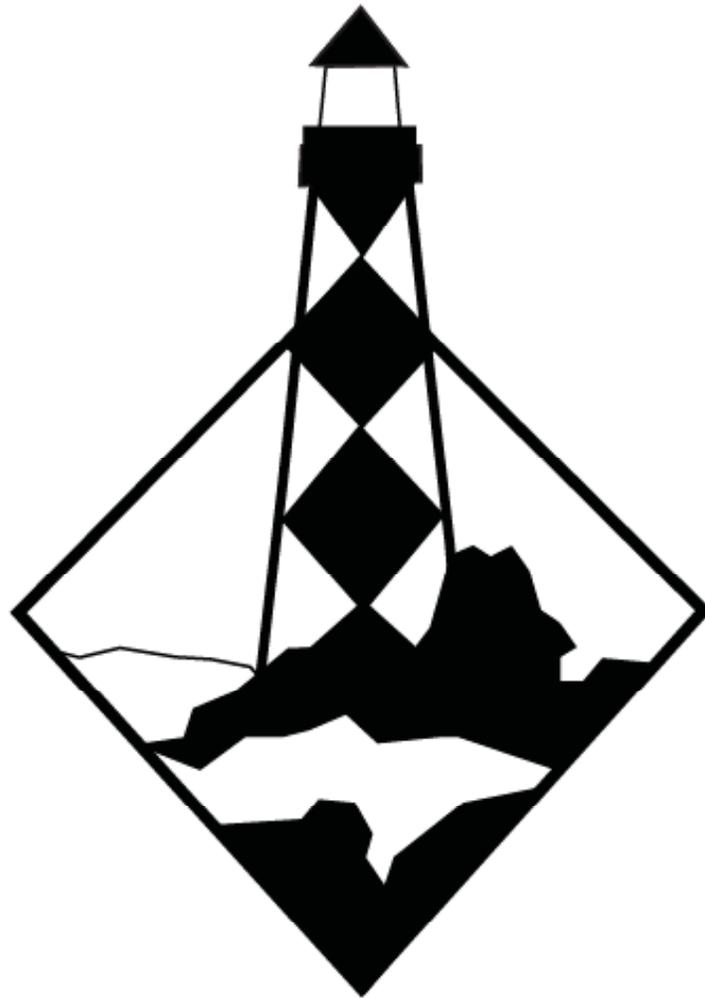


Cape Lookout National Seashore



Experience Cape Lookout Web Adventures



Name

Age

Junior Ranger Adventures
Unit 1
Grades 1 -8

Experience Cape Lookout Web Adventures

The Cape Lookout National Seashore Adventures Program consists of 5 units. This first unit can be completed by anyone in 1 - 8th grade. The other 4 units are more in-depth and require more time. They are designed for grades 5 - 8.

GUIDELINES: Adventurers in grades 1 – 4 need to complete four activities marked with



Those in grades 5 – 8 need to complete 4 activities marked with



plus four others (8 total).

You can use the park website and online brochures to help you with these activities. When you have completed your book, have an adult mail it to the visitor center with the address where you can receive your award. Good Luck!

Cape Lookout National Seashore
Junior Ranger Web Adventures
131 Charles St
Harkers Island, NC 28531

BEFORE YOUR TRIP ...

Activity #1: Ranger Bag



Pretend you are going to spend the whole day tomorrow at Cape Lookout.

You will have to take a ferry over.

There are no restaurants or water fountains or malls in the park.

Think of all the things you might want to take with you on your trip.

What will you need:

- to eat?
- to drink?
- to play?
- to swim?
- to search for shells?
- for any other beach activities?

My Backpack:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Activity #2: Safety Check



A Junior Ranger knows that safety begins before the visit to a National Park. When you know how to keep yourself and your family safe you can have more fun on your trip.

Read this Cape Lookout safety message. Fill in the blanks with the phrases in the box.

Rip Current	Eighteen	Against	Sting Rays
Noontime	Alone	Sunburn	Lifeguards
Water	Jellyfish	Three	Do Not Panic!

