

# Camp Champ Patch Program

Outdoor adventures have been an important part of the Girl Scout Leadership Experience since 1912. Spending time outdoors in nature is different from playing or learning inside. Outdoor spaces support active play and unlike most indoor environments, the outdoors offers open space where you can be messy, make noise, and be active. Spending time in nature (even just a walk in a park or around your neighborhood) helps you to focus and think creatively. Outdoor experiences in new places allow you to make your own discoveries.

← Camp Butterworth

Camp Whip Poor Will →

← Camp Rolling Hills



← Camp Stonybrook

Camp Woodhaven →

← Camp Libbey

Greenville Little House →



## Be a Camp Champ

“How often have you wished to explore the woods, make supper over an open fire, pitch a tent, and sleep under the stars listening to the thousands of night sounds which the darkness seems literally to turn on? If you want to try some outdoor living, scouting gives you a wonderful opportunity to find out what it is all about.”

– Senior Girl Scout Book 1918



## About this Patch Program:

The Be a Camp Champ Patch Program is for girls of all levels, and is designed to get your group excited about the outdoors, with the main patch to be completed before you go to a camp, and the extensions for you to complete by staying at GSWO camp properties.

Like the Girl Scout badges, the main patch has five steps you need to complete to earn it. The five steps will help you walk you through the stages of outdoor progression. Each step includes two options for each skill level; you only need to choose one to complete the step, but if more than one activity interests your group, then go ahead and complete both!

Patch activities are listed based on previous outdoor experiences. Choose the activities that best match your interests and/or skill level.

**Beginner**

**Intermediate**

**Advanced**

Be a Camp Champ is based on the Girl Scout outdoor progression chart pictured below. The core patch covers steps “Look Out” through “Cook Out”. “Sleep Out” and “Camp Out” are covered by the camp extension patches and “Adventure Out” is supported through Fall and Spring programs, summer camp experiences or troop planned activities. More information on the final three steps of progression can be found in their appropriate sections at the end of this guide.





# Debriefing:

As you are going through the activities, save time at the end of each activity to “debrief”. This is a chance for girls to discuss not only what they have learned, but the importance and how they will use it in the future.

A great way to do this is by asking the 3 questions - What? So what? Now what?

**What?:** Girls discuss what they learned during the activity (specific facts and ideas)

**So What?:** Girls discuss why that is important (what is the meaning of the information)

**Now What?:** Girls think about and discuss what they can/will do with their new knowledge (how they will apply it)

**girl scouts**

## Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out! Outdoor fun can be endless when girls lead.

- Look Out**
  - Share past experiences in the outdoors.** Talk about favorite outdoor places and why they're special. Wonder what else can be seen in the outdoors.
- Meet Out**
  - Step outside to look, listen, feel, and smell.** Share what was observed. Learn more about what was discovered.
- Move Out**
  - Plan and take a short walk outside.** Discuss being prepared for the weather. Do activities to explore nature. Plan and carry out an indoor sleepover.
- Explore Out**
  - Plan and take a short and easy hike.** Discuss what to take in a day pack. Dress for the weather. Plan a healthy snack or lunch. Learn how to stay safe in the outdoors.
- Cook Out**
  - Plan and cook a simple meal outdoors.** Make a list of gear and food supplies needed. Learn and practice skills needed to cook a meal. Review outdoor cooking safety. Practice hand and dish sanitation. Create a Kaper Chart for the cookout.
- Sleep Out**
  - Plan and carry out an overnight in a cabin/backyard.** Discuss what to pack for the sleep out. Learn to use and care for camping gear. Learn and practice new outdoor skills. Plan a menu with a new cooking skill. Discuss campsite organization. Plan time for fun activities.
- Camp Out**
  - Plan and take a 1- to 2-night camping trip.** Take more responsibility for planning. Learn and practice a new outdoor skill. Learn a new outdoor cooking skill. Plan a food budget, then buy and pack food. Practice campsite set up. Plan an agenda that includes fun activities. Explore/protect the surrounding environment.
- Adventure Out**
  - Plan and take an outdoor trip for several days.** Learn and practice a new outdoor skill. Learn a new outdoor cooking skill. Develop first-aid skills and use safety check points. Budget, schedule, and make arrangements. Participate in an environmental service project. Teach and inspire others about the outdoors. Imagine new experiences to be had outdoors. Practice all Leave No Trace principles.

**LEAVE NO TRACE PRINCIPLES:**

- Plan Ahead & Prepare
- Leave What You Find
- Respect Wildlife
- Minimize Campfire Impacts
- Travel & Camp on Durable Surfaces
- Dispose of Waste Properly
- Be Considerate of Other Visitors



# Table of Contents & Camp Champ Checklist

Use this check list as a guide as you complete the steps to Be a Camp Champ. To earn the main patch, complete one option (based on your skill level) from each step for steps 1-5. Then, complete steps 6 and 7 while doing the Camp Extension patches for each camp property.

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# Introduction: Leave No Trace

Let's get warmed up by learning about Leave No Trace! As Girl Scouts, we are committed to leaving a place better than we found it. Leave No Trace is a national and international program designed to help outdoor enthusiasts with decisions to reduce their impacts when they hike, camp, picnic, snowshoe, run, bike, hunt, paddle, ride horses, fish, ski or climb. Leave No Trace is about making good decisions to protect the world around you- the world we all enjoy. Recreation can sometimes cause impacts (damage) to land, but by following these principles, we can enjoy our favorite places every time we visit. Become familiar with these 7 principles, so you can keep them in mind during this patch program and other outdoor experiences. After reading them, try the activity for your skill level; they are from the PEAK Leave No Trace curriculum.

## Leave No Trace Principles:

### Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Use a map and compass and be sure to research where you will be going.

### Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a light weight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires. Keep fires small and only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

### Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow; walk single file in the middle of the trail, even when wet or muddy.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made; use existing trails and campsites. Altering sites is not necessary.

### Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.

### Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.

### Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous - yield to other users on the trail. Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

### Leave What You Find

- Preserve the past - examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them. Do not build structures, furniture, or dig trenches.
- Avoid introducing or transporting non-native species.



Now that we have read through the principles, it's time to try out our first activity. Remember, choose which activity suits your group based on skill level – beginner, intermediate or advanced. Complete the activity of your skill level to move on and do the same for Steps 1-5!

## Beginner: What Principle Am I?

### Activity:

After reviewing the principles, read the clues below and have girls guess which principle it is. When they think they know the principle, have them raise their hand, or make the activity more active by posting the principles around the room and have the girls move to the one they think best fits the clues.

<p><b>What Principle Am I? Plan Ahead and Prepare</b></p>	<ul style="list-style-type: none"> <li>• I learned about the area I was going to before I went</li> <li>• I am prepared with food, water, or extra clothes</li> <li>• I brought a hat and/or sunscreen</li> <li>• I have a map so I won't get lost</li> <li>• I wore the right clothes for the activity and the weather</li> </ul>
<p><b>What Principle Am I? Travel and Camp on Durable Surfaces</b></p>	<ul style="list-style-type: none"> <li>• I walk around flowers or small trees</li> <li>• I stay on the trail, even through mud</li> <li>• I walk on ice or snow instead of plants</li> <li>• I sit on large rocks instead of grassy meadows</li> <li>• I don't wander off by myself</li> </ul>
<p><b>What Principle Am I? Dispose of Waste Properly</b></p>	<ul style="list-style-type: none"> <li>• If I have to "go", I do it away from water (100 big steps)</li> <li>• If I pack it in, I pack it out</li> <li>• I don't leave any trash or litter, not even a crumb</li> <li>• If my dog is with me, I pick up his poop</li> </ul>
<p><b>What Principle Am I? Leave What You Find</b></p>	<ul style="list-style-type: none"> <li>• I treat living plants with respect</li> <li>• I take pictures of flowers instead of picking them</li> <li>• I don't bring home anything I've found</li> <li>• I leave things as I found them</li> </ul>
<p><b>What Principle Am I? Minimize Campfire Impacts</b></p>	<ul style="list-style-type: none"> <li>• I use stoves for cooking</li> <li>• I only use loose sticks from the ground</li> <li>• I don't burn trash or food</li> <li>• I check with any rangers and read posted signs to see if its ok to have a fire</li> </ul>
<p><b>What Principle Am I? Respect Wildlife</b></p>	<ul style="list-style-type: none"> <li>• I control my pet (if I brought one)</li> <li>• I store my food and trash in a safe spot</li> <li>• I never feed, follow, or chase wild animals</li> <li>• I know that human food is for humans only</li> <li>• I don't do anything that makes an animal move or run away</li> </ul>
<p><b>What Principle Am I? Be Considerate of Other Visitors</b></p>	<ul style="list-style-type: none"> <li>• My time outdoors shouldn't bother anyone else</li> <li>• I share trails with other hikers, bikers, etc.</li> <li>• I step aside to let people on horses pass me</li> <li>• I don't yell or make loud noises</li> </ul>



