

Explore Camp Patch Program

Camp Winona 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 focuses on one of the eight Nation's Capital camp properties. The last activity in each of the individual camp patches – Commemorate & Reflect – must be completed last but does not have to be completed at camp. Otherwise, you must complete all activities at camp, and activities may be completed in any order. Refer to page 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 Winona

Hundreds of years ago, the Piscataway Native Americans lived on the land that is now Camp Winona. In the late 1600s, the Piscataway Native Americans were forced out by English colonizers and neighboring tribes, causing some Piscataway to flee to Northern Virginia and Pennsylvania. However, many tribe members remained and settled in throughout Southern Maryland in communities once occupied by the tribe, including nearby La Plata and Brandywine. Today, the Piscataway Conoy Tribe located in Southern Maryland is one of only two officially recognized indigenous Native American groups in Maryland.

In 1949, the area we know today as Camp Winona was a public campground called Hughesville Camp. In 1954, the property became a Girl Scout camp and the Prince George's Girl Scout Council used the property as a residential camp for Southern Maryland Girl Scouts. The camp consisted of two campsites - Holly and Cedar - and one primitive site, Aspen. Almost ten years later, in 1963, the Girl Scout Council of the Nation's Capital and the Prince George's Council merged. In 1965, the Council renamed the property to "Camp Winona." Not surprisingly, the camp became a very popular spot for troop camping and day camps in the council.

Sadly, in 2002, a large tornado made landfall in Southern Maryland and went right through Camp Winona, temporarily closing the property due to the damage. After renovations and planning discussions, Girl Scouts Nation's Capital decided to use this opportunity to transform Camp Winona back into a residential camp. Five years later, on June 4, 2008, the camp officially reopened as a summer sleep away camp. Now over 1000 sleep away campers get to enjoy Camp Winona each summer. In 2018, Camp Winona was the first Council camp to build a slingshot range. Now, in addition to the slingshot range, you can find a new tomahawk range and a knot-tying station at camp.

Outdoor Skill Activities: Be Prepared (choose 1)

Activity # 1 – Dress for the Weather

Did you know the Girl Scout motto is **"be prepared"**? In the 1947 Girl Scout Handbook, the motto was explained this way: "A Girl Scout is ready to help out wherever she is needed. Willingness to serve is not enough; you must know how to do the job well, even in an emergency." The same holds true today – being prepared is the best guide for choosing outdoor clothing for your outdoor adventure. Be prepared by thinking about the time of year, the type of activity, and the weather. **Learn about dressing properly for the outdoors by playing "Dress Right Designer" or having a Dress for the Weather relay race.**

Dress Right Designer

Supply List

- ☆ You will need one large piece of paper for each small group, markers, and the Dress for the Weather scenario cards.

How to Play

- ☆ Divide into small groups and give each group one piece of paper, some markers, and a scenario card.
- ☆ The small group should work together to draw a Girl Scout properly dressed for the season, place, activity, and weather as specified on the scenario card. On the side next to the drawing, list the items the Girl Scout is wearing.
- ☆ On the back of the paper, the group should draw a Girl Scout who is not properly dressed for the season, place, activity, and weather. On the side next to the drawing, list the items the improperly dressed Girl Scout is wearing.
- ☆ Once all groups are done, have each group share their finished projects, and explain why each of their drawings is properly dressed or improperly dressed for the weather.
- ☆ For more fun, repeat the activity again, this time giving each group different scenario cards.

Clothing for the Outdoors

The secret to being comfortable and prepared for activities in the outdoors is to dress in **layers**. Each layer you wear traps air that acts as extra insulation and serves as a barrier between you and the outside weather. You can add layers as the temperature drops and remove them as your body warms up. If you wear one layer, you can't take it off if you get too warm, and you don't have anything to put on if it gets colder. Keep in mind it's usually 10-15 degrees cooler in the woods than at home.

Dress for the Weather Relay Race

Supply List

- ☆ You will need at least one clothing item per girl (including shoes) and the Dress for the Weather scenario cards found on the next page. These clothing items should be divided into two sets and vary in their purpose - for rainy days, snowy days, cool days, and warm sunny days. Bigger clothes work well since girls will be wearing them on top of their clothes.

