

Explore Camp Patch Program

Camp Coles Trip Patch Activities



About the Explore Camp Patch Program

The Nation's Capital "Explore Camp" Patch Program encourages Girl Scouts to explore the outdoors, take part in Girl Scout traditions, and discover the unique features of each of our eight camp properties. Girl Scouts completing this patch program will hone their eight basic outdoor skills, which help improve outdoor literacy and support positive, environmentally friendly outdoor experiences. The eight basic outdoor skills are as follows: *Outdoor Manners*, *Be Prepared*, *Know Your Knots*, *Outdoor Tools*, *Fire Building*, *Outdoor Cooking*, *Stay Safe*, and *Find Your Way*. A ninth skill, *Girl Scout Traditions*, accompanies the eight basic skills so girls can experience outdoor camping traditions in Girl Scouting.

This program is appropriate for Girl Scouts of all levels, with a primary focus on Girl Scout Daisies, Brownies, and Juniors, as well as Girl Scouts with limited camping or outdoor experience.

Girl Scout Cadettes, Seniors, Ambassadors, and Girl Scouts with more camping or outdoor experience may also complete this program, but are encouraged to not only complete each activity, but to test their skills by completing the optional **Challenge Mode** variations in some activities or by helping younger Girl Scouts complete the program.

Girls must complete the Explore Camp Main Patch first before beginning any of the eight individual camp patches, each of which focus on one of the eight Nation's Capital camp properties. The last activity in each of the individual camp patches – Commemorate & Reflect – must be completed last. You may complete activities in any order unless otherwise specified. Refer to page 15 for an activity checklist that can be used to track each girl's progress.

By completing this patch program, girls will:

- ◆ **Discover** the outdoors in their own backyard and at Nation's Capital camps while honing their eight basic outdoor skills and learning about Girl Scout traditions
- ◆ **Connect** with nature and the unique features of Nation's Capital camp properties

Information for Girl Scout Volunteers

- ◆ Patches in the Explore Camp Program can be purchased at Girl Scouts Nation's Capital shops and online. See page 14 for web links and other helpful resources.
- ◆ In order to take a troop camping or to do outdoor cooking, one adult attending must have completed a Girl Scouts Nation's Capital Cookout/Campout certification course, and another adult attending must hold a current certification in first aid and CPR. Refer to [Volunteer Essentials](#) for more information about camping and volunteer responsibilities, as well as page 14 for links to upcoming trainings.
- ◆ If your Girl Scouts enjoyed the outdoor activities in this program, check out the outdoor badges named in the table on page 13.

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About Camp Coles Trip

Camp Coles Trip opened as a resident camp for the Northern Virginia Girl Scout Council in 1956. It is one of two Girl Scouts Nation’s Capital camps that is actually located outside of the Girl Scouts Nation’s Capital Council’s borders.

Camp Coles Trip has two separate sides: Arrowhead and Aquia. The Arrowhead side of camp hosts a covered wagon unit, seven glen shelter units, a lodge, and a primitive camping site. You can also find a slingshot range and tomahawk range newly installed in 2018 or hike on one of the three trails – Chameleon’s Loop, Spring Beauty Trail, or Eagle View Trail. The Aquia side of camp hosts three glen shelter units, a platform tent unit, and three lodges. On the Aquia side, you can find a target sports/game field with an archery range, tomahawk range, and slingshot range. If you take the Riverlook Trail down to Shark Tooth Beach, you’ll find the waterfront and the tidal marsh with a boardwalk.

The Aquia side of camp is used as a resident camp for Girl Scout Juniors and up over the summer, which is well known for its popular waterfront programming of kayaking, windsurfing, and sailing. Fun fact: the stone used for the Capitol Building's old pillars (now at the National Arboretum) was taken from the area where Camp Coles Trip is located.

Outdoor Skill Activities: Outdoor Manners (choose one)

Activity #1 – Leave No Trace Kaper Chart

The more you practice Leave No Trace, the easier it will be to remember all of the Leave No Trace Seven Principles. **Create a kaper chart to ensure your group is following Leave No Trace during your camping trip.**

Supply List

- You will need a large piece of paper, your choice of writing utensils, and anything else you would like to use to decorate your kaper chart like stickers, paint, markers, etc.