Putting on sunscreen often is a good way to prevent _____. Make sure you drink lots of _____ to avoid getting sick from dehydration. The sun and heat are at their worst at _____ so it is best to stay under shelter at this time.

You can recognize poison ivy by its leaves. This plant has _____ leaves grouped together. If you are stung by a _____, remove the tentacles with sand, a towel, seaweed or other materials. _____ are animals with a sharp spine on their tails. Walk carefully through the water to avoid stepping on these rays. There are _____ species of sharks found in the area. It is unlikely you will be attacked, but it is still important to swim safely.

There are no _____ watching over swimmers at Cape Lookout. So, you should NEVER swim _____. River like currents that move away from the shore, called _____, can be found in the waters of Cape Lookout. If you get caught in a current: _____! Swim or wade parallel to the beach until you are out of the current. Do not swim _____ the current.



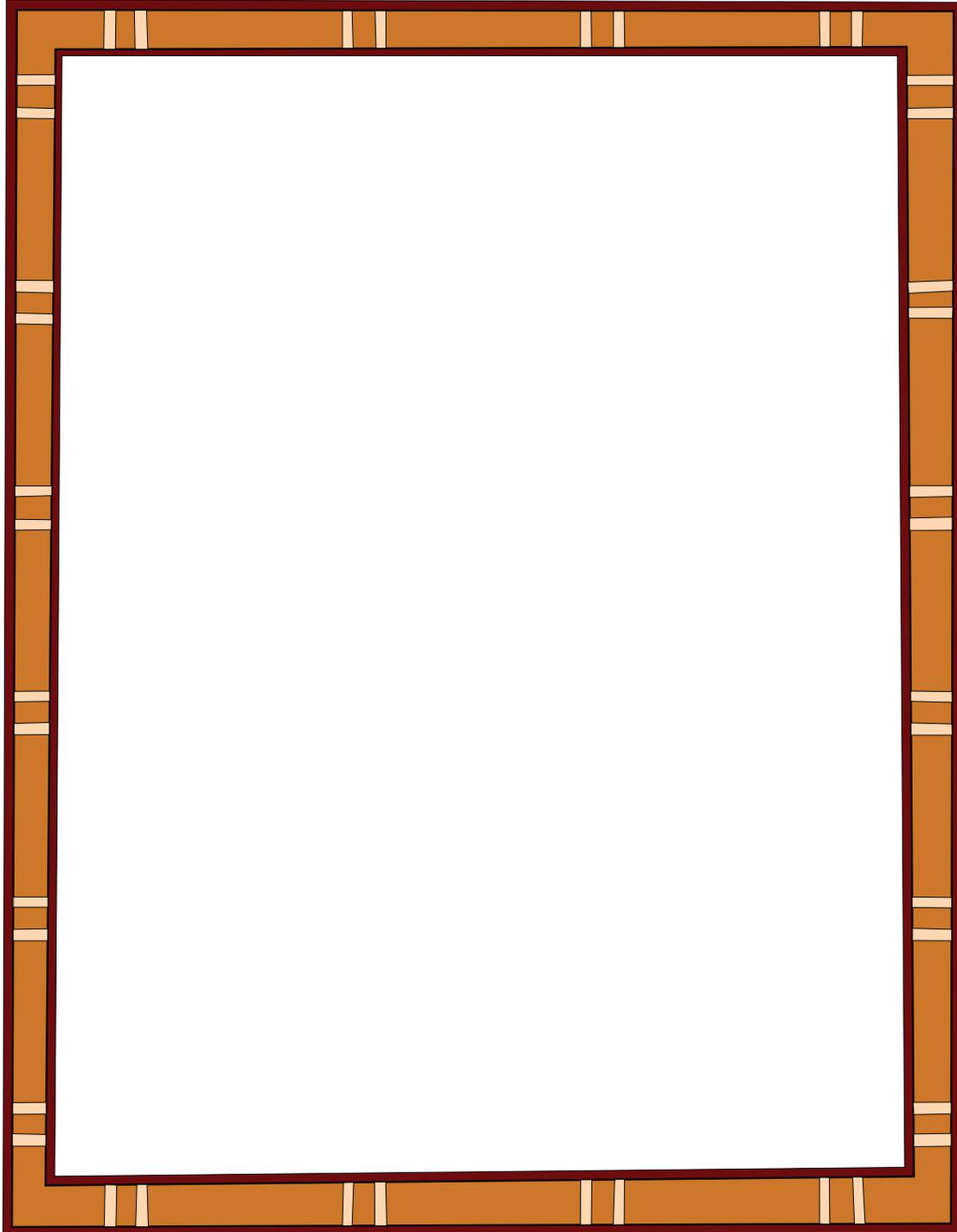
LIGHT ON THE KEEPERS

Activity #3: Lighthouse Architect



Each lighthouse has its own pattern of light flashes and its own day mark. Each day mark pattern is different. This helped sailors know what area they were in during the daytime.

Design your own lighthouse. Remember to make it different than the other lighthouses in the area.



Day Mark: the color pattern on the outside of a lighthouse. The Cape Lookout day mark is called “Diagonal Checkerboard” and it looks like black and white diamonds.

Activity #4: Guardian of the Light



Lighthouse keepers had a very important job. They had to make sure that the light stayed lit all through the night and during storms. This meant that keepers and their families lived on the island next to the lighthouse.

Read more about lightkeepers in the park brochure.

Name three duties of a lighthouse keeper.

1. _____

2. _____

3. _____



Activity #5: History Ranger



