

# Explore Camp Patch Program

## Camp Potomac Woods 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 16 for an activity checklist that can be used to track each girl's progress.

### By completing this patch program, girls will:

- **Discover** the outdoors in their own backyard and at Nation's Capital camps while honing their eight basic outdoor skills and learning about Girl Scout traditions
- **Connect** with nature and the unique features of Nation's Capital camp properties

## Information for Girl Scout Volunteers

- Patches in the Explore Camp Program can be purchased at Girl Scouts Nation's Capital shops and online. See page 15 for web links and other helpful resources.
- 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 15 for links to upcoming trainings.
- If your Girl Scouts enjoyed the outdoor activities in this program, check out the outdoor badges named in the table on page 14.

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### About Camp Potomac Woods

Camp Potomac Woods is located on 101 acres of land in Leesburg, VA, right off the Potomac River. Potomac Woods has five lodges, eight glen shelter units, two combined lodge and glen shelter units, one primitive site, and one hammock primitive site. There are ranges for all three target sports, three trails, a knot-tying station, an amphitheater, singing benches, and fishing dock. During the summer, Potomac Woods becomes a sleepaway camp and hosts a day camp, Camp Tag-A-Long, in August.

The Manahoac Native Americans inhabited the area until the early 1700s, and archaeological clues such as a stone outcrop along Priscilla's Trail where arrowheads were chipped and a fish weir (fish trap) across the Potomac River at the mouth of Peace Creek are still present today. In the 1700s, Europeans violently forced out the Native Americans, claimed the Native Americans' land for their own, and established the colony of Virginia. In 1739, portions of the land (land grants) were sold to two rich white men in the colony who each operated their own nearby ferry businesses on the Potomac River. At that time, no bridges across the Potomac River had been built, so ferry businesses that transported people, wagons, and horses across the river via ferry boat were booming.

The last owners of the land before it was purchased by the Arlington Girl Scout Council (predecessor of Girl Scouts Nation's Capital) were Victor & Mary Lougheed in the 1930s. The couple purchased this property outside of Lucketts, Virginia for their home and Mr. Lougheed's workshop. Victor Lougheed's half-brothers founded the prominent aerospace company Lockheed-Martin, and Victor was an accomplished author, inventor, and engineer. Five years after Victor's untimely death in an automobile accident, on May 8, 1948, the widowed Mary Lougheed sold the property to the Arlington Girl Scout Council. A month later, on June 19, 1948, the Arlington Girl Scout Camp opened, but the name didn't stick. In 1949, the property was renamed to Camp Potomac Woods.

## Outdoor Skill Activities (choose 1) - Outdoor Cooking

### Activity #1 – Buddy Burner & Vagabond Stove

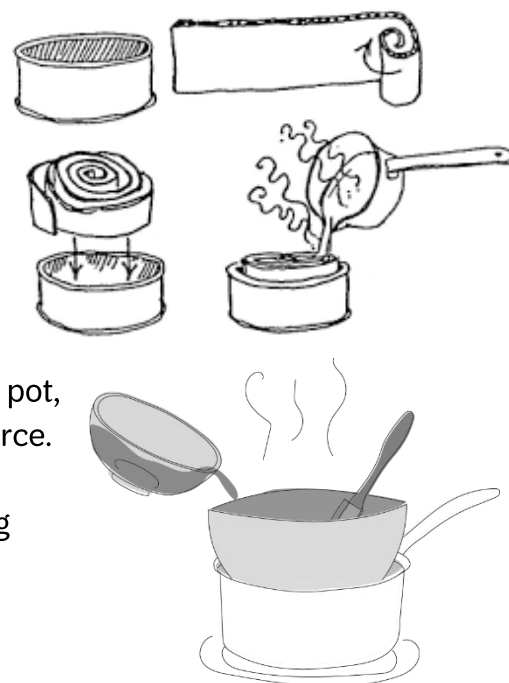
A great way to make individual meals is by using a buddy burner and vagabond stove. This fuel source (buddy burner) and cooking surface (vagabond stove) will last you a long time. This cooking method is self-contained and easy to carry so it makes for a great cooking method for primitive camping and backpacking trips. **Make a buddy burner and vagabond stove, and cook a meal using your newly made outdoor cooking method.**

