



Girl Scout Council of the Nation's Capital
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 Martinsburg, WV 25404
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B226

**APPLICATION FOR
 226 BACKPACKING
 REQUALIFICATION OR TRANSFER OF QUALIFICATION**

In the Girl Scout Council of Nation's Capital, Outdoor Camping skills must be requalified every three years. Your application must be sent by email, mail or fax to the Martinsburg Office, Attn: Adult Volunteer Development. If you have any questions, please contact the Adult Volunteer Development Specialist at proush@gscnc.org or by calling (304) 263-8833. YOU MUST be as specific as possible with dates and locations and YOU MUST submit a copy of your training card.

Do you qualify to take a 226 Requalification Skills Test?

To qualify:

- You have taken 260 Backpacking course not more than three years ago (a grace period of 6 months past expiration is allowed, but you may not act in the capacity of Camp Qualified person during the grace period).

OR

- You have equivalent and CURRENT (within past three years) camp qualification gained with another youth group or council but have not taken outdoor training in this council.

****Scout training as a youth, extensive backcountry experience with family, or informal camping with youth does not qualify you to take 226.****

If you meet these

A 226 Requalification course will requalify you for 260 Backpacking.

If you are transferring from another youth group or council, before taking 226 you must take

****101 Basic Leadership Training**

Please type or print in black ink. Illegible applications may be returned to you.

1. PERSONAL INFORMATION

NAME: _____ ASSOC./S.U.: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____ :

E-MAIL ADDRESS: _____

PHONE HOME () _____ WORK () _____

Best time to reach me: _____

2. PREVIOUS CAMPING QUALIFICATION (Outdoor Courses, only)

(No longer limited to most recent courses; continue on back if necessary)

Course Name (GSCNC)/ Course Description (non-GSCNC)	Date	Trainer
** 101 or 100A/B Basic Leadership (Prerequisite)		

3. TROOP/GIRL SCOUT GROUP CAMPING

Please indicate the approximate number and approximate dates of experiences you have participated in WITH A TROOP OR GIRL SCOUT GROUP ONLY during the last 3 years.

Type of Outdoor Experience	Place	Date(s)
<p style="text-align: center;">TENT CAMPING,</p> <hr style="width: 25%; margin: auto;"/> <p style="text-align: center;">NON-PRIMITIVE SITE</p>		
<p style="text-align: center;">PRIMITIVE / LIGHTWEIGHT</p> <p style="text-align: center;">CAMPING</p> <p style="text-align: center;">(SITE LESS THAN 2 MILES FROM CARS)</p>		

Type of Outdoor Experience	Place	Date(s)
BACKPACKING / TREKKING		
JAMBOREE / CAMPOREE		
ADDITION CAMPING EXPERIENCES		

4. OUTDOOR SKILLS

(Please check the appropriate box(es) for your level)

SKILL AREA	CAN DO THIS	CAN TEACH GIRLS	HAVE DONE IN LAST 3 YEARS	NEED REVIEW	CAN SHARE TEACHING TECHNIQUE
1. Selecting boots for hiking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Selecting backpack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Lightweight packing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Sleep system based on pack weight & weather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Selecting/layering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Nutritional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Food drop-off or mailing for extended hikes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Caching food and garbage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Advanced stick cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Vagabond Stove	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Tripod and chain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Sterno stoves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Butane/propane backpacking stove	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. OUTDOOR SKILLS (Continued)
(Please check the appropriate box(es) for your level)

SKILL AREA	CAN DO THIS	CAN TEACH GIRLS	HAVE DONE IN LAST 3 YEARS	NEED REVIEW	CAN SHARE TEACHING TECHNIQUE
14. Low-impact camping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Choosing/setting up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Primitive site	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Lashing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Digging and screening a latrine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Following compass directions in the field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Plotting compass readings on topographical map	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Parental permissions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Camping application	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Equipment rental	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Insurance forms and procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Health and safety issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Emergency procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Troop event packets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Campsite security and safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Transportation safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Outdoor-certified adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. First aider responsibilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Girl-Adult planning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Physical preparation for longer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. Camping with girls or adults with needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. Pre-site Inspection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. Using "staying found" techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. Recycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. Water purification	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. Checking the weather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. OUTDOOR SKILLS INVENTORY FOR CERTIFICATION AT LEVEL 226

SAFETY STANDARDS

a. What form or forms are required to camp at a non-council campsite?

b. What are the GSUSA/GSCNC High Adventure Activities requirements? What source would you use to determine whether an activity is High Adventure?

c. Describe the arrangements made when males are camping with a troop.

d. Explain how to handle other campers near your site.

e. When planning for an extended trip, you may not be able to do a pre-hike inspection. How would you handle this?

e. If someone is injured such that he/she cannot walk, how should the situation be handled?

2. BOOTS

Explain how to select the correct boots for the hiking terrain.

3. BACKPACKS

List the different types of backpacks, along with the benefits and negative aspects of each. Explain how to ensure that the pack fits properly.

4. STOVES

List fuels that may be used in stoves in this council. List benefits and negative aspects of each, particularly with regard to pack weight and cooking methods used in backpacking.

6. ORIENTEERING

a. What compass skills or games can you teach?

b. On a topographical map:

1. What do contour lines represent?

2. How do you know the difference in distance between contour lines?

3. What do these 5 colors on a Topo map mean:

COLOR	MEANING
Green	
White	
Blue	
Brown	
Red	

c. If you are facing South, looking at a map with North at the top, how would you orient the map?

7. COOKING

List 4 different types of foods that might be brought on a backpacking trips and the benefits and negative aspects of each, particularly with regard to pack weight.

8. GIRL-ADULT PARTNERSHIP

How do you determine when girls are ready for a backpacking experience?