

# Explore Camp Patch Program

## Camp White Rock 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
- **Take Action** to improve the camp properties they've visited

### 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.
- 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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### History of Camp White Rock

Eugene B Cooper first established Camp White Rock in the 1930s for use by his family and Boy Scout troop that he led out of Winchester, Virginia. Mr. Cooper named the camp for a large white rock on the west side of the Cacapon River, which runs next to the camp. Soon after the camp was established, an America Legion Auxiliary group sponsored a Girl Scout Troop in Winchester. Eugene's wife Allison D. Cooper was involved in the troop and coordinated with her husband to have the Girl Scouts start camping at White Rock.

During the Great Depression of the 1930s, the Coopers continued to maintain the property, and a Work Progress Administration (WPA) crew came in to work on the camp. The WPA was a program that provided jobs to the millions of people who had lost their jobs in the Great Depression. At Camp White Rock, they built an outhouse next to Cooper Lodge. One day after the outhouse had been completed, the Coopers discovered that it had been mysteriously painted silver. Nailed to the door was instructions on how to take care of the outhouse, signed by Eleanor Roosevelt (the First Lady of the country at the time)! After that, the outhouse was called "The Eleanor Roosevelt." The Eleanor Roosevelt is no longer painted silver and the pit has been filled in, but it still stands behind Cooper Lodge.

In 1952, the Winchester Girl Scout Council purchased the land, with the help of Dudley Lichlider, a Winchester resident who took the lead on building up and improving the camp. In 1961, a dining hall with a modern kitchen was built and it was named Dudley Dining Hall in his honor. In 1963, the Winchester Girl Scout Council merged with other local councils to become the Shawnee Girl Scout Council. The camp became the primary resident camp for the new council. In 2010 Shawnee Council merged with Nation's Capital Council, and Camp White Rock has become a favorite for troop camping.

Since 2010, the Sherwood treehouses, the high ropes course, tomahawk range, slingshot range, new boat house, and a new Riverview bunkhouse have all been added to the camp.

## Outdoor Skill Activities: Know Your Knots (choose 1)

### Activity #1 – Each One Teach One

Camp White Rock has a high ropes course available for troops to rent. The high ropes facilitators that come along with the reservation have to know how to tie different knots like a figure eight knot, lark's head (which we tied as a part of the main patch activities), bowline, and clove hitch to ensure the safety of those on the high ropes course. **Become an expert in tying a figure eight knot, bowline, or clove hitch, and teach your knot to two others.**

#### 🌿 Supply List

- ☆ You will need to visit Camp White Rock's knot-tying station that has knot-tying directions and practice ropes. The knot board may be in front of Trillium or Dudley Dining Hall. If you don't have access to the knot board, you'll need to have one practice rope per girl and use the visuals below.

#### 🌿 About the Knots

- ☆ See the next page for knot diagrams.
- ☆ The figure eight knot along with a retrace is used in climbing to attach a belay rope to a climber's harness. It can be easily tied and quickly checked.
- ☆ The bowline knot is used to create a loop in the end of a rope, or to attach a rope to an object. It can be used as a rescue knot.
- ☆ The clove hitch is a knot used to attach a rope to a pole – it's a temporary knot that is adjustable.

#### 🌿 Each One Teach One

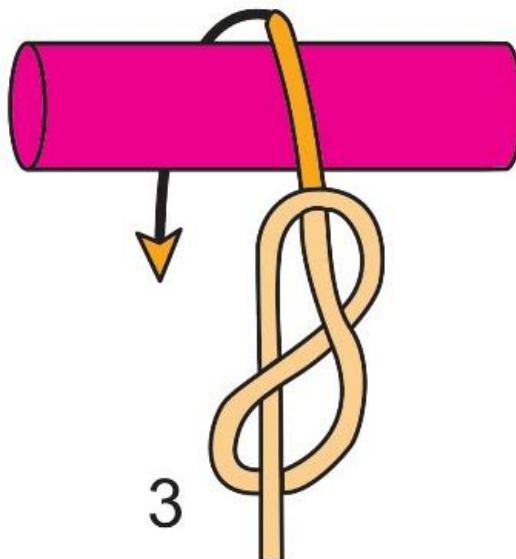
- ☆ Split into small groups of three and have each girl choose one knot: either the figure eight, bowline, or clove hitch. Each small group member should choose a different knot (1 figure eight, 1 bowline, 1 clove hitch)
- ☆ Send one small group member up to the knot board to learn the knot they chose. If two girls from different groups have come up to practice the same knot, they can work together. However, no more than two girls should be trying to learn the same knot at once. Have the girls practice for a bit, and when they feel ready, they can return to their group to teach the knot and share some information about it.
- ☆ Once everyone in the group has tied the knot that their group member has taught them, send the next girl in the group up to the board and have her learn the knot she chose. Continue this process until all girls have had the chance to teach their knot to the group.