#### Supply List

- ☆ To make your buddy burner, you will need one empty and cleaned out tuna/cat food can with the label removed per girl, plain corrugated cardboard (nothing printed on it), a candle wick for each girl, paraffin wax (NOT liquid paraffin), scissors, a heat-resistant glass or metal bowl to melt paraffin wax in, a medium cooking pot, water to boil, and a heat source (stove or campfire), and a brick/concrete block or another heat-resistant surface to place your buddy burner onto while it's in use.
- ☆ To make your vagabond stove, you will need an empty and cleaned out #10 tin can per girl, a permanent marker to mark your cuts on the tin can, tin snips or another tool strong enough to cut through tin, a punch-type can opener or other tool that will cut holes in tin, and work gloves so you can protect your hands when cutting tin. It's also good to have some sandpaper for metal so that you can smoothen the edges of your stove.

#### Making Your Buddy Burner

- ☆ Cut the cardboard into strips that are the same width as the height of the can. As you cut the strips, fit them into the can so there is a tightly-fitting spiral of cardboard. Once you have tightly fit your cardboard strips into the can, add a wick into the center of the can.
- ☆ Now you'll need to use a double boiler to melt your paraffin wax – this is where the bowl, cooking pot, and water come in. See the picture to the right for reference. Add water to your cooking pot, just one or two inches, and place it on your heat source. Add the paraffin wax to your heat-resistant glass or metal bowl, and place the bowl on top of the cooking pot. The water in the pot should not touch the metal bowl. Keep the pot on a low heat to slowly melt the paraffin wax.
- ☆ Once the wax is melted, very carefully pour it into the can, until it completely covers the cardboard. Let it cool for a few hours.

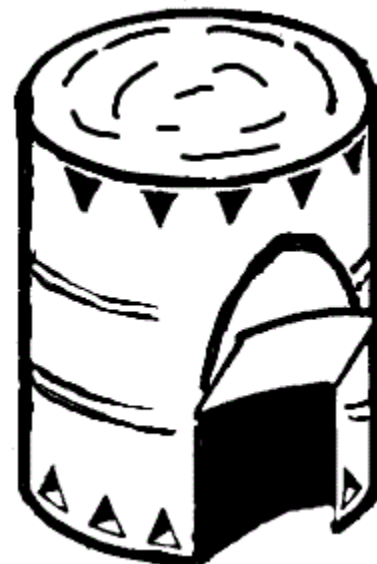




- ☆ Test out your buddy burner first by lighting the wick and seeing how long it burns. It should burn for at least an hour. When you need to refill your buddy burner, very carefully add small chunks of wax while the burner is lit and let them melt into the cardboard.

#### ✦ Making Your Vagabond Stove

- ☆ Before you start, be sure to put on the work gloves so you don't injure yourself while cutting the tin.
- ☆ The open end of the tin can will be used as the bottom of the stove, and the intact end will be used as the cooking surface.
- ☆ Starting at the open end, make an opening flap. You'll want to make this opening three inches wide. Mark where your opening will start and end, and then cut three inches up the can on both marks. After you've made the cuts, bend the flap out and up. If desired, use sandpaper designed for use on metal to smooth out the rough edges of the flap.
- ☆ Punch air holes into the side of the can near the top and the bottom, using the punch-type can opener or other tool. You'll want the holes near the top to be in line with each other, going all around the can (same goes for the bottom holes). These holes let the smoke and air escape and serve as a chimney.
- ☆ The first time you use your stove, be sure to let it heat up a bit, then use a paper towel to wipe the finish off the top.



#### ✦ Using the Buddy Burner & Vagabond Stove

- ☆ Place your buddy burner on a heat-resistant and level surface outdoors.
- ☆ Use a match to light the wick of the buddy burner.
- ☆ Pick up the vagabond stove using heat-resistant gloves and place it over the buddy burner.
- ☆ Cook your meal of choice.
- ☆ Extinguish your buddy burner by picking up the vagabond stove using heat-resistant gloves and putting it back down upside down on top of the buddy burner. Leave it there until the wax is cool and hardened.
- ☆ Remove the vagabond stove and allow it to cool. To clean the top of the vagabond stove, put on some cleaning gloves and scour it with a scouring pad.