Create Your Kaper Chart

List the Leave No Trace Seven Principles as your “kapers.” You can have individual girls or a group of girls in charge of each principle, depending on the size of your troop. Each group or girl assigned to a kaper will be responsible for making sure that everyone in the group (adult volunteers included! 😊) is following their assigned principle.

- We recommend that you rotate kapers during throughout your trip, similar to how a camping kaper chart works
- You should use a meeting before your camping trip to come up with ideas to make sure your group is following the Leave No Trace Seven principles.

Challenge Mode

Make a reusable kaper chart. How can you use resources wisely and make your kaper chart reusable? Hint: can you make your kaper chart on something other than paper?

Discussion Questions

- Which principle was the easiest to make sure everyone followed? Which principle was the hardest to be in charge of?
- Was it easier to follow the Leave No Trace Seven Principles when specific people were in charge of them, rather than everyone trying to remember all of them? Why or why not?

Sample Leave No Trace Kaper Chart

	Before Camping Trip	Friday Evening	Saturday Morning	Saturday Afternoon	Saturday Evening	Sunday Morning
Grace & Emily	Plan Ahead & Prepare	Travel & Camp on Durable Surfaces	Dispose of Waste Properly	Leave What You Find	Minimize Campfire Impacts	Respect Wildlife
Kelsey & Megan	Plan Ahead & Prepare	Be Considerate of Other Visitors	Travel & Camp on Durable Surfaces	Dispose of Waste Properly	Leave What You Find	Minimize Campfire Impacts
Denise & Campbell	Plan Ahead & Prepare	Respect Wildlife	Be Considerate of Other Visitors	Travel & Camp on Durable Surfaces	Dispose of Waste Properly	Leave What You Find

Outdoor Skill Activities: Outdoor Manners (choose one)

Activity #2 – Leave No Trace in Action

Let's dive deeper and put the seven Leave No Trace principles into action during your camping trip.

Create and carry out a detailed plan to help you follow each of the Leave No Trace Seven Principles before and during your camping trip. Please complete Plan Ahead and Prepare first and Be Kind to Other Visitors last, but the rest of the activities can be completed in any order and some can be completed at the same time as other patch activities.

🌿 Supply List

- ☆ You will need the following before going to camp: access to a computer with Internet access (to make a campsite reservation and view and download the following documents), the Camp Coles Trip facilities chart, the Camp Coles Trip map, the camp availability spreadsheet, the Camp Coles Trip confirmation packet (sent via email after reservation has been made), writing utensils (pencil or pen), and something to take notes with.
- ☆ You will need the following at camp: the Camp Coles Trip map (printed), writing utensils (pencil or pen), something to take notes with, a large trash bag or multiple plastic grocery bags, an ecology bag (can be a plastic grocery bag), your choice of art supplies (pencils, paper, colored pencils, watercolors, paintbrushes, crayons, markers, camera), and tablecloths to keep surfaces clean.

Plan Ahead and Prepare (Know Before You Go)

🌿 Choose Units & Dates:

- ☆ Check out the Girl Scouts Nation's Capital troop camping resources at <https://bit.ly/GSCNCCampFAQ>. This document has links to photos and resources you can use when planning your trip, such as the Camp Coles Trip map and facilities chart, and the camp availability spreadsheet.
- ☆ Choose three units you'd like to stay in at Camp Coles Trip and three possible weekend dates you'd like to stay at camp. To help you make your decision, use the troop camping resources and your own personal calendar. You may want to consider the number of people in your group, the type of unit you'd like to stay in, and where in camp you'd like to stay. When looking at specific units, you should also consider whether or not a unit has cots/mattresses, a kitchen, electricity, and if any amenities are shared with another unit.

