Explore Camp Patch Program

Camp Brighton Woods Patch Activities

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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 must complete the Explore Camp Main Patch first before beginning any of the eight individual camp patches, each of which focuses 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 but does not have to be completed at camp. Otherwise, you must complete all activities at camp, and activities may be completed in any order. Refer to page 17 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 16 for web links and other helpful resources.

✦ Volunteers interested in learning how to deliver main patch activities in a virtual format can visit gsLearn and navigate to the content library. From there, click the learning path titled "204 Optional Enrichment Training: Virtual" and find the course titled "Explore Camp Main Patch Live Webinar" to register for a session.

✦ 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 16 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 15.
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About Camp Brighton Woods

Camp Brighton Woods is located in Brookeville, Maryland, which was founded in 1808 by the Quaker Society of Friends. Members of this culture were commonly known as Quakers or Friends and lived by a strict set of rules. Quakers believed everyone was equal, valued kindness and charity, and were welcoming to outsiders. They avoided extravagance, and were pacifists, which means they banned support of war in any way. The Quaker community was a safe haven for those needing shelter from war and persecution.

Brookeville’s other claim to fame is that on August 26th, 1814, it was the “United States Capital for a day.” In August 1814, Washington, D.C. residents fled to Brookeville as the British army set fire to the capital. Brookeville’s homes, yards, and streets were filled with refugees trying to escape the war of 1812, including fourth President of the United States, James Madison! President Madison only stayed overnight, but his presence created a stir of excitement among refugees and residents alike.

Brookeville and the neighboring Sandy Spring Quaker community were one of the first in the country to actively campaign against slavery and worked hard to create a safe environment for freed people who had been enslaved. Community groups provided education, job training, legal advice, and more for freed African Americans. By the early 1800’s, a thriving African American community had formed in the Sandy Spring/Brookeville area. Sandy Spring became a major stop on the Underground Railroad, where residents assisted people who had escaped slavery by helping them go north to free states.

Today, if you’re visiting Camp Brighton Woods, you can head over to the nearby Woodlawn Manor Cultural Park, and walk on the Underground Railroad Experience Trail. While not a stop on the Underground Railroad, Camp Brighton Woods also provides a safe, and welcoming environment for visitors. Since 1958, thousands of Girl Scouts have explored the camp’s 60 acres. If you need an escape, you’ll find it at camp – either with your troop from September to May, or at a summer day camp: Brighton Woods Day Camp or Sweet Little Vacation Day Camp!
Outdoor Skill Activities (choose 1) – Find Your Way

Activity # 1 – Trail Sign Adventure

Have you ever seen signs on a road or highway? They might say or show pictures that mean stop, go, turn left, turn right, slow down, or curves ahead. Roadway signs help you get to where you want to go safely. That’s the way trail signs work, too. **Design and go on a trail adventure using trail signs.**

- **Supply List**
  - You will need trail sign images (see sidebar that can be cut out and used as a bookmark) for each group and items that can be used to make trail signs such as sticks, rocks, pencils, etc.

- **Trail Sign Adventure**
  - Go over each of the trail signs with the large group and make examples of each trail sign using the gathered supplies.
  - Divide into small groups and have each group create a trail around (or inside) your campsite or in the large field between Brighton Lodge and Meadowsipe Lodge, using the gathered materials and trail signs.
  - After the groups complete their trails, have each group switch with another group and follow the other group’s trail.
  - You can have groups continue to make new trails, or swap trails until everyone has tried each trail.
  - Remember to Leave No Trace! On the last round, ask girls to pick up the trail markers as they reach each one. Use the sticks as kindling for your campfire and put the rocks back where you collected them from.

- **Challenge Mode:** Teach another troop about trail signs and help them design their own trail adventure.