How to Play

- ☆ Divide the clothes between two piles. Divide the troop into two teams and have them line up in relay formation across from their team's clothes pile.
- ☆ Have each team choose a member to be the "model" for their scenario. The "model" will be the person that the team will have to dress up.
- ☆ Then, let each team choose one of the scenario cards. Give the teams a few moments to discuss the clothing and layers needed for the trip and weather.
- ☆ Once both teams are ready, have the "models" stand next to the clothes pile and start the relay. Team members run to their designated pile of clothing, choose the best item, and help their "model" dress (over their clothes). After that, they run back to tag the next person in line.
- ☆ Have each girl go until the model is appropriately dressed. The first team to appropriately dress their "model" wins!
- ☆ Play another round or two using different scenario cards until all girls have had a turn.

- ◆ **Challenge Mode:** Compare the properties of cotton, wool, and synthetic fabrics for protection from wet, cold, and heat. Test the different fabrics for warmth and wicking, and decide which is best in a rainy situation, a cold situation, and a hot situation.

Discussion Questions

- ☆ What extra items other than clothes would you bring if the weather called for rain?
- ☆ For an overnight trip, what items would you need to bring if you slept in a lodge? What about sleeping outside in a tent?

Outdoor Layers

- ◆ **Headgear** like a bandana, knitted cap, or broad brim hat for sun protection and keeping your head warm.
- ◆ **Dress in layers:** an undershirt, t-shirt, long sleeve and/or sweater, with a coat on top.
- ◆ **Raincoat, poncho, and boots** for rainy days and puddle jumping.
- ◆ **Lightweight jacket and/or warm/work gloves**, depending on the weather and the activity.
- ◆ **Socks** protect against blisters, poison ivy, insects, etc. In cold weather, wear 2 pairs of socks. The inner socks should be cotton to absorb moisture and the outer socks should be wool to maintain heat. Lost your gloves? Put extra socks on your hands!
- ◆ **Sturdy shoes with closed heels and toes** keep your feet safe and warm. No dressy sandals, high heels, flip-flops, or other open-toed/heeled shoes.

Dress for the Weather Scenario Cards

<p>Your troop is going on a hike in the mountains in May. The hike will last approximately two hours and you are going in the mid-morning. There's no chance of rain and it's going to be around 70 degrees.</p>	<p>Your troop is going on a picnic in July at a local park. You will be swimming in the lake during the afternoon. There's a small chance of rain and it's going to be hot – around 90 degrees.</p>
<p>Your troop and another troop are going on an overnight to Camp Winona and you'll be in a heated lodge in February. The focus of the trip is to earn two badges and work on a Journey, and you don't plan to do any outdoor activities.</p>	<p>Your troop is going to a local ski resort for a weekend of tubing and snowboarding in January. It's going to be cold and snowy and the temperature will be around 25 degrees outside, but you'll be sleeping indoors.</p>
<p>Your troop will be going to the zoo for a sleepover in August. Activities during the day will be outside – there's no chance of rain and it will be around 75 degrees outside.</p>	<p>Your troop will be spending two nights at Camp Winona in October in the Holly 1 unit. Rain is predicted during the majority of the trip, and the temperature will go up to 60 degrees during the day and drop to 45 degrees at night.</p>
<p>Another troop has invited your troop to go on a day trip to a local sporting complex in September. There will be time for swimming at an indoor pool, as well as outdoor tennis, baseball, and track & field. There's no chance of rain and it will be around 65 degrees.</p>	<p>Your troop is going camping at a local campground in June to celebrate the end of the Girl Scout year. All activities during the day will be outside, including swimming in the afternoon. It looks like nice weather – a little overcast and around 90 degrees.</p>
<p>Your troop is attending a day event at Camp Winona in April. There will be games, a scavenger hunt, singing, crafting and making a campfire. There is a 10% chance of rain and the weather forecast says it will be windy and around 70 degrees.</p>	<p>Your troop is attending a December winter campout at Camp Winona with outdoor games and competitions. It will be around 40 degrees during the day and you will be staying in a heated lodge overnight.</p>
<p>Your troop is going to Camp Winona in March to tent camp on the flag field for an overnight. Your troop leader has reserved Cafritz Lodge, where you'll be doing some indoor activities. There will be light rain during the day, and the temperature will be about 50 degrees.</p>	<p>Your troop is camping in the Cedar glen shelters at Camp Winona for the weekend in early April. You plan to cook all your meals outside, and will go kayaking on Saturday at Trefoil Pond. It will be sunny and very warm – around 87 degrees.</p>

Outdoor Skill Activities: Be Prepared (choose 1)

Activity #2 – Survival Kit & Survival Shelters

Are you prepared to handle an emergency? Maybe you have a family emergency kit at home, but have you ever designed one for use in the outdoors? **Create a survival kit and make a survival shelter.**

Your survival kit can either be a personal kit or a kit for your entire troop.

