

Explore Camp Patch Program

Main 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, 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 will complete all eighteen activities listed in the program to earn the Explore Camp Main Patch. The first activity from Know Your Knots should be completed first so that girls can add beads to their bracelets as they complete skills. Otherwise, you may complete activities in any order. Refer to page 27 for an activity checklist that can be used to track each girl's progress.

After earning the main patch, Girl Scouts may earn the other eight patches in this program, each of which focus on one of the eight Nation's Capital camp properties.

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

- ◆ Want to find out more about camping in Girl Scouts Nation's Capital or want to know what outdoor activities your troop is ready for? [View our Camping & Outdoor Readiness guide here](#), and see page 26 for web links and other helpful resources.
- ◆ Patches in the Explore Camp Program can be purchased at Girl Scouts Nation's Capital shops. To place a patch order, call 202-274-3312 or email gsshop@gscnc.org.
- ◆ Troop leaders and volunteers do not need to be Cookout/Campout certified for their troop to earn this patch. However, 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 26 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 25.

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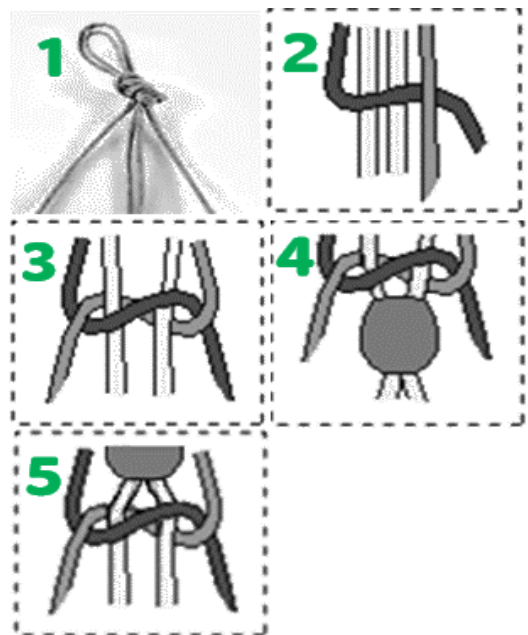
Know Your Knots

Activity #1 – Girl Scout Outdoor Skills Bracelet

Each of the categories in this patch program represent one of the eight basic outdoor skills – Know Your Knots, Outdoor Manners, Be Prepared, Outdoor Tools, Fire Building, Outdoor Cooking, Stay Safe, and Find Your Way. There is also a skill section titled Girl Scout Traditions so you can learn all about the special things Girl Scouts do in the outdoors. **Start the Girl Scout Outdoor Skills Bracelet and add a bead each time you complete the two activities in each category.** You can wear this bracelet when you go camping to help you remember your Girl Scout outdoor skills!

Supply List

- ☆ *Two pieces of string* - one shorter piece should be long enough to fit loosely around your wrist three times, the other longer piece should be double that length (you may need more length depending on how many knots you use between beads)
- ☆ *Nine pony beads* – one of each color to represent a different skill.
 - Know Your Knots - Purple
 - Outdoor Manners - Blue
 - Be Prepared - Yellow
 - Outdoor Tools - Pink
 - Fire Building – Red
 - Outdoor Cooking – Brown
 - Stay Safe – Orange
 - Find Your Way – Black
 - Girl Scout Traditions - Green



How to Make the Girl Scout Outdoor Skills Bracelet

1. Fold both pieces of string in half and tie an overhand knot at the middle, making a loop. You should now have four strings. The center strings should be the shorter string piece and the outer strings should be the longer string piece
2. Fold the left outer string over the center ones and under the right outer string.
3. Bring the right string under the center string, and then up and over the left string. Tighten the knot so it goes all the way up the center strings. Then, tie another knot by starting with the right outer string on top. You can make alternating left and right knots to add length to your bracelet before you start adding beads, between beads, or after beads.
4. Once you complete a category, slide that color pony bead up the center strings.
5. Repeat steps 2-4 until you have finished all nine skills!
6. Finish the bracelet by tying all four strings together with an overhand knot.

Know Your Knots

Activity #2 – Lark's Head Knot and Square Knot

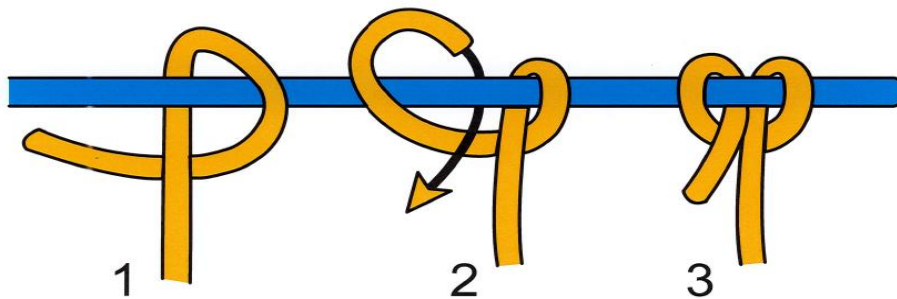
Knots are very useful when camping. You can use knots to tie up food or trash, tie up a drip line, hang up your mess kit on the drip line, hold two things together, and make cool bracelets! **Learn how to tie a square knot and a lark's head knot, and know when to use both of them.**

◆ Supply List

- ☆ You will need one forearm-length rope of any thickness (thicker is easier to see how you have tied the knot and fix any problems) for each person, and something to tie the lark's head knot onto (like another rope, a pole, a broom/mop handle, etc.)

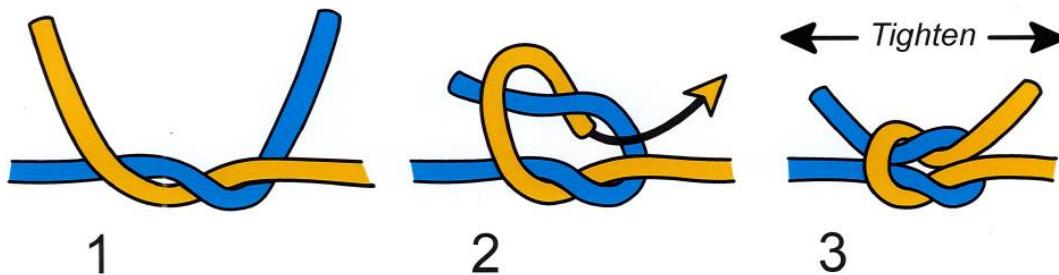
◆ Lark's Head Knot

- ☆ You can use a lark's head knot (also known as a cow hitch) to hang something up on a line, like your mess kit on a drip line.



◆ Square Knot

- ☆ Use a square knot to bind something together with one piece of rope, like a bedroll. Be careful, though: using a square knot to hold two pieces of rope together can easily slip out!



- ◆ **Challenge Mode:** Tie a lark's head knot and a square knot with your eyes closed! Then, time yourself with your eyes open to see how fast you can tie each knot.

◆ Discussion Questions

- ☆ Did you notice any similarities between tying the square knot and knots used for the Girl Scout Outdoor Skills bracelet?
- ☆ Which knot do you think you would use more? Why?