#### 🌿 Challenge Mode: Blindfold one group member and teach them how to tie your knot.

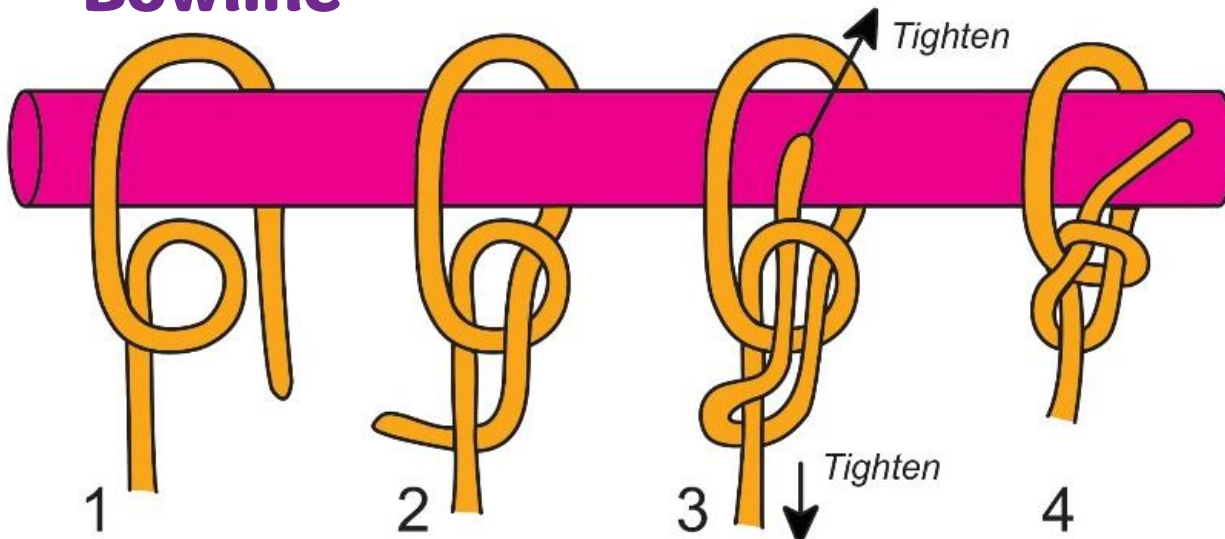
#### 🌿 Discussion Questions

- ☆ What was more difficult - teaching a new knot or learning new knots? Why?
- ☆ What knot do you think is the most useful? Why?

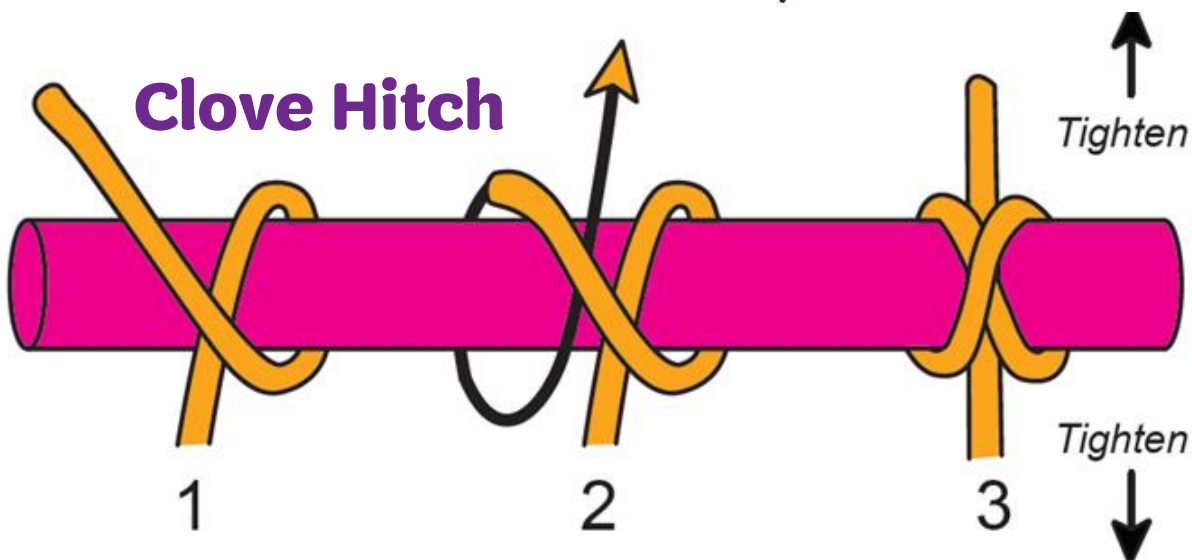
## Figure Eight



## Bowline



## Clove Hitch



## Outdoor Skill Activities: Know Your Knots (choose 1)

### Activity #2 – Lashing

Lashing is a type of knot-tying where sticks are tied together using string or twine. Lashing can even be used to build structures like tripods, chairs, or shelters. **Learn how to tie a timber hitch and clove hitch, and try out at least two lashing techniques.**