## Intermediate: The Leave No Trace Draw

### Activity:

The Leave No Trace Draw is a game that focuses on four of the principles. Each participant draws a card that describes a situation and a choice. Those choices will determine the winner. Have all the participants form a line side by side. At their turn, the participant draws a card from a hat or sack and hands the card to the reader. Read the card and the choices (don't read the steps - it gives it away!) After a participant chooses an answer, provide the correct response. Then have the participant take the appropriate number of steps forward or back. Discuss the principle the card reflects. Each participant should draw two or three times as time permits. The "winner" is the one closest to the front.

**Tip:** If you do not have enough cards for each girl to draw multiple times, alternatively you can read each card out loud and have all participants pick an answer. Once everyone has picked their answer read the correct response and have all participants take the appropriate number of steps forward or back. After each turn you can also have the group guess which Leave No Trace principle the card was referencing.

You're out for a hike when wildflowers are blooming. Wouldn't your Mom love a bouquet?

**For 3 steps, you:**

- A. Pull out your camera and take a photo to make a card for her later. (3 steps forward)
- B. Make sure you pick different colors for variety. (3 steps back)

You come to a fork in the trail, the directional sign has been knocked down and dismantled by a recent storm and the fallen tree limbs and debris make it hard to see the trail.

**For 3 steps, you:**

- A. Consult your map, check your compass bearing, and get back on the right trail. (3 steps forward)
- B. Climb over and make your own trail. (3 steps back)

When you left for a day hike, it was clear and sunny. During the hike, a storm moves in and it rains for twenty minutes.

**For 2 steps, you:**

- A. Find a tree to stand under so you don't get soaked. (2 steps back)
- B. Pull out a rain shell and a hat you brought "just in case". (2 steps forward)

You and your friend find a perfect arrowhead. Your friend decides to keep it for a souvenir.

**For 2 steps you:**

- A. Look for one that you can take home too. (2 steps back)
- B. Bring out your camera and convince your friend to take a photo instead. (2 steps forward)

It's a beautiful Saturday and you and your neighbor decide that you should go on a quick day hike and take advantage of the weather. Your parents allow you to pick where to go.

**For 2 steps, you:**

- A. Look up some nearby trails using a guide book from your house. (2 steps forward)
- B. Ask your parents to just drive to a nearby canyon and you'll figure it out once there. (2 steps back)

You and your group are taking a break from hiking in a small meadow and you start to become bored.

**For 2 steps, you:**

- A. Begin to pull the grass and flowers out from the ground around you and braid it into a cool bracelet. (2 steps back)
- B. Start to play a hand game with a nearby friend. (2 steps forward)

You come across a bunch of interesting feathers that you think will really add to a homework project.

**For 2 steps, you:**

- A. Grab a handful, but not all. (2 steps back)
- B. Leave them behind and make a quick drawing that you can use on your display later. (2 steps forward)

You find a nice flat spot to pitch your tent, however, there are rocks, branches and leaves in the area.

**For 2 steps, you:**

- A. Clear the area but replace the items when you break camp. (2 steps forward)
- B. Clear the area so the next person can also use the site. (2 steps back)

You're having so much fun on your hike, you suddenly realize you drank all your water. Luckily, there's a stream flowing with clear, cool water.

**For 3 steps, you:**

- A. Fill your water bottle from the stream and drink it. (3 steps back)
- B. Find and use your water purifying tablets or filter in your pack before drinking any stream water. (3 steps forward)

## Advanced - Ethics Game:

Have participants think of one of their favorite outdoor places and what it means to them and have them share. What if their favorite place were ruined and they could no longer go there? In order to follow a set of ethics, you have to feel strongly about and have a connection to something, such as nature.

For the ethics game, girls will be offered two situations to choose from each round that break one of the 7 Leave No Trace Principles. Choose any two of the situations listed below to read aloud, and direct one group to go to your right and the other to your left. Have participants choose which scenario is worse in their opinion (ex. Those who choose Scenario A go to the right side of the room, Scenario B go to the left) and stand with that group. Have each group discuss why they chose that situation, then have a representative from each group share their perspective. Ask if anyone wants to switch which situation they find worse now that they heard the other group's reasoning. Repeat this for a few rounds. At the end, discuss how different people can have different reactions to various impacts that they may find outdoors; it's important to have an open dialogue and understand the reasons behind something, as well as ask questions and learn from each other.

Human waste along a trail or riverway	Livestock wading in a water source
Toilet paper flowers	Several fire rings in one area
Person picking wildflowers while hiking	People going off trail and cutting switchback
Cigarette butts along the trail	Soap bubbles in a lake
Names carved on trees	People feeding wildlife
Evidence of wilderness trespass by motorized vehicles	Cultural area devoid of artifacts
People getting close to wildlife for a photo	Pet waste on a trail
Dogs running loose	An unattended campfire
Litter on the side of the trail	Food remains in a campground area
Multiple trails through a single meadow	Create your own!
Bicyclists not yielding to hikers on trails	
Fire scars on the ground	

Now that you've learned about the 7 Leave No Trace Principles, keep them in mind throughout your journey to becoming a Camp Champ! Now, onto the steps!



## Step 1: Look Out – Share past experiences in the outdoors

The perfect beginning to getting outdoors is to learn about the outdoors and the possibilities that await. Choose and complete one activity based on your skill level from either option A or B:

### **Option A: Learn from an Expert**

Everyone starts somewhere and the best way to learn something new is to ask someone who has done it before.

#### **Beginner - Learn the Basics**

Invite an outdoor expert, like a park ranger, to your meeting to talk about the great outdoors. Ask your presenter to talk about different outdoor opportunities in your area, why caring for the environment is important, or have your girls vote on a topic. Have the girls come up with a list of questions for the speaker prior to the meeting.

#### **Intermediate – Learn What You Can Do**

Schedule a tour at a local outdoor recreation store like REI, Bass Pro, etc. Learn about different gear needed for outdoor activities and their cost. Have girls come up with a basic list of items needed for troop camp outing prior to going to the store. At the store girls can find and record the costs. After your trip have a discussion with girls about the total cost for the troop and ways the girls could raise money to purchase the supplies.

#### **Advanced – Investigate an Area of Interest**

Dig deeper into outdoor recreation activities. Find a topic area that interests your group, it could be backpacking, water sports, climbing, etc. Then reach out to individuals who have gone on advanced trips. Look for older Girl Scouts who have attended a Destination on your topic or ask at local recreation stores for recommendations, they may know of someone who has hiked the Appalachian Trail (or similar) that would be willing to share their experience. Have the girls come up with a list of questions for the speaker prior to the meeting.

### **Option B: Make a Useful Outdoor Tool**

Going outdoors often requires some new supplies that you've never needed before, but not everything needs to be purchased at a store. Girl Scouts have been crafting their own useful tools since the beginning. Try your hand at making something new for your next outdoor adventure!

#### **Beginner – Sit-Upons**

Sit-upons are a Girl Scout Tradition. Sit-upons are great for camp while sitting around the fire or anytime you need a little extra cushion. Over the years sit-upons have evolved into many different shapes and sizes, some troops now use old 5-gallon buckets with lids for theirs! Here are instructions for a simple version but feel free to do more research and find the type that best suits your troop.