#### Safety Tips

- ✦ Always use your buddy burner outside – the smoke from the buddy burner is very black.
- ✦ Always place your buddy burner on a flat, heat-resistant surface like a brick/concrete block before lighting it.
- ✦ Be careful when touching your buddy burner – let it cool after cooking and use heat resistant gloves to handle it.
- ✦ Never leave your buddy burner or vagabond stove unattended.
- ✦ Always have your cooking equipment nearby
- ✦ Never use water to put out your buddy burner's flame – always cut off the oxygen supply to the flame to extinguish it.

✿ Vagabond Stove Cooking & Recipes

- ☆ There are lots of different ways to cook on a vagabond stove – directly on the lid, using a small frying pan, wrapping your meal in foil and heating it up on the stove, heating a kettle of water for coffee or tea, or even putting another #10 can on top of your vagabond stove to create a small oven. Feel free to use one of the recipes below or another favorite recipe to cook on your vagabond stove.
- ☆ *Vagabond Breakfast Sandwich* – first cook strips of bacon, cut in half, then cook one egg using the grease from the bacon. After cooking the egg, discard the grease. Then, butter bread on one side and toast it on the stove (do the same for another piece of bread). Once everything has cooked, put your bacon and egg in the middle of your two pieces of toast and enjoy!
- ☆ *Vagabond Grilled Cheese* – Butter one side of a piece of bread and put the butter side down on the vagabond stove. Stack on two pieces of American cheese, and another piece of bread with one side buttered - side with butter facing out. Flip your sandwich over to toast the other buttered bread side. If you're feeling fancy, team up with a friend and have them use a saucepan to heat up tomato soup on their vagabond stove while you cook an additional grilled cheese sandwich.

✿ **Challenge Mode:** Invent your own vagabond stove recipe and try making it.

✿ Discussion Questions

- ☆ What was more difficult – actually making the vagabond stove and buddy burner or cooking with them?
- ☆ What's your favorite outdoor cooking method?

## Outdoor Skill Activities (choose 1) - Outdoor Cooking

### Activity #2 – One Pot Meal

Sometimes cooking a delicious campfire meal means you use lots of dishes, which means you have to spend more time cleaning up. Luckily, one-pot meals are a great way to use less dishes and spend more time having fun at camp. **Make a one pot meal of your choice over a campfire.** Note: the one pot recipes listed below are for your convenience and serve 6-8 people. If you'd like to make another kind of one pot meal or use a different recipe, go for it!

#### 🌿 Supply List

- ☆ You will need a campfire built underneath the grate in a fire circle, a large cooking pot about 4-6 quart size, the ingredients for your meal, and a spoon or spatula to stir your one pot meal. You may also need items such as a can opener or knives and a cutting board to chop ingredients.

#### 🌿 One Pot Spaghetti Recipe

- ☆ *Ingredients:* 4 pounds of ground beef or turkey, two 15 ounce can tomato sauce or diced tomatoes, 3 cups water, 1 packet of spaghetti seasoning (OR 2 teaspoons salt, ¼ teaspoon garlic powder, 2 tablespoons minced onion, 2 teaspoons basil), 1/2 pound uncooked spaghetti, and grated Parmesan cheese
- ☆ *Directions:* Cook the meat, then add all other ingredients except spaghetti and cheese. Bring to a boil and add spaghetti gradually. Then, cover and simmer for 20-30 minutes. Serve with Parmesan cheese and garlic bread.