- **Discussion Questions**
  - What signs were the easiest to make and follow?
  - Why and when do you think trail signs are useful?
Outdoor Skill Activities (choose 1) – Find Your Way

Activity #2 – Orienteering Basics

Orienteering is the sport of land navigation. Girl Scouts have placed orienteering and letterboxing courses at Camp Brighton Woods, as you’ll see in the Orienteering Hike activity. But before you try one of the courses, figuring out your pace length and designing your own course is a great way to get started.

Calculate your pace length, design a basic compass course, and navigate your way through another group’s compass course.

◆ Supply List

☆ You will need a measuring tape, paper, pencils, one compass per pair or small group, and an open area (try the meadow between Brighton Lodge and Meadowside Lodge).
☆ If you’re doing the Challenge Mode, you will need a compass, a copy of the Brighton Woods map, a piece of paper, and a pencil.

◆ Calculating Your Pace Length – Metered Step

☆ Knowing the length of your paces is one way you can estimate the distance you’ve traveled or the width or height of large objects such as trees, rivers, roads, or cliffs. Pace is the distance you walk every time you put the same foot down – 2 steps = 1 pace.
☆ Start by measuring a distance of at least 100 feet (30.5 meters) in a straight line.
☆ Walk the length of the distance at a normal gait (the normal way you walk). Count each time your right or left foot (but not both) hits the ground. For example, starting on your right foot means you count every time your left foot hits the ground. Note the number on your paper.
☆ For a more accurate count, repeat this 3-4 times, noting your number of steps each trip, and find out the mean pace number by adding all the step numbers up and then dividing it by the number of trips you took.
☆ The length of the distance divided by the number of paces is the number of feet in your pace. Once you have your mean pace number or your pace number if you just took one trip of 100 feet, divide 100 by your pace number to find the number of feet in your pace.
☆ You may want to do some extra math to figure out how many steps equal shorter distances. For example, 10 feet (100/10 = 10; 40/10 = 4), 15 feet (100/15 = 6.5; 40/15 = 2.5)
☆ For an approximate length of meters from feet, divide the number of feet by 3.281.

**Example:**

My left foot touched the ground 20 times walking 100 ft.

```
100 Feet
÷ 20 Paces
———
5 feet
```

**Pace Length**

20 Paces = 100 feet
1 Pace = 5 feet or 1.5 meters
Design Your Own Compass Course

☆ Review the cardinal directions and basic compass skills from the Explore Camp Main Patch. Then, split up into 2-4 smaller groups and have each group design a compass course around your campsite or on the sports field for another group to follow.

☆ Use a pencil, stick, larger rock or other easy to find item to start your course.

☆ Map out your course from your starting point. Make sure to write down the instructions clearly so that another group can follow your course. It’s up to you which shape you use for the course, but it should have at least three points.

☆ For a beginner course, you can use only cardinal directions. Example instructions: walk 10 feet North, walk 30 feet West, walk 15 feet South.

☆ For a more challenging course, you could use compass degrees. Example instructions: walk 80 feet along a bearing of 90°, walk 30 feet along a bearing of 0°, walk 56 feet along a bearing of 225°.

☆ For a triangle course, add in landmarks! Triangle courses should have the last instruction take you back to your starting point. Example instructions: set a bearing for north (0°/360°), find a landmark that falls along it, and walk 50 feet toward the object; set a bearing of 120° on your compass and find another landmark that falls along it. Walk another 50 feet; set a bearing of 240° on your compass, sight a landmark, and walk another 50 feet. You should be back at your starting point.

☆ After each group has set their course, swap instructions with another group and follow their course. Repeat as many times as you’d like!

Challenge Mode: Create your own orienteering map.

☆ Determine what area you are going to use to make your map. Is it your campsite, a few sites, a favorite trail, or the whole camp? Mark your starting point on your piece of paper. You can use the Camp Brighton Woods map to help you in creating your orienteering map.

☆ Determine your next location, write down the bearing, and walk to it, counting your paces. Record the total number of paces and mark the distance in feet or meters.

☆ Draw in landmarks, buildings, and roads as you go. Continue doing this until your entire area is mapped out.