Outdoor Manners

Activity #3: Leave No Trace

Learn the seven Leave No Trace Principles. The principles provide responsible ways to enjoy the outdoors while minimizing impact on the environment. **Create a presentation about the seven Leave No Trace principles, and present it to a group of people** (friends, another troop, parents, etc.). Girl Scouts Nation's Capital staff would also love to see your presentations – if you would like, you can email the presentation(s) to the Camping Services Department at camp@gscnc.org. See below for presentation ideas.

🍀 Supply List

- ☆ You may need pencils, pens, markers, posters, paper, a computer with a slideshow application, or nothing, depending on your choice of presentation.

🍀 Presentation Ideas

- ☆ Acted-out scenarios. Be creative! Think of a fun or unexpected way to present the seven principles to your audience. For example, you could put the seven principles into a folktale.
- ☆ A slide presentation or poster. Make it colorful and creative and include all seven principles! Your presentation could include sketches or drawings of the seven principles in action.
- ☆ A creative song. Your song could be set to the tune of a Girl Scout song.

🍀 **Challenge Mode:** Teach the Leave No Trace principles to another troop.

🍀 Discussion Questions

- ☆ What did you already know about the seven Leave No Trace Principles? Where did you learn about them? How many of them did you know?
- ☆ How will you remember to follow these principles when you go camping or participate in outdoor activities?

Leave No Trace Principles

1. *Know Before You Go* – Be prepared for your outdoor experience. Know all about the place you are going – use a map or read an information sheet.
2. *Choose the Right Path* – Stay on the established trails and do not walk off them.
3. *Trash Your Trash* – Any trash you bring in to the outdoors needs to leave with you.
4. *Leave What You Find* – You might see a cool rock or plant, but please leave them where you found them. You can take pictures, though!
5. *Be Careful With Fire* – Only build your fires in existing fire rings or fire pits. NEVER start fires outside of a fire ring.
6. *Respect Wildlife* – Never touch, feed, or approach wildlife.
7. *Be Kind to Other Visitors* – Please respect other people who are outdoors.

Outdoor Manners

Activity #4: Kaper Charts

When you attend a troop meeting or go camping, there can be many tasks and chores to complete. In Girl Scouting, we call those tasks and chores “kapers”. It might seem like there is a lot to do, so we have an easy way to divide the kapers - through a kaper chart. Each kaper chart lists the kapers and who is responsible for completing each one. **Create a kaper chart for a troop meeting and a kaper chart for an overnight camping trip at a Nation’s Capital camp.**

◆ Supply List

- ☆ You will need two large pieces of paper (one for each kaper chart), your choice of writing utensils, and anything else you would like to use to decorate your kaper charts like stickers, paint, markers, etc.

◆ Troop Meeting Kaper Chart - Think about the activities that you do every meeting. Your troop might take attendance, collect dues, sing songs, do a flag ceremony, say the Girl Scout Promise and Law, distribute supplies for the meeting activity, clean up those supplies, or do a closing activity.

- ☆ Groups or patrols can be assigned to a certain task at every meeting, or you can choose to switch the task assignments at every meeting. Groups can also choose funny names for the kaper chart.

◆ Camping Kaper Chart - Some tasks on this kaper chart may be the same as meeting tasks, and some might be very different.

- ☆ Some tasks might include cooking, dishwashing, cleaning bathrooms or kitchen area, grace and setup for meals, making the fire, or final cleaning before you leave to go home. A Girl Scout always leaves a place better than she found it! Ask another troop who has been camping before for ideas if you are not sure what to add.

◆ Discussion Questions

- ☆ Discuss the differences between your two kaper charts. Was one easier to make than the other?
- ☆ Why might kaper charts be useful to have? What could happen if you went camping and did not have a kaper chart?

Sample Camping Kaper Chart

	<i>Friday Evening</i>	<i>Saturday Breakfast</i>	<i>Saturday Lunch</i>	<i>Saturday Dinner</i>	<i>Sunday Morning</i>
<i>Cool Unicorns (Grace, Emily)</i>	unpack troop equipment	cooking	fire builders	cleanup	clean latrines
<i>Flying Squirrels (Kelsey, Megan)</i>	clean latrines	cleanup	cooking	fire builders	sweep glen shelters
<i>Sparkling Owls (Denise, MacKenzie)</i>	sweep glen shelters	fire builders	cleanup	cooking	pack troop equipment

Be Prepared

Activity #5: Nighttime Games

Before you go to camp, you need to be prepared for how dark it can get outside in the evenings. No worries, though - your eyes can adjust to the dark, and your ears can become more sensitive to the sounds you hear at night. To explore your senses at night, **play both flashlight hide and go seek and hide and go “sound”**. Try to play these games outside with no lights on. However, if you need to play inside, do so with no lights on.

◆ Supply List

- ☆ You will need one flashlight and an open, dark area to play.
- ☆ *Safety tip:* Only play when your eyes have had time to adjust to the darkness. Stay in the dark for at least 30 minutes prior to playing the game. By that time, your eyes should be adjusted. While you are waiting for your eyes to adjust, you could sing some favorite Girl Scout songs or say some tongue twisters.

- ◆ Flashlight Hide and Go Seek – one player (the seeker) has a flashlight, and counts to 30 while everyone else hides. The seeker with the flashlight walks around after they finish counting, shining the flashlight around to find those who are hiding. The players who are hiding must stay in their hiding spot until the seeker finds them. The last player found gets to be the seeker with the flashlight for the next round. Be careful – only walk and do not run.

- ☆ *Player tip:* Once you find your hiding spot, stay very still. In the dark, our eyes focus on movement more than color. So, even if you are wearing bright colors (as long as you stay still) it might be harder for the seeker to spot you.

- ◆ Hide and Go “Sound” – One player is the seeker, and counts to 30 while everyone else hides. The seeker walks around after they finish counting and tries to find the players. Every ten seconds, players make a sound of their choice. It can be any sound, but they have to make the same sound for the whole round and it must be loud enough for others to hear. The last player to be found gets to be the seeker for the next round.

- ☆ *Seeker tip:* Deer can hear a lot better than we can. They have small ears that move around to hear sounds behind them. Cup your hands over your ears to make “deer ears”. Your pinkie fingers should be on the sides of your head, curled around your ears. By using “deer ears,” you will be able to hear better than you would normally.

- ◆ **Challenge Mode:** Play hide and go “outdoor sound” - players can only make sounds that are naturally occurring in the outdoors to make it more difficult for the seeker. You could try to imitate a cricket, cicada, frog, owl, whistling wind, rustling trees, etc.

◆ Discussion Questions

- ☆ What was difficult about these games? How would the games have been different if we did them during the day or in a lighted area?
- ☆ How will you use what you learned in these games about your senses at night at a sleepover or on a campout?

Be Prepared

Activity #6: Camp Sleeping System

When you camp overnight, you will need to bring your own sleeping system. One of the easiest ways to transport your sleeping system is rolled up in a bedroll. **Learn how to create your own sleeping system for camping and have a bedroll relay race OR timed bedroll rolling competition.**

◆ Supply List

- ☆ You will need at least two complete sleeping systems with all four parts.