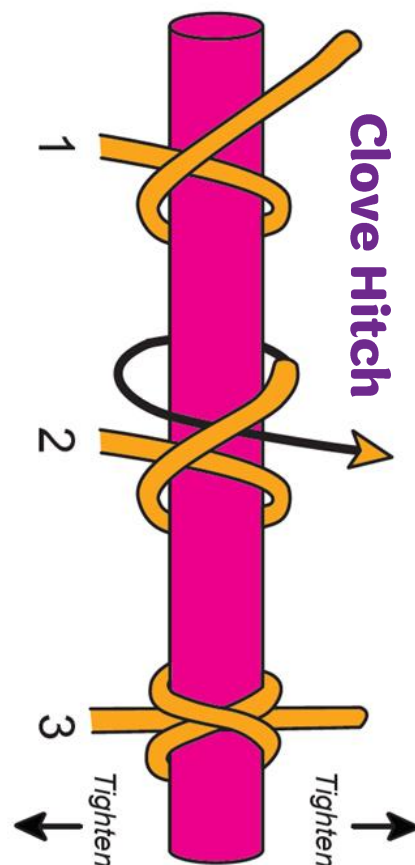
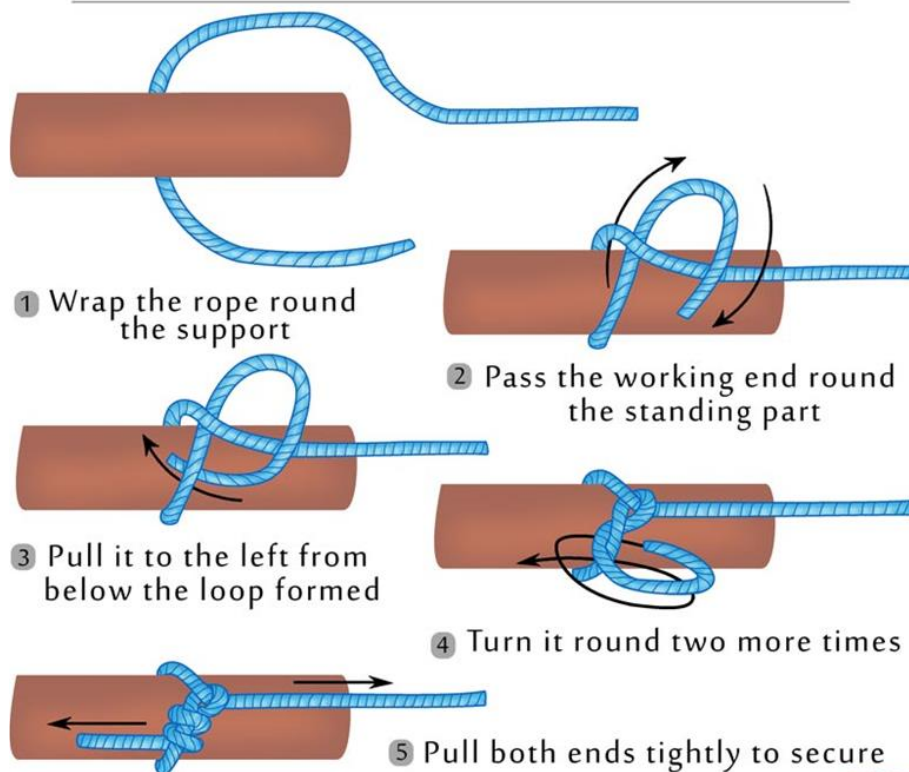
#### Supply List

- ☆ You will need lots of rope, twine, or paracord for this activity. You will also need sticks found in nature or bamboo poles/dowel rods. They can be small sticks since you'll just be practicing lashing, but if you choose to complete the Challenge Mode, you may want to gather some larger sticks.

#### Learn Basic Lashing Knots

- ☆ The most common knots used to start lashing are the clove hitch and the timber hitch – see below for diagrams. Practice tying both.

## How to Tie a Timber Hitch



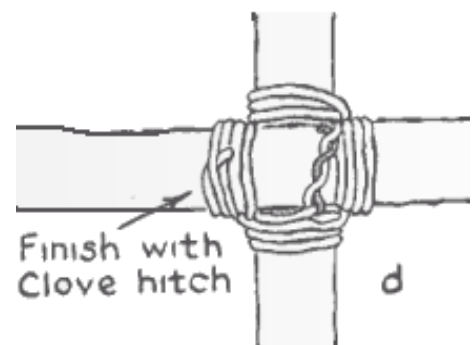
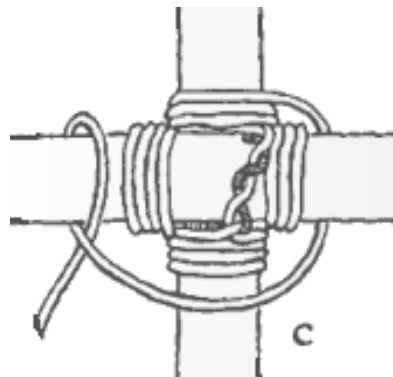
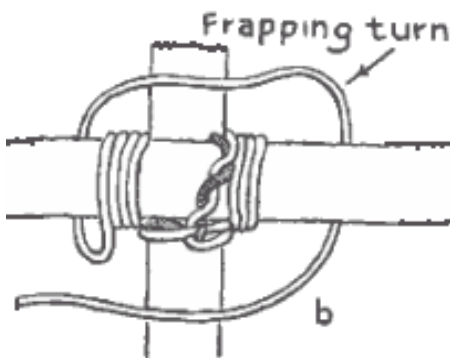
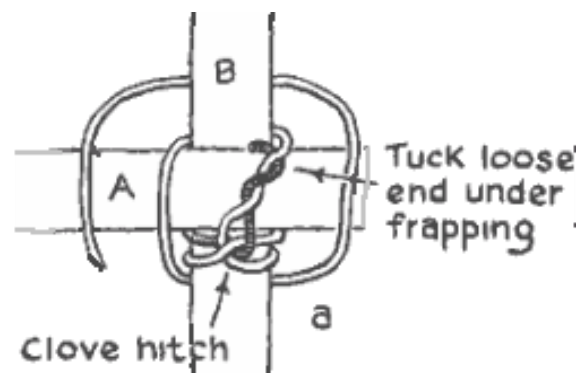
#### Practice Lashing

