEPING IN THE WOODS

AH, NATURE. THERE'S NOTHING LIKE A SUMMER NIGHT SPENT MAKING S'MORES AROUND A CAMPFIRE AND SLEEPING UNDER THE STARS. EXCEPT THAT THE FIRE KEEPS DYING, YOUR STOMACH IS FEELING OFF AND WHAT WAS THAT SHRIEKING SOUND THAT JUST CAME FROM THE TREES? YOU'RE IN THE ACTUAL WILDERNESS NOW. HERE'S HOW TO HANDLE IT LIKE A PRO.

PICK THE PERFECT CAMPSITE

IF YOU WANT to avoid tossing and turning all night — or waking up to find yourself in an inch of water — you'll need to be picky about where you set up camp.

First, look for a flat area without a lot of roots and rocks on the ground. They'll

make it harder to pitch your tent (and dig into your back while you're sleeping).

Then, see if there are sources of water nearby (streams, lakes, etc.). If there are, think about where that water would flow if it rained in the middle of the night, says

Clare Arentzen, a senior outdoor guide at the Appalachian Mountain Club — the goal here is to avoid setting up camp in a spot that might turn into a giant puddle. (You should also make sure to camp at least 200 feet away from water bodies,

so you don't disturb the ecosystems.)

Last but not least: Look up! If you see trees that look like they might be dead, avoid them — you don't want them to fall on you if the wind blows too hard. That would be bad. C.L.

BUILD A CAMPFIRE

ARE YOU REALLY CAMPING if you're not setting marshmallows on fire? If there's no fire pit in your campsite, you can make your own. (Just make sure you're allowed to set fires in that area first.)



1

FIRST, LOOK AROUND for a good site to build a fire. You'll want to find an area that's far from any low-hanging tree branches. Once you've found a good spot, clear away any sticks and leaves that are on the ground. Then find some rocks, and build a fire ring by placing them in a little circle about a foot in diameter.



2

IT'S TIME TO gather leaves and sticks for fuel. Arentzen recommends the four D's: dead, down, dry and dinky. You're looking for twigs and sticks on the ground — don't pull branches off trees! And no stick should be thicker than your wrist, so your fire doesn't get out of control. Gather all the wood you think you'll need, since you shouldn't leave your fire after it's lit.



3

PILE UP THE TINIEST twigs and leaves in the fire ring. Then use a lighter or waterproof matches to set them on fire. (If you think to pack them ahead of time, cotton balls covered in Vaseline, small tea candles and even dryer lint all make great fuel in case you can't find dry twigs.) Add bigger and bigger sticks until your fire is burning steadily.



4

NOW THAT YOUR fire is going, it's time to break out the marshmallows! At the end of the night, after you've sung too many camp songs and are sick of eating s'mores, you can put out the fire by pouring water on it until you're sure it has gone all the way out. When you leave, take apart the fire ring and scatter the cold ashes in the woods. C.L.

SUPPLY KIT



BUG SPRAY. Yes, you're here to experience nature in its fullest. But there are limits.



FIRST-AID SUPPLIES. Arentzen recommends bringing Band-Aids and Pepto-Bismol.



TOILET PAPER.

The thinnest you can find — it'll decompose more easily in the ground.

UH, WHAT'S THAT NOISE?

IF YOU FIND yourself lying awake in your tent at 3 a.m., quivering as you listen to eerie noises emanating from the trees around you, know this: What you're hearing is most likely harmless! "Everything sounds bigger at night than it actually is," Arentzen says. Here are some terrifying-but-common forest noises.

RUSTLING LEAVES

You're convinced: THIS IS A BEAR. Actually, it's probably just smaller critters foraging for food.

SQUEAKY GROANS

These are probably trees, which can creak loudly when it's windy.

EERIE SCREECHING

Owls don't just hoot — they make all kinds of weird noises. Barn-owl calls, for instance, sound like screaming heard over a really staticky radio.

HIGH-PITCHED SHRIEKS

Red foxes might be cute, but the sounds they make are bloodcurdling. C.L.

LEAVE NO TRACE: POOPING IN THE WOODS

YOU MIGHT be in nature, but at some point, nature is going to call. Grab some T.P. and find a well-hidden area at least 200 feet from your campsite and any sources of water, so you don't contaminate anything. Using a small shovel, dig a hole that's about six to eight inches deep and four to six inches wide. Poop in the hole. Then, take a stick

and "stir it up as best you can," Arentzen says. ("This is the fun part," she adds.) You want your poop to be in smaller chunks, so it can decompose as quickly as possible. Put your T.P. in, fill the hole back up and cover it, and finally, stab the poopy stick straight into the ground to warn other campers. Then, two words: hand sanitizer. C.L.

WORKING YOUR FIRST SUMMER JOB

MAYBE YOU'RE FINALLY OLD ENOUGH TO START GETTING PAID TO SCOOP ICE CREAM FOR TOURISTS. OR MAYBE YOU'VE DECIDED TO TRANSFORM YOUR OCCASIONAL BABYSITTING GIGS INTO A FULL-TIME BUSINESS. WHATEVER THE CASE, SUMMER JOBS CAN BE A MIXED BAG. ON THE ONE HAND: MONEY! YOUR VERY OWN MONEY! ON THE OTHER HAND: IS WORK REALLY SUPPOSED TO BE THIS MUCH ... WORK? HERE'S HOW TO MAKE IT ALL WORTHWHILE.



LEARN TO RATION

IT'S HARD TO RESIST blowing all your summer-job earnings as fast as they come in. Once again: Money! Your very own money! But if you can bring yourself to exercise just a tiny bit of self-restraint, you can make your summer financial windfall stretch until your next summer job. "Budgeting is basically having a plan," says Jen Hemphill, a financial counselor.

First, estimate how much money you're going

to make over the summer, and then make two columns on a sheet of paper: In the first, write a list of things you want to save up for in the next year — a new video game, a pair of shoes, gifts for your friends, tickets to the Harry Styles concert this fall — and in the second column, write down how much each thing costs.

Next, add it all up. Is the total smaller than what you'll make this summer? Great! You can save the

extra money or give yourself a monthly allowance for fun unplanned purchases (or both). If you're a little short, decide which purchases you could give up, or plot some ways to make more money.

And finally, to keep yourself on track, use a calendar to record when you buy things and how much money you have at the beginning and end of each month. You'll never wonder where all your money went again. C.L.

SUPPLY KIT



AN ACTUAL WATCH.

The kind you wear on your wrist. It'll help you be on time, and as a bonus you'll always know how soon you can leave.



A LEATHER BRIEFCASE.

You want to look professional, don't you?



A BANK ACCOUNT.

Open one before you even start your job, and then experience the magic known as direct deposit.

CAREFUL, THEY BITE! HOW TO DEAL WITH UNPLEASANT PEOPLE

IF YOU'RE working in a service job this summer, sooner or later you'll face an angry customer yelling at you for no good reason. The best way to handle those situations? "De-escalate as much as possible," says Mason Boykin, shift supervisor at a Starbucks in Jacksonville, Fla. Try to calm the customer down and apologize if you made a mistake. Then ask the customer how you can fix the situation for them. To avoid situations like this, try overcommunicating. "Ask as many questions as you have to," Boykin says. It'll make you less stressed, because you'll be sure of what the customer wants, and the customer will feel listened to.

And if customers become too hard to handle, ask your supervisor to deal with them. Sometimes when you're dealing with wild animals, the best thing you can do is search for an escape route. C.L.

THE END!