

Explore Camp Patch Program

Camp Crowell 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 16 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 15 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 15 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 14.

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About Camp Crowell

Located in Oakton, Virginia, Camp Crowell was originally acquired by the Fairfax Girl Scout Council in 1948 after 38 acres of land was donated by Mr. and Mrs. Thomas J. Crowell. The camp is nestled in a Northern Virginia neighborhood, which it makes it a very popular camp for troops located in the greater D.C. area.

There are six different types of units at Camp Crowell: one hammock site, two tent sites, two Adirondack shelter sites, three glen shelter sites, three lodges, and a treehouse site. In total, there are thirteen different units at Camp Crowell, but there are three units that you can’t make an online camping reservation for – Hickory Hill, Mighty Oaks, and Primrose. This is because Fairfax County regulations limit the amount of people that can be at camp at one time. Those three sites are kept off of the online campsite reservation site to make sure the amount of people at camp stays under the capacity limit. Those wishing to camp at one of these sites need to first reserve a different unit at Camp Crowell and notify the Camping Department. These sites are first-come, first-served. Crowell is also home to a

slingshot range, tomahawk range, and one of the Council's three challenge courses. The first elements of Crowell's challenge course were built in the late 1980s. Since then, the course has expanded to become what it is today. The course is now run by Council-provided facilitators and can be reserved on select weekends during the spring and fall or for Service Unit Encampments.

Over the summer, Camp Crowell is home to three of the Council's day and evening camps: Ashgrove Adventure Day Camp, Camp Crossroads (day camp), and Camp Firefly (evening camp). In the fall of 2018, a Rosie the Riveter memorial rose garden was established at Camp Crowell by a Gold Award Girl Scout.

Outdoor Skill Activities: Fire Building (choose one)

Activity #1 – Preparing for Your Fire

When you completed the main patch, you learned about fire safety, made an edible fire, and made a firestarter. Now, you will put what you learned into action! **Practice striking matches and prepare your fire site so that you can safely start a fire.**

◆ Supply List

- ☆ You will need a rake, a shovel, water buckets filled about a quarter of the way with water for every 2-3 girls, and at least one box of matches (wood matches are recommended, not cardboard) for each girl. You are welcome to use long fireplace matches and/or fire-starters too, but they are optional.

◆ Striking Matches

- ☆ Striking a match is a basic skill you'll need to learn in order to light a fire. When you strike a match against the striking surface (often found on the matchbox), the chemicals on the match head and the striking surface react and ignite the match head.
- ☆ Sit down next to a water bucket filled about a quarter of the way with water and practice striking matches and dropping them into the water bucket once they are lit until you feel comfortable striking a match.

◆ Preparing Your Fire Circle

- ☆ Remove all sticks, leaves, and debris from your fire ring and fire circle so that the whole fire site area is clear. If there are lots of ashes or charcoal inside your fire ring, use your shovel to clear out the fire ring and use your rake to even out the surface inside the fire ring.

Tips for Striking Matches

- ◆ Keep a safe distance away from others when striking matches.
- ◆ Always strike the match away from your body.
- ◆ Apply even pressure on the match head as you push it down and against the striking surface.
- ◆ As soon as the match lights, drop it in the bucket of water
- ◆ Just because a match has been extinguished doesn't mean it's not still hot or capable of burning someone or something. Keep the matches in the bucket of water for a while after they have been extinguished.
- ◆ Only practice lighting matches if you are right next to a bucket of water.

- ☆ Fill up your water bucket with water and set it near the fire ring.
- ☆ Split up into three different groups. One group should search for tinder, another should search for kindling, and the third should search for fuel. Once the groups collect the tinder and kindling, have them put each in designated “tinder” and “kindling” spots near the fire ring (close enough that you can easily grab it and place it in the fire when the time comes). Once the fire is burning and you aren’t worried it will go out, you can move any remaining wood away from the fire.
- ☆ The tinder group should look for tiny twigs no larger than a pencil and each group member should try to bring back at least four big handfuls of tinder – enough to fill up a large dinner plate.
- ☆ The kindling group should look for sticks the size of a pencil to the size of their forearm, and each group member should try to bring back at least two armfuls of kindling.
- ☆ The fuel group should grab several pieces of fuel from the woodpile at your site (or the camp woodshed) to set near the fire circle. Never bring or use your own wood from outside camp. Then, they should join a different group to search for either tinder or kindling. The fuel group can also be in charge of bringing more logs over once the fire is lit and burning.
- ☆ When first lighting and building a fire, you need to be ready to add small pieces of tinder and kindling quickly so that the fire doesn’t burn out. Collect and organize your tinder, kindling, and fuel so that you have it all easily accessible once the fire is lit.