- ☆ After learning how to tie the clove hitch and the timber hitch, break up into small groups or have girls individually practice square lashing, diagonal lashing, and tripod lashing. See the next page for lashing instructions.

- ☆ **Challenge Mode:** Try out all three types of lashing and use your lashing skills to make a chair, ladder, table, or shelter.

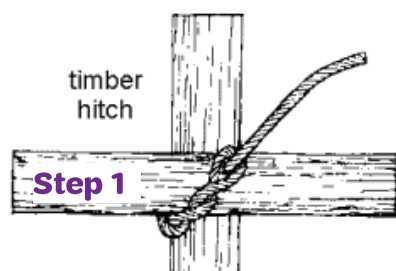
### 🌿 Square Lashing

- ☆ Square lashing is used to fasten two poles together at a 90 degree angle. This kind of lashing can be load-bearing, so it can be used to build chairs, tables, stretchers, etc. For an animated tutorial on how to do square lashing, visit <https://www.animatedknots.com/square-lashing-knot>.
- ☆ Start by crossing the two sticks or dowels at a 90-degree angle. Then, fasten the rope to the vertical stick by making a clove hitch near the center where the two sticks cross.
- ☆ Weave the rope under and over the crossed sticks, alternating between over and under. First run the rope over the horizontal bar, around behind the vertical bar, then back over the horizontal bar on the left. Tighten the rope so it's snug, then bring the rope behind the vertical bar and up the right front side of the horizontal bar.
- ☆ Repeat this process three or four times, always keeping the rope tight.
- ☆ Now, "frap" the lashing (it helps to tighten the poles) by wrapping the rope in front of the back stick and in back of the front stick (between the poles), pulling tightly.
- ☆ Pull tightly and finish your lashing with another clove hitch.

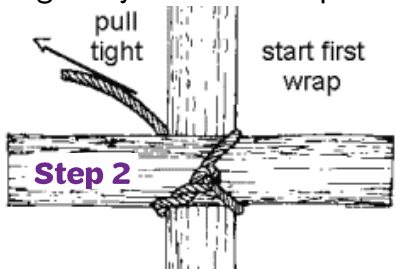


### 🌿 Diagonal Lashing

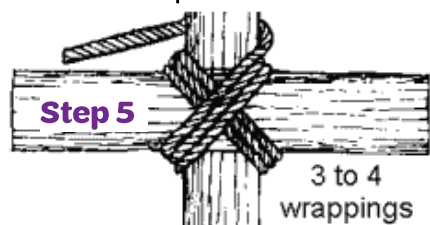
- ☆ Diagonal lashing starts with a timber hitch and is used to secure poles together that cross each other at a 45 degree angle up to a 90 degree angle (if the angle is less than 45 degrees, use a shear lashing) but do not touch when their ends are lashed in place. If you used square lashing to bind these angled poles together, it would cause too much force and cause the poles to bend unnecessarily.
- ☆ For an animated tutorial on diagonal lashing, visit <https://www.animatedknots.com/diagonal-lashing-knot>.



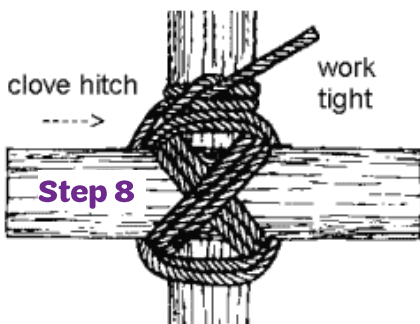
Start by tying a timber hitch diagonally around both poles.



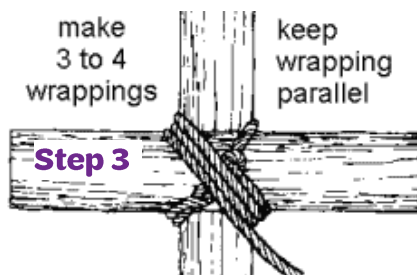
Begin the wrapping turns on the opposite diagonal to the timber hitch, by pulling the rope tight so the poles touch.