◆ Bedroll Relay Race

- ☆ You will need at least two teams to play.
- ☆ Half of each team is on one end of the room, and the other half of the team is on the opposite end.
- ☆ One player from each team begins rolling the sleeping system into a bedroll. Once they have a completed bedroll, they grab the bedroll and run it over to the other half of their team. Then, the next player will unroll the bedroll, roll it back up, run it over to the other half of the team, and so on.
- ☆ The first team to have all players roll the bedroll wins!

◆ Timed Bedrolling Competition

- ☆ Each player starts with an unrolled bedroll. One person (the timer) tells the players to start and times them.
- ☆ The fastest bedroll roller wins! However, if the second-place finisher has a neater bedroll than the first-place finisher does, the second-place finisher wins the round.

◆ Discussion Questions

- ☆ Would your bedroll be different for camping in the summer and camping in the winter? What parts of it would you add, get rid of, or change? What kind of sleeping bag would you want to have in cold weather? What kind of sleepwear?
- ☆ Did you get better at rolling your bedroll after doing it a few times?

Parts of a Sleeping System

Waterproof Ground Cloth - outside layer of the bedroll. Use an old shower curtain or something waterproof.

Insulation - keeps your body protected from the cold and damp ground. Use a closed-cell foam pad or a self-inflating sleeping pad.

Sleeping Bag - there are rectangular bags with larger head openings (cooler) and mummy bags with a smaller head opening (warmer). You can also add a blanket inside your sleeping bag to keep you warm.

Sleepwear - the sweat on your day clothes can make you cold at night. Pack dry sleepwear in your bedroll and change into it before bed to avoid this

How to Roll a Bedroll

1. Lay out your waterproof ground cloth, put your insulation on top of it, followed by your sleeping bag, and sleepwear.
2. Then, roll all of it together starting from the top of the sleeping bag. Keep it rolled tightly.
3. Take a piece of rope and tie a square knot around the bedroll or use bungee cords.

Outdoor Tools

Activity #7: Making A Sit-Upon

While camping, it's always handy to have a sit-upon with you so you have somewhere dry to sit down even if the ground is damp, hard, or cold. A sit-upon is like a portable camp seat – a cushion or mat to put between you and the ground. **Learn about the parts of a sit-upon, and make your own sit-upon.**

◆ Supply List

- ☆ You will need the following for each sit-upon: outer layer, inner materials, and something to keep the inside material contained (sewing, duct tape, staples, etc.) See below for ideas of outer layers and inner materials
- ☆ One of the most basic sit-upons is made with vinyl tablecloth stuffed with newspapers sewn together with yarn, but there are a million ways to make a good sit-upon. It's really up to you!

◆ Sit-Upon Outer Layer

- ☆ The outer layer of a sit-upon should be waterproof, much like a bedroll. However, you can also make sit-upons that do not have waterproof outer layers.
- ☆ For waterproof outer layers, you could use a vinyl tablecloth, plastic shower curtain, old windbreakers, plastic bag (resealable bag or shopping bag), duct tape, or contact paper.
- ☆ For non-waterproof outer layers, you could use old pants/jeans or t-shirts.

◆ Sit-Upon Inner Material

- ☆ The inner material could include newspaper, packing peanuts, poly-fill, plastic shopping bags, foam, wallpaper samples, old t-shirts, seat cushions, muslin, or fabric.

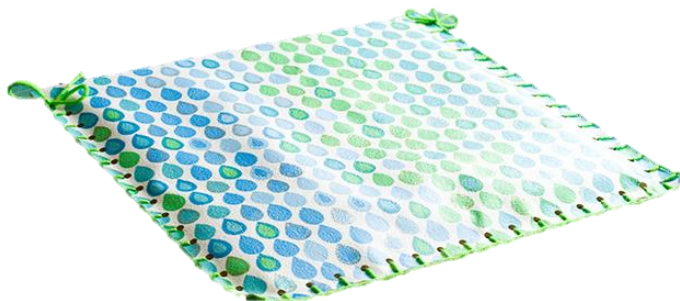
◆ **Challenge Mode:** Make a sit-upon entirely out of recycled or reused items.

◆ Optional Additions

- ☆ You could add a carrying strap to your sit-upon to make it easier to grab and take with you.
- ☆ You can also attach two straps to the sides so you can carry your sit-upon around your waist or even make your sit-upon into a backpack.
- ☆ Depending on the materials you chose, you might be able to decorate your sit-upon with markers, paint, embroidery, sequins, or even patches!

◆ Discussion Questions

- ☆ What places other than camp could you use your sit-upon?
- ☆ What other kinds of materials could you use to make a sit-upon?



Outdoor Tools

Activity #7: Cardboard Jack Knife

One of the many outdoor tools you can use while camping is a jack knife (pocketknife). **Learn jack knife safety rules and sign the jack knife safety pledge. Then, make a cardboard jack knife, and practice opening, closing, using, and passing your cardboard jack knife safely with lipstick.**

◆ Supply List

- ☆ You will need cardboard, scissors, duct tape, a fastener (brad), and a hole puncher.
- ☆ This can be tricky, so younger girls may need some extra help from an adult or older girl.

◆ Knife Safety Rules

- ☆ Never walk around or run with an open jack knife.
- ☆ When you are not using your jack knife, keep it **closed and stored** away in a sheath or container. Never leave your jack knife out – it can rust if it gets wet.
- ☆ Jack knives, even cardboard jack knives, are NOT toys. Treat your cardboard jack knife with **respect** as if it was a real knife, and do not play with it. Never throw or toss your jack knife, and always keep it pointed in a safe direction.
- ☆ Only use your jack knife as a **designated tool**. This means you can use it to sharpen a stick to roast a marshmallow, to cut a piece of string to make a friendship bracelet, etc.
- ☆ Keep your jack knife clean and sharp. Dull knives can be more dangerous than sharp knives – ask an adult to help you sharpen your jack knife.
- ☆ Maintain a **circle of safety** around you when using your jack knife. This means that no one can be within arm's reach – around, up, or down – when you are opening, closing, and using your jack knife. You can practice this by holding your arms out in front of you and turning in a circle, reaching up to the sky, and down to the ground. Then, if there is no one within your circle of safety, you can begin to use your knife.

Jack Knife Safety Pledge

Carrying a jack knife (also known as a pocketknife) is an honor and a responsibility. A responsible adult has clearly explained jack knife safety rules to me and taught me how to use a jack knife safely. I understand and always promise to follow these guidelines to keep others and myself safe at all times:

- ◆ I will **respect** my jack knife at all times and use it as a **designated tool**.
- ◆ I will always keep my jack knife **closed and stored when not in use**.
- ◆ I will never use my jack knife when there is a chance that someone could get hurt.
- ◆ I will never throw or toss my jack knife.
- ◆ I will always use my jack knife **safely** and in the way I was taught.

