



Camo Coolers

Community Service-Learning Activity

Adapted by Sue Bogue, 2006

Iowa State University Extension 4-H Youth Development Program

INVESTIGATE

- Investigate the issue or cause this project addresses.
- Understand why camo coolers are needed, and who needs them
 - This community service-learning activity is designed to benefit military personnel serving in warm climates.
 - Each year an average of 2-3 soldiers die from heat stroke and more than 1000 soldiers have developed a heat-related illness that required medical attention and/or lost duty time.
 - For information on camo coolers visit:
<https://phc.amedd.army.mil/topics/discond/hipss/pages/heatinjuryprevention.aspx>
- To go deeper, scan media, perform interviews, conduct a survey, make observations, or share a personal experience.

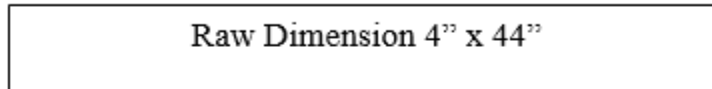
PREPARE & PLAN

- Get to know 4-H group members and their interests, skills, and talents (see Adult Leader Guidesheet on Teambuilding).
- What equipment, materials, know-how, and steps are needed for your project?
- Create a plan for how you will get things done - what role each group member will play, timeline, community partners (see Adult Leader Guidesheet on Action Planning).
- Set a SMART goal for your project (see Adult Leader Guidesheet on SMART goals).

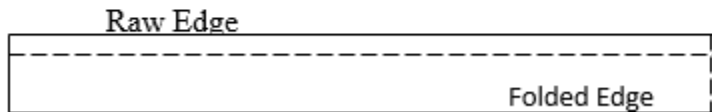
ACT

1. Cut fabric strips 4" wide x 44" long. (If fabric is 60" wide, you may want to cut off the extra fabric in 44" pieces to make additional wraps.) Fabric is Digital Camo Cloth CMM-27.
2. Put right sides (right sides are the "public" sides) together lengthwise. Sew using the width of the machine presser foot across one short side and along the long side.
3. Turn the sewn tube right side out. (Make a dent in the end that is sewn and poke it through with a dowel. Once you have the end poked through, you can pull the end.
4. Fold the two ends together to find the center of the back (CB).
5. Mark the CB with a pin.
6. Measure 6 inches from the CB mark, **toward the sewn end**, and draw a line with chalk marker.
7. Stitch twice on your chalk mark.
8. Dump ¼ tsp. of Soil Moist granules in the open end and shake to sewn line. Soil Moist granules available at <http://soilmoist.com/>
9. Measure 3" toward the CB, mark and sew twice. (This will create a pocket with the granules inside.)
10. Dump in ¼ tsp. of granules and shake to sewn line.
11. Measure 3" toward the CB, mark and sew twice. (This should be on or close to the CB marking. Remove the CB pin.)
12. Dump in ¼ tsp. of granules in the open end and shake down.
13. Measure 3" toward the raw edge end, mark, and sew twice.
14. Dump in ¼ tsp. granules and shake down to stitching line.
15. Measure another 3" mark, and sew. You will have 4 pockets filled with granules.
16. Sew the bottom open edges, raw edges even, width of the presser foot.

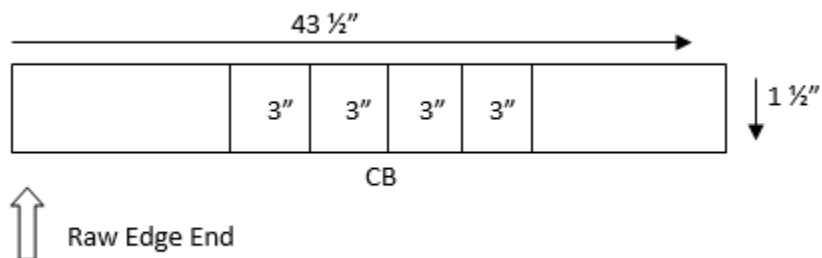
Cutting Dimensions



Step 2 above, Sewing the “tube”



Finished Camo Cooler:



REFLECT

- Explore your group’s thoughts and feelings about the project (see Adult Leader Guidesheets on Reflection and Continuing Support).
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- What did you learn about yourself, your club, the issue, and the people you served?
- What do you plan to do next?
- How might you use some of the skills you learned in other areas of your life?
- What skills did you learn from this experience which can you can also use in college and/or your career?

COMMUNICATE & CELEBRATE

- How can you share what you did and learned with others?
- In what way would your group like to celebrate finishing your project?