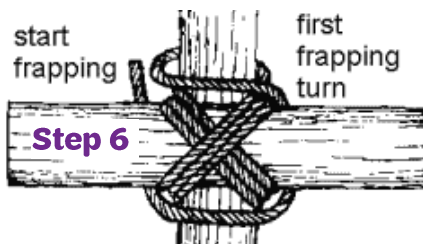
Take 3 to 4 wrapping turns; keep the turns tight and parallel.



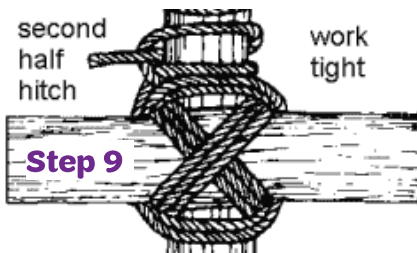
End the lashing with a clove hitch. Take the first half hitch of the clove hitch by going past and then around one of the poles. Work the half hitch tight against the lashing to lock it.



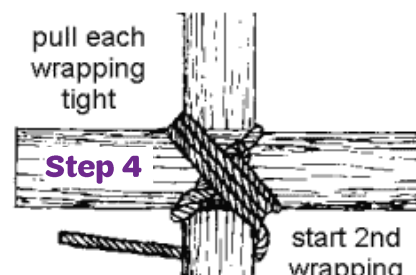
Take 3-4 wrapping turns. Make sure to keep the wrapping parallel to itself. Don't cross a wrapping on top of another one – it will make it difficult to tighten. Pull each turn tight.



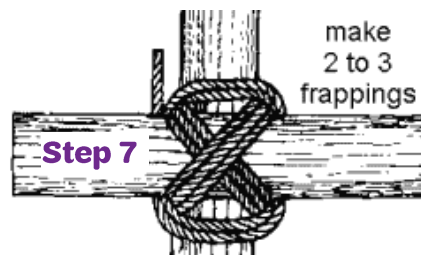
Start the frapping turns by going past and around one of the poles



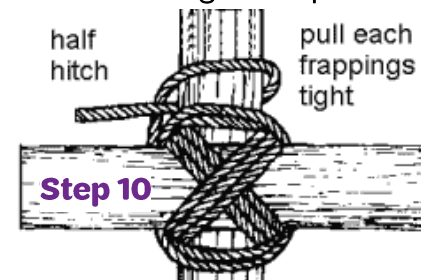
Take a second half hitch around the pole.



Start the second set of wrapping turns by going past and around the vertical pole. This changes the direction of the rope but avoids crossing the first set of wrapping diagonally.



Take 2 to 3 frapping turns; keep the turns tight and parallel.



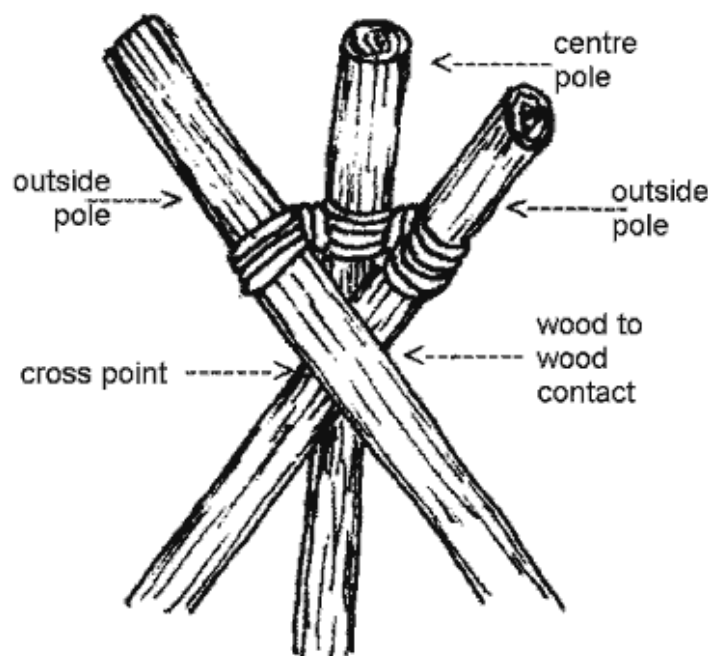
Work the second half hitch tight against the first half hitch to lock the clove hitch against the lashing. If using smooth rope, add a third or fourth half hitch to the clove hitch to make the lashing more secure.

### ✿ Tripod Lashing

- ☆ Tripod lashing is a type of shear lashing that binds three poles together at the same point. Tripod lashing is typically used to create a tripod, but it can be used to lash together three poles that cross each other at the same point and the same time of construction.
- ☆ When starting your tripod lashing, lay the pole side by side with the butt ends aligned. The alignment ensures that the tripod legs are an even length.