Many ships have plummeted to the bottom of the ocean along the Outer Banks. Some ran aground on the dangerous shoals and some were sunk by pirates or torpedoes from U-boats. Before radios and before the Coast Guard, the only hope for shipwreck victims was the US Life-Saving Service. These men braved storms in the water and fires on deck to save the passengers of sinking ships.

You can read more about the Life-Saving Service in the park brochure.

Think of project that will keep the history of the Cape Lookout Life-Saving Service alive. (Hint: How could you tell people about Lifesavers or get them interested in the history?)



LIVE LIKE A BANKER

Activity #6: Banker Dot-to-Dot



The people who lived on the Outer Banks of North Carolina are called Bankers. Buildings from two Banker villages, Portsmouth and Cape Village, are still standing on the Cape Lookout islands.

Read some of the ways Bankers combated the harsh weather. Connect the dots and you will see one of the four things listed on the left. Color your picture. Circle the name that matches the picture.

(Hint: You may go through some dots twice.)

8 •

9 •

7 •

6 5 ••

13 12 ••

4 •

3 •

25 •

20 •

2 •

19 •

21 •

24 •

18 •

23 •

22 •

17 •

16 •

Smoldering

Rags were kept in windows to keep bugs from coming inside. This means the rags were burning but there was no flame.

Cool Houses

were used before refrigerators were invented. The screened windows on the sides let the breeze blow through and kept things like milk and eggs cool.

S T A R T

Doors in the

Floor were opened during a flood to let water inside. This kept storms from washing houses out to sea.

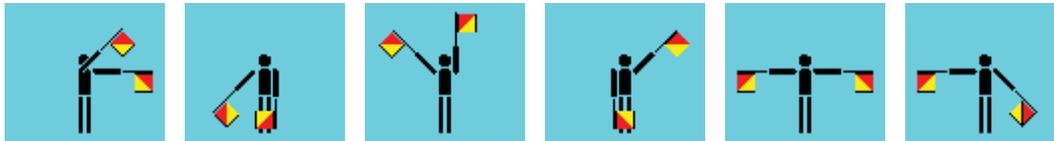
Wax myrtle

branches, which are natural insect repellents, were used to brush off bugs before going in doors.

Activity #7: Life-Saving Signals



Before radios, sending messages between land and boats was a constant struggle. The early Life Saving Service used flags to communicate. Use a semaphore signal guide to decode this message sent to you from a Surfman.



