

# Cape Lookout National Seashore



## *Cape Lookout Web Ranger Handbook*



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Name

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Age

# Cape Lookout Web Rangers

The Cape Lookout National Seashore consists of three islands on the Outer Banks of North Carolina. These islands are undeveloped, which means that there are no hotels or stores or restaurants. Here, you can step into a world of shipwrecks and hurricanes and learn about the animals, plants and people who learned how to survive.

**GUIDELINES:** Junior Rangers in grades 1 – 4 need to complete four activities. Those in 5th – 8th grades should finish 8 of the ten activities.

You can use the park website and online brochures to help you with these activities. Just check out <http://www.nps.gov/calop/planyourvisit/brochures.htm> When you have completed your book, have an adult check your answers and download your CALO Web Ranger certificate.

GOOD LUCK!

## BEFORE YOUR TRIP ...

### Activity #1: Ranger Bag

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

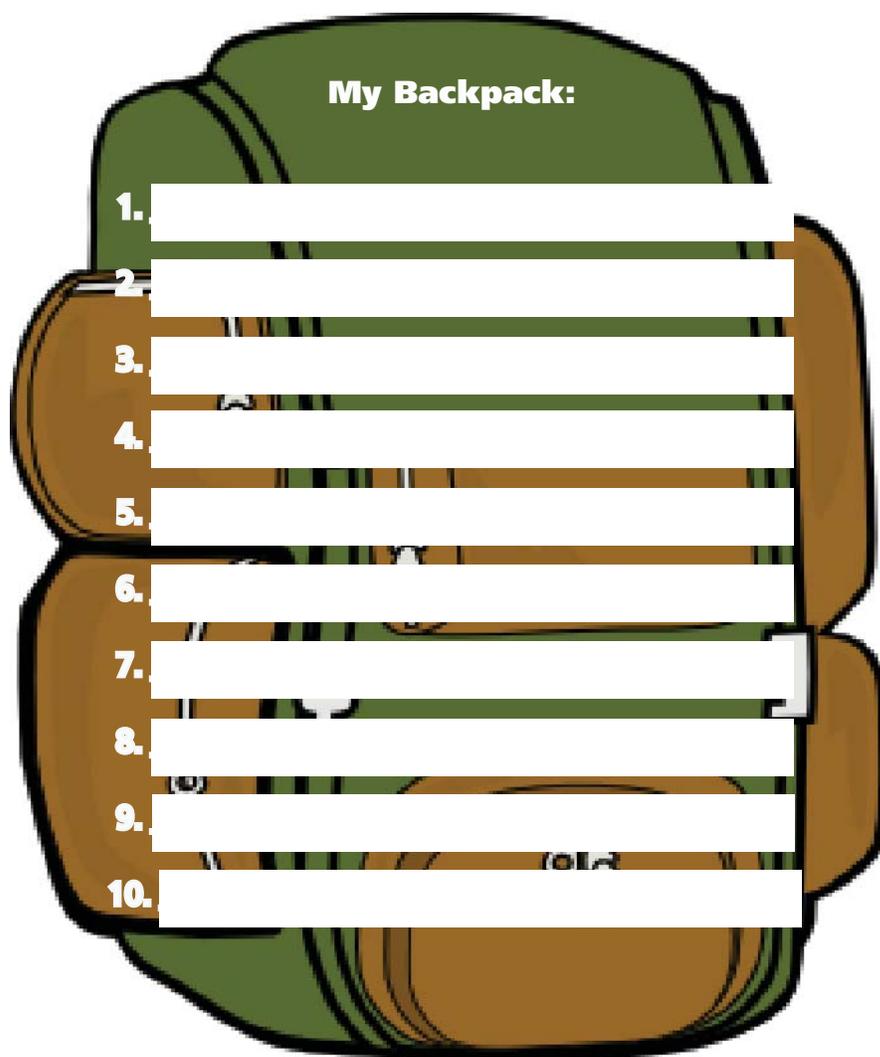
You will have to take a ferry over.

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?