- ☆ Tripod lashing takes two main forms; with racked wrapping turns (the rope is woven between the poles) and with plain wrapping turns (the rope is wrapped around the poles without weaving the rope between the poles). When the lashing is made with racking turns, the rope contacts each pole around its entire circumference. This is the most secure form of tripod lashing, so use racking turns when safety is important. However, you can use plain wrapping turns for light structures where there would be no danger if the lashing slipped.
- ☆ Set up the tripod by crossing the outside poles so that the cross point of the poles is under the center pole. Crossing the outside poles under the center pole causes part of the load that is placed on the tripod to be taken up by the wood to wood contact of the poles.
- ☆ For an animated tutorial on diagonal lashing, visit <https://www.animatedknots.com/tripod-lashing-knot>.

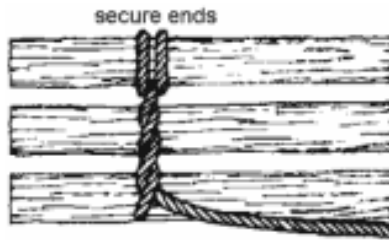


## Tripod Lashing Steps

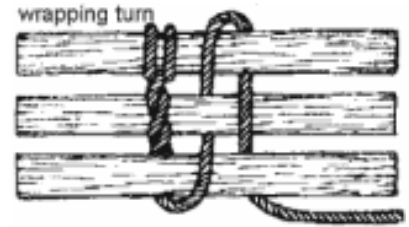
**Step 1**



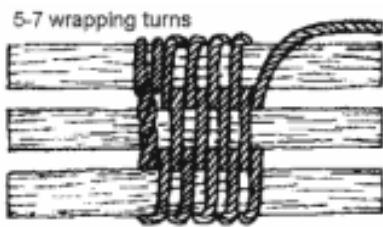
**Step 2**



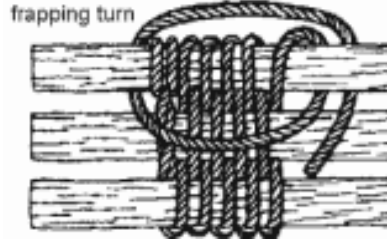
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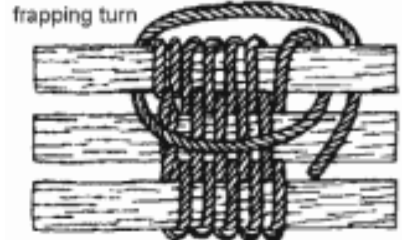
**Step 4**



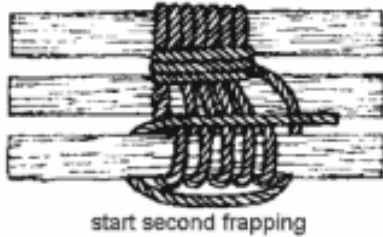
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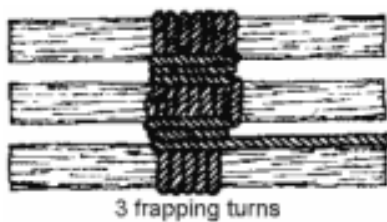
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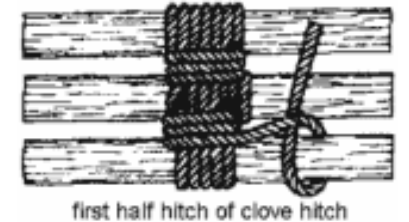
**Step 7**



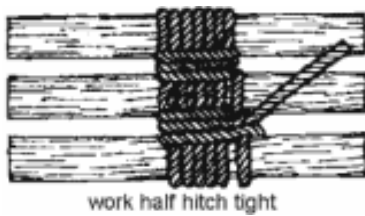
**Step 8**



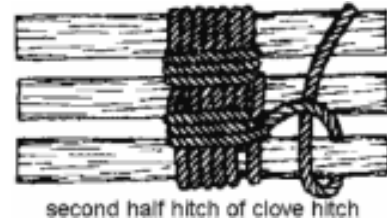
**Step 9**



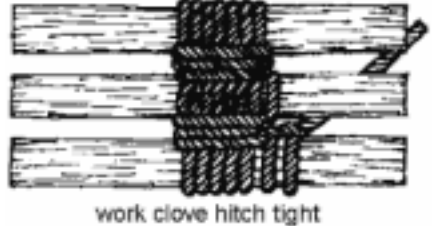
**Step 10**



**Step 11**



**Step 12**



### Discussion Questions

- ☆ What kinds of things could you craft using lashing?
- ☆ How could you use lashing to improve your campsite?

## Hike: Night Hike

Discover a whole new side to Camp White Rock by experiencing camp at night. At night we rely less on our eyesight and more on our other senses. Night hikes are a great opportunity to try out sensory activities that challenge our other senses. **Hike the Peace Trail at dusk starting near the caretaker mailbox and try out nighttime sensory activities once you get to the field near the boat ramp.**

### 🍀 Supply List

- ☆ You will need a full water bottle, flashlight, and be appropriately dressed for hiking. For the sensory activities, you will need a candle and matches and at least one of the following per person: a wintergreen lifesaver candy (old/stale ones will not work for this activity), index card, and crayon. For the wintergreen lifesaver candies, to save time, you can open them ahead of time, break them in halves, and put into a plastic bag to take with you on the hike.