Wood-Gathering Guidelines

- ◆ Only collect wood that is dead and on the ground. Never break anything off of living plants or upright or fallen dead trees. These are important habitats for forest critters!
- ◆ Only use wood found at camp for your fire. Bringing in wood from other locations can lead to the spread of the invasive Emerald Ash Borer beetle that destroys ash trees.
- ◆ Never collect dried leaves or pinecones – they create lots of smoke and can unexpectedly shoot out of the fire.
- ◆ Never burn anything other than wood – this includes trash, plastic, etc. Burning plastic can release toxic fumes into the air.
- ◆ Do your best to collect the driest wood you can find.

◆ **Challenge Mode:** After preparing your fire, light your fire and use it to cook a campfire meal.

◆ Discussion Questions

- ☆ Why is it important to prepare your fire site ahead of time?

☆ Do you feel more confident in your campfire preparation skills now? Why?

How to Build and Light an A-Frame Fire

1. *Make* an “A-frame” with your fuel by placing fuel logs in your fire ring so they look like an “A”.
2. Put some tinder in a corner of the A-frame so that when you light the fire, there will be something for the flame to catch onto.
3. Light the tinder.
4. Once the tinder starts to catch, add kindling to the fire. Make sure to add the kindling on top of the tinder so the fire catches onto the kindling. Add enough kindling to keep the fire alive, but try not to smother the small flame.
5. Once the kindling catches, keep adding kindling so the fuel catches, and you will have a fire!

Outdoor Skill Activities: Fire Building (choose one)

Activity #2 – One Match Fire

If you're an expert fire builder or want to take your skills to the next level, give this activity a try! **Try to start a one-match fire without using firestarters.**

🌿 Supply List

☆ You will need a fire site, fuel, tinder, kindling, a water bucket, and matches.

🌿 Prepare Your Fire Site

- ☆ Be sure that you have plenty of tinder, kindling, and fuel collected before you start your fire, as well as a full water bucket and enough matches. If you run out of tinder, kindling, or fuel, it's possible your fire won't stay lit.

◆ Build Your Fire

- ☆ Be very intentional about where you place tinder, kindling, and fuel in your fire circle.
- ☆ The more you set up your fire beforehand, the more likely you are to be successful in accomplishing a one-match fire

◆ Light Your One-Match Fire

- ☆ Remember, no fire starters allowed, only natural tinder, kindling, and fuel you found at camp.
- ☆ Your goal is to use only one match to light your tinder and start your fire. Your fire should burn for at least 15 minutes to count as a successful one-match fire.
- ☆ If you are unsuccessful and your fire doesn't light, take your fire apart and try rebuilding it. **WARNING:** The wood you used can still be very hot, so be careful when taking apart a fire that didn't light.

- ◆ **Challenge Mode:** Have a fire building competition to see who can get a one-match fire going the fastest.

◆ Discussion Questions

- ☆ Why might it be helpful to be able to build a one-match fire?
- ☆ If you were unsuccessful in lighting your fire with just one match, what do you think were the reasons? If you were to try again, what could you do differently to help you succeed?

Tips for Keeping a Fire Lit

- ◆ Fires need both oxygen and something to burn in order to stay lit
- ◆ Dry wood burns the easiest and smokes less than wet wood.
- ◆ Fires burn upwards. Be sure to add tinder, kindling, and fuel over, not under, a flame
- ◆ Pay attention to the wind because it can affect the amount of oxygen your fire gets
- ◆ Don't build your fire too big too quickly, start small and add tinder, then kindling, then fuel.
- ◆ Always have kindling and tinder close by after lighting the fire in case the fire gets small and you need to build it up again
- ◆ Burn as you go and only use what you need. If you're going to extinguish the fire, don't add a log right before extinguishing.

Hike: ABCs Hike

Camp Crowell has so many unique features – from its diversity of camping units to its challenge course, amphitheater, sports field, and Easy Creek. **Take a hike around camp to find the “ABCs” of Camp Crowell.**

🌿 Supply List

- ☆ You will need a water bottle, comfortable clothing for taking a walk outside, and closed-toe shoes. You may also want to print out a copy of the Camp Crowell map (found in reservation confirmation packet or online at www.gscnc.org/camp) and bring that along with a piece of paper and writing utensil to record which ABCs you’ve found.