#### **Materials:**

1. Waterproof material (vinyl cloth-backed tablecloths work well) enough for 30" x 15" per girl
2. Something for filling (stuffing, 1 1/2" stack of newspaper, carpet padding, etc.)
3. Yarn or string
4. Puffy paint, Paint pens, or similar for decorating

## Directions:

1. Cut your material into a 30"x 15" rectangle fold it in half so that you have a 15"x 15" square.
2. Next, cut your padding into a 13"x 13" square and place inside the material.
3. Use a hole punch to punch holes all the way around the open sides of the folded square, about 1" apart and a 1/2" from the edge.
4. Weave the yarn through the holes sealing the material shut and tie off both ends.
5. Allow girls time to decorate so each one is unique.

## Intermediate – Dunk Bags

Girl Scouts use resources wisely. Instead of using paper plates at camp, girls often use reusable plastic plates or mess kits. A dunk bag is used for cleaning your camp dishes. Once the dishes have been washed and rinsed, they go into the dunk bag and are dipped into a sanitizing solution then hung so the dishes can dry. A dunk bag is an individual net or mesh bag and is simple to make.

## Materials:

- ◆ Piece of netting/mesh
- ◆ Strong string or yarn
- ◆ Needles

## Directions:

1. Cut material wide enough fit an 8" dinner plate and double the length.
2. Fold in half and stitch up the sides.
3. Turn inside out so the seams are on the inside.
4. If using netting or mesh weave string through the holes at the top to make a draw string effect. Tie the ends of the string together.

## Advanced – Girl Scout Staffs:

Commonly called hiking sticks, Girl Scout staffs can be useful for more than helping you along a hike. They can also be a record keeper of your outdoor adventures. Many state and national trails around the country have official hike medallions you can purchase to add to your stick, or you can record your travels in your own unique way.

## Directions:

1. Find a sturdy stick in the woods. It should be at least as tall as you. Keeping in mind Leave No Trace, make sure your stick isn't live – this means the stick you use should already be on the ground and not connected to a tree!
2. Let sit for a few weeks so the wood is fully dry.
3. Once dry you can peel the bark off if you would like and decorate your hiking stick to make it your own. Some varnish them, others wrap leather rope or colored string around, or even add feathers and paint. The choice is yours!

## Step 2: Meet Out – Step outside to look, listen, feel and smell

With this step, your troop will step into the outdoors and begin to observe different sights, sounds, and smells found in nature. Girls will explore the natural world around them, overcoming fears and finding a sense of wonder.

## **Option A: Discover Nature**

### **Beginner – Micro hike**

#### **Materials:**

- ◆ Piece of string for each person equal to their height
- ◆ Magnifying glass(es)

#### **Directions:**

1. Have each participant lay their string on the ground in any pattern they choose
2. Use the magnifying glass to slowly look along their path, looking for things like bugs or any signs that animals or creatures have been there.
3. Have them share with the group what they found and give them time to check out other girls' findings.

### **Intermediate – Discover a Tree**

This activity should be done in any area in which there are multiple trees.

#### **Directions:**

1. Split the girls into buddy pairs and have one buddy close their eyes (or put on a blindfold).
2. Their sighted partner will then lead them (in a round-about way, always making sure to be safe and keeping one hand on their partner at all times) to a tree in the area.
3. The blindfolded girl then explores the tree with every sense but her sense of sight. She can touch, smell, and even taste the tree if she's up to the challenge!
4. Once she is finished, her sighted buddy leads her back to the starting point, and she can open her eyes or remove her blindfold.
5. Then she tries to find her tree. Once her tree is found (or she's taken 3 good guesses) the buddies switch places and do it again.
6. After, use a book or an app to identify what type of tree it is.

### **Advanced – Respecting Nature**

#### **Materials Needed:**

- ◆ Paper
- ◆ Writing utensils

#### **Directions:**

1. Have the girls sit quietly as a group or individually for 3-5 minutes and write down the different sounds they hear in nature. Talk about what different sounds they heard (what animals, wind, leaves, etc.)
2. Next, have them write down different noises and sounds they hear that may disturb the wildlife. Talk as a group about those sounds (cars, people, etc.)
3. After observing, discuss the following questions with the girls:
  - a. Why are loud noises and quick movements stressful to wildlife?
  - b. What are things they can do to minimize their impacts to nature?
  - c. What are some ways to view nature without harming or disturbing it?
  - d. How can you tell if you're too close to wildlife?
  - e. What are some negative effects for nature & wildlife if we do not observe these precautions?

## **Option B: Identify Nature**

### **Beginner – Find an Item**

This activity can be done outside in an area that has pieces of nature (acorns, pine cones, sticks, rocks, etc.).

#### **Directions:**

1. Give each girl a paper bag that will hold 1-2 items.
2. Tell girls they are going to go exploring to see what might live or be found outdoors as they walk around.
3. While walking, have each girl choose up to 2 items she finds to put in her bag – remind them of Leave No Trace, and make sure they know not to take leaves off of trees or plants out of the ground.
4. Have the girls sit in a circle together, keeping their bags closed so others can't see inside. Pass the bags around the circle one at a time so girls get a chance to feel what is inside without saying out loud what they think it is. After each girl feels it, have them guess and share out loud.
5. Show the object, and talk about it with the girls – this rock is smooth, does anyone know why? This is a nut, what animal might eat it?
6. Repeat with the other bags.

### **Intermediate – Science of Flowers**

#### **Materials Needed:**

- ◆ Flowers
- ◆ Paper
- ◆ Drawing and coloring utensils

#### **Directions:**

1. As girls are looking at the flowers, ask them what they think about them and if they have a favorite.
2. Have them describe the parts of the flower they can see.
3. Ask the girls if they know what a botanist does.
4. Let girls know they are going to do one of the things a botanist might do. Explain that botanists often draw what they see.
5. Have each girl choose one flower and spend time drawing all of its details on paper.
6. Once finished, have girls share their pictures and one new thing that they discovered about their flowers.
7. Use an app or a book to discover what types of flowers the girls found.

### **Advanced – Tree Identification**

This activity can be done in any area in which there are multiple types of trees.

#### **Materials Needed:**

- ◆ Leaf Identification Sheet
- ◆ Writing utensils

#### **Directions:**

1. Have girls get into pairs.
2. Give each pair a set of Leaf Identification sheets or download a tree identification app on a phone.
3. Let them roam the area and try to identify as many trees as possible.
4. Once the group is back together have them share their findings.



# Leaf Identification Sheet



**Ash**



**Buckeye**



**Maple**



**Oak**



**Sassafras**



**Aspen**



**Beech**



**Elm**



**Pine**



**Hickory**



**Sycamore**



**Walnut**



## Step 3: Move Out – Plan and take a short walk outside

When going on a trip, whether it be a day long hike or a short walk outside, it is important to be prepared. You will want to think about how to be prepared for the weather and what your group might find in nature that you can learn more about.

### Option A: Explore Nature

#### Beginner – Nature Bingo

Go on a short walk outside and find different things in nature while also playing bingo! This activity can be done individually, in pairs, or in a group.

#### Materials Needed:

- ◆ Nature Bingo Card (found on page 17)
- ◆ Writing utensils

#### Directions:

1. Walk on a path or anywhere outside and try to find as many items on the bingo card.
2. Have girls mark off each item they find as they go.
3. See if they can find a row, or even the whole card!
4. To challenge them, you can have the girls pick a row or column to try to find the items in order across them.

#### Intermediate – Trail Signs

Trails are planned and built so people can travel safely from trailhead and beyond. The purpose of a trail marker is to help hikers follow a given path. They can be used to indicate the beginning and end of a trail, a change of direction, or an intersection. Signs can be made from items found in the woods such as rocks, pebbles and sticks. In certain landscapes (such as deserts), trail signs are used to mark the path, so it is important to leave them as they are.

#### Here are some common trail signs:



#### Materials Needed:

- ◆ Trail Signs Key (above)
- ◆ Rocks
- ◆ Sticks

#### Directions:

1. Gather materials, then practice making each type of trail sign.
2. Each girl should make their own combination of trail signs for the group to follow (3 or 4 signs)
3. Have the group follow the signs each girl has made to test their new knowledge about trail signs.

## Advanced – Outdoor Photo Scavenger Hunt

Go on a walk and have girls try to find each item on the list – but there’s a catch! For each item that is found, take a picture with all the group members in the photo.

### Materials Needed:

- ◆ Device that can take pictures
- ◆ Photo Scavenger Hunt list

### Directions:

1. Have girls find the items on the photo scavenger hunt list while on a walk
2. As they find each item, girls should take a photo with at least one group member in the picture. Each girl should be in at least one photo.
3. Encourage them to make the photos creative and fun! Find as many as you can!

