

Explore Camp Patch Program

Camp May Flather 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 must complete the Explore Camp Main Patch first before beginning any of the eight individual camp patches, each of which focus on one of the eight Nation's Capital camp properties. The last activity in each of the individual camp patches – Commemorate & Reflect – must be completed last 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 18 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 17 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 17 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 16.

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About Camp May Flather

Named after the woman who championed the camp's fundraising, Camp May Flather first opened its gates to campers in 1930. A year before, a primitive trail camp was held on-site, but the additional fundraising supported the construction of permanent buildings in time for the 1930 summer. Girls from the District of Columbia Girl Scout Council rode a train to camp, swam in the river, and did horseback riding! If you attended camp at this time, you would have received a packing list that included required items such as a camp uniform, beret, wool knickers, and oxford shoes; hand axes were optional. In 1947, the packing list was updated to include wooden clogs to wear to the pool. It was not until 1983 that Camp May Flather began to offer the high adventure programs which it is known for today. The first, called Sky High, focused on activities such as rock climbing and caving, which girls still experience every summer.

Since opening in 1930, Camp May Flather has been open every summer except for 1949 when a June flood forced the camp to close for the season, and 2020 when all Girl Scouts Nation's Capital camps closed due to the COVID-19 pandemic. In 1955, the District of Columbia Girl Scout Council desegregated the camp - four years before Virginia began to desegregate public schools. The next year, in 1956, the last unit Frontier, was built, adding to the camp's sleeping accommodations. During the 1960s, the United States Military used the camp location for training. Service members parachuted into the area around the Pioneer campsite and rappelled on the cliffs nearby.

Camp May Flather has also had a few notable guests! In August of 1930, First Lady Lou Henry Hoover visited the site. A Girl Scout herself, she donated money that helped to start the camp and was there for the dedication of the Shawnee Bridge. Just like the bridge, many of the original camp structures, including the Dining Hall and Stone Lodge, remain and are in use today. When you visit Camp May Flather, you can't help but connect with the magic and memories of past Girl Scouts and experience all of the camp's history, beauty, and rustic charm.

Outdoor Skill Activities: Stay Safe (choose one)

Activity #1 – Emergency Scenario

Going on a hike on one of the beautiful trails around Camp May Flather can be a lot of fun. But what would you do if someone got hurt? **Learn basic wilderness first aid skills by working through an emergency hiking scenario.**

🌿 Supply List

- ☆ You will need your troop first aid kit, one set of activity cards per small group, one bandage roll per small group (3-5 girls), a roll of paracord or additional bandage roll per small group, and access to sticks, bark, and other natural materials. Girls are also welcome to use any bandanas or jackets they may have with them.
- ☆ Your troop first aider should be present for and help to supervise this activity.

🌿 Activity Instructions

- ☆ There are seven phases to this emergency scenario listed in activity cards below. Each phase has text for the girls to read, listed as *SCENARIO* and then instructions for what to do, listed as *ACTION*.
- ☆ We recommend that you print out enough activity cards per small group and then give each group the next activity card after they fully complete a phase.
- ☆ Phase 1 should be completed as a whole group, but Phases 2-6 should be completed in small groups of 3-5. After all small groups have finished phases 2-6, come together as a whole group to complete the discussion questions.
- ☆ Make sure to emphasize that this is not a race, and that each group will work through the activity at their own pace. There is no reward for finishing first.

- 🌿 **Challenge Mode:** Create a short skit for younger girls that describes what to do and what not to do in this emergency hiking scenario.

🌿 Discussion Questions

- ☆ How long did it take your group to work through all six phases? What was the most difficult part?
- ☆ If you were “May”, how did you feel during this activity?
- ☆ If this happened in real life, what might be different? Is there anything you would want to add to your troop first aid kit?

PHASE 1 – EXAMINE SUPPLIES | WHOLE GROUP ACTIVITY

SCENARIO: Your troop is hiking on the beautiful trails around camp May Flather. Everyone is having a great time, when out of nowhere, May (whose camp name happens to be Klutz) trips on a rock and screams out in pain. When they fell everyone heard a pop, and now May can’t put any weight on their ankle. It’s starting to turn a funny color and it looks like it’s swelling. You’re an hour away from camp and you have no cell phone service. What do you do?

ACTION: As a large group, read through the emergency scenario together. Then, examine the supplies of your troop first aid kit and discuss what supplies might be helpful in this situation. Be sure to ask your first aider if you have questions.