Supply List

- ☆ You will need the items found in the sidebar on the right to make your survival kit. If you choose to make a large troop survival kit, you'll need more of each item, and a waterproof dry bag to house the survival kit is highly recommended.
- ☆ You may also need a large piece of paper and markers to record the group discussions involved in this activity.

Survival Kit

- ☆ In a survival situation, you'll need to stay hydrated, take shelter from the elements, stay warm, and keep up your energy. Discuss what supplies you think you would need to make sure all your basic needs are met during a survival situation. Try thinking of items that are versatile – or have more than one use. Can you think of any items that aren't already on the survival kit list? If there's space, include them in your survival kit.
- ☆ Create and pack your survival kit – this can be done before your camping trip or once you're at camp. Pack all items neatly inside the plastic or waterproof bag so they are easy to find and add a list of the items inside. Keep the survival kit with your troop first aid kit or in your backpack/daypack and replace items as needed.
- ☆ As you're packing the kit, go over each item and brainstorm three ways you could use it in a survival situation. Here are some examples:
 - Safety pin: fishing hook, hanger, mend clothing, secure bandage.
 - Bandana: bandage, flag, head covering, bag (see the Camp Winona Patch for more ideas!)
 - Sewing kit: fishing line, mending clothing, securing tents

Individual Survival Kit Supplies

- ◆ Gallon size plastic zip bag or a waterproof dry bag
- ◆ Fire taffy fire starter
- ◆ Whistle
- ◆ Compact mirror
- ◆ Small roll of duct tape
- ◆ Small roll of fishing line and/or small sewing kit
- ◆ 2-3 safety pins
- ◆ Poncho
- ◆ Flashlight with extra batteries
- ◆ Bandana
- ◆ Granola bar or small bag of trail mix
- ◆ Pair of extra socks
- ◆ 1-2 birthday candles
- ◆ Shoelaces or small coil of rope

Optional Supplies

- ◆ 8 or 16 oz water bottle
- ◆ Pocketknife
- ◆ Matches in a waterproof container (with an adult's permission)
- ◆ Foil/reflective survival blanket

- Fishing line: fishing, rope, animal snare
- Compact mirror: emergency signal, fire starter, fishing lure
- The uses for duct tape and a water bottle are endless!
- ☆ After finding different ways to use your survival kit items, talk about different possible situations where you would need to use a survival kit.

◆ Survival Shelters

- ☆ Break up into small groups and have each small group work together to design a shelter using fallen branches, found materials (leaves, sticks, logs, etc.) and the natural features of your campsite. Before picking a shelter location, think about what areas of your campsite and what materials found at your campsite could protect you from wind, cold, heat, lighting, or falling objects. Walking into a glen shelter and saying that's your shelter doesn't count :)
- ☆ Once complete, have each group present their shelter and what features of it will help in a survival situation. After everyone has presented, be sure to return all your shelter materials back where you found them. Or, fill the unit wood box with the sticks and logs from the shelter.

◆ **Challenge Mode:** Sleep in your shelter overnight.

◆ Discussion Questions

- ☆ What do you think is the most important item in your survival kit?
- ☆ Is there anything else you think you should add to the kit? How would you use it?



Hike: Animal Sounds & Tracks Hike

The soft ground on the camp roads, trails, and around Trefoil Pond are great for "trapping" animal tracks, especially those of Camp Winona's most common animal residents - gray squirrels and white-tailed deer. **Listen for animal sounds and look for animal tracks as you hike around Camp Winona.**

Supply List

- ☆ You will need a copy of this page to bring on your hike. Each hiker should be dressed appropriately for the hike with a full water bottle. Hiking quietly will help you hear any possible animal sounds

Gray Squirrel

- ☆ Gray squirrels have gray fur on top and white underneath, with a white ring around their eyes. They have a large fluffy tail that they use for balance, shelter from the elements, and even as a rudder if they go swimming! They have clawed feet for climbing trees and breaking open nuts.
- ☆ Squirrels make lots of different noises, like wails, squeals, or trills, but the sound they make the most is a bark. They use holes in tall trees as their homes.