### Photo Scavenger Hunt List:

- ◆ Find a leaf in the shape of something else
- ◆ Find animal footprints
- ◆ Take a photo of everyone pretending to do their favorite outdoor activity
- ◆ Act out a scene from a movie
- ◆ Find a cool shadow
- ◆ Find a stand-alone tree
- ◆ Create a fairy, bug or toad house
- ◆ Find something covered in moss
- ◆ Take a photo of your group hiking
- ◆ Find a bird feather
- ◆ Find clouds in the shape of something
- ◆ Create something out of sticks
- ◆ Find something with water in it
- ◆ Find an animal in its natural habitat
- ◆ Find something smooth
- ◆ Find something special of your choice!

## Option B: Preparing for the Weather

### Beginner – What to Wear Relay

An important part of preparing to go on a hike is to think about what you are going to wear for your experience. Different clothing materials are better for hiking to dry fast or repel water if it rains. It is important to be comfortable yet prepared. The following items are recommended for a hike:

- ◆ **Polyester, nylon or merino wool undergarments:** These materials are great for moving sweat off skin and they dry fast.
- ◆ **Comfortable but sturdy pants:** Trails have twists and turns, so you need to move freely and be comfortable. But branches and rocks can shred or rip thin pants.
- ◆ **Moisture wicking shirts:** You’ll want to have layers of shirts; polyester shirts are moisture wicking and help you cool off quickly.
- ◆ **A warm jacket:** Polyester fleece works great for this, though a puffy jacket (with a polyester fill or water-resistant down inside), is good for colder conditions.
- ◆ **A rain jacket:** “Waterproof/breathable” is key – this means it will block rain and wind but will also let you sweat without trapping it all inside. In very rainy weather, pack some rain pants, too.
- ◆ **A hat/sunglasses:** Keep your head dry and protected from the sun. The brim helps keep rain and sun out of your eyes. Bringing along sunglasses for your hike is a good idea, too.
- ◆ **Sturdy shoes:** Your footwear should provide support, protection from rocks and roots, and traction on wet and dry surfaces. Along with your sturdy shoes, you need a good pair of socks – wool blend socks are best because they dry fast and move sweat off your feet quickly.

Now that we know what types of clothing we should wear and bring on our hike, it’s time to put it to the test with a relay!

### Materials Needed:

(You will need one of each item for the number of teams you'll have. For example, if you have two teams you will need 2 pairs of sunglasses, 2 raincoats, etc...)

- ◆ Sunglasses
- ◆ Boots
- ◆ Raincoat
- ◆ Warm coat
- ◆ Pants

### Directions:

1. Divide the group into teams
2. The first player runs to the pile, puts on all the clothing and items on over top of their regular clothes, then runs back to the team.
3. When they make it back, the player must remove all the items and pass them off to the next player, who puts them on and runs the length of the playing space before returning to the team.
4. Then, they'll remove the items so the next player can repeat the process until each player on the team has had a turn.

## Intermediate – Cloud Diary

When being prepared for the weather, it is helpful to know what the different types of clouds mean and what weather they may bring. A great way to do this is by making a cloud diary and learning about the different clouds you could encounter. On the next page you will find a description of several clouds that will help you identify what type you are looking at.

### Materials Needed:

- ◆ Cotton Balls
- ◆ White Glue
- ◆ Notebook
- ◆ Writing utensil

### Directions:

1. Each day record the date and make note of time.
2. Stretch the cotton balls into the cloud shapes you see in the sky above you.
3. Glue them to the pages of the notebook with dots of glue and label them with their cloud name.
4. Record each time you meet and include the weather happenings of each of those days. Try to have at least 4 entries.

## Advanced – Rehearse a Weather Related Emergency Plan

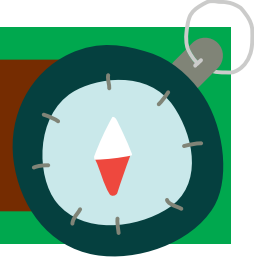
Before going on a hike or trip, it is important to know what possible weather situations you could encounter and how to react in each of those situations.

For this activity, research weather emergencies that are pertinent to your area and rehearse an emergency plan. To help you start, consider: What are some things you should do before your trip pertaining to the weather (ie. Checking the weather for that area)? What about during your trip? Where will the closest tornado shelter be? What do you do if there isn't one nearby? What should you do in case of a severe thunderstorm? Once you have discussed possible emergencies, talk about what to do during an emergency, and then rehearse the actions you would take.

You can refer to the Site Users Guide on the GSWO website for more information pertaining to emergency procedures at our camp properties.



# Nature Bingo Card



**Seeds**



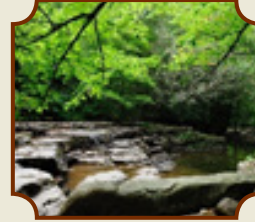
**Trail**



**Flower**



**Body of Water**



**Leaf**



**Dead Tree**



**Mushroom**



**Bridge**



**Piece of Bark**



**Tree Stump**



**Bug**



**Cloud**



**FREE**

**Squirrel**



**Bird**



**Grass**



**Stick**



**Rock**



**Spider Web**



**Litter (pick it up)**



**Animal Tracks**



**Bird Nest**



**Tree**



**Large Rock**



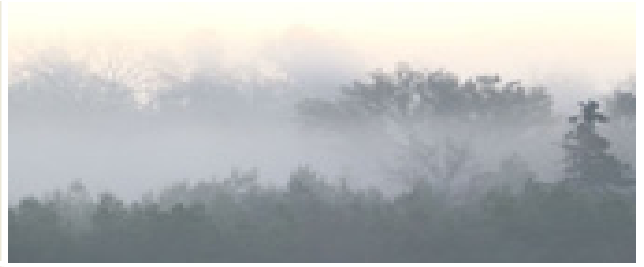
**Moss**



# Clouds Ranging from Ground Level to 5,000 Feet

## **Fog:**

A cloud in contact with the ground



## **Cumulus Puffy:**

White clouds that bulge out like cauliflower at the top. Cumulus clouds mean good weather.



## **Stratus:**

Unbroken sheets of low, gray clouds. Stratus clouds may bring light rain or drizzle.



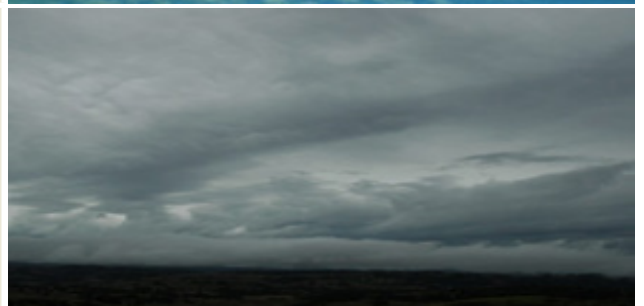
## **Stratocumulus:**

Look like cumulus clouds pressed together in layers. Gray and white patches make them resemble dirty cotton balls. Rain may be on the way if they grow too dark.



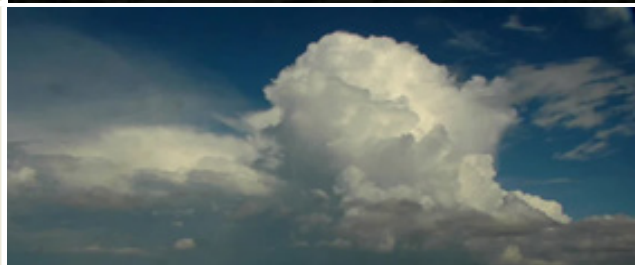
## **Nimbostratus:**

A thicker layer of clouds than Stratus. Nimbostratus clouds completely block out the sun and usually produce steady rain.



## **Cumulonimbus:**

Starting low cumulus clouds, cumulonimbus clouds can grow dark and reach up to 60,000 feet in severe thunderstorms. Known as “thunderheads” their tips often flatten into an anvil shape. Winds blow violently up and down in the clouds, resulting in heavy rain, thunder and lightning.



## Clouds Ranging from 6,000 to 20,000 Feet

### **Altostratus:**

Small white and gray rolls or scattered white and gray different shaped puffs. Some altostratus clouds look like towers.