Girl Scout Signature

Date

Responsible Adult Signature

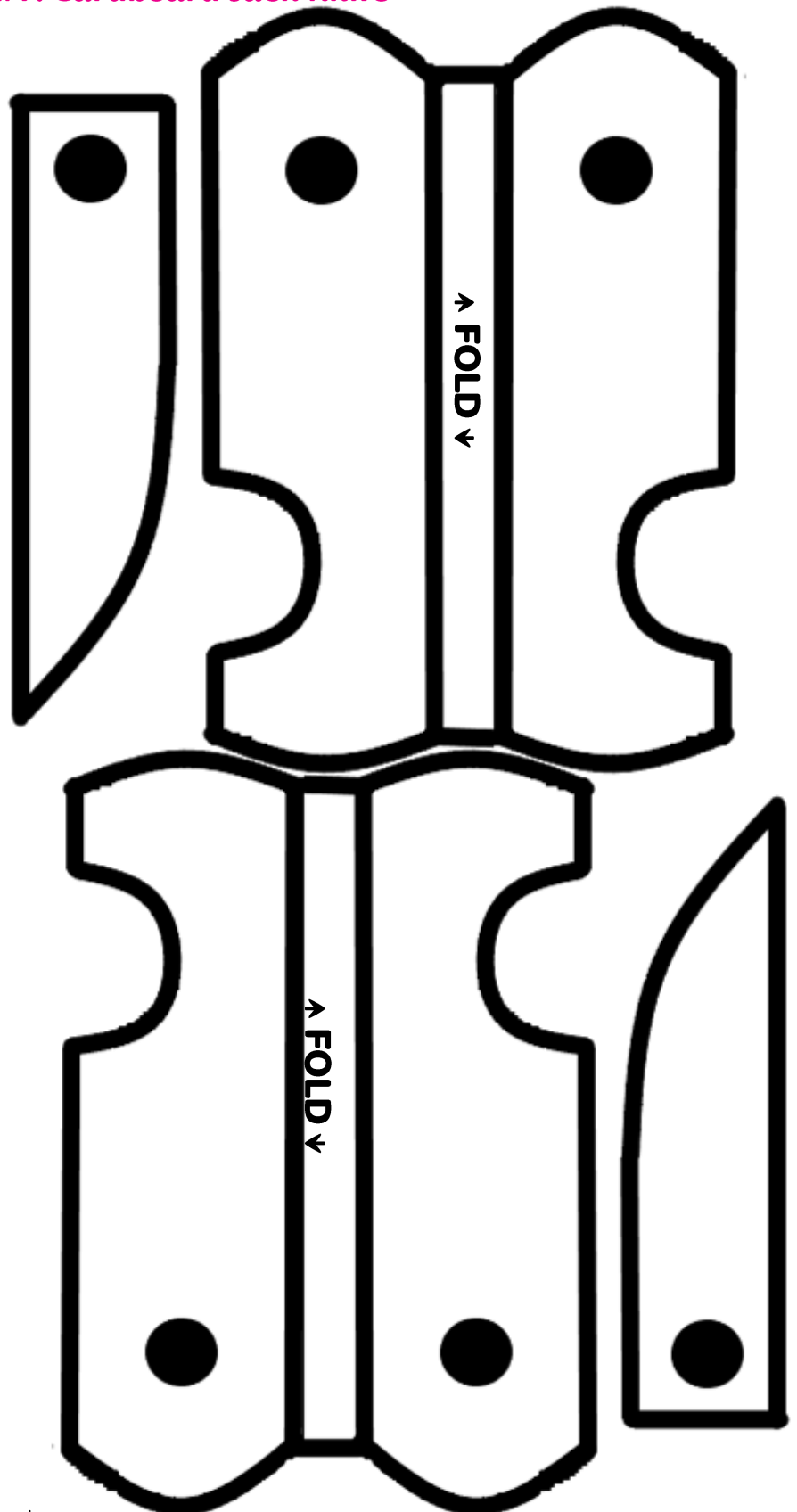
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Outdoor Tools Activity #7: Cardboard Jack Knife

How to Make a Cardboard Jack Knife

You will need: cardboard, scissors, a fastener (brad), jack knife stencil, and a hole puncher.

1. Cut out the stencil.
2. Trace the stencil onto the cardboard. Don't forget to trace the two center middle lines of the handle stencil.
3. Cut out the cardboard handle and blade.
4. Use a hole puncher to punch out the center of the black dots in the middle of the shapes.
5. Fold on the two center middle black lines (bordering the part of the stencil labeled "FOLD") of the handle shape so that there are three sides to the handle – two sides and one piece acting as the "spine" (the part of the stencil labeled "FOLD").
6. Put the blade inside the handle so that the holes in each line up. Make sure the "sharp" (curved) edge of the blade is on the inside of the handle.
7. Attach the handle and knife together by putting the fastener/brad in the holes in the middle of the handle and the blade.
8. Decorate your cardboard jack knife and practice using it safely!



Outdoor Tools

Activity #7: Cardboard Jack Knife

How to Use Your Jack Knife

- ☆ *Opening Your Jack Knife* - Use both hands and keep your fingers away from the sharp edge of the blade. Grasp the dull side of the blade with the hand you write with, and pull the blade out all the way.
- ☆ *Using Your Jack Knife* - Use the hand you write with (your dominant hand) and grip the handle with your whole hand. Cut away from your body, and do not play with the knife. Ask an adult for help if you need it.
- ☆ *Closing Your Jack Knife* - Use both hands and hold the handle of the jack knife with one hand so that the sharp edge is upward. Then, hold the dull side of the blade in your dominant hand, and push the blade up and toward the slot in the handle. Keep your fingers clear of the cutting edge!
- ☆ *Passing Your Jack Knife* - Hold the blade on the dull edge so that the sharp edge of the blade is facing down towards the ground and extend the handle to the other person. Once the other person has a firm grip on the knife, they say, "thank you" to let the giver know they can let go of the knife.

Practice Your Knife Safety with Lipstick

- ☆ You will need your cardboard jack knife and a tube of lipstick.
- ☆ Apply the lipstick to the curved edge of the knife and practice opening, using, and closing your knife using the safety rules above.
- ☆ Check your hands often for lipstick marks.
 - No lipstick on your hands, arms, or any other part of your body? Congratulations - you are following knife safety rules!
 - If you do have lipstick on your hands, arms, or any other part of your body, keep practicing until you can open, use, and close your knife without getting any lipstick marks on you.

Discussion Questions

- ☆ Was it harder to make the cardboard jack knife or was it harder to follow the safety rules?
- ☆ After practicing opening, using, closing, and passing your jack knife, do you feel ready to use a real jack knife or would you want more practice with your cardboard jack knife?



Fire Building

Activity #9: Campfire Safety Rules

Campfires are a fun Girl Scout tradition! You can make s'mores and sing around the campfire, tell jokes, cook a meal over the fire, or just enjoy the great outdoors. **Learn campfire safety rules and the differences between tinder, kindling, and fuel. Then, create a presentation about campfire safety rules and present it to a group of people** (friends, another troop, parents, etc.). It cannot be the same kind of presentation that you used for the seven Leave No Trace principles – try something new! Girl Scouts Nation's Capital staff would also love to see your presentations – if you would like, you can email the presentation(s) to the Camping Services Department at camp@gscnc.org.