PHASE 2 – WRAP THE ANKLE | SMALL GROUP ACTIVITY

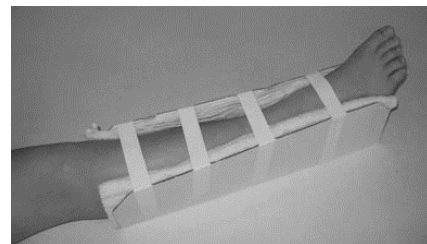
SCENARIO: We've found bandage rolls in our troop first aid kit. Wrap May's ankle to prevent it from swelling.

ACTION: Split into small groups of three to five girls. Each group needs to select one person to be "May", the one who has fallen and hurt their ankle. Each group gets at least one bandage roll, and paracord or an additional bandage roll. Under the supervision of your troop first aider, wrap May's ankle (starting from the toes to the lower part of the leg) with one bandage roll. Be sure not to wrap it too tightly or too loosely, and ask your troop first aider if you have questions.

PHASE 3 – SPLINT THE ANKLE | SMALL GROUP ACTIVITY

SCENARIO: Even with a wrapped ankle, May is still in pain and can't put any weight on it. Your troop first aider suggests making a splint for the ankle to prevent it from further injury and provide pain relief.

ACTION: Create a splint for May's ankle (see example picture). Wrap the lower leg (to just below the knee) with bandages or any soft material you have available for padding. Find sticks, dried bark, or other hard material to create the frame for the splint. Your goal is to stabilize the ankle, to stop it from moving around. Place the hard frame of the splint onto the sides of the ankle and leg. There should be padding between the hard frame and May's skin. Secure the splint with rope, paracord, or bandages. If you need help or have questions, ask your troop first aider.



PHASE 4 – GET BACK TO CAMP | SMALL GROUP ACTIVITY

SCENARIO: Your group has successfully splinted May's ankle and it's not hurting as much now. However, May still can't walk on it. How are you going to safely get May back to camp while preventing further injuries for May and others? One of your troop members suggests giving May a piggyback ride. What are the pros and cons of this method?

ACTION: Discuss the pros and cons of giving May a piggyback ride on the way back to camp with your small group.

PHASE 5: GET BACK TO CAMP – SECOND TRY | SMALL GROUP ACTIVITY

SCENARIO: Attempts at giving May a piggyback ride nearly resulted in another injury. Now your troop has decided to make a crutch for May using materials you find in the woods.

ACTION: Make May a crutch using natural materials. Find a sturdy stick with a fork or a "V" in it that is about 4 feet long. If May is very short or very tall, you may need to find a longer or shorter stick. Then, wrap the fork of the stick in a soft material to give it more padding. Secure the padding with rope, duct tape, paracord, or whatever you have on hand.

PHASE 6: BACK AT CAMP | SMALL GROUP ACTIVITY

SCENARIO: Your group and May have safely made it back to camp. An adult in your group can now access a vehicle and cell phone service. What do you do next?

ACTION: Discuss what to do next with your small group. What will you need to consider when making your decision. Some possible options include calling 911, taking May to the hospital or urgent care, or following RICE (rest, ice, compression, elevation) and reevaluating in a few hours.

Outdoor Skill Activities: Stay Safe (choose one)

Activity #2 – Safety Hazards

It's important to be aware of our surroundings, especially when we're outside or in an unfamiliar place. Taking the time to familiarize yourself with new surroundings can help you stay safe. **Find all the safety hazards in one area of camp.**

🍀 Supply List

- ☆ You will need one piece of paper, a writing utensil, and clipboards or something to write on for each pair or small group (2-3 girls), along with any creative supplies girls can use to create a presentation (poster, skit, song, etc.).

🍀 Searching for Safety Hazards

- ☆ Have the group split into buddy pairs or a truddy (a group of three girls).
- ☆ In the small groups, the girls should walk around the campsite or other designated area, making a list of all the safety hazards they can find. For example, they might notice that there is a tree root sticking up along a trail, and someone might trip on it.
- ☆ After five minutes, gather the whole group back together and have each small group share what hazards they found. Each small group gets a point for each unique safety hazard they found that other groups didn't notice. For example, if only one group noticed the root sticking up on the trail, then they get a point. If two groups noticed the root sticking up on the trail, neither group gets a point. Have one girl be the scribe and make a combined list of all the safety hazards they found.

🍀 Informing Others

- ☆ Split back into small groups and have each group pick a safety hazard. You could have the group that listed the most unique safety hazards pick first.
- ☆ Each small group should make a short presentation, such as a poster, skit, or a song, to warn others about their chosen safety hazard. The short presentation should describe the safety hazard and its consequences, along with how to prevent injuries and what to do if someone gets hurt because of the safety hazard.
- ☆ Once each group is finished, have them present their poster/skit/song to the whole group.