### **Altostratus:**

Gray layers of clouds that make the sun appear as if it were behind frosted glass. If they thicken, expect rain.



## Clouds Ranging from 20,000 to 40,000 Feet

### **Cirrus:**

White wispy clouds. They are a sign of approaching warm front and may mean rain.



### **Cirrocumulus:**

White thin rolls of clouds that look like ripples in the sand. These clouds often indicate a warm front is approaching.



### **Cirrostratus:**

A thin layer of cirrus clouds form a hazy circle around the sun. The ice crystals in the clouds act as prisms, scattering white light into a spectrum.



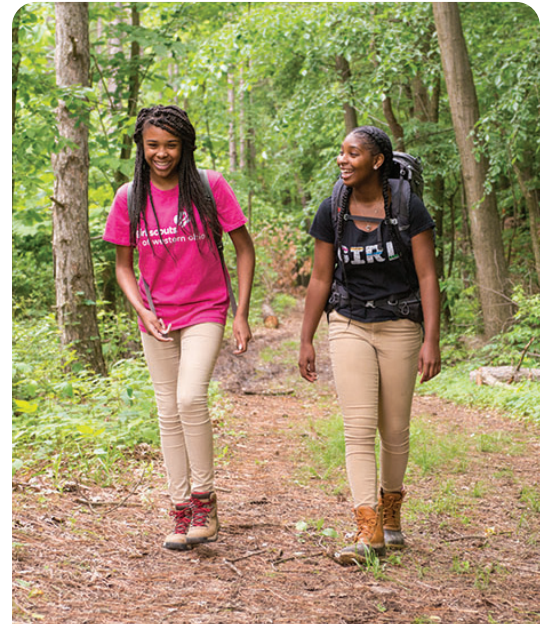


## Step 4: Explore Out – Plan and take a short and easy hike

When taking a hike, it is important to be prepared. A part of planning involves deciding what items you may need while on your adventure. You may use some of the items you bring, or maybe not any, but it's great to have them for when you do end up needing them. The Ten Essentials is a list of 10 categories to bring on an outdoor adventure in case of emergencies. The items you bring from each category depend on the experience you are planning for, such as a 2-hour hike or a day long hike.

### Ten Essentials for Hiking:

1. Navigation – map, compass, GPS device
2. Flashlight or headlamp – some source of light and extra batteries
3. Sun protection – sunscreen, sunglasses, sun protective clothing, protective lip balm
4. First aid kit (include a whistle)
5. Knife
6. Fire – matches, lighter, tinder
7. Shelter – poncho
8. Extra food – beyond the minimum expected
9. Extra water – beyond the minimum expected
10. Extra clothes – beyond the minimum expected



### Option A: Being prepared

#### Beginner – Finding the 10 Essentials

##### Materials needed:

- The 10 essentials
- A backpack

##### Directions:

1. Hide the 10 Essentials around the room. Have an empty backpack sitting on the table and ask the girls what they think essential means. Talk with them about what it means to be essential.
2. Explain that there are 10 essential items hiding around the room that they should always take with them when going hiking or backpacking.
3. Have them work as a team to find the 10 items.
4. Once they find the items, talk about the importance of each one and put them in to the backpack.
5. Bonus: Take a short hike as a group and discuss what each item could be used for on the hike.

#### Intermediate – Making First Aid Kits

When deciding what to bring on your hike, consider factors like weather, difficulty, duration, and distance from help. Now that we have considered the 10 Essentials for a hike, let's dive deeper into First Aid Kits. Having a good first aid kit is very important in case of an emergency while you are on the trail. Gather the following materials and have girls make their own First Aid Kits to bring on their hikes.





## Materials Needed:

- A container for the first aid kit – Altoids container, film canister, small Tupperware or something similar
- Band-Aids
- Antiseptic wipe
- Gloves
- Tweezers
- Gauze
- Safety Pins
- Duct tape
- Small paper with name, phone and address

## Directions:

1. Have girls gather their materials for their kit and fit them in the container in a creative way
2. Rip off a few pieces of duct tape and place on the outside of the container in layers (you'll always have tape when you need it!)

## Advanced – Ranking camping supplies

Given a list of 20 items to choose from, select up to 15 items that you would want to bring on your trip. Then, try to narrow it down to only 10 items. This can be done in a group or individually. Then, discuss why each group or girl selected those items and what they would be used for/why they are most important.

- Backpack
- Bandana
- Water Filter
- Raincoat
- Sunscreen
- Cellphone
- Water
- Hat
- Extra Socks
- Whistle
- First Aid Kit
- Bug Spray
- Compass
- Toilet Paper
- Extra Water
- Protein Bar
- Matches/Fire Starter
- Flashlight
- Map
- Binoculars

## Option B: Snacks for your hike

### Beginner – G.O.R.P.

G.O.R.P. is short for “Good Old Raisins and Peanuts” also known as the ever so popular snack, trail mix! This is a great snack to bring along on your hike to give girls energy and a combination of their favorite ingredients. While the name suggests it is made up of raisins and peanuts, it is up to the girls to determine what goes into theirs.

## Materials Needed:

Some examples of ingredients are: cereal, peanuts or other nuts, raisins or other dried fruits, m&ms, chocolate chips, granola, pretzels, sunflower seeds, goldfish crackers, mini marshmallows and more! You'll need some sort of container (reusable if possible) or baggie to put the G.O.R.P. in.

## Directions:

- You can have the girls each add ingredients to a big bowl and then divide it into the baggies.
- Another great way to make it is to have each girl bring her favorite ingredient, and then put them all on the table and have girls put some of each ingredient they would like into their bag.
- Put them in a container and have girls bring it on their hike for a great snack!
- Be sure to take into account any allergies girls may have to the ingredients.

## After finishing the activity, discuss the following with the girls:

1. What is important to include in a healthy snack?
2. Why should you bring a snack on a hike with you?

## Intermediate

### No Bake Energy Bites

After hiking along the trail, sometimes a snack is exactly what you need for another burst of energy! Making energy bites to bring along is a great way to pack a fun snack that will help give the girls protein, as well as something to enjoy.

#### Materials Needed: (Makes 8 energy bites)

- ◆ 1 cup rolled oats
- ◆ 1/4 cup honey
- ◆ 1/4 cup candied chocolate chips
- ◆ 1/4 cup peanut or almond butter
- ◆ 1/2 teaspoon vanilla extract

#### Directions: \*Substitute ingredients if needed for allergies

1. Mix all ingredients in a bowl.
2. Cover and refrigerate for 30 minutes.
3. Remove from refrigerator and coat hands with butter or oil to prevent sticking while rolling them out.
4. Spoon about 1 1/2 tablespoons of mixture into hand and roll into a compact ball.
5. Repeat until all is gone. Store in refrigerator or freezer until later.

## Advanced

### Dried Fruit

One of the delicious snacks you can bring on a hike is dried or dehydrated fruit – and it's quite easy to make dried fruit, too! The great part is you can choose from a variety of fruits and make it in just a few hours.

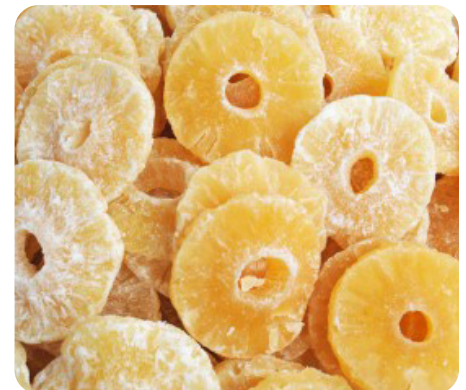
#### Materials Needed:

- ◆ Fruit – apples, peaches, grapes, pineapple, etc.
- ◆ Lemon juice
- ◆ Baking sheet
- ◆ Parchment paper
- ◆ Oven

#### Directions:

1. Heat oven to 225 degrees
2. Line a baking sheet with parchment paper
3. Slice fruit and place in lemon juice
4. Place fruits on baking sheet spaced 1 inch apart
5. Put in oven – it is finished when edges have dried but centers are still juicy – timing can be between 1.5 and 3 hours

You can store the dried fruit in an airtight container frozen for up to 6 weeks. This snack is great for taking on a hike when you need something delicious or a boost of energy!