☆ Finish the map by adding a title, legend grid, compass, and scale.

☆ Hand your map off to a fellow Girl Scout to see if they can follow it.

Discussion Questions

☆ Was it easier or harder to make the course or follow someone else’s course?

☆ How could being familiar with your pace length and following a compass course be helpful while hiking?
Hike – Orienteering Hike

Brighton Woods has lots of different orienteering adventures to try out! Girl Scouts from SU 37-1 designed the letterboxing course during their 2018 spring encampment, and there is also an orienteering course to follow. **Test your orienteering skills by following Brighton Woods’ letterboxing course or orienteering course.**

**Supply List**
- You will need directions for the course that you’re following (links provided below). For letterboxing, you’ll need stamp and ink pads (one per troop or per small group), pens, letterboxing journals or paper. For orienteering, you’ll need one compass per small group and a printed map of Camp Brighton Woods.
- If you’re doing the Challenge Mode, you will need directions for the Compass Game (link provided below), one compass per small group, a printed map of Camp Brighton Woods. Other supplies vary based on your game/activity and may include cones, colored paper, flagging tape, measuring tape, etc.

**Orienteering & Letterboxing Course Directions**
- Letterboxing Course by Girl Scouts from Service Unit 37-1: [https://bit.ly/3h95eG8](https://bit.ly/3h95eG8)
- Orienteering Course by Gold Award Girl Scout Kate: [https://bit.ly/2Ebl17x](https://bit.ly/2Ebl17x)
- Brighton Woods Compass Game: (also see the last page of the orienteering packet) [http://www.ngsd.k12.wi.us/common/pages/DisplayFile.aspx?itemId=2998527](http://www.ngsd.k12.wi.us/common/pages/DisplayFile.aspx?itemId=2998527)

**Challenge Mode**: Follow the orienteering course, letterboxing course, and play the compass games.

**Discussion Questions**
- What was the most interesting thing you saw on your hike as you traveled the course?
- If you could change one thing about the course you followed, what would it be, and why? Or, how would you do it differently?
Nature/STEM Activity – Sun Compass

If you are out and about and don’t have a compass or GPS with you, but want to know your cardinal directions, you can use the sun to help you find your way! The sun was one of the first and most reliable navigational methods. A sun compass can be made from just rocks, sticks, and the sun! The sun rises in the east and sets in the west. Using a stick, you can follow the sun’s shadow as it moves across the sky to find your east and west points, then north and south. Make your own sun compass and find the location of the four cardinal directions.

◆ Supply List

☆ You will need 1 straight stick about 2-3 feet long, 2 smaller straight sticks at least 6 inches long, 3 or more rocks, pebbles, or smaller sticks. If you’re doing the Challenge Mode, you will need an analog wristwatch.

◆ Making a Sun Compass

☆ Step 1: Find a level, shadow free area and push the straight stick (2-3 feet long) into the ground.
☆ Step 2: Find the end of the stick’s shadow on the ground and mark the tip with a small rock or pebble, or put a smaller stick in the ground.
☆ For the next few steps, try to wait 30 minutes to an hour before marking your shadow placements. It can be done in 10-15 minute breaks, but the longer period provides more accuracy.
☆ Step 3: Wait for the long stick’s shadow to move a few inches, then mark the new shadow tip with a small rock, pebble, or put a smaller stick in the ground.
☆ Step 4: Repeat for a third time, marking the tip of the shadow after it has moved.
☆ Step 5: After you have at least 3 rocks on the ground, use a skinny straight stick to “connect the dots.” Lay your stick down next to or over the rocks. This stick marks your east to west line, and its shadow will cast east to west in the AM and west to east in the PM. In the example image, you can see your first rock will be west, and the last rock will be east in the afternoon.
**Challenge Mode**: Use the sun and an analog wristwatch to help you find your way outdoors.