White-Tailed Deer

- ☆ White-tailed deer, as their name suggests, have a tail with a white tip, along with a white belly, white throat, and white rings around their eyes. They have large ears to hear predators and hooved feet. Male deer (bucks) have large, pointed antlers that begin to grow in early spring, female deer (does) don't have antlers, and baby deer (fawns) have white spots on their back.
- ☆ Deer warn other deer of danger by snorting when startled, or bleating/groaning when trapped. Does grunt to their fawns, who mew back at the does. They live in wooded areas where they can rest and find food.

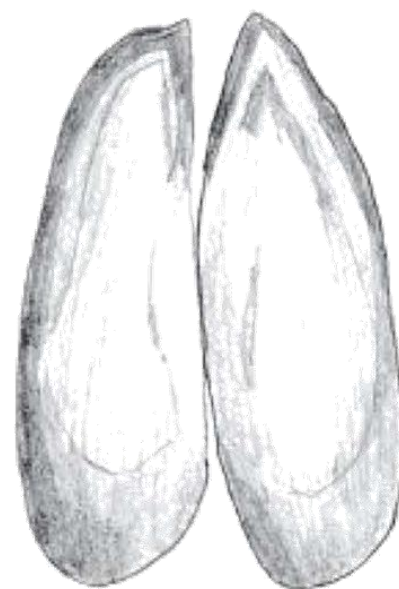
- ◆ **Challenge Mode:** Be a citizen scientist and report your animal observations. Use a nature recording/reporting app such as [iNaturalist](https://www.inaturalist.org), or keep notes during your hike and log in online after your trip at <https://www.inaturalist.org> to record what you saw.

Discussion Questions

- ☆ How many animal tracks did you find? Did you find any tracks other than squirrel or deer tracks?
- ☆ What place on your hike had the most animal tracks?

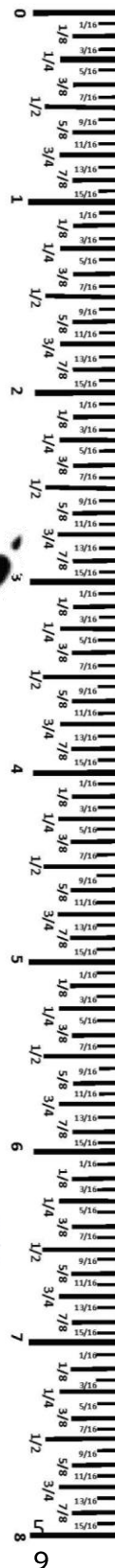
Gray Squirrel

Front: 1.25 x 1.75 in
Hind: 2 1/16 x 1.75 in



Deer

Front: 3.25 x 2.6 in
Hind: 3.1 x 2.5 in



Nature/STEM Activity: Solar Cooking

While tornadoes can be scary and messy, like the tornado that tore through Camp Winona in 2002, they can also create unexpected opportunities. The tornado destruction gave the opportunity to rebuild stronger, sturdier buildings and cleared an area of trees – making a wide, open flag field outside of Cafritz Lodge. As Girl Scouts, we always try to *use our resources wisely*, so in 2017 we installed solar panels connecting to Cafritz Lodge in this open space, all thanks to a generous donor! **Learn about solar energy and make either s'mores or nachos using a solar oven.**

🌿 Supply List

- ☆ You will need a cardboard pizza box, 1 roll of plastic wrap, scissors, 1 roll of aluminum foil, clear tape, black construction paper, newspapers, potholders or a towel, 1 wooden spoon or 10-inch stick to make your solar oven, and a plate. Depending on which snack you choose, you will either need s'more supplies (marshmallows, graham crackers, chocolate) or nacho ingredients like tortilla chips and nacho cheese.
- ☆ If you're completing the Challenge Mode and making a solar still, you will need a wide plastic or glass bowl, a smaller jar or glass for collecting the clean water, a large piece of plastic wrap, string, or rubber band to hold plastic in place, 1-3 medium-sized stone, salt, and water.