## Step 5: Cook Out – Plan and cook a simple meal outdoors

Cooking and eating in the outdoors is a big component of camping. Before heading out for a troop camping experience, it's important to introduce basic fire building skills and safety, familiarize girls with the cookout process (planning, cooking, and clean up). This step has 3 options for you to choose from. Complete at least one.

### **Option A: Fire Safety and Building**

Campfires are a tradition in Girl Scouts. We sing around them, cook on them, and simply enjoy the atmosphere they provide. Begin by going over fire safety and ask them what they think would be good rules to have around a fire. Then, share the following rules with the girls:

- ◆ Always have a water bucket ready before you light your fire
- ◆ Never leave the fire unattended
- ◆ Long hair should always be pulled back
- ◆ Fabrics such as nylon and fleece can melt when hot

### **Beginner – Fire Building using Edible Fires**

There are many parts to a fire, from the fire ring to the 3 different types of wood - all of which are important to ensure a safe fire. To understand the different parts, you can make an 'edible fire' with favorite snack foods. Feel free to substitute items based on your group's allergies and other needs.



### **Here are the supplies for this activity:**

Snack Item	Representation	Description
Paper Napkin or Plate	Clear Space/ Safety Circle	A large clear area around your fire ring free of debris. Many of our camps have gravel around the fire rings for a safety circle.
M & M's	Fire Ring	Barrier indicating where you can build your fire. Depending on the camp, fire rings can be made of rocks or a solid metal ring.
Coconut	Tinder	Around the size of pencil lead. No shorter than your outstretched hand. Can be lit with a match. Small twigs and tips of branches are great for this.
Thin Pretzel Sticks	Kindling	No thicker than your thumb and about as long as your elbow to your fingertips. Keeps your fire burning once your tinder is lit.
Large Pretzel Sticks	Fuel	About as thick as your wrist and as long as your arm. These logs burn for a while and will produce the best coals for cooking.
Potato Sticks	Matches	Matches are the primary way girls should be starting fires at camp.
Candy Corn	Flames	The visible heat that is produced from a fire.
Red Hots	Coals	Produced after the fire burns for a while. Coals are best for cooking.
Dixie Cup	Water Bucket	There should always be a full water bucket present before lighting a fire.
Fork	Rake	Used to rake the coals and ash as you extinguish the fire.

As you help your girls put the fire together, explain what they are doing and how it relates to a real campfire.

## Directions:

1. First, clean up the existing fire circle of debris. Make sure there are no overhanging branches. (Open up and spread out the napkin. Move any clutter back.)
2. Lay your fire ring. (Arrange M&M's on the napkin in a wide circle at least 5" in diameter.)
3. Fill your water bucket. Put your rake nearby. (Put water or juice in the cup.)
4. Make an A using kindling. This is called an A-frame fire. The opening (the bottom of the A) needs to be facing you and your back needs to be to the wind. (Lay down three pretzel sticks so that they form a capital "A" with the crosspiece on top of the two legs.)
5. Add tinder by laying it on the A-frame; make sure there is room for oxygen to get in.
6. Hold a match under the crosspiece of the A-frame and light the tinder. If the fire is built correctly you'll have small fire (leader can now add candy corns to properly built fires).
7. Add kindling. (Add pretzel stick and you'll get more fire)
8. When the kindling is burning well, add fuel. (Add pretzel logs.)
9. Once the fire has been burning a while you will start to see coals develop (Add red-hots.)
10. Now the girls can eat their snack! Be sure to review the 3 types of wood with them at the end (tinder, kindling, and fuel).

## Intermediate – Building and Lighting Fires

### Supplies:

- ◆ Matches
- ◆ Disposable aluminum pie plates one per girl or one per 2 girls

Review basic fire safety and have girls share any experiences they have had with fire building. Next demonstrate how to properly light a match - the 300-count box of wooden kitchen matches is great for beginners. The box gives the girls something sturdy to hold while they strike the match.

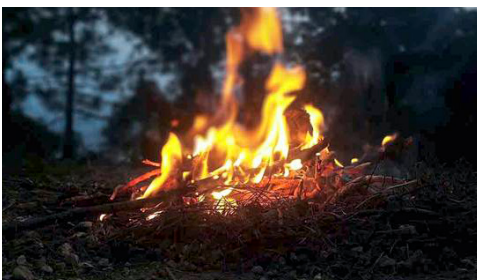
### Tips for lighting a match:

- ◆ Girls should grip the box firmly in one hand and strike the match moving away from their body
- ◆ Once the match has lit, girls should blow it out and place in a designated container

Once all girls have successfully lit a match, show them examples of the three types of wood.

- ◆ **Tinder** – Around the size of a pencil lead and no shorter than your outstretched hand. Used to ignite a fire.
- ◆ **Kindling** – No thicker than your thumb and about as long as your elbow to your fingertips. Used to sustain an initial fire.
- ◆ **Fuel** – About as thick as your wrist and about as long as your arm. Used to burn for an extended period of time; the thicker the log, the longer it will burn.

Instruct the girls to gather a small pile of both tinder and kindling, they will be building and lighting their own mini fires. Make sure there is a bucket of water available. Girls can either build their own or be split into pairs, depending on group size. Have girls build an A-frame fire using their kindling and tinder, the kindling should make the 'A' structure and the tinder will lay in the middle. Once girls have successfully lit their fire have them extinguish it by sprinkling water on it until it is out.





## Advanced – Alternative Fires and Starting Methods.

While the A-frame fire is a good versatile fire and can be used in a variety of situations, there are other types of fires that can be built. Have girls practice building and lighting some other types.

- ◆ **Teepee Fire:** Evenly build wood upward in a teepee formation, the base of the fire will be wider than the top. Leave space for air and light the fire from the center.
- ◆ **Log Cabin:** Crisscross fuel logs in a square cabin shape, building up depending on how long you would like your fire to burn. Place tinder and kindling in the center.
- ◆ **Pyramid:** Similar in construction to the Log Cabin fire, place two small logs or branches parallel on the ground. Starting several inches from the ends of the base logs, place a layer of smaller logs across the parallel logs, leaving a few inches between each log. Add more layers with each layer getting small and at a right angle to the layer below. Using tinder and kindling, start a fire on top of the pyramid.
- ◆ **Lean-to:** Start with a compact mound of tinder. Then drive a stick into the ground at an angle over the tinder, in the direction of the wind. Lean pieces of kindling against the lean-to stick and over the tinder. As the kindling catches add more kindling.

Sometimes you will need more than tinder to get your fire started. Fire starters are a great aid to ensure your campfire lights every time. Make one of the types of fire starters below for your next camp out:

- ◆ **Candle Kisses:** Break or cut taper candles into one-inch chunks. Wrap each chunk in a piece of wax paper and twist both ends
- ◆ **Egg Carton Starters:** Fill cardboard egg cartons with sawdust, pencil shavings, or dryer lint. Pour melted paraffin wax into each cup. When ready to use break a cup off.
- ◆ **Vaseline Cotton Balls:** Dip cotton balls into Vaseline and store in a zip lock bag until ready to be used.

### **Option B: Cook a Meal**

When planning a meal, it is important to consider the age level and ability of the group. Girls should be actively involved in the menu development, preparation, serving, and clean up. Outdoor cooking has its own progression, as well; following these progressive steps will help ensure a successful cookout. Make sure to go over food safety, like washing hands before prepping food.

#### **Progression in Outdoor Cooking:**

1. Non-Cook Meal or Snack
2. One-Pot Meal or Skillet
3. Foil Cooking
4. Stick Cooking
5. Dutch Oven Cooking
6. Alternative Cooking methods (Box Oven, Buddy Burners, etc.)

### **Beginner – Non-Cook and One-Pot**

Beginners can begin their outdoor cooking making their own no cook snacks and meals or by helping put together a one-pot meal. Girls should vote on what they want to make and, in some cases, the ingredients involved. Have the girls pick one or more of the options below to get started.