#### 🌿 Camp Cheesy Chicken & Rice One Pot Recipe (Gluten Free)

- ☆ *Ingredients:* 4 tablespoons olive oil, 6 tablespoons butter, ½ cup diced onion, 2 large carrots, grated or diced small, 1 stalk celery, 2 pounds of pre-cooked chicken breast cut into bite-sized pieces, ¼ teaspoon of pepper, ¼ teaspoon salt, 1 teaspoon garlic powder, 4 cups of gluten free chicken broth, 1 ½ cup water, 2 cups of uncooked Jasmine rice, 1 cup shredded parmesan cheese (can add more for garnish). You can add more onion, carrots, or celery as preferred.
- ☆ *Directions:* Dice onion and celery; shred/dice carrots. Heat olive oil and 2 tablespoons of butter in the pot. Once the butter is melted and hot, stir in grated carrots, diced onion, and celery. Cook until soft and golden - about 8-10 minutes. Add the chicken, bay leaves, salt, and pepper. Cook for about 5 minutes, stirring occasionally, until the chicken begins to brown. Add chicken broth and water, then stir in the rice. Bring to a rolling boil, then reduce heat to low, cover and simmer for about 15 minutes until rice is fully cooked, stirring occasionally to prevent sticking and scorching. Monitor the amount of liquid in the pot while cooking, and add water or cook time as necessary. Remove from heat and quickly stir in remaining butter until fully incorporated. Stir in the parmesan cheese - it should be creamy. Add salt to taste and serve right away or leave the lid on to keep it warm until serving.

🍀 Vegan and Gluten Free One Pot Chili

- ☆ *Ingredients:* 1 tablespoon vegetable oil, 1 medium onion - diced, 2 garlic cloves - minced, salt and pepper to taste, 4-5 carrots - shredded or thinly sliced, 1 medium bell pepper - diced, 2 zucchini - shredded or thinly sliced, 1 tablespoon chili powder, 2 teaspoons cumin, 1 can kidney beans - drained, 1 can black beans - drained, 1 can chickpeas - drained, 1 ½ cups water, one 28 ounce can of diced tomatoes
- ☆ *Directions:* Heat the oil in a pot over medium heat until shimmering. Add the onions and garlic and season with salt and pepper. Cook, stirring occasionally, until the onions have softened, about 5 minutes. Add the carrots, bell pepper and zucchini to the pot. Add the cumin and chili powder and stir. Cook, stirring occasionally, about 5 minutes. Add the beans, water, and the entire can of diced tomatoes (with their juices) and stir to combine. Bring to a boil. Simmer until the vegetables are soft and the flavors have melded, about 15 minutes. Serve and garnish as desired.

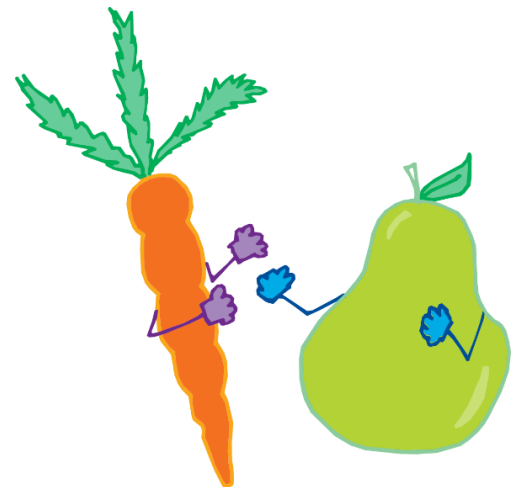
🍀 Vegan & Gluten Free Corn Chowder

- ☆ *Ingredients:* 1 can of sweet corn, 2 cans of creamed corn, 32 ounces of gluten free vegetable broth, 2 carrots - diced, 2 ribs of celery - diced, 1 small onion - diced, 2 ½ to 3 pounds of peeled potatoes, 1 tablespoon of coconut oil, 1 can of unsweetened coconut cream, 1 teaspoon of thyme, and salt and pepper to taste
- ☆ *Directions:* Peel the potatoes. Dice the carrots, celery, onion, and the peeled potatoes. Heat oil in the bottom of the pot and sauté the carrots, onion, and celery until tender, about 3-4 minutes. Add the vegetable broth and the diced/peeled potatoes. Cook until the potatoes are tender, about 8-10 minutes. Mash potatoes in the pot somewhat to thicken the chowder. Add the sweet corn and creamed corn and cook to heat through. Add thyme, coconut cream, and salt and pepper to taste, stirring to mix.

- 🍀 **Challenge Mode:** Plan out and cook all of your camping trip meals so that each meal uses a one-pot recipe for the main dish.

🍀 Discussion Questions

- ☆ What are some other ways we can use less dishes while cooking outdoors?
- ☆ What's another recipe you'd like to try in one-pot format?