🍀 Challenge Mode: Complete the safety hazards search in both a unit at camp and a communal area of camp (singing benches, the green, etc.)

🍀 Discussion Questions

- ☆ What safety hazards were the most dangerous?
- ☆ Are there any safety hazards that we can eliminate? How?

Hike: Camp May Flather History Hike

Camp May Flather was started as a camp in 1930 and many original buildings like Stone Lodge and the Dining Hall are still standing and relatively unchanged. **Take the self-guided History Hike around camp to learn all about Camp May Flather's history.**

🌿 Supply List

- ☆ You will need at least one copy of the following to guide you on your hike: History Hike Cards, the Leader Guide, and the History Hike Map. Each person in your group will need a water bottle, comfortable clothing for taking a walk outside, and closed-toe shoes.

🌿 Be Prepared

- ☆ Before starting out, everyone should fill up their water bottle, take a bathroom break, and be dressed in closed-toe shoes and comfortable clothing for taking an outside walk.
- ☆ The hike starts at the Staff House and ends at the Dining Hall. The hike has thirteen stops, and you may split the hike up into smaller stretches if needed to best accommodate your group.
- ☆ Remember to be courteous and respectful to other groups and always ask permission before entering someone's campsite.

🌿 History Hike Information

- ☆ The history hike cards have instructions/a description and a question on one side, and then the other side has an answer to the question or a fun fact. You can print and cut out the cards to give to the girls to read at each stop. Make sure to cut on the solid lines and fold on the dotted lines.
- ☆ In an effort to conserve paper and ink, pictures of each stop on the hike are available in an online folder that anyone may access. To see these pictures of each stop on the hike, visit <https://bit.ly/CMFPhotos> and click the folder titled "Explore Camp Patch Program – May Flather". The cards reference painted seals in Stone Lodge (stop 10) and pictures inside the Dining Hall (stop 13). Photos of those seals and pictures are included in the online folder so you can share those with your troop if you are unable to go inside those buildings.

- 🌿 **Challenge Mode:** Lead another troop through the History Hike. You could even make it scavenger hunt style so that each card is placed at the stop before it.

🌿 Discussion Questions

- ☆ Did anything about the camp's history surprise you?
- ☆ What can we do to help preserve camp's history?

<p>Stop 1: Staff House</p> <p>Start your hike at the front of the Staff House. Look at the old stone pillars in front of the steps. What do you notice about them?</p>	<p>Stop 1: Staff House</p> <p>There's metal sticking out of one pillar. Originally, these pillars stood at the front entrance to camp and a gate stood between them. The metal piece is what's remaining of the gate.</p>
<p>Stop 2: Sherando Unit House</p> <p>Next, walk to the Sherando unit/troop house. Without going inside, there's something on the front porch that will tell you a little bit about the camp history. What can you find?</p>	<p>Stop 2: Sherando Unit House</p> <p>There's an old sign on the front of the troop house that says, "Gift of Mrs. H A Strong." Mrs H. A. Strong most likely donated money to help build camp. On the rest of the hike, keep an eye out for other signs that tell us about the history of Camp May Flather.</p>
<p>Stop 3: Shawnee/Hoover Bridge</p> <p>Walk to the Shawnee bridge. What does the sign say above the bench and what does it tell us about the history of the camp? How long has it been since this bridge was first dedicated?</p>	<p>Stop 3: Shawnee/Hoover Bridge</p> <p>First Lady Mrs. Lou Hoover dedicated the original bridge during her husband's 1929-1933 presidency. As First Lady, Lou Hoover was the honorary president of Girl Scouts, and she had been active in Girl Scouts since 1917. In 2005, the bridge was rededicated.</p> <p>Fun fact: Stop in the middle of the bridge and look to your right. In the early years of the camp, there was no pool. Girls would swim just upstream below the rock face, where there is a deep hole.</p>
<p>Stop 4A: Daggy Archery Range</p> <p>Once you cross the bridge, choose whether you go straight up the slight slope to the Daggy Archery Range, or if you go to the right and up the stairs to the Shawnee unit house. If you want, visit both locations!</p>	<p>Stop 4A: Daggy Archery Range</p> <p>The archery range is named after the Daggy family, who were local workers that helped build the camp. Jacob, Samuel, and Russel Daggy did all the original stonework and played a major part in building the camp. Through the years, members of the Daggy family have taken on the role of camp caretaker. Don and Tom Daggy are the most recent Daggy family members to be Camp May Flather caretakers. The range was relocated here in 2013 – it was previously near the staff house.</p>