**Non-Cook Options:** These options are great for snacks or meals, especially for hikes or outings.

### **Nose Bag Lunch**

Nose Bag is a Girl Scout term for a lunch that you can carry. You can carry your own personal “nose bag” in a bandana, plastic bag, etc. Try to plan a balanced meal – a protein sandwich, vegetable munchies, thirst quencher (fruit), and a dessert. Pack heavy things on the bottom, light ones on top. Avoid “squishy” things that will ooze and/or leak. If the lunch will travel a long bumpy distance, fragile fruits such as peaches and pears will not survive. Be aware of the weather and things that will melt. Potato chips tend to have a low survival rate!

**One-Pot Meals:** These meals are great for big groups. All girls can contribute to the group and the meal is ready for everyone at the same time.

## Pocket Stew

### Directions:

Each person brings a vegetable or some bouillon cubes. Put 1 c. water for each person into pot and place on stove. Drop bouillon cubes into pot. While waiting for water to boil, each person peels and prepares her own vegetables. When water is boiling, each cuts their vegetables and puts them in the pot. (When seasoning, remember that bouillon is salty.) The stew is done about a half-hour after boiling.

**Suggested ingredients:** 4 raw potatoes, 1 stalk celery, 3 handfuls green or lima beans, 4 raw carrots, 1 wedge cabbage, 1 onion, and 6 or 8 bouillon cubes seasonings.

## Camper's Chicken n' Dumplings

- ◆ 2 cans of chicken
- ◆ 4 cups chicken broth
- ◆ 1 can cream of celery soup
- ◆ 1 can cream of chicken soup
- ◆ 1 Tbsp. dried minced onion
- ◆ 1 can sliced carrots.
- ◆ 1 box Bisquick and ingredients to mix



### Directions:

Put chicken and broth into heavy pot. Add 1 can cream of celery soup, 1 can cream of chicken soup, 1 Tbsp. dried minced onion, and 1 can of sliced carrots. Bring to boil. Make dumplings from Bisquick and milk and drop into stew. Cook 20 minutes uncovered and 10 more minutes covered.

## Intermediate – Foil Cooking and Stick Cooking

After mastering non-cook and one-pot meals, girls are ready to take outdoor cooking to the next level – foil and stick cooking. Each girl preps her own meal and is responsible for keeping track of how long it is in the fire. Girls should still have an adult help when removing hot items from the fire and ensure meats are cooked all the way through.

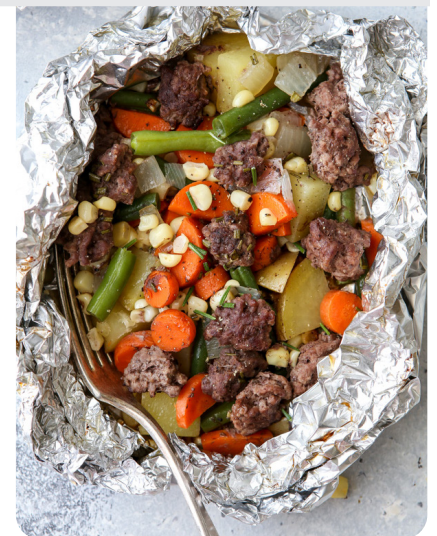
### Foil Cooking

#### Foil Dinner

- ◆ 1 ground meat patty
- ◆ 1 sliced carrot
- ◆ 1 sliced potato
- ◆ 2 slices of onion (optional)
- ◆ Heavy duty foil
- ◆ salt and pepper to taste

### Directions:

Put one slice of onion on heavy-duty foil. Flatten ground meat into a thick patty and place on foil. Layer vegetables (potato, carrot) and top with the other slice of onion. Seal packet leaving space. Cook about 10-15 minutes. Turn several times throughout to avoid burning.



## Banana Boats

- ◆ 1 Banana per girl
- ◆ Chocolate Chips
- ◆ Mini Marshmallows

### Directions:

Cut a slit down the length of the banana without cutting all the way through the banana skin and fill with marshmallows and chocolate chips. Wrap in foil and place on coals until chocolate and marshmallows are melted - about 5 minutes.



## Stick Cooking

### Kebabs

There are many possibilities with Kebabs, have girls vote on meats and vegetables that they enjoy. Work with girls to cut the meat and vegetables into 1" cubes. Girls can then have fun putting a mix of the ingredients on their skewer and roasting it over the fire. Kebabs take roughly 7-9 minutes to cook. Make sure the girls have cooked their meat through.

### Brown Bears

- ◆ Refrigerated Biscuit Dough
- ◆ Butter
- ◆ Cinnamon & Sugar Mix

### Directions:

Wrap a biscuit dough around the toasting fork and roast over the hot coals until golden brown. Roll baked biscuit in butter then sprinkle with cinnamon and sugar.



## Advanced – Dutch Oven Cooking & Alternative Methods

Older girls have the patience to master more advanced and alternative outdoor cooking methods. With Dutch ovens, girls can create almost gourmet meals but the cook time can be 45 minutes or more. Adding alternative methods opens up even more options, like baking cookies in a box oven the girls made.

### Dutch Ovens

#### Chicken Pot Pie

- ◆ 4 c. chicken, cooked and cubed OR equal amounts of canned chicken
- ◆ 1 stalk celery, sliced
- ◆ 1 container refrigerator rolls, cut into quarters
- ◆ 1 (16 oz.) pkg. frozen vegetable combination
- ◆ 1 Tbsp. butter or margarine
- ◆ 1 tsp. garlic powder
- ◆ 1 medium onion, chopped
- ◆ 1 tsp. poultry seasoning
- ◆ 1 (12 oz.) jars chicken gravy OR 3 pkgs. chicken gravy

### Directions:

Melt butter in Dutch oven, add onion, celery, seasons, and cook until tender. Add gravy, vegetables, and chicken. Place biscuits around the edge of the casserole. Bake 30 minutes.



## Pineapple Upside Down Cake

- ◆ 1 can sliced pineapple
- ◆ 1/2 c. brown sugar, packed firmly
- ◆ 1/4 c. butter
- ◆ 2 pkg. yellow cake mix additional ingredients necessary for cake mix
- ◆ Maraschino cherries, drained (optional)

### Directions:

Line the oven with aluminum foil. Place oven on heat, level it, and melt the butter in the oven. When melted, add the brown sugar, then the pineapple slices (drain them first) with a cherry in the center of each slice. While butter is melting, mix the cake according to package directions. Pour the cake mix over the glaze and put lid on pan. Bake in coals about 25 minutes, until golden brown and cake tests done. Lift out of pan by edges of aluminum foil and invert onto plate. Remove foil.

### Alternative Methods:

#### Box Ovens:

A box oven can be used to cook almost anything you might cook at home.



## Simple Box Oven Construction:

### Materials:

- ◆ A cardboard box – approximately 16” x 12” x 10”
- ◆ Large roll of heavy duty aluminum foil
- ◆ Duct Tape

### Directions:

1. Line the inside of the box and lid with aluminum foil with the shiny side facing out. Use duct tape to hold the foil in place.
2. Make a couple holes in the box to let the combustion gases out, and make a few holes around the sides near the bottom, to let oxygen in.
3. Make a tray to hold the charcoal using one or two metal pie plates. You can either make feet for a single pie plate using nuts and bolts, or bolt two pie plates together bottom to bottom.
4. Cut a couple coat hangers to make a rack to hold up the cooking pan. Poke the straight pieces of coat hanger through once side, and into the other. Two pieces will usually do fine.
5. Put several lit briquets on the pie pan, put your cooking pan on the rack, and place the cover on top. The first time you use this box oven, check it a few times to make sure that enough oxygen is getting in, and enough gases are escaping, to keep the charcoal burning.





## **Vagabond Stove:**

Can be used for simple skillet cooking, each girl can make her own and cook her own meal.

### **Simple Vagabond Stove Construction:**

#### **Materials:**

- ◆ Large tin can
- ◆ tuna can
- ◆ strips of cardboard
- ◆ paraffin wax

#### **Directions:**

1. Take a clean large can, like a big coffee can and make a few triangular vent holes around the top edge with a can opener. Set aside.
2. Take a tuna or small cat food can and wash it well.
3. Cut up some strips of cardboard the same width as the height of the small can. Beginning at one end of the strip, coil it until you have a coil that completely fills the tuna can. Insert it.
4. Light a paraffin candle or carefully melt some chunks of paraffin like you buy in the canning supplies at the supermarket. Let the burning candle drip paraffin down into the cardboard or (easiest) pour the melted paraffin over the cardboard until it is completely saturated.
5. Once the wax has dried in the small can, you are ready to assemble your vagabond stove. The tuna can is used like a Bunsen burner. You light it and put the large can over it, using the top of the large can as your cooking surface cooking the food directly on it.