## Hike: Mindfulness Hike

The Peace Creek Trail at Camp Potomac Woods is a great scenic trail that hosts the RiverWalk patch program. You can find the link to the RiverWalk patch program by visiting the link listed under Resources for Girl Scout Volunteers at the end of this document. The trail's location adjacent to the Peace Creek means you get to experience sounds and smells of the bubbling creek as it makes its way to the Potomac River. **Take a mindfulness hike on the Peace Creek using the hike cards.**

### ✿ Supply List

- ☆ You will need a printed copy of each hike card. You may also want to place each card in a plastic bag to protect it from the weather and clip it to a clipboard or have some sort of weight to hold it down and keep it in one place.

### ✿ Setting Up the Mindfulness Hike

- ☆ Space out the hiking cards on the Peace Creek Trail so that each one is at a distance from the next. A good rule of thumb is if you can see the next hike card from where you've placed a hike card, they should be further spaced apart. The idea is to have the hiking cards spread out far enough to give the feeling that each buddy pair is hiking by themselves. Have one adult in your group stationed at the end of the trail and another at the beginning sending pairs through. If you have younger girls, you may want additional adults stationed at different middle parts of the trail to ensure everyone gets through safely and is completing the activity correctly.

### ✿ Completing the Mindfulness Hike

- ☆ Let the girls know that the goal of this hike is to experience nature in a different, more mindful way than on a typical hike. Once all the adults are in place, send buddy pairs one at a time through the trail and tell them to stop and complete the activity on the card. After you see the pair walk away from the first hike card, wait a few seconds and then send the next pair.
- ☆ Girls should stay with their buddy throughout the whole hike, and encourage them to walk silently from card to card. If they come upon another buddy pair, they should keep their distance and wait until the pair disappears from view before continuing down the trail.

### ✿ Mindfulness Hike Cards

- ☆ See the next page for the Mindfulness Hike Cards.

### ✿ **Challenge Mode:** Instead of hiking with a buddy, complete the hike as an individual.

### ✿ Discussion Questions

- ☆ Did you enjoy this kind of hike? What did you like or dislike about it?
- ☆ Did you get to see, hear, or experience anything new by taking a more mindful hike?

<p><b><u>Mindfulness Hike Card #1</u></b></p> <p>Close your eyes and listen to the sounds around you. How many sounds do you hear? What do you hear? As you walk to the next card, see how quietly you can walk.</p>	<p><b><u>Mindfulness Hike Card #2</u></b></p> <p>Stand in one spot and slowly turn in a circle, looking around you. How many different colors can you spot? As you walk to the next card, try to find a new color.</p>
<p><b><u>Mindfulness Hike Card #3</u></b></p> <p>Stretch your arms all the way up to the sky and stand on the tips of your toes. Take a deep breath and imagine rooting yourself into the ground like a tree, plant, or flower. As you walk to the next card, imagine what it would feel like to be planted in one spot for your whole life.</p>	<p><b><u>Mindfulness Hike Card #4</u></b></p> <p>Look up and watch the trees. Is there a breeze moving the trees, branches, or leaves? Take a moment to feel the sensation of the breeze blowing on you. As you walk to the next card, think about how the breeze feels as it blows on you. If there's no breeze, imagine how it would feel.</p>
<p><b><u>Mindfulness Hike Card #5</u></b></p> <p>Stop and look around you. Find something that catches your attention and look more closely at it. Try to find a detail you may have missed when you first looked at it. As you walk to the next card, try to spot another small detail in a tree, leaf, or stick.</p>	<p><b><u>Mindfulness Hike Card #6</u></b></p> <p>How does the ground feel underneath you? Is it dry or muddy? Soft or tough? As you walk to the next card, notice how the ground feels underneath you and how it might change from step to step.</p>
<p><b><u>Mindfulness Hike Card #7</u></b></p> <p>Take three deep breaths in through your nose and out your mouth. What can you smell around you? As you walk to the next card, focus on taking deep breaths.</p>	<p><b><u>Mindfulness Hike Card #8</u></b></p> <p>Finish the hike by walking silently to the end of the trail and enjoying the sights, sounds, and smells of nature.</p>

## Nature/STEM Activity: Poison Ivy Tag

Poison ivy can be found in different places around Camp Potomac Woods as well as most other Girl Scouts Nation's Capital camps and in the DC, Maryland, Virginia, and West Virginia area. There's no need to worry, though – by learning more about what this plant is and how to identify it, you'll be prepared to enjoy the outdoors. **Learn about poison ivy by playing Poison Ivy Tag.**

### Supply List

- ☆ You won't need anything for this activity, but you'll need at least 4 or 5 people to play Poison Ivy Tag.