🌿 Reserve A Unit:

- ☆ Ask an adult to go online to <http://gscnc.doubleknot.com/facilitycalendar/3080> to make a Camp Coles Trip campsite reservation for your group
- ☆ The adult who made the reservation will receive a confirmation email from noreply@doubleknot.com after completing the reservation. In the confirmation email, find the phrase "Site Details". Click the link and it will take you to the confirmation packet, full of important information that you will need to know about camping at Camp Coles Trip.

🌿 Read Up on Camp

- ☆ Read over the confirmation packet in full to find out more information about camp. This includes the side of camp you're staying on, the address of camp, the location of the severe weather shelter, the location of the emergency phones and the code to access them, directions to the nearest hospital, the gate code to get into camp, the caretaker's name and contact information.

◆ Check the Weather

- ☆ See what the predictions are for your camping weekend. You can go online or use an app to find the weather. Based on the weather predictions, choose what kinds of clothing and gear to include on your packing list.

Travel and Camp on Durable Surfaces (Choose the Right Path)

◆ Stay on the Trails

- ☆ When walking from one location to another (on your camp hike, for example), be sure not to take shortcuts or walk through areas that are not meant to be trails.

◆ Find Tent Spaces

- ☆ Explore your campsite to find good surfaces to pitch a tent on. Think about what makes a ground space "Leave No Trace" for tent camping. Is the ground soft? Is it on top of a hill? Are there plants or grass?

Dispose of Waste Properly (Trash Your Trash)

◆ Pick Up & Dispose of Trash

- ☆ Pick up any trash you see at camp and dispose of it trash in the camp dumpster. Hint: you can find the location of the camp dumpster in the camp map.

◆ Make and Use an Ecology Bag

- ☆ Ecology bags are used to collect the food pieces in the dirty dishwater that have been scrubbed off of the dishes. Use your ecology bag after all your meals at camp. When you leave camp, put your drained ecology bag in the camp dumpster.
- ☆ How to make an ecology bag: pick a disposable bag that you can easily pour your dishwashing tubs into – this is a great way to reuse a plastic shopping bag. Punch several small holes in the bag using a fork and put some leaves or pine needles inside.
- ☆ How to use an ecology bag: pick a spot far away from your campsite and water sources to use your ecology bag. Be sure to be mindful of where you walk (travel on durable surfaces!). Pour the dirty dishwater into the bag. The leaves or pine needles will filter the food pieces out of the water and the water will drain out of the holes you punched.

Leave What You Find

◆ Leave the Environment Alone

- ☆ Be sure to leave the environment at camp exactly the way you found it when you arrived. This means you should not kick up rocks, relocate fallen trees (unless they are a safety hazard), take something from nature, or unnecessarily clear an area of ground cover. Any of those actions can disturb an animal's home or food source or take away the opportunity for future visitors to see or appreciate nature. You could even be accidentally assisting in the spread of an invasive species, like the Emerald Ash Borer, if you disturb the environment.

- ☆ The Emerald Ash Borer is an invasive beetle that made its way from Asia to North America on airplanes and shipping containers. The Emerald Ash Borer's larvae "feed on the inner bark of ash trees, disrupting the tree's ability to transport water and nutrients." It is estimated that hundreds of millions of ash trees have been killed by this pest since 2002. To prevent the spread of the Emerald Ash Borer, you should never transport firewood long distances. Instead, you should always purchase local firewood near where you are camping or use firewood provided at the campsite. For more information about the Emerald Ash Borer, visit <http://www.emeraldashborer.info>.
- ☆ **Challenge Mode:** Create a public service announcement about the dangers of the Emerald Ash Borer and how to prevent the spread of the beetle.

Minimize Campfire Impacts (Be Careful with Fire)

🍀 Build Your Own Campfire

- ☆ Campfires must be built inside an established fire circle using fuel, kindling, and tinder you find at camp, and an adult must be watching the fire at all times. All units at Camp Coles Trip except White House Lodge have fire sites.
- ☆ Firewood is provided at all Girl Scout camp properties – please do not bring your own. Each campsite should have a supply of firewood, but if the unit's supply is running low you can use the camp woodshed to restock.
- ☆ While firewood is provided, you will need to collect your own tinder and kindling. Be sure to only collect wood that is dead and on the ground – do not break off live branches or break off dead branches on trees that are still standing or fallen.
- ☆ While your fire is burning, do not make your fire larger than it needs to be. Large fires can get so hot that they can boil the roots of a tree buried underneath the fire circle and cause the tree to die.