🌿 Using a Solar Oven

- ☆ You can start out using your solar oven to heat up pre-cooked foods. Don't cook meat, fish, or poultry in your solar oven - those are dangerous to eat when undercooked, so leave that to more experienced solar cookers.
- ☆ Using a solar oven works best when the sky is clear and it's sunny outside, as well as the time of day when the sun is highest in the sky. Your solar oven won't work as well when the sky is cloudy or when the sun is low in the sky during the early morning or late afternoon.

Solar Energy

Heating with solar energy is not as easy as you might think. Capturing sunlight and putting it to work is difficult because the solar energy that reaches the Earth is spread out over a large area. The amount of solar energy an area receives depends on the time of day, the season of the year, the cloudiness of the sky, and how close you are to the equator. A "solar collector" like solar panels captures sunlight and change it into usable heat or electric energy.

The solar panels at Camp Winona are made of lots of solar cells named photovoltaic (PV) cells that are connected to make a large frame. PV cells are made of silicon semiconductors that convert solar energy to electricity. The other type of solar cell is called photovoltaic thermal (PVT) cells because they create thermal energy, like heat. Think about what happens when cars are parked in the sun during the summer. When the sun shines into the windows, the energy is trapped inside, and the car heats up!

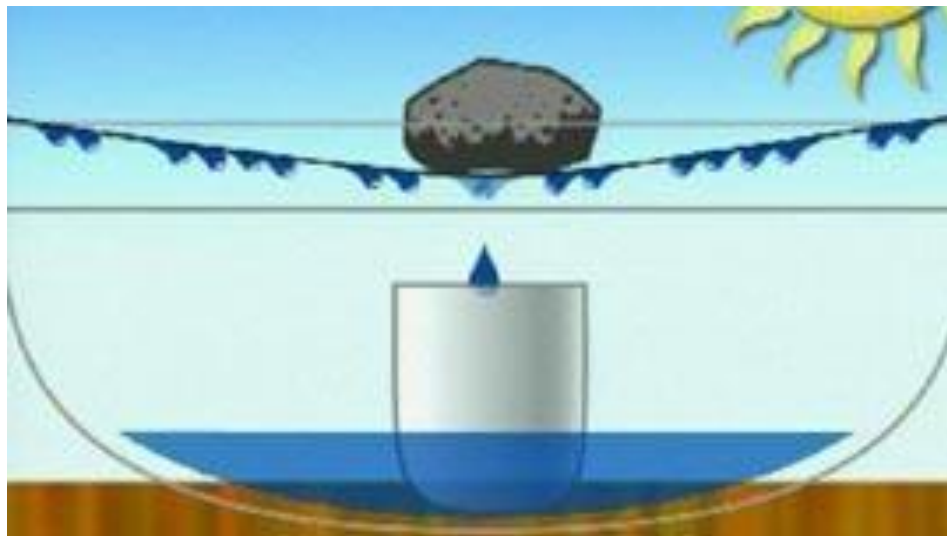
How to Make a Solar Oven

- ☆ Step 1: Cut along three sides to make a flap in the lid of the pizza box.
- ☆ Step 2: Cover the inside of the flap with aluminum foil.
- ☆ Step 3: In the box opening, where you cut the flap out, wrap plastic wrap around it so it looks like a window.
- ☆ Step 4: Inside the box, tape black construction paper along the bottom. Roll up sheets of newspaper and place them inside the pizza box to create a border around the cooking area.
- ☆ Step 5: Take your solar pizza box out to a sunny spot.
- ☆ Step 6: Place your plate of chips and cheese or your plate of pre-assembled s'mores inside. Make sure to place the plate so it will be centered under the plastic-wrap window.
- ☆ Step 7: Close the pizza box lid.
- ☆ Step 8: Use the wooden spoon or 10-inch stick to prop open the flap at an angle, so it faces into the sun.
- ☆ Step 9: Use potholders or a towel to lift your dish out of your solar cooker. Enjoy your yummy treat!



🌿 **Challenge Mode:** Use a solar still to purify salt water. Use the instructions below to try purifying tap water with added salt.