🌿 Be Prepared

- ☆ 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.
- ☆ You can go anywhere you like around camp for this hike, but you may want to plan out your route using the Camp Crowell map. Please be respectful of other visitors and don’t enter any reserved unit areas or disturb other groups.
- ☆ *While you are encouraged to hike around camp, **please DO NOT touch or access any of the elements of the challenge course.** The course is not a playground and trained facilitators and reservations are required to use anything on the course. For information on how to reserve the challenge course, please visit gscnc.org/highadventure and select “High Adventure at Our Camps.”*

🌿 Camp Crowell’s ABCs

- ☆ On your hike, find each letter of the alphabet. This could include names of units, locations in camp, wildlife (if you see any), or anything that’s part of the natural world. For example: when trying to find “A,” you can hike to Ashgrove Lodge,
- ☆ Keep in mind that you can only count things that are part of the natural world. For example, if you see a car with a bumper sticker on it, you can’t count that since a car isn’t part of the natural world at Camp Crowell.
- ☆ You can only use letters that start at the beginning of words. For instance, if you see a sign that says “Welcome to Camp Crowell”, the only letters you would be able to mark off are W, T, and C. If you saw a squirrel, the only letter you would be able to mark off is S.

🌿 **Challenge Mode:** Find each letter in alphabetical order during your hike. This means you can’t look for “B” until you find “A”.

🌿 Discussion Questions

- ☆ Which letter was the hardest to find around camp?
- ☆ What’s one new thing you learned about Camp Crowell after this hike?

Nature/STEM Activity: Watersheds

Easy Creek is a small stream that runs through Camp Crowell. Did you know that the water in Easy Creek ends up in the same place as water from parts of New York, Pennsylvania, West Virginia, and Delaware? These areas are all part of the Chesapeake Bay Watershed. Easy Creek drains into Difficult Run (located just off the Camp Crowell property), which drains into the Potomac River, which ends up at the Chesapeake Bay. **Create your own watershed.**

Supply List

- ☆ You will need a large waterproof tarp or shower curtain(s) (clear ones allow you to see underneath), a watering can filled with water, an outdoor area big enough to spread out the tarp, and people/things (could be two volunteers or at least five different items of varying sizes) to put under the tarp. Challenge Mode also requires sand or soil.

Background Information

- ☆ The U.S. Geological Survey (USGS) defines a watershed as “an area of land that drains all the streams and rainfall to a common outlet such as the outflow of a reservoir, mouth of a bay, or any point along a stream channel.”
- ☆ For example, the Chesapeake Bay Watershed is the area of land where all streams and rainfall drain into the Chesapeake Bay.

Making Your Topography

- ☆ Pick at least two volunteers or collect at least five items of varying sizes. The volunteers/items are going to be the topography (hills, mountains, valleys) of your watershed.
- ☆ Unfold and spread out your tarp. Have your topography volunteers climb under the tarp and sit or lie down in a comfortable position or place your items underneath the tarp. Volunteers or items should be completely covered by the tarp, but make sure the volunteers can still breathe under the tarp.

Creating Your Watershed

- ☆ Take the watering can and make it “rain” all over your topography. Depending on where you pour the water, where does it go? Count all of the watersheds for each topography.
- ☆ You can repeat this activity as many different times as you like, changing the position, adding, or removing volunteers/items under the tarp to create new watersheds.

- ☆ **Challenge Mode:** Sprinkle soil or sand overtop your topography before pouring water on it and discuss what happens to the soil/sand and what it could mean for real-life watersheds.

Discussion Questions

- ☆ Why might it be important to know what body of water a stream flows into?
- ☆ If all the water in a watershed drains to the same place, what do you think this means for pollution that gets into a watershed?



The Chesapeake Bay Watershed

Special Activity: “No Ropes” Teambuilding

While one of Camp Crowell’s biggest attractions is its challenge course, you don’t need to use it to try these teambuilding activities! There are plenty of “no ropes” exercises you can try with little or no materials. **Complete at least two of the four teambuilding exercises – Under Leg Pass Race, Blind Polygon, Hula Hoop Lower, and Codebreakers.**

🌿 Supply List

- ☆ You will need at least one adult to be your group’s teambuilding facilitator for any of the two exercises you choose. They do not necessarily need to be trained in teambuilding, but they should read over the important background information as well as the callout boxes for tips and tricks before facilitating the activities.