Respect Wildlife

🍀 Leave Bugs & Wildlife Alone

- ☆ Instead of disturbing bugs or wildlife, keep a list of the different wildlife and bugs you've seen. While we only visit camp for a weekend, animals call camp their home year-round. If you find a bug inside your tent, lodge, or glen shelter, carefully take it outside.

Be Considerate of Other Visitors (Be Kind to Other Visitors)

🍀 Respect Your Fellow Campers

- ☆ Do not enter others' campsites, observe quiet hours in the evening and early morning, and leave your unit better than you found it for the next troop. Use the "Campsite Cleaning Procedures" checklist in your confirmation packet to completely clean and tidy your unit.

🍀 Discussion Questions

- ☆ Why is it important that everyone, not just one person, follows the Leave No Trace Principles?
- ☆ Imagine a scenario where people didn't follow any of the Leave No Trace principles. What kind of impacts do you think this would have on the environment? In the short-term? In the long-term?

Hike: Observation Hike

One of Camp Coles Trip's most unique qualities is its location along the banks of the Aquia Creek. Not too far downstream from camp, Aquia Creek flows into the Potomac River, which flows into the Chesapeake Bay, which flows all the way to the Atlantic Ocean! Because these waterways are all connected, the Aquia Creek is impacted by tides. **Take an observation hike to the waterfront to explore the marsh boardwalk and Shark Tooth Beach.**

🌿 Supply List

- ☆ You will need a printed copy of the Camp Coles Trip map, and each person in your group will need a writing utensil, something to write on, a water bottle, comfortable clothing for taking a walk outside, and closed-toe shoes.

🌿 Be Prepared

- ☆ Use the Camp Coles Trip map to find out how to hike to the waterfront and boardwalk from your location in camp. Please keep in mind that driving down to the boardwalk or waterfront is prohibited unless someone in your group has a mobility restriction.
- ☆ Before starting out, everyone should fill up their water bottle, take a bathroom break, and be dressed in closed-toe shoes and comfortable clothing for taking an outside walk.
- ☆ Write down or sketch any observations of the natural world around you on your hike.
- ☆ Try to hike quietly - you might be able to see some bald eagles or ospreys!

🌿 Marsh Boardwalk Observation

- ☆ Walk around the boardwalk and write down or sketch what you see in the marsh.
- ☆ Take some guesses at what kind of animals might live in an ecosystem like this and write down their names or sketch them.

🌿 Shark Tooth Beach Observation

- ☆ As soon as you arrive at the waterfront, observe the water level of the creek and make a note of how far the water comes up the beach (hint: use the dock or pilings for reference).
- ☆ Explore and observe Shark Tooth Beach! Write down or sketch your observations. If you find a shark tooth, sketch or describe your findings. Please make sure you leave what you find for the next group.
- ☆ Once you are done exploring, look at the creek water level again and make a note of it. Is the water still at the same place you first observed it? If you were to come back in a few hours, describe or sketch what you think the water level would look like.
- ☆ **Challenge Mode:** Visit the waterfront at night. Turn off your flashlights for a little while as you listen to the noises around you, look at the stars, and take some time to reflect on your camping trip.

🌿 Discussion Questions

- ☆ Based on your notes, what were the differences and similarities that you observed between the waterfront and the boardwalk?

- ☆ Did you see any litter in the water? Since Girl Scouts leave no trace and always leave a place better than they found it, how do you think litter ended up in the marsh at the boardwalk?