<p>Stop 4B: Shawnee Unit House</p> <p>Once you cross the bridge, choose whether you go straight up the slight slope to the Daggy Archery Range, or if you go to the right and up the stairs to the Shawnee unit house. If you want, visit both locations!</p>	<p>Stop 4B: Shawnee Unit House</p> <p>The Shawnee unit house was originally the Council Member Cabin, which was built when the camp first opened. The rest of the unit was built in 1952. The sign on the unit house porch shows camp was originally owned by the Girl Scout Council of the District of Columbia, which is now Girl Scouts Nation's Capital. There's a trail that starts outside the unit house, and eventually connects to the Wild Oak Trail. Shawnee Native Americans used this trail, which went down Lookout Mountain, across the river, behind the dining hall, through Spotswood, and out to what's now the Wild Oak trailhead parking lot outside of camp.</p>
<p>Stop 5: Sinewa Stone Staircase</p> <p>Now go across the river again and head to the Sinewa unit. Once you get there, turn right. Find the mysterious stone staircase. What do you think it went to or was for?</p>	<p>Stop 5: Sinewa Stone Staircase</p> <p>The staircase doesn't really go anywhere besides a stage/platform at the top of the steps. It was used as a meeting place. <i>Fun fact: The Sinewa unit was originally called Shawnee Hill when the camp first opened.</i></p>
<p>Stop 6: View of Boone Chimney</p> <p>As you go back across the bridge, look to your right. Do you see a chimney? The chimney is in the challenge course, so don't go visit it without a trained challenge course facilitator. Why do you think there's a chimney there?</p>	<p>Stop 6: View of Boone Chimney</p> <p>The Boone Unit was washed away in a flood in June 1949. All that was left standing was the chimneys. The flood happened before campers arrived, but staff were stranded for several days after the flood. The camp was closed that summer due to damage from the flood, and the area has since become the challenge course. These days the adventure counselors that work the challenge course are called the Boone Squad.</p>
<p>Stop 7: Foley Ford</p> <p>Follow the road where it curves by the picnic table and stop. Carefully walk down to the river. Do you think people could drive across the river here?</p>	<p>Stop 7: Foley Ford</p> <p>In the right vehicles, yes! This spot is the Foley Ford and trucks can cross the river here to get to the Sinewa unit. Don't try it out though – caretakers only. The Foley Ford was part of an old road called the Dickey Log Road that went across the river before the camp was built.</p>