- ☆ Mix salt into some tap water and put the salty water at the bottom of your large bowl.
- ☆ Place your collecting jar in the middle of your large bowl. *Make sure the water is below the height of your collecting jar.*
- ☆ Cover the basin with the plastic wrap. Make sure that it's secured tightly at the edges. Use a string or rubber band to seal off the edges.
- ☆ Place a stone in the middle of the plastic wrap just above your collecting jar.
- ☆ On a hot summer day, carefully move your solar still into the sun and let it sit for an hour.
- ☆ After the solar still has been out in the sun for a while, return to it and make observations. If your still is not working very well, try moving it to more direct sunlight, or you can switch the plastic wrap out with a black trash bag.
- ☆ Come back to your solar still after a few hours and take it apart. Taste the water in the collecting jar - what happened? Did you notice drops of water appearing on the inside of the plastic? Where did they come from?
- ☆ Think about how the water retained in the collecting jar changed matter states twice. When water evaporates, it leaves all its impurities behind. If there are any bacteria or dissolved salts, they are left behind in the large bowl. Only clean water evaporates and is condensed on the plastic. That's why the water in the collecting jar is not salty!



🌿 Discussion Questions

- ☆ What are some other ways we could use the sun as energy?
- ☆ Do you have any ideas for how we can improve our solar cookers?

Special Activity – Make a Nature Mandala

A mandala is a balanced, circular, geometric shape that radiates out symmetrically from the center. “Mandala” is Sanskrit for “circle”. Natural mandalas can be found throughout nature in flowers, tree rings, spider webs, and so much more. **Create a piece of nature art by using found items to design a mandala.**

Supply List

- ☆ You will need outdoor found objects like pinecones, pine needles, sticks, etc. Remember to Leave No Trace and don't pick any flowers or break off branches of trees – the only materials you should be using are materials found on the ground. Remember that mandalas are balanced, usually mirror images of themselves, so be sure to pick up at least 2 of everything you use.

Designing your Nature Mandala

- ☆ Find an area where you will create your mandala. Look for a circular shape if you can, such as a tree stump, fairy ring, or even a paper plate. If you cannot find a circle to use, draw or outline a circle on the ground in the dirt, or on pavement with sidewalk chalk.
- ☆ Gather your supplies. As you gather them, you may want to organize them by size and color.
- ☆ Choose a center point and work your way out. A mandala is ever-changing, and yours can evolve as you add on additional materials. Once your mandala is finished, take a picture to capture it forever.

Challenge Mode: Design another mandala using only recycled materials.

Discussion Questions

- ☆ How many colors do you have in your mandala? Did you try to find all the colors of the rainbow or stay in one type of shade?
- ☆ How many miniature mandalas can you find within your nature mandala?



Commemorate & Reflect

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

Commemorate your visit to Camp Winona.

- 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 Winona, 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 1	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

- 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

Rentals and Reservations

- Camping Equipment Rental: <http://gscnc.doubleknot.com/facilitysearch/3246>
- Camp Winona Reservations: <https://gscnc.doubleknot.com/facilitycalendar/3084>

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 Winona 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: Be Prepared

(choose one of the two activities)

Activity #1: Dress for the Weather

- ☐ Learn about dressing properly for the outdoors by playing “Dress Right Designer” or having a Dress for the Weather relay race.
- ☐ **Challenge Mode:** Compare the properties of cotton, wool, and synthetic fabrics for protection from wet, cold, and heat.

OR

Activity #2: Survival Kit & Survival Shelters

- ☐ Create a survival kit and make a survival shelter.
- ☐ **Challenge Mode:** Sleep in your shelter overnight.

Hike: Animal Sounds & Tracks Hike

- ☐ Listen for animal sounds and look for animal tracks as you hike around Camp Winona.
- ☐ **Challenge Mode:** Be a citizen scientist and report your animal observations.

Nature/STEM Activity: Solar Cooking

- ☐ Learn about solar energy and make either s'mores or nachos using a solar oven.
- ☐ **Challenge Mode:** Use a solar still to purify salt water.

Special Activity: Make a Nature Mandala

- ☐ Create a piece of nature art by using found items to design a mandala.
- ☐ **Challenge Mode:** Design another mandala using only recycled materials.

Commemorate and Reflect

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