### About Poison Ivy

- ☆ Poison ivy leaves are solid green in summer but change to yellow/orange in the fall and red in the spring. They can have jagged or smooth edges, and comes in leaflets of three. Poison ivy can grow as a vine or shrub, and kill a tree by growing on it. Poison ivy vines can have a brown "hairy" appearance, and the stems can appear red. You might even see some white berries growing as a part of a poison ivy plant. See the next page for a full size illustration of poison ivy.
- ☆ Urushiol, the oil found on poison ivy leaves, is what causes the red, itchy, blistering rash. Even a brief brush of a poison ivy leaf can cause the urushiol to transfer onto your skin or clothing. The rash also might not show up for a day to three days after contact with urushiol. The rash itself isn't contagious, but urushiol will stay on your clothes and skin until they are washed.

### Play Poison Ivy Tag

- ☆ Pick a flat, open area to play Poison Ivy Tag. Choose one person to be Poison Ivy. The goal of these three players is to chase and try to tag everyone else. You can swap out the person playing Poison Ivy every so often.
- ☆ Everyone else should try to run away from Poison Ivy. If a player gets tagged, they should crouch/kneel down and say, "Leaflets three, let it be! Berries white, take flight! Hairy vine, no friend of mine!" while pretending to wash their hands. Once they finish saying those three rhymes, they are back in the game.

- 🍀 **Challenge Mode:** Teach someone else about poison ivy and play Poison Ivy Tag with them.