Nature/STEM Activity: Bioaccumulation

Camp Coles Trip is home to two kinds of raptors - bald eagles and ospreys! These birds of prey are carnivores, and are generally considered near or at the top of the food chain. About seventy years ago, however, these birds were on the verge of extinction due to a pesticide called DDT. Through bioaccumulation, raptors consumed high levels of this pesticide, which caused the eggs they laid to break very easily before the baby raptors could be born. **Learn about the process of bioaccumulation by acting out how DDT moves up the food chain.**

🍀 Supply List

- ☆ You will need one small object (marbles, bandanas, bracelets, etc.) per girl in your group to represent DDT, as well as labels (sticky notes, nametags, etc.) for each level of the food chain.
- ☆ How you name each level of the food chain will depend on the age level of the group. For younger girls, labels could be: plants, small fish, big fish, and eagle and/or osprey. For older girls, labels could be: algae (producer), Atlantic silverside minnow (primary consumer), striped bass (secondary consumer), and osprey (tertiary consumer).

🍀 DDT Background

- ☆ In the 1950s, a pesticide called DDT (scientific name: dichloro-diphenyl-trichloroethane) was used to get rid of insects that were eating food crops. It was effective, inexpensive, and lasted a long time in the environment, so it was widely used throughout the United States. Around the same time DDT was being widely used, there was a huge decline in raptors like bald eagles and ospreys.
- ☆ Scientists eventually figured out the link between DDT and raptors - one of DDT's byproducts stops eggshells from hardening. Raptors would consume multiple fish that all had DDT in them, which resulted in the raptor's cells taking in high levels of DDT. Then, raptors would lay eggs with fragile eggshells as a result of DDT. They would try to keep their eggs safe by sitting on them, but would accidentally break the fragile eggshells, which resulted in not enough raptors being born to replenish the population. Thankfully, due to the hard work of many environmentalists including Rachel Carson, the Environmental Protection Agency (EPA) banned DDT for use in the United States 20 years later.

🍀 Assign Roles

- ☆ Randomly assign girls (and adult volunteers, if you'd like) to four smaller, uneven groups of plants/producers, small fish/primary consumers, big fish/secondary consumers, and eagle and/or osprey/tertiary consumers. The producers should be the largest group, and each level up should be about half the size of the group below it if possible. The smallest group should be the tertiary consumers.
- ☆ The reason for this distribution is to closely model nature. In nature, animals at each level of the food chain are usually bigger and need to eat more than the animals at the level

below them. If there was the same amount of primary consumers as secondary consumers, there would not be enough food to sustain the secondary consumer population.

- ☆ Have each consumer group stand together so there is a clear separation between groups

🍀 Play the Bioaccumulation Game

- ☆ Play the game using the script and actions below.
- ☆ SAY: When it rains, chemicals and pollutants like pesticides and motor oils run off our lawns, fields, and roads and flow into nearby waterways or storm drains that flow into waterways. Once DDT gets in the waterways, it was absorbed by aquatic plants like algae and water grasses.

- DO: Evenly distribute the “DDT” to each of the producers

- ☆ SAY: DDT does not break down quickly in the environment, so the DDT that the producers absorb stays in their cells for a long time. So, when primary consumers eat the producers, they are also consuming the DDT in the cells of the producers.

- DO: Have the producers distribute their “DDT” among the primary consumers

- ☆ SAY: As you can see, there are less primary consumers than producers, so the primary consumers have more DDT now inside their cells than the producers did. Moving up the food chain, the primary consumers are eaten by the secondary consumers

- DO: Have the primary consumers distribute their “DDT” among the secondary consumers

- ☆ SAY: The secondary consumers are now eaten by the tertiary consumers. Do the tertiary consumers have a lot or just a little DDT in their bodies now?

- DO: Have the secondary consumers distribute their “DDT” among the tertiary consumers



Bald eagle



Osprey

- 🍀 **Challenge Mode:** Invite another group staying at Coles Trip to play the bioaccumulation game with you.

🍀 Discussion Questions (choose two)

- ☆ Birds of prey aren't the only animals that eat fish. What (or who) else could have ended up eating fish containing DDT?
- ☆ What can you do in your daily lives to reduce the amount of pollution entering our water? What about your local community?