- With the watch face facing up towards you, lay the watch on the ground or turn your body until the watch’s hour hand points directly towards the sun.
- The midway point between the hour hand and the 12 o’clock point is south. To help you find it, draw an imaginary line (you can also use a stick, your finger or blade of grass) between the hour hand and the 12-hour mark. This line will be your north–south line. With north being the side pointing away from the sun, and south towards the sun.
- Two important things to note about this trick: it only works this way in the northern hemisphere, and your watch needs to have the correct time.
- If you’d like, use a compass to check how close you were at estimating North and South.

**Discussion Questions**

- What was the most difficult part of this activity? Why?
- In what situations would making a sun compass be helpful?
Special Activity – Navigate the Night

Just like the sun, the stars are always in the sky. Before compasses and modern-day navigation, many people used the stars to help them find their way. In fact, people trying to escape slavery used the North Star (Polaris) to navigate their way along the Underground Railroad to safety. Polaris doesn’t seem to move throughout the night, unlike other stars and constellations. Today, you can easily locate the cardinal directions by learning a few stars and constellations. **Using Night Navigation Cards 1 & 2, learn about constellations that can help you find the North Star, and practice using them to navigate at night.** To learn more about the night sky, check out the Space Science badges.

**Supplies**

- You will need Night Navigation Cards 1 & 2 found on the next few pages, a clear sky, and an open view of the night sky. If desired, you can also have a compass. If there isn’t a clear sky during your camping trip, you may complete this activity at another location/time for better sky viewing.
- If you’re doing the Challenge Mode, you will need the Night Navigation Cards 3 & 4 found on the next few pages, and a compass if desired.

**Night Navigation**

- Divide into 2 groups (or you can stay as a large group and complete the activity all together).
- Have each group read the stories on Night Navigation Cards 1 & 2 and use the cards to find Polaris. Swap cards between groups until all girls have the chance to read each card.
- Once everyone finds Polaris, follow it for a short distance to see where it leads. Use an optional compass to confirm the girls are right.

**Challenge Mode:** Use the moon and your hands to help you find your location at night using Night Navigation Cards 3 & 4.

**Discussion Questions**

- Was it easier to spot the Big Dipper or the Little Dipper?
- Is it easier to find Polaris after you find the Dippers or Cassiopeia?
**Night Navigation Card #1**

**Ursa Major and Ursa Minor** (the Big & Little Bear)

The constellations of Ursa Major and Ursa Minor are named after bears! Ursa Major means 'great bear' and Ursa Minor means 'smaller bear.' They are two of the oldest constellations and found close together in the night sky. It is hard to see the bear shapes, but easy to see the ladle shaped asterism inside the bears called the 'Big Dipper' and 'Little Dipper'!

**Why bears?** The Greek astronomer Ptolemy named them! Zeus, King of the Greek Gods, fell in love with Callisto, and they had a son named Arcas. This made Hera, Queen of the god upset, so she changed Callisto into a bear. One day, Arcas was in the forest and a bear tried to hug him! Surprised, he took aim with his bow -- He didn't know it was his mother! Zeus was watching and stopped Arcas. He explained who the bear was and Arcas wanted to stay with his mother. To keep them safe and together, Zeus turned Arcas into a baby bear, and swung them both by their tails, into the sky.

**The North Star (Polaris)** is at the end of the Little Dipper. If you find the Big Dipper first, use the 2 stars at the end of the ladle’s cup to point to the Little Dipper. Polaris is in the sky above the North Pole, and the stars in the northern hemisphere rotate around it all night. Have you heard the song, “Follow the Drinking Gourd?” The song is a map that enslaved people used to travel north to safety by following the Dippers pointing to Polaris!

**What’s an Asterism?** It is a pattern or group of stars that is easy to recognize. Orion’s belt is also an asterism!
Night Navigation Card #2

*Cassiopeia* (The Fallen Queen)

Cassiopeia is also one of the oldest constellations in the sky. Like the Big and Little Dipper, Cassiopeia also moves in a circle around Polaris throughout the night. The Main stars of Cassiopeia for a “W” shape in the sky and are easy to find. With a little imagination, you can see how they look like a queen on her throne.