### 🍀 Night Hike Safety Guidelines

- ☆ Start your hike a little after sunset, so that it will be dark by the time you finish. If you have very energetic/younger girls, try playing an active game to help release some energy before the hike – the nighttime sensory activities require quiet and patience for them to be most effective.
- ☆ Don't use flashlights on your hike. It sounds crazy, but you'll actually be able to see better if you let your eyes adjust to the growing darkness. You should bring your flashlights to help you get back to your campsite at the end of the hike though. The person leading the group can bring a red light to lead them through the hike if they choose.
- ☆ Travel in a quiet single file line with people spaced out a little. If the person in the front of the group comes across an obstacle, they should pass that information on to the person behind them when they're nearing the obstacle. The group needs to stay quiet during the hike so that people can hear instructions passed down the line.
- ☆ Take it slow and enjoy the hike. There's no need to rush!

### 🍀 Nighttime Sensory Activities

- ☆ Once you get to the field, have everyone sit or stand quietly in a circle for the activities on the next page. They should be completed in this order: Pirate Eye, Deer Ears, Color Clues, and Wintergreen Sparks.

### 🍀 Challenge Mode: Stargaze in the field and identify at least three constellations.

### 🍀 Discussion Questions

- ☆ How did hiking at night compare to hiking during the day?
- ☆ Did anything surprise you about hiking at night? What was it?

### Pirate Eye

- ◆ Have everyone cover one eye with one hand and keep it covered. Then, light a candle and hold it in the middle of the circle.
- ◆ Ask the group “why do you think pirates wore eye patches?” Let everyone give some answers.
- ◆ Pirates wore eye patches to help their eyes adjust as they traveled between decks on a ship. They needed to jump below deck or above deck at a moment's notice and quickly be able to see in either situation, since there was no electricity at sea.
- ◆ Turn off the flashlight or extinguish the candle and have everyone switch their hand to cover the other eye that looked at the light. They should notice that one eye has adjusted to the light of the candle or flashlight, while the eye that was covered is still adjusted to the dark and can see better in the dark.

### Deer Ears

- ◆ Close your eyes and listen. After a minute or so, discuss what sounds you heard.
- ◆ Cup your hands around your ears so that your fingers are pointing behind you and your elbows are pointed out in front of you. Listen for a minute or two.
- ◆ Then, discuss what you heard. Did cupping your ears help you hear sounds behind you? Deer constantly move their cupped ears in all different directions, scanning for sounds of a predator.

### Color Clues

- ◆ Make sure all lights are out and that it's completely dark. Pass out the crayons and index cards and ask everyone to guess what color their crayon is by writing the name of the color on the index card. Then, turn on a flashlight and see how everyone did.
- ◆ Why might you have gotten the color wrong? It's because of our rods and cones, which are cells in our eyes. Our rods work best when it's dark, but our rod cells aren't very good at distinguishing color. Our cones work best when it's light and can distinguish color. At night, we rely on our rods to help us see in the dark, so we mostly see in shades of black and white. This is why you might be able to tell if something is a lighter color or a darker color, but not exactly what color it is.

### Wintergreen Sparks

- ◆ Break into pairs or groups of three. Give everyone a half or whole lifesaver candy – don't eat it yet.
- ◆ Have one person in each group do the following, with the rest of the group watching their mouth: make your mouth dry (inhale sharply while you smile). Place the lifesaver candy on your back molars and chew it with your mouth open. Everyone watching should see the candy spark in your mouth.
- ◆ Then, have the other member(s) of the group try it out. Ask the group, “what do you think caused the spark?” Give them a chance to answer.
- ◆ The spark is a form of triboluminescence, which is light generated when a material is mechanically pulled apart, ripped, scratched, crushed, or rubbed. The sugar crystals in the lifesaver candies are being crushed by teeth. When things in nature glow, such as lightning bugs or some types of fungi, it's called bioluminescence.

## Nature/STEM Activity: Environment Exploration

Camp White Rock has a variety of environments or ecosystems. Some plants and animals may be found in all of the environments, while others live almost exclusively in one environment. Within each environment, the plants and animals have unique relationships to each other, the weather, and human visitors. **Visit, observe, and compare three of Camp White Rock's environments.**

### Supply List

- ☆ You will need a notebook and writing utensil. Optional supplies include binoculars, magnifying glasses, and field guides. Field guides are available in the Nature Center (be sure to return them!).

### Camp White Rock's Environments

- ☆ Do not enter any water unless you have taken the proper safety precautions as outlined in the Safety Activity Checkpoints.
- ☆ *Field* - by the pool or by Chinkapin and Riverview
- ☆ *Hardwood deciduous trees* - all over camp, try the trails by Hemlock and Dogwood
- ☆ *Softwood coniferous trees* - near archery range or the Quiet Place
- ☆ *Cacapon River* - take the trail from Bluff, or head down to the boat ramp
- ☆ *Girl Scout Run (Creek)* - by the high ropes course down behind Cooper Lodge, it flows into the Cacapon near Bluff
- ☆ *Wetland* - near the boat house, across from the Sherwood treehouses

### Observing and Comparing Environments

- ☆ At each environment, answer at least three of the questions in the box on the side of this page.
- ☆ After visiting three environments, compare and contrast them. What was the same? What was different? Which environment did you like the best? Which did you like the least? Why?