## 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.

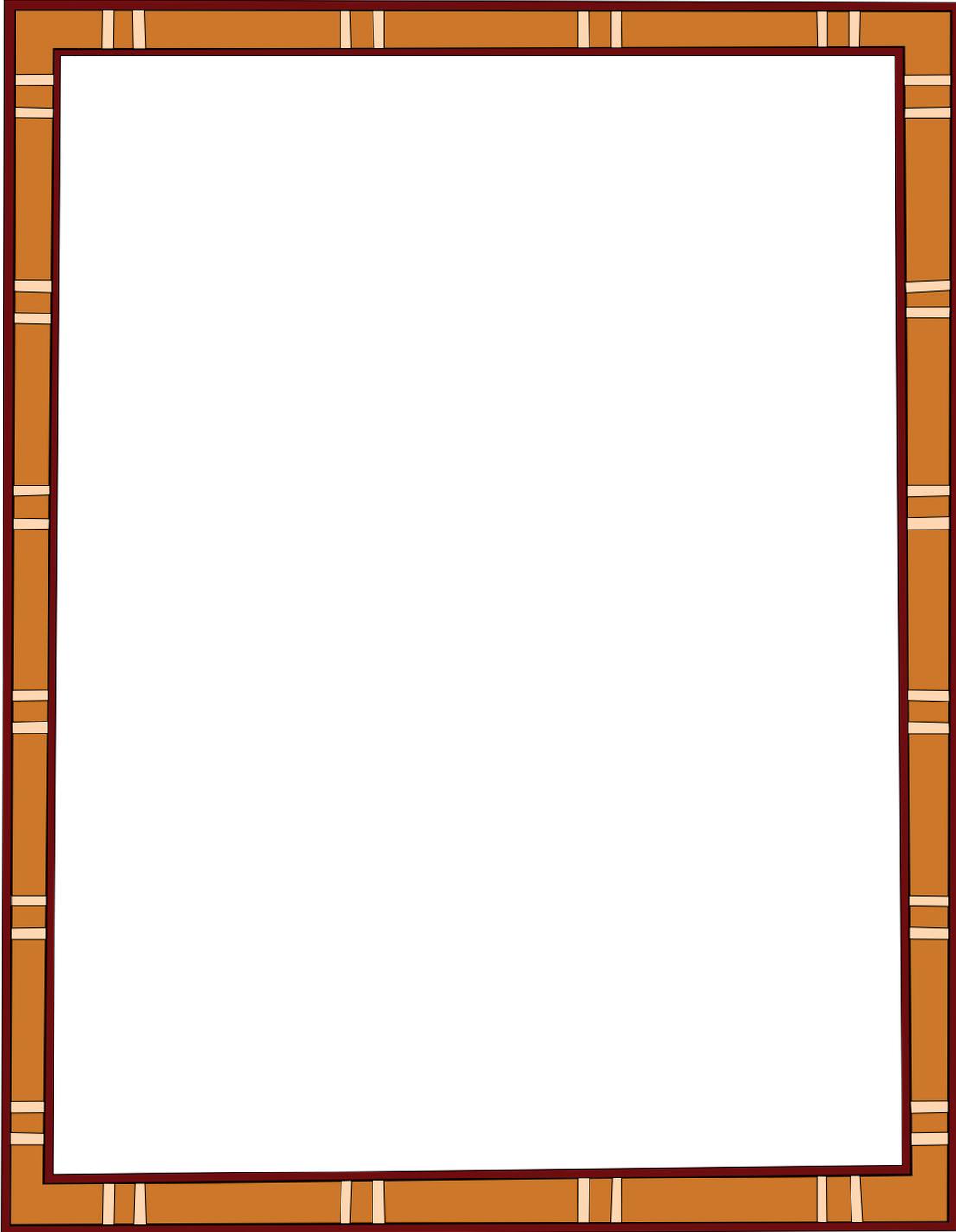


# LIGHT ON THE KEEPERS

## 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 sunk 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 U.S. 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?)



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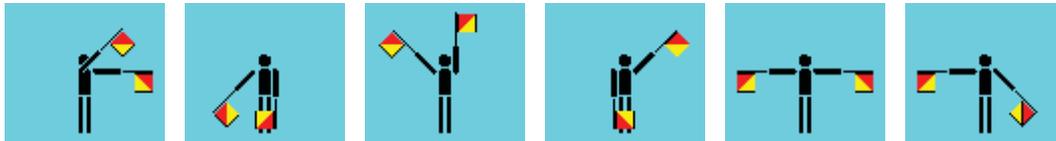
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## Activity #7: Life-Saving Signals

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 Signals by Jim Croft

Semaphore Flag Signaling System						
A	B	C	D	E	F	G
H	I	J	K	L	M	N
O	P	Q	R	S	T	U
V	W	X	Y	Z	ERROR	

# JUNIOR NATURALIST

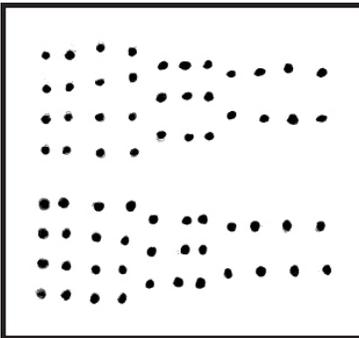
## Activity #8: CALO Tracker

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**

by Ken Douglas



**Racerunner Lizard**

by Patrick Spence



**Marsh Rabbit**

by Ken Douglas



**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 Creeper

Dog Fennel

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.