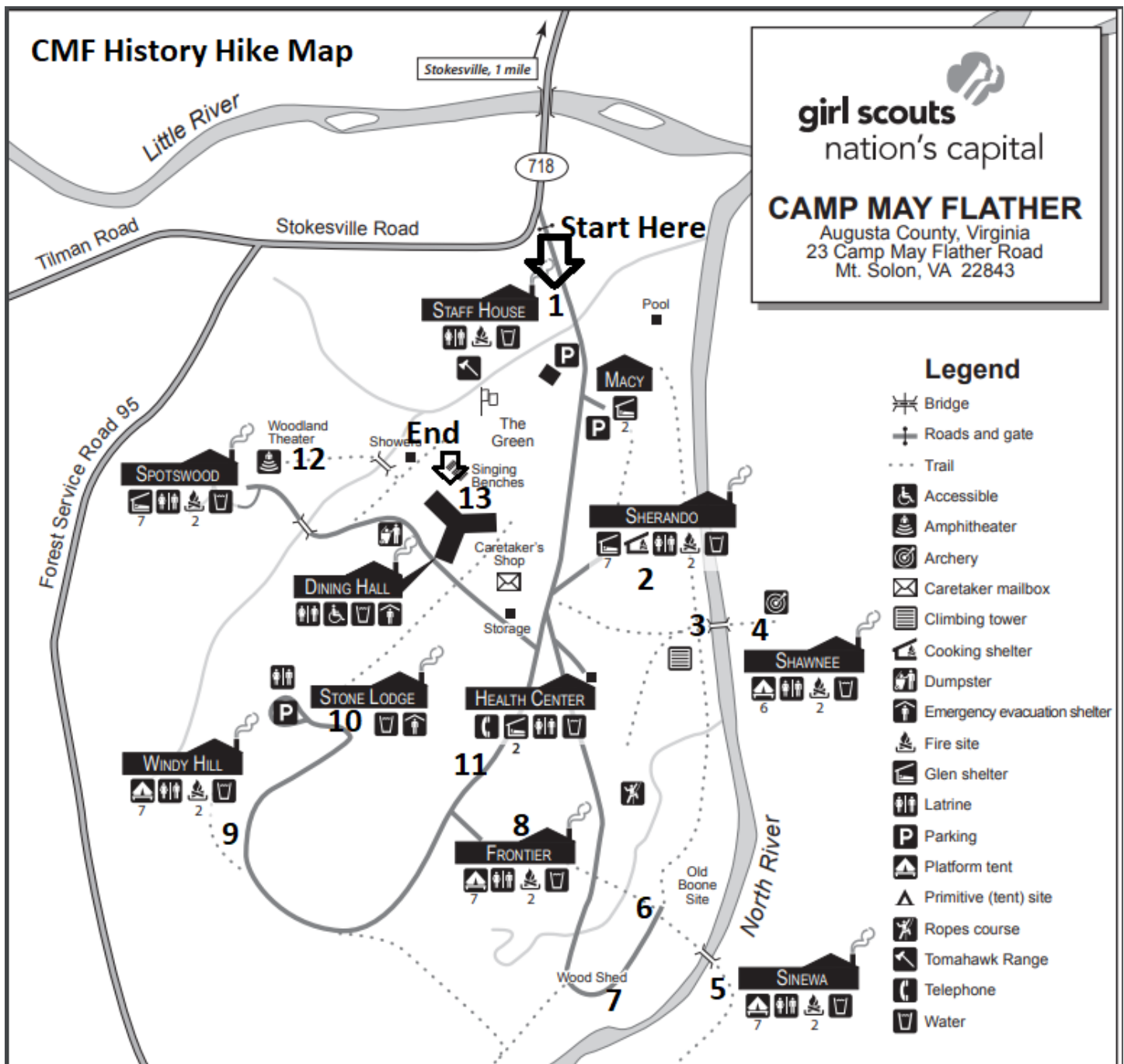
<p>Stop 8: Frontier</p> <p>Follow the road and cut through Frontier to get to the Windy Hill Road. Frontier was built around 1955. You're more than halfway through the hike, so grab a drink of water. Can you find the two water sources in Frontier?</p>	<p>Stop 8: Frontier</p> <p>Frontier has a washstand with running water and a spigot with running water. The spigot works all year, but the washstand water is turned off in the winter. Both the washstand and spigot water are safe to drink.</p>
<p>Stop 9: Windy Hill</p> <p>Head uphill on the Windy Hill Road. The Windy Hill Unit was built in 1954. How many fire circles does Windy Hill have?</p>	<p>Stop 9: Windy Hill</p> <p>Windy Hill has three fire circles. One is down by the unit house. It also has one of the few old outdoor grills left on camp.</p>
<p>Stop 10: Stone Lodge</p> <p>Walk to Stone Lodge. Stone Lodge was the last of the original buildings, it was completed around September of 1930. If you're able to go inside, what state seals are above the doors?</p>	<p>Stop 10: Stone Lodge</p> <p>The state seals include: Maryland, Delaware, Pennsylvania, DC, and Virginia.</p>
<p>Stop 11: Old Reservoir</p> <p>Make your way back down the Windy Hill road. Right after you pass Frontier, look to your left and up in the woods you'll see a pile of rocks. Do you think that pile of rocks is natural or was it made by humans?</p>	<p>Stop 11: Old Reservoir</p> <p>The pile of rocks was made by humans. In fact, it's the old reservoir that used to hold the camp water. Water was piped in from a spring just outside of camp. Concrete pillars (that can still be seen between Windy Hill and Frontier) supported the pipes until it got to the reservoir.</p>
<p>Stop 12: Amphitheater</p> <p>Continue down the road. Take a left and follow the road behind the dining hall to the amphitheater. As you enter the amphitheater, there's a sign that commemorates the Cheathams. What do you think they did for Camp May Flather to get a sign in the amphitheater?</p>	<p>Stop 12: Amphitheater</p> <p>The Cheathams were both highly involved in building the camp. Mrs. Cheatham led a group of ladies who chose the actual site, and Colonel Cheatham rode around on his horse overseeing construction.</p>

Stop 13: Dining Hall

Leave the amphitheater and head to the dining hall. The dining hall was the first building built in 1930. If you're able to go inside, take a look at the pictures above and around the fireplace. Do you know who those two women are?

Stop 13: Dining Hall

The two large pictures are of Juliette Gordon Lowe and May Flather. May Flather raised money to help build the camp, and the camp is name after her. Be sure to take a look at the other pictures around the fireplace too!