### **Option C: Cook-Out Kapers**

While cooking and eating food is the fun part of the cookout, it often comes with a lot of mess. Girls should take the lead on the cleaning of their camp site after a cookout.

#### **Beginner – Kaper Charts**

In Girl Scouts we call chores “kapers.” They are jobs that need to be accomplished during a meeting, event or trip; the key here is that they are temporary responsibilities. There will always be tasks that girls want to do and ones they don’t want to do. With kapers, no girl is stuck with a job she dislikes every time.

Have the girls brainstorm tasks that need done and make a list. Have the girls decide if one girl can do it or if it needs more than one. Finally, have the girls design their Kaper Chart. It could be as simple as Popsicle sticks with the task on it, that girls select each meeting. Or they could draw pictures representing each task and have clothes pins with their names on them that show which job is theirs.

Find a few examples online for the girls to choose from.

#### **Intermediate – Dish Washing**

When you’re out a camp there are no dishwashers to do the dishes. Girl can either be responsible for washing their own dishes or it can be a kaper that rotates over the course of your trip. At Girl Scout camp we use a three bucket washing method.

- ◆ Bucket 1 – Warm Soapy Water
- ◆ Bucket 2 – Warm Rinse Water
- ◆ Bucket 3 – Sanitizing Solution (1 capful of bleach to 1 gallon of water)

## Steps:

1. Keep the dishwasher clean as long as possible by washing the least dirty items such as cups and silverware first, the pots last.
2. Scrape all remaining food debris from dishes into a trash bag.
3. Clean plates first with a paper towel so wash water stays clean longer.
4. Use 3 buckets or dish pans for washing. The first bucket contains hot, soapy water (small amount of soap). The second bucket contains clean rinse water (any temperature).
5. Place dishes in net mesh bag between second and third bucket.
6. The third bucket contains either boiling water OR cool water with a sanitizing solution (one capful of bleach to 1 gallon of water).
7. Hang mesh (dunk) bags on clothesline to air dry. If clothesline is put up for the dunk bags, be sure that it is away from dust and areas where someone might walk into it and be injured.
8. Filter used dishwasher (grey water) through a paper towel, a fine screen, or perhaps a colander to remove solid food particles, then place them in the trash.
9. At an established site, use sink or wastewater dumping area to dispose of dishwasher after it has been filtered.

## Advanced – Cleaning Cast iron

For day-to-day cleaning between light cooking jobs, a simple scrape and rinse should be adequate for keeping your cookware clean. If your seasoning is in good shape (not dull or marbled), go through the steps below:

- ◆ While skillet or Dutch oven is still warm, rinse with warm water. Avoid using cold water on a hot dish, as this can strain the iron.
- ◆ Use a dish brush to scrub and scrape the inside until any food residue is gone.
- ◆ Pat dry with a towel or paper towel and let dry in an open-air rack. Make sure your cast iron is absolutely dry before storing—excess moisture may lead to rust.
- ◆ Do not use soap when cleaning cast iron; the cast iron could absorb the soap and would make your food taste like soap when you use it next.

For heavy-duty cleaning jobs, you might need a few extra tools. If there is food cooked onto the cast iron, or if it's been a while since you deep cleaned your dish, you can follow these steps:

- ◆ While the cookware is still warm, try to remove all food bits with warm water and a plastic pan scraper or chain mail scrubber. These won't scratch your pan's seasoned finish, but they're tough enough to scrape off that stubborn residue.
- ◆ Fill the skillet or Dutch oven with warm water and set on a stove to heat. Bring the water to a simmer and add 2 teaspoons of food-grade oil.
- ◆ Rub the cleaner in with a plastic brush or clean dish rag. If there is still any burnt-on food, you can loosen it by letting the pan simmer with the water and oil for several minutes, then scrubbing. You can also try boiling the water for about 10 minutes.
- ◆ Rinse well and pat dry with a towel.
- ◆ While the cast iron is still warm, spritz every surface a few times with a little bit of food-grade oil and dab it into the metal with a paper towel or clean cloth. Wipe off any excess (you don't want your pan to be dripping in oil).
- ◆ Allow to dry and cool before storing.

Re-seasoning - If your cast iron cookware has rusted or its seasoning has been damaged, don't panic. There is still hope for your favorite skillet or Dutch oven. It just may need some extra care to get back to cooking shape. This process is called restoring or re-seasoning. Follow the instructions below to restore your cast iron cookware.

- ◆ Heat up your cast iron piece in a self-cleaning oven to strip the seasoning. If your oven doesn't have a self-clean setting, you can heat your cookware to 450° F for 1-2 hours.
- ◆ Let the cast iron cool a bit before trying to handle it with heat guard gloves.
- ◆ Use a steel wool pad to scrub any rust off the surface of the cast iron. For extreme cases, you can also use a wire wheel brush on a drill to clean the rust away.
- ◆ After you have removed all the rust and stains from the cookware, and while it is still warm, apply a thin coat of food-grade oil. For best results, squeeze some oil onto a lint-free cloth and rub it onto every surface of the cast iron.
- ◆ Place the cast iron piece into a pre-heated oven, grill, or smoke vault, and bake it at 450° F for another 30 minutes.
- ◆ Let cool before storing.

And just like that, your skillet or Dutch oven will be ready to go. Cleaning and seasoning your favorite cast iron is simple; and if you follow the upkeep, you will have an excellent collection of cookware for quite some time.

*Congratulations! Once you have completed steps 1 – 5 you have earned the Be a Camp Champ main patch! Now you and your troop are ready to take on new camping adventures and can use your newly learned skills to complete steps 6, 7 and 8! The next page has information on the last three steps in the Girl Scouts Outdoor Progression. You can complete these while completing the Camp Extensions at our camps, or you can complete them on your own.*

## Step 6: Sleep Out – Plan and carry out an overnight in a cabin/lodge

The Sleep Out step is to stay one night overnight in a camp lodge. Groups can complete this step at our camp properties while also working on the camp extensions and experiencing all that our camps have to offer!

**Reminder:** One leader attending a camping trip with the troop must have completed the following trainings prior to the trip to stay in a lodge at our camp properties:

- ◆ **Troop Trip and Overnight Training:** pre-requisite for all outdoor training courses. More information can be found at <https://www.gsw.org/en/for-volunteers/for-troop-volunteers/training.html>
- ◆ **Lodge Camp Training:** This training is required prior to taking a troop to a camping experience in a Lodge. A lodge is defined as a building with a kitchen and restroom facility. Lodge Camp Training can be taken in person or online through a home study packet.

## Step 7: Camp Out - Plan & take a 1-2 night camping trip

The Sleep Out and Camp Out progression steps are very similar - their biggest difference are location and length of time. While Sleep Out was one night in a lodge, Camp Out is a one or more-night trip in a more rustic camp environment, like the platform tents available at most of our camp properties.

**Reminder:** In order to use the tent units on our camp properties, one leader attending must have completed the trainings listed above as well as Troop Camp Training.

- ◆ **Troop Camp Training:** This training is required prior to taking a troop camping in cabins or tents. Cabins are buildings where the kitchen and restroom facilities are not attached. Lodge Camp Training is a prerequisite for this course. Troop Camp Training must be taken in person.

## Step 8: Adventure Out – Plan and take an outdoor trip for several days

This final stage covers a variety of activities and gives girls the opportunity to truly explore the outdoors and find outdoor activities that meet their interests. Adventure Out activities are usually characterized by being extended camping experiences or activities that require more advanced skills.

Troops can plan their own Adventure Out trips or take part in several opportunities offered through our Program Events. Opportunities include:

- ◆ Backpacking Basics
- ◆ Backpacking Overnight/Weekend
- ◆ Canoeing Basics
- ◆ Climbing Wall, High Challenge Course and Zip Lines
- ◆ Target Sports

Individual girls can explore the Adventure Out opportunities during summer camp, picking a program that best suits their interests. Programs have included White Water Rafting (Senior and Ambassador only), Backpacking, Canoeing, Kayaking, Climbing, Horseback Riding, and more.





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