🍀 Supply List

- ☆ You may need pencils, pens, markers, posters, paper, a computer with a slideshow application, or nothing, depending on your choice of presentation.

🍀 Presentation Ideas

- ☆ Acted-out scenarios, a slide presentation or poster, or a creative song are all good presentation ideas. Can you think of any others?

🍀 Discussion Questions

- ☆ What did you already know about campfire safety? Did you already know any of the safety rules?
- ☆ Can you think of any other fire safety rules?

Tinder, Kindling, & Fuel

Tinder – small sticks and pine needles (spaghetti noodle or matchstick thickness, pencil-length) that catch fire and burn out quickly

Kindling – medium sticks as thick as a pencil or your thumb. Kindling takes more time to catch fire than tinder, but less time to catch fire than fuel. Kindling burns longer than tinder but not as long as fuel

Fuel – the largest size logs that catch fire and burn slowly

Campfire Safety Rules

Be Careful With Fire – Only light campfires in pre-established fire rings.

Use the Fire Circle – Before you enter the fire circle, ask an adult in charge of the fire for permission to enter.

Always Walk Around – Always walk at camp. Go outside the fire circle and walk around to get to the other side of the fire circle – never walk through the fire ring.

Use a Water Bucket – Always have a full bucket of water set near the fire, even before lighting it.

Wear Proper Clothing – No baggy clothing or dangly jewelry around the fire. Tie hair back and wear closed-toe shoes.

Three Points of Contact – When you are near the fire to cook or add tinder, kindling, or fuel, keep your body stable by having three points of contact (three places on your body that are in contact with the ground). One common way is kneeling with one knee on the ground. Practice three points of contact before you try it near a campfire.

Fire Building

Activity #10: Making a Fire Starter

Sometimes, campfires can be hard to light and it is easier to use a fire starter to get the fire going. **Make your own fire taffy fire starter.**

◆ Supply List

- ☆ You will need a vegetable peeler, a piece of wax paper, and an old candle. You will be making candle shavings, so this is best to do outside over a tarp or newspaper to cut down on the mess!

◆ How to Make a Fire Taffy Fire Starter

- ☆ Sit down and spread out the wax paper in front of you.
- ☆ Take the vegetable peeler and shave wax curls away from your body and on top of the wax paper. Ask an adult to show you how to do this if you have never used a vegetable peeler.
- ☆ Once you have a good amount of wax curls, roll the wax paper with the shavings inside and twist both ends of the paper.
- ☆ Now you have a fire starter that looks like a salt-water taffy! You can use it to help get your next campfire going.

- ◆ **Challenge Mode:** Find another way to make a fire starter, and make one. If you are searching online, make sure you have an adult's permission.

◆ Discussion Questions

- ☆ Do you know how to make any other fire starters? If not, ask an adult or older girl if they have. Which ones do they know how to make?
- ☆ Why might a fire starter make it easier to light a campfire?



Outdoor Cooking

Activity #11: Outdoor Meal Prep & No-Cook Meal

When you go camping overnight, you will have to bring food to camp and/or prepare food at camp too!

Learn about meal preparation in the outdoors and make at least one no-cook meal.

🌿 Supply List

- ☆ Supplies will depend on your chosen no-cook meal. Supplies may include, plates, bowls, cups, napkins, utensils, serving utensils, cutting boards, plastic bags, and the food needed for the meal.

🌿 Meal Preparation

- ☆ It is important to wash your hands before you prepare food for yourself and others. You should also wash your hands before you eat and after you use the restroom.
- ☆ Bandannas are not just a cool camp fashion statement! You can use them as napkins or placemats, or even as a way to tie your hair back as you prepare food.
- ☆ All utensils, plates, bowls, and other dishes must be clean before you preparing a meal.
- ☆ Be careful when preparing food – some people have food allergies, and you do not want to cross-contaminate your food (that means combine an allergic food with a safe food). Use separate utensils for each food type when preparing it, and prepare food that people are allergic to separate from the food they are going to eat. For example, do not use the same knife to spread peanut butter and spread jelly!
- ☆ Clean up after you finish preparing a meal, especially when you are outdoors. Trash Your Trash, and do not leave any food behind - it is not healthy for animals to eat!

🌿 Make a No-Cook Meal

- ☆ Before you try roasting a hot dog over the fire, you should try making a no-cook meal as an introduction to outdoor cooking. If you don't like any of the below ideas, you can search the web with an adult to find some other ideas, or ask an older girl or other troop what their favorite no-cook meal is. Some no-cook meal options include:
 - *Friendship Fruit Salad* – everyone brings their own piece of fruit. It can be a new fruit you want to try or one of your favorite fruits. Then, an adult can cut up the fruits and put them in a salad for everyone to enjoy!
 - *Super Sandwich Share* – make one long super sandwich with a baguette or sub roll and cut it up into individual pieces for each person. You do not have to put the same kind of ingredients on the entire sandwich – think about food allergies and special diets before making the super sandwich!
 - *Plastic Bag Pudding Cones* – make instant pudding in a plastic bag, and then put the pudding into cones for a delicious and quick dessert!

🌿 Discussion Questions

- ☆ Does anyone in your troop have a food allergy? How can you keep the food they are allergic to away from them and the food they will eat?
- ☆ Why should you wash fruits and vegetables before you eat them?

Outdoor Cooking

Activity #12: Edible Fire

You can learn about fire in a delicious way before even lighting a fire! **Make an edible fire.**

◆ Supply List

- ☆ You will need paper plates/napkins, cups, water, mini marshmallows, log pretzels (thick pretzel sticks), shredded coconut, Twizzlers, thin pretzel sticks, and candy corn.
- ☆ Feel free to substitute any of the ingredients for similar ones, and consider any allergies before gathering ingredients.

◆ Challenge Mode: Lead another troop in the edible fire activity.

◆ Discussion Questions

- ☆ What do you think would happen to your fire if you tried to light the fuel/logs first without using tinder or kindling?
- ☆ If we have a fire safety circle, why do we need a fire ring?

How to Make an Edible Fire

1. *Fire Safety Circle* – The first thing you need is a fire safety circle. **Take out a paper plate or napkin to act as your fire safety circle for your edible fire.**
2. *Water Bucket* – Before you start building your fire, you need a full water bucket. **Fill up a small cup with water and place it next to your fire safety circle.**
3. *Fire Ring* – Put your fire ring inside your fire safety circle. **Arrange mini marshmallows into a fire ring on your paper plate or napkin** (can substitute mini marshmallows for jellybeans, M&M's, cheerios, raisins, etc.).
4. *Fuel* – Begin to build your fire. Start by making an "A-frame" with fuel. **Put pretzel logs into an "A" shape inside the fire ring.**
5. *Tinder* – 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. **Put shredded coconut inside your pretzel log A-frame** (can substitute potato sticks).
6. *Lighting the Fire* – Now it is time to light the fire! Light the tinder first so it can catch the kindling and fuel on fire. **Add small pieces of Twizzlers on top of your edible tinder.**
7. *Kindling* – Once you get a flame going, add kindling to the fire. Add enough kindling to keep the fire alive, but try not to smother the small flame. **Put thin pretzel sticks on top of the Twizzlers.**
8. *Fire* – Once the kindling catches, it will help the fuel catch, and you will have a fire! If you want to keep it going, keep adding kindling and fuel. If you want to put out the fire, sprinkle water on it so you do not flood the fire ring. **Add candy corn to your fire, and eat it!**

Stay Safe

Activity #13: First Aid

At camp, you will be spending a lot of time outside, where there is sometimes uneven terrain and many bugs (depending on the weather)! Do you know what to do if someone is injured? **Create a troop first aid kit. Then, ask someone who is first aid certified to show you how to perform basic first aid and use each of the items in your troop first aid kit.**

◆ Supply List

- ☆ You will need first aid supplies, a resealable bin or bag, a list of emergency numbers, paper, and writing utensils.