Nature/STEM Activity: Water Quality

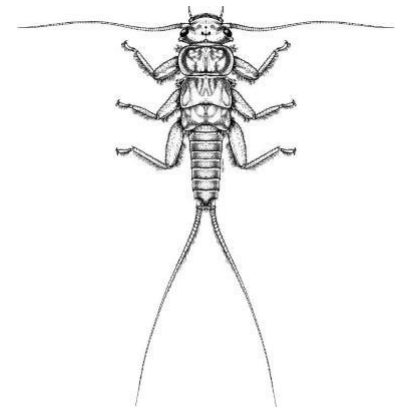
The North River, which is part of the Chesapeake Bay Watershed, runs through Camp May Flather and lots of other places. In fact, the water in the North River eventually travels to the Potomac River, where Camp Potomac Woods is located. Depending on where in the watershed a body of water is located, the water quality might be different. **Explore the water quality at camp by identifying macroinvertebrates or by purifying North River water for a taste test.**

Supply List

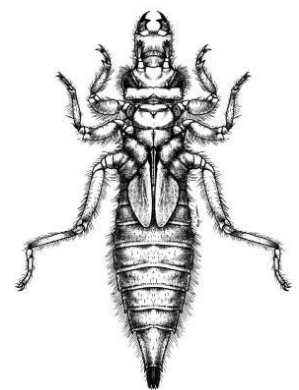
- ☆ For the Macroinvertebrate Identification, you will need a macroinvertebrate identification key, a writing utensil and paper to keep track of what you've found, and magnifying glasses to take a closer look at the creatures you find. This activity is best done in warmer weather and when the North River's water level is low.
- ☆ For the Water Purification, you will need two containers for water, a pot to boil water, a clean cloth to filter sediment out of the water, at least one volunteer (girl or adult) to taste the different types of purified water, and a bandanna or eye mask.

Macroinvertebrate Identification

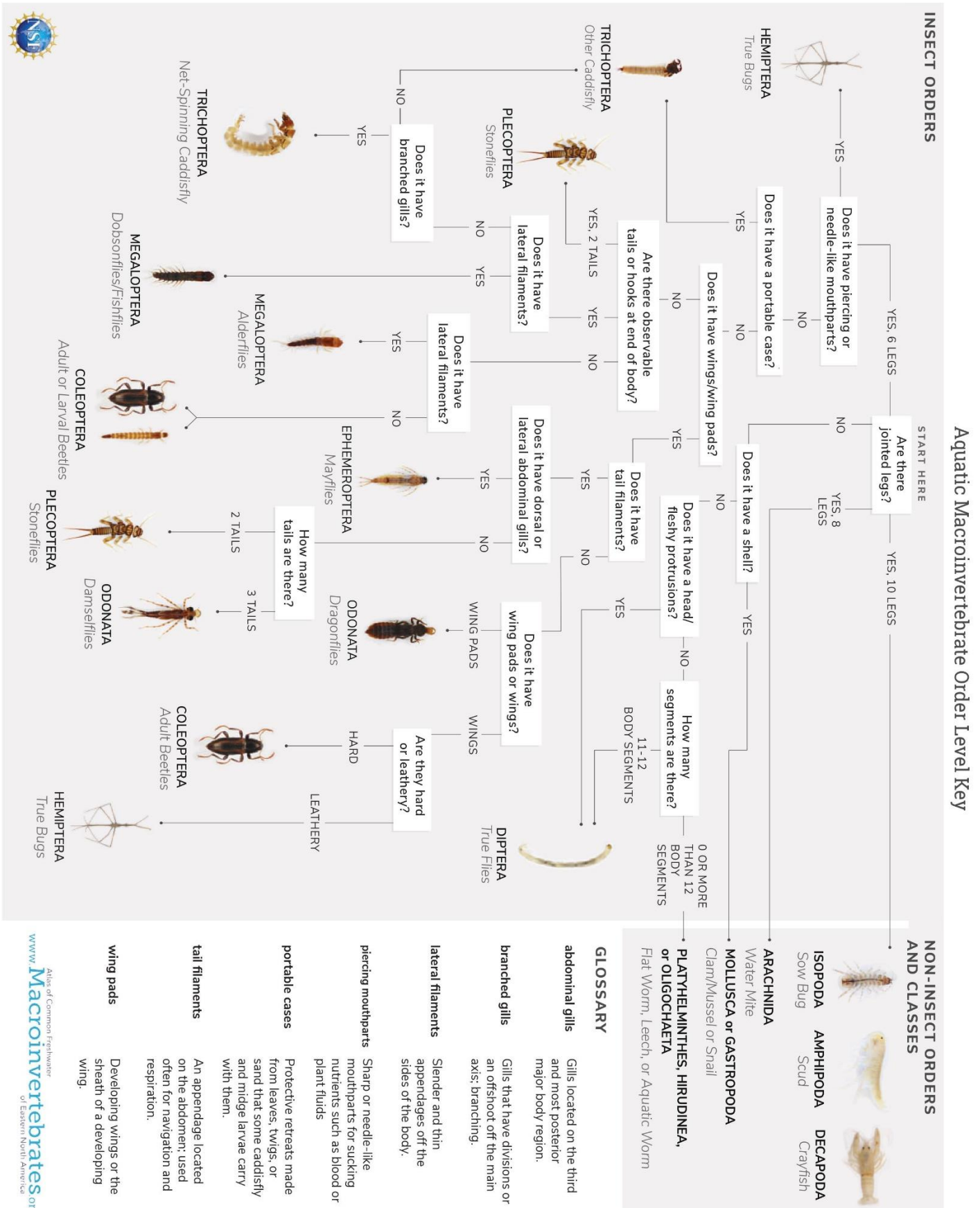
- ☆ Macroinvertebrates are creatures that don't have a spine and are large enough to be seen by the naked eye. Some examples of macroinvertebrates are stoneflies, water pennies, crayfish, damselfly, leeches, and aquatic worms.
- ☆ One cool fact about macroinvertebrates is that they are great indicators of a water source's health. This means the kind of macroinvertebrates you find in or near a stream can tell you how healthy the stream is. Some macroinvertebrates like stoneflies and water pennies are sensitive to pollution, and others like the crayfish and damselfly are only moderately sensitive to pollution. The macroinvertebrates that thrive in a polluted environment include leeches and aquatic worms. If you'd like to learn more about macroinvertebrates, check out the Camp May Flather Patch Resource Folder linked in Resources for Girl Scout Volunteers.
- ☆ Explore the North River by the Shawnee Bridge. If it's warm outside and the North River is at a low level, you'll be more likely to find macroinvertebrates and other creatures. Remember to Leave No Trace and do not touch or disturb any creatures you find – just observe them.
- ☆ Once you've found a creature, try your hand at identifying it by using the macroinvertebrate identification key found on National Science Foundation-funded www.macroinvertebrates.org. The key is pasted into the next page for your convenience. Keep a group tally using your writing utensil and paper to see how many different kinds of macroinvertebrates you can find.