🌿 Background Information

- ☆ Teambuilding activities have a purpose, and are not meant to only be fun games. In fact, the most valuable part of teambuilding may not be completing the challenge, but what you take away from trying the challenge. The facilitator should be sure to go over both the activity-specific and final discussion debriefing questions afterwards to ensure the group gained some insight from completing the activity.
- ☆ In teambuilding, the facilitator should allow the group to figure out the challenge on their own, even if they struggle while doing it. Encourage the group to allow anybody who has an idea to speak up and share their idea. It is OK for the group to fail! If the group is unable to complete a challenge, use it as a learning experience. Even though it might be tough, a facilitator should not immediately give the group the key to the challenge.
- ☆ Keep in mind that there is always more than one way to do things. This goes for how the group addresses the challenge (they may not do it the way you thought) AND how you frame the challenge. Encourage your group to be creative and challenge yourself to be creative too!
- ☆ While these activities can be appropriate for any age group, they are listed in order of least complex to most complex, so choose which is appropriate for your group.

What is Debriefing?

Debriefing in teambuilding helps a group reflect on what they learned during an activity and pushes them to think about the greater meaning of the challenge they accomplished, or how they can apply this experience to their own lives.

You can use the following techniques to help guide your group to think deeper about the activities they complete:

1. What? What did you do during the activities? How did you feel, work together, etc.?
2. So what? Why does the activity matter? What was the purpose of doing this activity?
3. Now what? How can you use what you have learned during these activities going forward?

Groups will often initially use buzzwords when responding to debriefing questions, such as “communication”, “teamwork”, etc. Ask them to be more specific when they use these buzzwords - HOW did they use communication and teamwork?

Under Leg Pass Race

- ◆ Supply List
 - ☆ You will need a timer and a small object such as a ball, water bottle, etc.
- ◆ Facilitator Instructions
 - ☆ Hand the small object to the group and tell them their objective is to get the object through everyone's legs and back to the facilitator as fast as possible.
 - ☆ After the first time, let the group come up with a (new) plan. Repeat the activity and see if the group can complete the challenge faster each time.
- ◆ Debriefing Questions
 - ☆ Were you able to complete the challenge faster the last time compared to the first time? What helped you accomplish that?
 - ☆ Did you use the same method to complete the challenge each time, or did you change it? If you changed it, what can you learn from that?

Work Through The Challenge

- ◆ **Ask Questions** - Ask the group questions to help them think through the challenge. What has been working for you so far? What hasn't been working? Have you tried every idea that the group came up with? If the group is really struggling, consider asking more specific questions that may help lead them to the answer. These can be big hints, but try not to give the answer away.
- ◆ **Start Small** - It's always better to start the group off with a simpler challenge and progress to more difficult challenges. Starting out at a high difficulty level can make the group easily frustrated and make them feel defeated. Consider adding challenges such as time limits or trying to beat their previous time, instituting a no talking rule, or blindfolding certain members of the group. Choose the challenge that is the most appropriate for your group.
- ◆ **Give Planning Time** - You can give the group some time to plan before starting the activity, or give them time to plan before trying the activity a second time. Doing so will set up a conversation about the benefits of planning ahead during your debriefing session.

Blind Polygon

- ◆ Supply List
 - ☆ You will need a very long piece of rope with the ends tied together (or multiple ropes tied together tightly) to form a loop. The rope should be long enough for each member of your group to grab onto with both hands (ideally with enough personal space between each person). You will also need enough bandanas or other eye coverings for half of your group to use at a time.
- ◆ Facilitator Instructions
 - ☆ Have each member of the group grab onto the rope with both hands so that everyone is equally distributed around the rope. Tell them their challenge is to make the rope into a triangle shape without taking their hands off the rope. They may only slide their hands to a new location on the rope, not take them off.

- ☆ Once the group completes this challenge, have half of the group put on bandanas or other eye coverings. Have them create a new shape with the rope now that half of the group can't see to make it more challenging.
- ☆ For the third round, switch the people who could see and were blindfolded from the last round. Have them make a new (potentially even harder) shape!

◆ Debriefing Questions

- ☆ Was it harder or easier to complete the challenge with half the group blindfolded?
- ☆ What helped you to accomplish this challenge?

Resolving Conflict During Teambuilding

If group members are having a hard time listening to each other, try out the following:

- ◆ Implement a rule where only one person may talk at once or introduce an item with the rule that only the person holding it may speak.
- ◆ Have them step away from the activity for a few minutes or take a break and try the activity again later.
- ◆ Ask them what they think they are doing well, and have them identify where they are struggling and how they might be able to fix it.
- ◆ If they are getting frustrated with one another, remind them that this is a group challenge and they only succeed if everyone succeeds.
- ◆ Do not allow anyone to say negative things or blame other people. Remind them that negativity will not help them complete the challenge.
- ◆ Ask each person to describe how they're feeling individually so others can understand their perspective.
- ◆ Give them some time to come up with a new plan before starting the activity again.

Hula Hoop Lower

◆ Supply List

- ☆ You will need an unweighted hula hoop (without water or sand inside).