◆ Learning Basic First Aid

- ☆ Before the first aid certified person comes to show you first aid, think of two questions you would like to ask them. These questions can be about their experience helping others or anything else related to first aid.
- ☆ The first aid certified person should be able to show you how to care for small cuts and scrapes, common insect bites, nosebleeds, splinters, and first-degree burns.

◆ Troop First Aid Kit

- ☆ Gather a resealable bin or bag to store the first aid items. It should not be too big to take camping, but it should not be so small that it does not include all the things you need. It should be waterproof to keep the items dry.
- ☆ Create a list of emergency numbers – think about what you should include on this list. You might want to include the numbers for emergency services or numbers to contact those in charge of the location where you have your troop meetings.
- ☆ Discuss what items you want to include in the first aid kit. Possible items might include adhesive bandages, cleaning towelettes, instant cold packs, ace bandages, thermometer, aloe vera gel, cough drops, tweezers, hand sanitizer, etc. You can check the American Red Cross website or other health and safety websites, which offer suggestions for items to include in your first aid kit.
- ☆ Ask around before you buy any items. Maybe a parent, friend, or another troop has extra first aid kit items. After asking around, buy what you need.
- ☆ Make a list of all the items in the kit, and tape it to the inside of the kit so you can easily see what items you have.
- ☆ Pack all items into the box or bag neatly so you can find what you are looking for.
- ☆ Bring your first aid kit to troop meetings and camping trips, and replace supplies when running low.

◆ **Challenge Mode:** Create your own personal first aid kit for a hike that could fit in a small daypack.

◆ Discussion Questions

- ☆ What is one new thing you learned – either from basic first aid or from building the troop first aid kit?
- ☆ Why might you need some basic first aid knowledge before going camping?

Stay Safe

Activity #13: The Buddy System

You should never be alone at camp – you should always be with a buddy or a group. **Learn about the buddy system and play Buddy Tag.**

◆ Supply List

- ☆ You will need a group of people to play Buddy Tag.

◆ Buddy Tag

- ☆ Everyone grabs a buddy and stands in a circle, linking arms with their buddies. There is one player who is the chaser and another player who is the runner. While being pursued by the chaser, the runner tries to link arms with a player who is already in a buddy group. The buddy of the player who the runner links arms with then becomes the runner and must find a new buddy to avoid being tagged by the chaser. The new runner cannot link arms with any player in the buddy pairs on either side of them. If the chaser tags the runner, they switch roles and the runner now tries to tag the chaser. If you are getting good at this game, try adding another chaser and runner to make it more difficult!

◆ Discussion Questions

- ☆ Why might we use the buddy system when we go camping?
- ☆ If you became separated from your group while at camp, how do you think it would feel if you were alone? How do you think it would feel if you were with a buddy?

The Buddy System

Always know where your buddy is at all times. You and your buddy can look out for each other and keep each other safe. Your leader or adult can test you on this and say “Buddy Check!” which means you should pair up with your buddy right away.

Never go anywhere without a buddy. Even at night, you need a buddy to come with you to the bathrooms.

You do not have to have the same buddy all the time – try switching it up and change buddies occasionally. It is a great way to make new friends!

If there's an odd number in your group, there can be one group of three buddies – also known as “truddies”. All the same buddy system rules apply to truddies.

Find Your Way

Activity #15: Camp Distance

Activity #15: When planning to go on a camping trip, you have to know how far away camp is, as well as how long it will take to get there. **Figure out how far each Nation's Capital camp is from your troop meeting location or home (distance), and how long it would take you to get there (travel time). Create your own map, drawing, or art piece that shows your troop meeting location or home, and the distance or travel time for at least two camps.**

◆ Supply List

- ☆ You will need a printed map or online map of the DC/MD/VA/WV area, writing/drawing utensils, and paper.

◆ Creating Your Own Map/Drawing

- ☆ You can use online maps or printed maps to find out where each camp is located, and you can use online map services to find how long it would take to get to each camp.
- ☆ After you find the distance and time for each camp, create your own map, drawing, or art piece that shows your troop meeting location and the distance or travel time for at least two out of our eight camps.
- ☆ You can visit the About Our Camps link on page 26 to find out more about each camp.

◆ **Challenge Mode:** Find out what time you would have to leave to get to the closest camp to you during a day in the winter so that you had at least one hour of daylight left when you got to camp.

◆ Discussion Questions

- ☆ What camp would you most like to visit? Why? Is it close to or very far away from where your troop meets?
- ☆ What would you want to do on a camping trip at one of the eight Nation's Capital camp properties? Between all eight camps, there are many options for fun, which can include high adventure opportunities like archery, canoeing/kayaking, challenge course, slingshots, and tomahawk throwing, as well as hiking trails, campfire cooking, and much more!

Nation's Capital Camp Addresses

Camp Aquasco

17100 Aquasco Farm Road
Aquasco, MD 20608

Camp Brighton Woods

120 Brighton Dam Road
Brookeville, MD 20833

Camp Coles Trip

Aquia Side: 134 Paynes Lane
Arrowhead Side: 2421
Courthouse Road
Stafford, VA 22554

Camp Crowell

10900 Vale Road or
10899 Justin Knoll Road
Oakton, VA 22124

Camp May Flather

23 Camp May Flather Lane
Mt. Solon, VA 22843

Camp Potomac Woods

13932 Potomac Woods Lane
Leesburg, VA 20176

Camp White Rock

5 Christian Church Road
Capon Bridge, WV 26808
Or 484 Pumphouse Road
High View, WV 26711

Camp Winona

6885 Winona Place
Hughesville, MD 20637

Find Your Way

Activity #16: Using a Compass

When hiking in the woods, it is good to have a tool to help you find your way. **Learn the four basic cardinal directions and learn how to use a compass.**

Supply List

- ☆ You will need a compass and an open area.