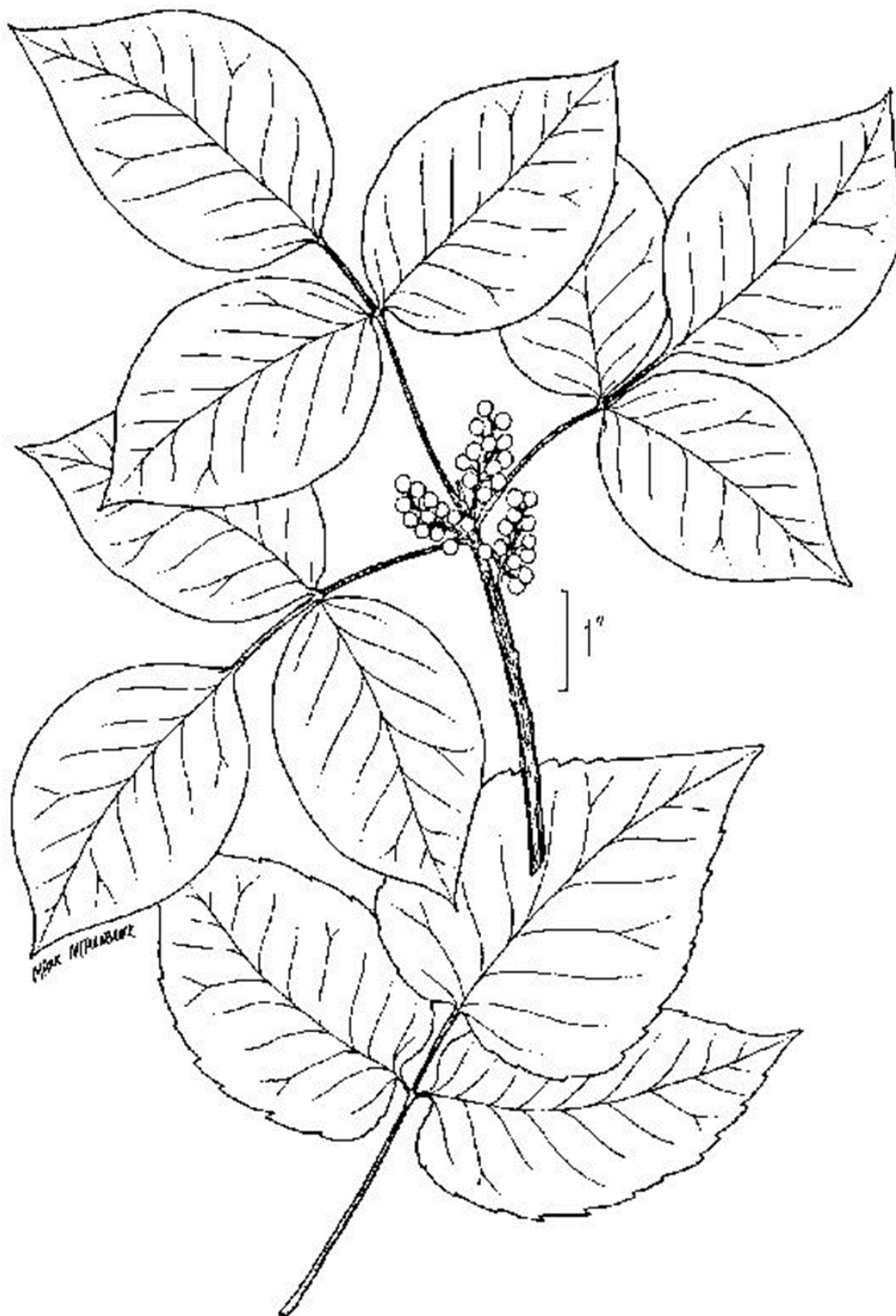
### Discussion Questions

- ☆ How do you plan to avoid poison ivy when you're at camp?
- ☆ What should you do if you think you've come into contact with poison ivy?



### How to Avoid Poison Ivy

- 🍀 Always stay on the trail.
- 🍀 Follow Leave No Trace and never touch any plant that looks like poison ivy.
- 🍀 Never burn any leaves in a campfire. Beside the fact that burning leaves will cause a lot of smoke and flaming leaves can fly out of the fire, burning poison ivy can cause the urushiol to be released into the air and harm your lungs.
- 🍀 Cover your skin when hiking. Wear long pants and tuck them into your socks, wear closed toe shoes, long-sleeved shirts, etc.



*Toxicodendron radicans* (L.) Kuntze - eastern poison ivy

USDA-NRCS PLANTS Database / USDA NRCS. Wetland flora: Field office illustrated guide to plant species. USDA Natural Resources Conservation Service.



## Special Activity: Pooh Tree Visit

One of Camp Potomac Woods' most iconic landmarks is the Pooh Tree – the large sycamore tree near the bank of the Potomac River down to the left of the Eco-Lab. **Visit the Pooh Tree and learn about sycamore trees.**

### Supply List

- ☆ You won't need anything for this activity. However, you will need a camera if you'd like to complete the Challenge Mode.

### Sycamore Tree Facts

- ☆ Sycamore trees grow in the eastern United States and are one of the largest types of trees.
- ☆ They can live to be 500 years old and grow up to 160 feet tall, and typically 200-300 year old sycamores become hollow. This means a sycamore tree that began growing in 1520 could still be alive in 2020!
- ☆ Just because a sycamore tree is hollow does not mean the tree is dead. In fact, the Pooh Tree is still living because there are green leaves on it! Hollow parts of sycamore trees can become homes for a variety of animals.
- ☆ Sycamore trees need lots of water to grow up so tall. The Pooh Tree has been able to thrive by being close to the Potomac River.

### About the Pooh Tree

- ☆ How did the Pooh Tree get its name? Winnie the Pooh was a bear who lived inside a hollow tree in the Hundred Acre Wood. So naturally, the hollow tree at Camp Potomac Woods (the 101 acre camp) would be called the Pooh Tree.
- ☆ The Pooh Tree is around 180 years old – that means it was just a little sapling during the Civil War and had already been growing for about 90 years when the Loughheids purchased the property.

- **Challenge Mode:** Take a picture of you and/or your group near or inside of the Pooh Tree. Be very careful getting in and out of the tree, because the riverbank has become eroded and is now very close to the Pooh Tree.