Special Activity: Leave No Trace Hand Signals

To make them easier to remember, **learn the hand signals that correspond to each of the Leave No Trace Seven Principles.** Each hand signal requires the same number of fingers as the number of the principle it is representing. Visit <https://www.youtube.com/watch?v=abQ44iG2unY> for a video that will teach you each hand signal.

- ◆ **1. Plan Ahead and Prepare** (Know Before You Go)
 - ☆ Take your index finger and make a number 1. Then, pretend your index finger is a pen/pencil and “write” your plans down in the palm of your other hand - your “paper”.
- ◆ **2. Travel and Camp on Durable Surfaces** (Choose the Right Path)
 - ☆ Make a V with your index finger and middle finger. Flip your fingers upside down to make a pair of “legs.” Lay the palm of your other hand face up and flat to make your “path.” “Walk” your fingers across your palm. You can also straighten your fingers back out into a V shape on top of your palm to make a “tent.”
- ◆ **3. Dispose of Waste Properly** (Trash Your Trash)
 - ☆ Hold up your index, middle, and ring fingers on one hand. Close those three fingers together so they are touching. You have now made your “trowel.” Move your “trowel” in a scooping motion in front of you like you are digging a cathole (a hole you dig that serves as your bathroom when primitive camping) or picking up trash.
- ◆ **4. Leave What You Find**
 - ☆ Hold up your index finger and thumb on each hand like finger water guns. Touch your left index finger to your right thumb, and your right index finger to your left thumb to form a rectangle. This is your “camera.” Remember to take only pictures!
- ◆ **5. Minimize Campfire Impacts** (Be Careful With Fire)
 - ☆ Hold up all 5 fingers on one hand like you’re about to give a high five. This will be your “fire.” Place your other hand at the base of your “fire” hand’s palm. This represents your “fire ring.” Wiggle your “fire” fingers so that they are flickering like a fire!
- ◆ **6. Respect Wildlife**
 - ☆ Hold up your three middle fingers (like you did for Principle 3) on each hand. Put your hands up above your ears, like you have “antlers!”
- ◆ **Be Considerate of Other Visitors**
 - ☆ Make a V (like in Principle 2) with one hand and hold up all five fingers (like in Principle 5) on your other hand. Wave at all the other visitors!
- ◆ **Challenge Mode:** Create and play a game of Leave No Trace “Jeopardy.” Examples of questions could include what number a certain principle is, listing some of the guidelines of a specific principle, or an example of following a principle, etc.
- ◆ **Discussion Questions**
 - ☆ Which of these hand signals is the easiest to remember? Why?
 - ☆ Do you think by using these hand signals it will be easier to remember the Leave No Trace Seven Principles?

Commemorate & Reflect

Now that you have experienced the wonders of Camp Coles Trip, it's time to reflect on your time at camp. **Commemorate your visit to Camp Coles Trip.**

- ◆ You could create a vision board, collage, art piece, compose a song or poem, or make a presentation to show to sister troops. The possibilities are endless!
 - ☆ **Challenge Mode:** Commemorate all your visits to each camp property in a similar way. You could make a scrapbook, create a photo album, or paint blocks of wood. Whatever you do, create something that is part of a set - one for each camp.
- ◆ Discussion Questions
 - ☆ What is one new thing you learned while completing the activities for this camp patch?
 - ☆ On your next visit to Camp Coles Trip, what would you want to do? Think about high adventure, hikes, units you would like to stay in, etc.