Parts of the Compass Diagram

- ☆ *Direction of Travel Arrow* – pointed in the direction you want to go
- ☆ *Compass Housing* – can be moved so that the North (N) cardinal direction lines up with the magnetic needle
- ☆ *Orienting Arrow* – in line with the direction-of-travel arrow on the center of the compass
- ☆ *Magnetic Needle* – usually has a red tip, and always points to North, or points to a highly magnetic object if compass is close enough to it
- ☆ *Index Line* – goes through the “N” marking on the compass housing, an extension of the direction of travel arrow
- ☆ *Orienting Lines* – designed to be lined up with the vertical grid lines on a map
- ☆ *Degree Dial* – markings on the compass housing that split the compass up into 360 degrees, used to navigate to more specific directions
- ☆ *Baseplate* – the flat bottom part of the compass, often has inches/centimeters on the sides to help figure out distance on maps

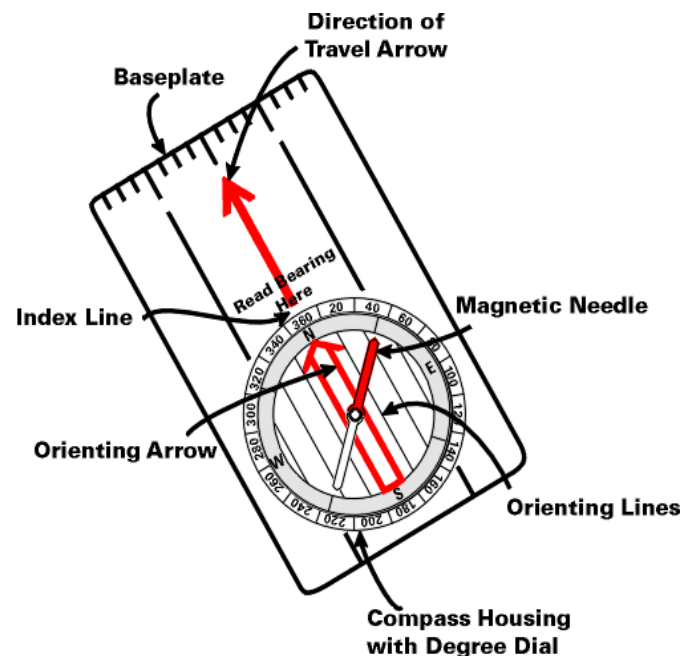
How to Use a Compass

- ☆ Stand in an open clearing and hold your compass flat in the palm of your hand in front of your body. The red magnetic needle will point toward North.
- ☆ Rotate the compass housing so that the N cardinal point lines up with the red tip of the magnetic needle.
- ☆ Now your compass is aligned and anything to your left will be west, anything to your right will be east, and anything behind you will be south.

Discussion Questions

- ☆ What are some magnetic items that could throw off the magnetic needle?
- ☆ Practice holding the compass in front of you and turn your body in place to stand facing different directions. Does the magnetic needle move?

The Four Cardinal Directions
The four cardinal directions are **North, East, South, and West**. You can remember them easily by using the phrase “Never Eat Slimy Worms”!



Girl Scout Traditions

Activity 17: Camp Songs and Graces

There are so many great Girl Scout songs and camp songs that you can sing! Many songs are silly and just for fun. There are also tons of Girl Scout graces - before we eat a meal at camp, it is nice to gather and say a grace. **Learn two new graces and say one of them before eating a snack, and learn two new Girl Scout songs and sing them.**

◆ Supply List

- ☆ You will need access to the Internet to search for videos showing how to say/sing the provided graces and songs.

◆ Girl Scout Graces

- ☆ Ask another Girl Scout or troop to teach you two new graces, or learn the two graces provided on the next page- the “Twinkle, Twinkle Little Star Grace” or the “Madeleine Grace”. Alternatively, if you already know those two graces, make up two new graces or learn two new ones and teach them to another troop.
- ☆ When choosing a grace, please be mindful of different religious beliefs. There are many inclusive and secular graces.

◆ Girl Scout Songs

- ☆ Ask another Girl Scout or troop to teach you two new Girl Scout songs or learn and sing the two songs provided on the next page - “Make New Friends” and the “Moose Song”.
- ☆ The “Moose Song” and many other Girl Scout songs are “call and response” or “repeat-after-me” songs. This means that a song leader will sing the first line, and others will repeat it. Repeat-after-me songs make it easy to learn a new song from the song leader.
- ☆ You can sing “Make New Friends” in unison (all together) or in a round (see Challenge Mode).
- ☆ Have an adult or have permission from an adult to search the Internet to find videos of these songs sung by Girl Scouts so you can learn the tune to each. Online videos and lyric postings can be a great resource for learning Girl Scout songs!

- ◆ **Challenge Mode:** Sing Make New Friends in a round. You can sing a round by having a small group begin singing, and then after they sing the first line, another small group begins, and so on.

◆ Discussion Questions

- ☆ Did you already know the two graces provided? Which one is your favorite?
- ☆ What was the first Girl Scout song you learned? Where did you learn it?



Girl Scout Traditions

Activity 17: Camp Songs and Graces

Twinkle, Twinkle Little Star Grace

Thank you for the food we eat, thank you for new friends we meet.
Thank you for Girl Scouting days, as we learn in fun-filled ways.
May we always try to do, as we promised, duty true.

Madeleine Grace

We love our bread, we love our butter,
But most of all, we love each other.

Make New Friends

Make new friends, but keep the old. One is silver, and the other's gold.
A circle is round, it has no end. That's how long I will be your friend.
A fire burns bright, it warms the heart. We've been friends from the very start.
You have one hand, I have the other. Put them together and we have each other.
Silver is precious, Gold is too. I am precious and so are you.
You help me, and I'll help you, and together we will see it through.
The sky is blue, the Earth is green, I can help to keep it clean.
Across the land, across the sea, friends forever we will always be.

The Moose Song

There was a moose / he liked to drink a lot of juice / there was a moose / he liked to drink a lot of juice

CHORUS: Singin' oh-way-oh / way-oh-way-oh-way-oh-way-oh / way-oh way-oh / way-oh-way-oh-way-oh-way-oh

The moose's name was Fred / he liked to drink his juice in bed / the moose's name was Fred / he liked to drink his juice in bed

CHORUS

He drank his juice with care / but he spilled some in his hair / he drank his juice with care / but he spilled some in his hair

CHORUS

Now he's a sticky moose / all covered in juice / and he's on the looooooose!

CHORUS

Girl Scout Traditions

Activity 18: Flag Ceremony

An important Girl Scout tradition is learning how to perform a flag ceremony – it is a great way to start and end the day at camp. **Perform a Girl Scout flag ceremony and learn to sing “Taps”.**

◆ Supply List

- ☆ You will need an American flag and a flagpole (see below for options if you do not have access to a flagpole).

◆ Flag Ceremony Basics

- ☆ There are many different modifications and additions to flag ceremonies, depending on your group, but the most basic ceremonies are outlined below and on the next page.
- ☆ If you do not have a flagpole at the site where you would like to do a flag ceremony, you can use the limb of a tall tree and some rope.
- ☆ Do not fly the flag in rainy weather, leave it up overnight, or let it touch the ground.
- ☆ There are three basic roles in a flag ceremony. The color bearer is the leader of the color guard that carries the flag and raises/lowers the flag on the flagpole. The color guard walks in pairs behind the color bearer and helps unfold/fold the flag. The caller calls out commands to the color guard, leads parts of flag ceremony such as “Taps” and the Girl Scout Promise.
- ☆ Others without a flag ceremony role watch and participate in the ceremony.