### Discussion Questions

- ☆ Have you ever seen any trees as big as the Pooh Tree? Where were they? Do you remember what kinds of trees they were?
- ☆ If the Pooh Tree is about 180 years old, and sycamore trees can live to be 500 years old, in what year will the Pooh Tree turn 500?



*The Pooh Tree*



## Commemorate & Reflect

Now that you have experienced the wonders of Camp Potomac Woods, it's time to reflect on your time at camp. **Commemorate your visit to Camp Potomac Woods.**

- ✿ 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 Potomac 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

Outdoor Badge Theme	Daisy	Brownie	Junior
<b>Art in the Outdoors</b>	Outdoor Art Maker	Outdoor Art Creator	Outdoor Art Explorer
<b>Outdoor Explorer</b>		Outdoor Adventurer	Horseback Riding
<b>Adventure</b>		Letterboxer	Geocacher
<b>Outdoors</b>		Hiker	Camper
<b>Naturalist</b>		Bugs	Flowers
<b>Troop Camping</b>	Buddy Camper	Cabin Camper	Eco Camper
<b>Environmental Stewardship</b>	Eco Learner	Eco Friend	
<b>Snow or Climbing Adventure</b>	Snow Play or Bouldering	Cross-Country Skiing or Rock Climbing	Slope Sliding or Recreational Tree Climbing
<b>Trail Adventure</b>	Jogging or Outdoor Hiking Games	Trail Running Basics or Roamer	Trail Running or Day Hiking
Outdoor Badge Theme	Cadette	Senior	Ambassador
<b>Art in the Outdoors</b>	Outdoor Art Apprentice	Outdoor Art Expert	Outdoor Art Master
<b>Outdoor Explorer</b>	Archery	Paddling	Ultimate Outdoor Recreation Challenge
<b>Adventure</b>	Night Owl	Traveler	
<b>Outdoors</b>	Trailblazing	Adventurer	
<b>Naturalist</b>	Trees	Sky	Water
<b>Troop Camping</b>	Primitive Camper	Adventure Camper	Survival Camper
<b>Environmental Stewardship</b>	Eco Trekker	Eco Explorer	Eco Advocate
<b>Snow or Climbing Adventure</b>	Slope Sliding II or Outdoor Climbing 1	Snow Camping or Outdoor Climbing II	Snow Trekking or Climbing Adventure
<b>Trail Adventure</b>	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 Potomac Woods RiverWalk Patch Program: <http://bit.ly/RiverWalkPW>
- Girl Scouts Nation's Capital: [www.gscnc.org](http://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](http://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](http://www.lnt.org)

## Rentals and Reservations

- Camping Equipment Rental: <http://gscnc.doubleknot.com/facilitysearch/3246>
- Camp Potomac Woods 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](mailto:campingaa@gscnc.org) or 202-534-3793
- Girl Scouts Nation's Capital: [customercare@gscnc.org](mailto:customercare@gscnc.org) or 202-237-1670  
4301 Connecticut Ave NW, Suite M-2  
Washington, DC 20008

# Camp Potomac 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: Outdoor Cooking

(choose one of the two activities)

### Activity #1: Buddy Burner & Vagabond Stove

- ☐ Make a buddy burner and vagabond stove, and cook a meal using your newly made outdoor cooking method.
- ☐ **Challenge Mode:** Invent your own vagabond stove recipe and try making it.

OR

### Activity #2: One Pot Meal

- ☐ Make a one pot meal of your choice over a campfire.
- ☐ **Challenge Mode:** Plan out and cook all of your camping trip meals so that each meal uses a one-pot recipe for the main dish.

## Hike: Mindfulness Hike

- ☐ Take a mindfulness hike on the Peace Creek using the hike cards.
- ☐ **Challenge Mode:** Instead of hiking with a buddy, complete the hike as an individual.

## Nature/STEM Activity: Poison Ivy Tag

- ☐ Learn about poison ivy by playing Poison Ivy Tag.
- ☐ **Challenge Mode:** Teach someone else about poison ivy and play Poison Ivy Tag with them.

## Special Activity: Pooh Tree Visit

- ☐ Visit the Pooh Tree and learn about sycamore trees.
- ☐ **Challenge Mode:** Take a picture of you and/or your group near or inside of the Pooh Tree.

## Commemorate and Reflect

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