Stonefly



Damselfly



🌿 Water Purification

- ☆ Did you know that you can't tell by taste, smell, or color if water is safe to drink? Water purification is the process of removing unsafe chemicals or biological contaminants. In short, it's the process of making water potable, or safe to drink. When you go primitive camping or backpacking where there's not a source of potable water, you'll need to purify your water before drinking it. Unpurified water can contain bacteria, viruses, and pesticides. For more information about water purification, check out the Camp May Flather Patch Resource Folder linked in Resources for Girl Scout Volunteers.
- ☆ Before you start, discuss with your group what water you think will taste the best. Will water from the tap or water purified by boiling taste best?
- ☆ Collect water from a faucet or hydrant at camp. Then, collect water from the North River. You should collect the water from the river in a spot where the water is moving, like above Sinewa. Strain the river water through a clean cloth into a clean container to remove sediment. Purify the water from the North Water by boiling it for at least one minute.
- ☆ Have one person use the bandanna or eye mask to cover their eyes. Then, have them taste both kinds of water and describe how each kind of water tastes. After tasting both samples, find out which water they prefer. If more people want to taste the water, do so and take a tally to see which type of water most people prefer.
- ☆ **Challenge Mode:** Take a fourth water sample from the spring up across the suspension bridge, purify it by boiling, and add it to your taste test. The spring used to provide water to camp when it was first opened, but now camp has a well and a modern water filtration system.

Path of the North River

- 🌿 The North River begins along the West Virginia and Virginia border and passes through the Staunton Reservoir and Elkhorn Lake before it gets to Camp May Flather.
- 🌿 After passing through camp, the North River goes through the town of Bridgewater and runs into the Shenandoah River
- 🌿 The Shenandoah River joins the Potomac River in Harper's Ferry, WV, where it passes Camp Potomac Woods
- 🌿 Then, the Potomac River eventually runs into the Chesapeake Bay.
- 🌿 The Chesapeake Bay opens into the Atlantic Ocean.

🌿 Discussion Questions

- ☆ Based on the macroinvertebrates you've observed, how much pollution do you think the North River has? Why?
- ☆ Based on the taste test, would you want to go primitive camping or backpacking in a place where you have to purify your own water? Why or why not?

Special Activity: Nature Reflection

American author Alice Walker once said “In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways and they’re still beautiful.” Nature provides a great opportunity to slow down and think or reflect. It can provide clarity on a problem or inspiration. **Take time to sit quietly in nature and create a piece of art focusing on how nature makes you feel.**

🌿 Supply List

- ☆ You will need the relevant art/writing supplies (paper, writing utensils, art supplies, camera), depending on which way you choose to express your nature reflection.