◆ Morning Flag Ceremony Example

- ☆ The caller will call out “*GIRL SCOUTS, ATTENTION.*” Everyone is listening and paying attention.
- ☆ “*GIRL SCOUTS, ADVANCE.*” Participants walk to their places – usually in two lines that form a circle around the flagpole with an opening for the color guard to walk through
- ☆ “*COLOR GUARD, ATTENTION.*” The color guard (in pairs), led by the color bearer, stand at attention in formation facing the flagpole.
- ☆ “*COLOR GUARD, ADVANCE.*” The color guard walks to the flagpole and stops.
- ☆ “*COLOR GUARD, POST THE COLORS.*” The color bearer hands the flag to the rest of the color guard, who unfold the flag. The color bearer unfastens the rope attached to the flagpole, lowers it, and attaches the flag to the flagpole rope. Then, the color bearer raises the flag and secures the flagpole rope. As the flag is raised, everyone except the color guard puts their right hand over their heart.
- ☆ “*GIRL SCOUTS, PLEASE JOIN ME IN SAYING...*” At this point, you can choose what you will say for your flag ceremony. Usually, the Pledge of Allegiance is said, followed by the Girl Scout Promise. The color guard does not speak, but stands with hands at their sides facing the flagpole.
- ☆ “*COLOR GUARD, DISMISSED.*” The color guard turns around and walks back to the place they started from.
- ☆ “*ARE THERE ANY ANNOUNCEMENTS?*” At this time any announcements are said.
- ☆ “*GIRL SCOUTS, DISMISSED.*” The flag ceremony is over, all are free to go

Girl Scout Traditions

Activity 18: Flag Ceremony

◆ Evening Flag Ceremony Example

- ☆ *"GIRL SCOUTS, ATTENTION."* Everyone is listening and paying attention.
- ☆ *"GIRL SCOUTS, ADVANCE."* Participants walk to their places – usually in two lines that form a circle around the flagpole with an opening for the color guard to walk through.
- ☆ *"COLOR GUARD, ATTENTION."* The color guard (in pairs), led by the color bearer, are standing in formation facing the flagpole but now will stand at attention.
- ☆ *"COLOR GUARD, ADVANCE."* The color guard walks up to the flagpole and stops.
- ☆ *"GIRL SCOUTS, PLEASE JOIN ME IN SINGING TAPS."*
The caller leads everyone in singing "Taps".
- ☆ *"COLOR GUARD, RETIRE THE COLORS."* The color bearer unfastens the rope attached to the flagpole and slowly lowers the flag. As this is happening, the color guard takes hold of the flag as it comes down so the flag does not touch the ground. The color bearer unfastens the flag from the flagpole rope, and then the color guard folds the flag – first in half lengthwise and then again. Once it is a quarter of its original width with stars on the outside, it is ready to be folded into small triangles. Fold the flag into a small triangle starting on the end with the stripes. Once the flag is folded into a triangle, the color guard will give the flag to the color bearer.
- ☆ *"COLOR GUARD, DISMISSED."* The color guard turns around and walks back to the place they started from.
- ☆ *"ARE THERE ANY ANNOUNCEMENTS?"* A troop leader or person with announcements can jump in and say what they need to.
- ☆ *"GIRL SCOUTS, DISMISSED."* The participants in the horseshoe will all process out.

Taps Lyrics

Day is done, gone the sun
From the lakes, from the hills,
from the skies
All is well, safely rest, God is nigh.
(When singing Taps, individual members may substitute wording appropriate to their own spiritual beliefs for the word "God")

◆ Discussion Questions

- ☆ Have you ever seen a flag ceremony performed before? Have you heard "Taps" sung anywhere before?
- ☆ How did you divide the roles up in your troop to perform the flag ceremony? Would you change the way you did it for next time?



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
		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	
Troop Camping	Trees	Sky	Water
Environmental Stewardship	Primitive Camper	Adventure Camper	Survival Camper
	Eco Trekker	Eco Explorer	Eco Advocate
Snow or Climbing Adventure	Slope Sliding II or Outdoor Climbing 1	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: customercare@gscnc.org or 202-237-1670
4301 Connecticut Ave NW, Suite M-2
Washington, DC 20008
- Camping Services Department: camp@gscnc.org

Main Patch Activity Checklist

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

Know Your Knots

- Activity #1** Make the Girl Scout Outdoor Skills Bracelet
- Activity #2** Learn how to tie a square knot and know when to use it
- Learn how to tie a lark's head knot and know when to use it
- Challenge Mode:** Tie a lark's head knot and a square knot with your eyes closed and time yourself with your eyes open to see how fast you can tie each knot

Outdoor Manners

- Activity #3** Create a presentation about the seven Leave No Trace principles
- Present your creation to a group of people
- Challenge Mode:** Teach the Leave No Trace principles to another troop
- Activity #4** Create a kaper chart for a troop meeting
- Create a kaper chart for an overnight camping trip at a Nation's Capital camp

Be Prepared

- Activity #5** Play flashlight hide and go seek
- Play hide and go sound
- Challenge Mode:** Play hide and go "outdoor sound"
- Activity #6** Learn how to create your own sleeping system for camping
- Have a bedroll relay race OR a timed bedroll rolling competition

Outdoor Tools

- Activity #7** Learn about the parts of a sit-upon
- Make your own sit-upon
- Challenge Mode:** Make a sit-upon entirely out of recycled or reused items
- Activity #8** Learn jack knife safety rules and sign the jack knife safety pledge
- Make a cardboard jack knife
- Practice opening, closing, using, and passing your cardboard jack knife safely with lipstick

Fire Building

- Activity #9** Learn campfire safety rules and create a presentation about campfire safety
- Learn the differences between tinder, kindling, and fuel
- Present your creation to a group of people
- Activity #10** Make your own fire taffy fire starter
- Challenge Mode:** Find another way to make a fire starter, and make one.

Main Patch Activity Checklist

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

Outdoor Cooking

- Activity #11** Learn about meal preparation in the outdoors
 Make at least one no-cook meal
- Activity #12** Make an edible fire
 Challenge Mode: Lead another troop in the edible fire activity

Stay Safe

- Activity #13** Create a troop first aid kit
 Ask someone who is first aid certified to show you how to perform basic first aid and use each of the items in your troop first aid kit.
 Challenge Mode: Create your own personal first aid kit for a hike that could fit in a small daypack.
- Activity #14** Learn about the buddy system
 Play Buddy Tag

Find Your Way

- Activity #15** Figure out how far each Nation's Capital camp is from your troop meeting location or home (distance) and how long it would take you to get there (travel time)
 Create your own map, drawing, or art piece that shows your troop meeting location or home and the distance or travel time for at least two camps
 Challenge Mode: Find out what time you would have to leave to get to the closest camp to you during a day in the winter so that you had at least one hour of daylight left when you got to camp.
- Activity #16** Learn the four basic cardinal directions
 Learn how to use a compass

Girl Scout Traditions

- Activity #17** Learn two new graces and say one of them before eating a snack
 Learn two new Girl Scout songs and sing them
 Challenge Mode: Sing Make New Friends in a round
- Activity #18** Perform a Girl Scout flag ceremony
 Learn to sing "Taps"