◆ Facilitator Instructions

- ☆ Have the group stand close together in a circle and stick their index fingers out at about eye level. Place the hula hoop on the tips of their fingers. Explain that their goal as a group is to lower the hula hoop to the ground without a single person taking a finger off the hula hoop. The group will quickly find that the hula hoop likes to levitate!

◆ Debriefing Questions

- ☆ What was the most important thing you did as a group that helped you complete this challenge?
- ☆ Why do you think no one was allowed to take their fingers off the hula hoop?

Codebreakers

Supply List

- You will need materials to make a grid (at least 5x5) of numbers, colors, shapes, etc. (see example). Examples include newspaper squares with numbers drawn on them or a tarp with squares marked out using tape with numbers in each square. Repeat numbers/letters are fine to use.

21	10	3	17	25
7	16	11	14	5
20	2	24	12	23
13	18	8	4	9
1	6	22	15	19

21	10	3	17	25
7	16	11	14	5
20	2	24	12	23
13	18	8	4	9
1	6	22	15	19

Facilitator Instructions

- Secretly pick a path that the group will have to take across this grid (see highlighted example above). This path will be the “code.” The path can move in any direction and be as short or long as desired depending on how challenging you want the activity to be.
- Explain to the group that the grid is a keypad that will unlock a million dollars, reveal the meaning of life, award them infinite cookies, etc. (the possibilities are endless), and they must work together to break the code to gain access. However, there are some rules they must follow.
- No one may talk, and only one person can go at a time.
- To “guess” the next part of the code, they must step on a square in the first row of the grid. Once someone has guessed, you can say “correct” or “incorrect” to let them know if their guess was right or not.
- If someone is correct, they can guess the next square. However, if someone is incorrect, they must go to the back of the line and the next person in line must start the code from the beginning.
- The key to this challenge is that everyone will need to be paying attention to break the code. Once all parts of the code have been correctly guessed in order, the group wins!

Debriefing Questions

- How did not being able to talk make this challenge more difficult? What can this tell us about the importance of communication?
- If just one person wasn’t paying attention for even one part of the code, what happened? What can we learn from this?

Challenge Mode: Complete all four no-ropes teambuilding activities.

Discussion Questions

- What did completing these activities together teach you about your group?
- What is one thing you learned from these activities that you can apply to your daily life?

Commemorate & Reflect

Now that you have experienced the wonders of Camp Crowell, it's time to reflect on your time at camp.

Commemorate your visit to Camp Crowell.

- ◆ 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 Crowell, 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
Troop Camping	Buddy Camper	Bugs	Flowers
Environmental Stewardship	Eco Learner	Cabin Camper	Eco Camper
Snow or Climbing Adventure	Snow Play or Bouldering	Eco Friend	Slope Sliding or Recreational Tree Climbing
Trail Adventure	Jogging or Outdoor Hiking Games	Cross-Country Skiing or Rock Climbing	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	
Troop Camping	Trees	Sky	Water
Environmental Stewardship	Primitive Camper	Adventure Camper	Survival Camper
Snow or Climbing Adventure	Eco Trekker	Eco Explorer	Eco Advocate
Trail Adventure	Slope Sliding II or Outdoor Climbing 1	Snow Camping or Outdoor Climbing II	Snow Trekking or Climbing 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: customercare@gscnc.org or 202-237-1670
4301 Connecticut Ave NW, Suite M-2
Washington, DC 20008
- Camping Services Department: camp@gscnc.org

Camp Crowell 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: Fire Building

(choose one of the two activities)

Activity #1

- Practice striking matches and prepare your fire site so that you can safely start a fire.
- Challenge Mode:** After preparing your fire, light your fire and use it to cook a campfire meal.

OR

Activity #2

- Try to start a one-match fire without using firestarters.
- Challenge Mode:** Have a fire building competition to see who can get a one-match fire going the fastest.

Hike: ABCs Hike

- Take a hike around camp to find the “ABCs” of Camp Crowell.
- Challenge Mode:** Find each letter in alphabetical order during your hike.

Nature/STEM Activity: Watershed

- Create your own watershed.
- Challenge Mode:** Sprinkle soil or sand overtop your topography before pouring water on it and discuss what happens to the soil/sand and what it could mean for real-life watersheds.

Special Activity: “No Ropes” Teambuilding

- Complete at least two of the four teambuilding exercises – Under Leg Pass Race, Blind Polygon, Hula Hoop Lower, and Codebreakers.
- Challenge Mode:** Complete all four no-ropes teambuilding activities.

Commemorate and Reflect

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