Semaphore Flag Signaling System

A or 1	B or 2	C or 3	D or 4	E or 5	F or 6	G or 7
H or 8	I or 9	J	K or Zero	L	M	N
O	P	Q	R	S	T	U
V	W	X	Y	Z	Numerical	Error

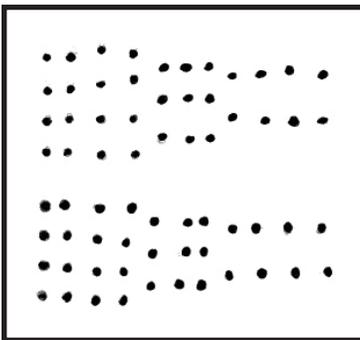
JUNIOR NATURALIST

Activity #8: CALO Tracker

Nocturnal animals and those that hide in the grasses and sand are hard to spot. Tracks can be the only way to know what these animals have been up to. Match these tracks to the animals that made them.



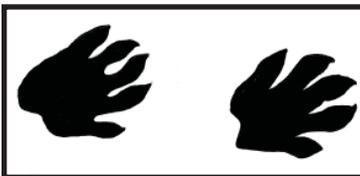
Raccoon



**Racerunner
Lizard**



**Marsh
Rabbit**



**Black Racer
Snake**



**Fiddler
Crab**

How many of these animals can you find where you live? _____

Activity #9: Tree Master



Barrier islands are difficult places for living things to survive. Cape Lookout is not just home to resilient grasses and sturdy trees. Several flowering plants thrive on these islands.

Below are some of the plants that grow on the islands of Cape Lookout. Try to find all of the underlined words in your word scramble.

K	B	E	R	S	B	E	S	A	E	R	F
E	P	L	T	C	L	A	P	L	P	I	E
M	E	F	A	S	A	R	R	O	E	M	N
Y	O	P	I	C	N	D	P	I	N	E	N
R	U	S	H	O	K	H	T	R	N	A	E
T	C	N	B	R	E	C	S	E	Y	N	L
L	R	A	P	D	T	A	H	T	W	B	L
E	E	R	N	G	S	D	E	E	O	S	Y
N	E	P	I	R	N	V	D	L	R	S	I
R	P	Y	D	A	P	N	E	A	T	R	V
K	E	S	O	S	U	B	L	E	E	T	Y
N	R	C	H	S	E	A	O	A	T	S	I

Blanket Flower

Black Cherry

Saltmarsh Cordgrass

Virginia Creoper

Dog Fennell

Poison Ivy

Wax Myrtle

Pennywort

Loblolly Pine

Black Needle Rush

Sea Oats

Sundew

SHOW WHAT YOU KNOW!

Activity #10: Adventurer Quiz



Junior Ranger Adventurers have to know a lot about these barrier islands so they can help inform everyone else.

Test your knowledge of Cape Lookout with these questions.

1. The Cape Lookout lighthouse is ___ ___ ___ feet high.
2. The first Cape Lookout lighthouse was built in ___ ___ ___ ___.
3. This Outer Banks lighthouse is the tallest in the United States. (It's not Cape Lookout!)
___ ___ ___ ___
4. A first order ___ ___ ___ ___ ___ lens, like the one that used to be in the Cape Lookout lighthouse, is six feet wide.
5. Lighthouses are painted with a ___ ___ ___ ___ ___ so sailors could tell which lighthouse they were near during the day.
6. ___ ___ ___ ___ ___ Mason was a lighthouse keeper at Cape Lookout.
7. There are wild horses that live on ___ ___ ___ ___ ___ Banks.
8. ___ ___ ___ ___ ___ turtles nest on the beaches at Cape Lookout.
9. In 1770, ___ ___ ___ ___ ___ was one of the largest settlements on the Outer Banks.
10. Elma ___ ___ ___ ___ ___, Marion ___ ___ ___ ___, and Henry ___ ___ ___ ___ ___ were the last three residents of their village. This old port town is now part of Cape Lookout National Seashore.