🌿 Nature Reflection

- ☆ Find a quiet place outside at camp where you can sit and be quiet for three minutes. Some good places to sit quietly around May Flather are the Stone Lodge porch, Shawnee unit house porch, the bridges over the North River, the amphitheater, or even take a hike to Eagle Rock or the suspension bridge. Sit quietly and far away enough from each other that you’re not going to be easily distracted by someone. If you have a large troop, this activity may best be completed in small groups.
- ☆ Sit quietly for three minutes and listen to the sounds and view the sights around you. The quieter you are, the more you’ll get out of this reflective time.

🌿 Express Yourself

- ☆ After sitting quietly for at least three minutes, write or create a piece of art focusing on how nature makes you feel. If you’d like, you can share your creation with the rest of your troop. Or, you can choose to keep your creation to yourself.

🌿 Challenge Mode: Sit quietly in two more places around camp before creating your art piece.

🌿 Discussion Questions

- ☆ How did you feel after quietly sitting in nature? Were you calmer or more relaxed?
- ☆ Did you enjoy quietly sitting in nature? Would you want to do it again?

Commemorate & Reflect

Now that you have experienced the wonders of Camp May Flather, it’s time to reflect on your time at camp. **Commemorate your visit to Camp May Flather.**

- 🌿 You could create a vision board, collage, art piece, compose a song or poem, or make a presentation to show to sister troops. The possibilities are endless!

- ☆ **Challenge Mode:** Commemorate all your visits to each camp property in a similar way. You could make a scrapbook, create a photo album, or paint blocks of wood. Whatever you do, create something that is part of a set - one for each camp.

🌿 Discussion Questions

- ☆ What is one new thing you learned while completing the activities for this camp patch?
- ☆ On your next visit to Camp May Flather, what would you want to do? Think about high adventure, hikes, units you would like to stay in, etc

Outdoor Badges by Girl Scout Level

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

Resources for Girl Scout Volunteers

Information

- 🌿 Camp May Flather Patch Resource Folder: <https://drive.google.com/drive/folders/1imiupb196b0wRpCaKJR50pMIO0y88y4j?usp=sharing>
- 🌿 Girl Scouts Nation's Capital: www.gscnc.org
- 🌿 Explore Camp: <http://www.gscnc.org/camp>
- 🌿 Troop Camping: <http://www.gscnc.org/en/camp/troop-camping.html>
- 🌿 Camping FAQs: <https://bit.ly/GSCNCCampFAQ>
- 🌿 About Our Camps: <http://www.gscnc.org/en/camp/troop-camping/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>
- 🌿 Leave No Trace: www.lnt.org
- 🌿 Macroinvertebrates: www.macroinvertebrates.org

Rentals and Reservations

- 🌿 Camping Equipment Rental: <http://gscnc.doubleknot.com/facilitysearch/3246>
- 🌿 Camp May Flather Reservations: <http://gscnc.doubleknot.com/facilitycalendar/3080>

Online Store

- 🌿 Girl Scouts Online Store: <https://www.girlscoutshop.com>
- 🌿 Nation's Capital Camp Patches: <https://www.girlscoutshop.com/NATIONS-CAPITAL-COUNCIL/NATIONS-CAPITAL-PRODUCT-LIST>

Council Contact

- 🌿 Camping Services Department: campingaa@gscnc.org or 202-534-3793
- 🌿 Girl Scouts Nation's Capital: customercare@gscnc.org or 202-237-1670
4301 Connecticut Ave NW, Suite M-2
Washington, DC 20008

Camp May Flather 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: Stay Safe

(choose one of the two activities)

Activity #1

- ☐ Learn basic wilderness first aid skills by working through an emergency hiking scenario.
- ☐ **Challenge Mode:** Create a short skit for younger girls that describes what to do and what not to do in this emergency hiking scenario.

OR

Activity #2

- ☐ Find all the safety hazards in one area of camp.
- ☐ **Challenge Mode:** Complete the safety hazards search in both a unit at camp and a communal area of camp.

Hike: Camp May Flather History Hike

- ☐ Take the self-guided History Hike around camp to learn all about Camp May Flather's history.
- ☐ **Challenge Mode:** Lead another troop through the History Hike.

Nature/STEM Activity: Water Quality

- ☐ Explore the water quality at camp by identifying macroinvertebrates or by purifying North River water for a taste test.
- ☐ **Challenge Mode:** Take a fourth water sample from the spring up across the suspension bridge, purify it by boiling, and add it to your taste test.

Special Activity: Nature Reflection

- ☐ Take time to sit quietly in nature and create a piece of art focusing on how nature makes you feel.
- ☐ **Challenge Mode:** Sit quietly in two more places around camp before creating your art piece.

Commemorate and Reflect

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