Outdoor Badges by Girl Scout Level

Outdoor Badge Theme	Daisy	Brownie	Junior
Art in the Outdoors	Outdoor Art Maker	Outdoor Art Creator	Outdoor Art Explorer
Outdoor Explorer		Outdoor Adventurer	Horseback Riding
Adventure Outdoors		Letterboxer	Geocacher
Naturalist		Hiker	Camper
		Bugs	Flowers
Troop Camping	Buddy Camper	Cabin Camper	Eco Camper
Environmental Stewardship	Eco Learner	Eco Friend	
Snow or Climbing Adventure	Snow Play or Bouldering	Cross-Country Skiing or Rock Climbing	Slope Sliding or Recreational Tree Climbing
Trail Adventure	Jogging or Outdoor Hiking Games	Trail Running Basics or Roamer	Trail Running or Day Hiking
Outdoor Badge Theme	Cadette	Senior	Ambassador
Art in the Outdoors	Outdoor Art Apprentice	Outdoor Art Expert	Outdoor Art Master
Outdoor Explorer	Archery	Paddling	Ultimate Outdoor Recreation Challenge
Adventure Outdoors	Night Owl	Traveler	
Naturalist	Trailblazing	Adventurer	
	Trees	Sky	Water
Troop Camping	Primitive Camper	Adventure Camper	Survival Camper
Environmental Stewardship	Eco Trekker	Eco Explorer	Eco Advocate
Snow or Climbing Adventure	Slope Sliding II or Outdoor Climbing I	Snow Camping or Outdoor Climbing II	Snow Trekking or Climbing Adventure
Trail Adventure	Long Distance Trail Running or Trail Hiking Challenge	Competitive Trail Running or Backpacking	Trail Running Coach or Trekking

Resources for Girl Scout Volunteers

Information

- Girl Scouts Nation's Capital: www.gscnc.org
- Explore Camp Patch Program: <http://www.gscnc.org/explorecamp>
- Camping Resources: <https://www.gscnc.org/en/camp/ways-to-camp.html>
- Camping & Outdoor Readiness Guide: <https://www.gscnc.org/content/dam/girlscouts-gscnc/documents/Camp/Camping%20and%20Outdoor%20Readiness.pdf>
- About Our Camps: <https://www.gscnc.org/en/camp/explore-our-camps/AboutOurCamps.html>
- High Adventure: <http://www.gscnc.org/highadventure>
- Upcoming Trainings: www.bit.ly/gsupcomingcourses
- Volunteer Toolkit: <https://my.girlscouts.org/content/girlscouts-vtk/en/vtk.home.html>
- Program Kits and Council's Own Patch Programs: <http://www.gscnc.org/kits>

Rentals and Reservations

- Camping Equipment Rental: <http://gscnc.doubleknot.com/facilitysearch/3246>
- Camping Reservations: <https://www.gscnc.org/campproperties>

Online Store

- Girl Scouts Online Store: <https://www.girlscoutshop.com>
- Explore Camp Patches: To place a patch order, call 202-274-3312 or email gsshop@gscnc.org.

Council Contact

- Girl Scouts Nation's Capital: customer care@gscnc.org or 202-237-1670
4301 Connecticut Ave NW, Suite M-2
Washington, DC 20008
- Camping Services Department: camp@gscnc.org

Camp Coles Trip Patch Activity Checklist

Note: Challenge Mode items are optional activities and are not required to earn this patch.
Use this checklist to track your progress as you complete activities.

Outdoor Skill Activities: Outdoor Manners

(choose one of the two activities)

Activity #1

- Create a kaper chart to ensure your group is following Leave No Trace during your camping trip.
- Challenge Mode:** Make a reusable kaper chart.

OR

Activity #2

- Create and carry out a detailed plan to help you follow each of the Leave No Trace Seven Principles before and during your camping trip.
- Challenge Mode:** Create a public service announcement about the dangers of the Emerald Ash Borer and how to prevent the spread of the beetle.

Hike: Observation Hike

- Take an observation hike to the waterfront to explore the marsh boardwalk and Shark Tooth Beach.
- Challenge Mode:** Visit the waterfront at night.

Nature/STEM Activity: Bioaccumulation

- Learn about the process of bioaccumulation by acting out how DDT moves up the food chain.
- Challenge Mode:** Invite another group staying at Coles Trip to play the bioaccumulation game with you.

Special Activity: Leave No Trace Hand Signals

- Learn the hand signals that correspond to each of the Leave No Trace Seven Principles
- Challenge Mode:** Create and play a game of Leave No Trace "Jeopardy."

Commemorate and Reflect

- Commemorate your visit to Camp Coles Trip.
- Challenge Mode:** Commemorate all your visits to each camp property in a similar way.