**How did she get in the sky?** The constellation of Cassiopeia is named after a mythical queen from ancient Greece. She was the wife of King Cepheus and mother to Princess Andromeda. Cassiopeia thought she was the most beautiful person in the world, even prettier than the gods. This made Poseidon, god of the sea and brother to Zeus, very angry. When Cassiopeia wouldn’t take it back, Poseidon and Zeus sent her into the sky as punishment for caring about nothing but her looks.

**Finding the North Star (Polaris) -** Cassiopeia is also very helpful in finding the North Star. Cassiopeia is always on the opposite side of the North Star from the dippers. Also, high in the sky, she can be easy to find if you can’t see the Dippers. Once you find Cassiopeia, find the bend in the “W” shape that looks just like half of a “W.” The bottom point of the bend points toward Polaris and the Little Dipper.
**Night Navigation Card #3**  
**Measuring Angles & Finding Your Latitude**

Sailors also used Polaris to find their latitude by holding out their arms straight in front of them, and stretching their thumb all the way, with the tip on the horizon. The angle formed from the horizon to the North Star was their latitude. Moana uses this same skill while steering her outrigged canoe!

When measuring degrees in the sky, use your fist and fingers to help you find the closest measurement. Use the image to help you.

**How far apart are the Big and Little Dippers?**

**What is the latitude of Camp Brighton Woods?**

**How much bigger is the Big Dipper than the Small Dipper?**

**How wide is Cassiopeia?**

*What is Latitude?* It is the angular distance of a place north or south of the earth’s equator. Camp Brighton Woods’ latitude is 39°.

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**Night Navigation Card #4**  
**Moon Navigation**

The moon travels from East to West. If you watch the full moon travel across the sky you will have a general idea of East and West. But what do you do if it isn’t a full moon?

Use the points of the moon to and a straight stick (or your imagination!) to help you find South!

Use the stick to make a straight line the connects both points to the horizon (see image). Where the stick touches the horizon is roughly south!

Now, use your compass knowledge to determine the other 3 cardinal points. If you have a compass handy, double check that you are correct.
Commemorate & Reflect

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

- 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 camp 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 Brighton Woods, 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

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Resources for Girl Scout Volunteers

Information

◆ Girl Scouts Nation’s Capital: www.gscnc.org
◆ Explore Camp Patch Program: http://www.gscnc.org/explorecamp
◆ 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 Brighton Woods 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: Find Your Way
(choose one of the two activities)

**Activity #1: Trail Sign Adventure**
- ☐ Design and go on a trail adventure using trail signs.
- ☐ **Challenge Mode:** Teach another troop about trail signs and help them design their own trail adventure.

**OR**

**Activity #2: Orienteering Basics**
- ☐ Calculate your pace length, design a basic compass course, and navigate your way through another group’s compass course.
- ☐ **Challenge Mode:** Create your own orienteering map.

**Hike: Orienteering Hike**
- ☐ Test your orienteering skills by following Brighton Woods’ letterboxing course or orienteering course.
- ☐ **Challenge Mode:** Follow the orienteering course, letterboxing course, and play the compass games.

**Nature/STEM Activity: Sun Compass**
- ☐ Make your own sun compass and find the location of the four cardinal directions.
- ☐ **Challenge Mode:** Use the sun and an analog wristwatch to help you find your way outdoors.

**Special Activity: Navigating the Night**
- ☐ Using Night Navigation Cards 1 & 2, learn about constellations that can help you find the North Star, and practice using them to navigate at night.
- ☐ **Challenge Mode:** Use the moon and your hands to help you find your location at night using Night Navigation Cards 3 & 4.

**Commemorate and Reflect**
- ☐ Commemorate your visit to Camp Brighton Woods.
- ☐ **Challenge Mode:** Commemorate all your visits to each camp property in a similar way.