- ◆ **Challenge Mode:** Imagine you work for a nature travel agency and create a tourism flyer for one of the environments you visited. Include why people should visit the environment, what animals or plants they might see, and things that they could do that would have a minimal impact or how to minimize their impact on that environment.

### Discussion Questions

- ☆ Why do you think some environments had more variety in animals or plants?
- ☆ Which environment do you think has been most impacted by humans? Has the impact been positive or negative?

### Observation Questions

- ◆ What do you hear? Birds? Insects?
- ◆ What do you see? On the ground? At eye level? Above you?
- ◆ What do you smell?
- ◆ How many different types of plants are there? Is it all the same type of tree or grass?
- ◆ Do you see any animals or insects? Or signs of them?
- ◆ What types of animals do you think naturally live in this environment?
- ◆ How do you think humans have or could impact this environment?
- ◆ How do you think this environment would be different at a different time of the year?

## Special Activity: Float Your Wagon

The covered wagons in the Pioneer unit are an example of what pioneers used in the 1840s to travel west. One of the many challenges that pioneers had to face was getting themselves, their wagon, and all of their supplies across the various rivers along the route. If the river was low, they would have oxen pull the wagon across and hope for the best. Other options included floating the wagon across on a raft.

### Build a raft and see if you can float your “wagon” across Girl Scout Run.

#### ◆ Supply List

- ☆ You will need a “wagon” for each girl or small group. These could be miniature wagons, toy cars, plastic containers, etc. You will need “wagon supplies” like marbles, rocks, or other small items, sticks or dowel rods, and string or twine.
- ☆ The water in Girl Scout Run might be too low or too high for wagon floating. As a backup, bring a large container like an inflatable pool or plastic tub, fill it with water, and float the wagons in there.

#### ◆ Floating Your “Wagon”

- ☆ Split up into small groups or work individually to lash or put together a raft using sticks or dowels and string or twine. Fill your wagon with “wagon supplies” and put it on the raft.
- ☆ Pick a spot in Girl Scout Run and designate a start and finish line. Have an adult or two stand past the finish line to help collect rafts and wagons.
- ☆ Place rafts and wagons into the river. Remember, the goal isn't to go the fastest, but to get your wagon across in one dry piece.
- ☆ After everyone's had a chance to float their wagon, go back into small groups and make any changes or updates to the raft as needed.
- ☆ Float the wagons again and see if the changes make any difference.

#### ◆ Challenge Mode: Work together to build a giant raft to float all the wagons at once.

#### ◆ Discussion Questions

- ☆ What changes, if any, did you make after the first time you floated your wagon? Why did you make those changes? Did they have the impact you expected?
- ☆ If you were to make a full size raft that could support you and a friend, what might you do differently? What other materials would you want to use?

#### Pioneer Facts

- ◆ The wagons used were called Prairie Schooners, which were lighter and smaller than the more well-known Conestoga Wagons.
- ◆ A common route taken by pioneers was to travel from Independence, Missouri to Oregon or other western states. It was a hard trip, and everything they wanted to take with them had to be carried in the wagon or on their backs. There were very few chances to resupply during the trip, so they had to carry enough food and supplies to last several months. Along the way, families had to hunt for additional food and figure out what to do if someone got sick.
- ◆ One of the most famous river crossings was at the North Platte River in Wyoming. It wasn't until 1860 that there was a bridge built over the river.

## Commemorate & Reflect

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

- ✿ 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 White Rock, 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 I	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

- 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 White Rock Reservations: <https://gscnc.doubleknot.com/facilitycalendar/3085>

## 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 White Rock 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: Know Your Knots

(choose one of the two activities)

### Activity #1: Each One Teach One

- ☐ Become an expert in tying a figure eight knot, bowline, or clove hitch, and teach your knot to two others. ☐

**Challenge Mode:** Blindfold one group member and teach them how to tie your knot.

OR

### Activity #2: Lashing

- ☐ Learn how to tie a timber hitch and clove hitch, and try out at least two lashing techniques.
- ☐ **Challenge Mode:** Try out all three types of lashing and use your lashing skills to make a chair, ladder, table, or shelter.

## Hike: Night Hike

- ☐ Hike the Peace Trail at dusk starting near the caretaker mailbox and try out nighttime sensory activities once you get to the field near the boat ramp.
- ☐ **Challenge Mode:** Stargaze in the field and identify at least three constellations.

## Nature/STEM Activity: Environment Exploration

- ☐ Visit, observe, and compare three of Camp White Rock's environments.
- ☐ **Challenge Mode:** Imagine you work for a nature travel agency and create a tourism flyer for one of the environments you visited.

## Special Activity: Float Your Wagon

- ☐ Build a raft and see if you can float your "wagon" across Girl Scout Run.
- ☐ **Challenge Mode:** Work together to build a giant raft to float all the wagons at once.

## Commemorate and Reflect

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