



Explore Camp Patch Program

Main Patch Activities



About the Explore Camp Patch Program

The Nation's Capital "Explore Camp" Patch Program encourages Girl Scouts to get outdoors and take part in Girl Scout traditions while discovering the unique features of each of the eight camp properties. Girl Scouts who complete this patch program will hone their eight basic outdoor skills which helps improve their nature connectedness, outdoor literacy and support positive and environmentally conscientious experiences. The eight outdoor skills that each Girl Scout will learn are as follows:

1. **Outdoor Manners**
2. **Be Prepared**
3. **Know Your Knots**
4. **Outdoor Tools**
5. **Fire Building**
6. **Outdoor Cooking**
7. **Stay Safe**
8. **Find Your Way**



A ninth skill, Girl Scouts Traditions, accompanies the eight basic skills so youth can also experience the outdoor and camping traditions in Girl Scouting.

This program is appropriate for Girl Scouts of all levels. Girl Scout Cadettes, Seniors, and Ambassadors with more camping experience are encouraged to not only complete the activities but also test their skills by completing the "Challenge Mode" variations available with the activities.



Youth members will complete all eighteen activities listed in the program to earn the Explore Camp Main Patch. The activities can be completed in any order but we recommend completing the first activity in "Know Your Knots" to help track your progress. After earning the main patch, Girl Scouts may earn the other eight patches in the program which focuses on one of the eight Nation's capital camp properties.

Table of Contents

Know Your Knots:

- Activity #1: Girl Scout Outdoor Skills Bracelet.....4
- Activity #2: Basic Knots.....5
- Challenge Mods: Advanced Knots.....6

Outdoor Manners:

- Activity #1: Outdoor Ethics Game.....8
- Activity #2: Make a Kaper Chart.....9
- Challenge Mode: Campsite Audit or Cathole Relay10

Be Prepared:

- Activity #1: Ten Essential of Camping.....14
- Activity #2: Camping Sleep System.....15
- Challenge Mode: Prepare and Practice an Emergency Plan.....16

Outdoor Tools:

- Activity #1: Make a Sit-upon.....18
- Activity #2: Cardboard Pocket Knife.....19
- Challenge Mode: Whittling or Build a Water Filter.....22

Fire Building:

- Activity #1: Edible Fire Structures.....25
- Activity #2: Make a Fire Starter.....26
- Challenge Mode: No Starter Fire Building.....27

Outdoor Cooking:

- Activity #1: No Cook Meal.....28
- Activity #2: Use a Campfire to Make Food.....29
- Challenge Mode: Solar Oven Cooking.....30

Stay Safe:

- Activity #1: The Buddy System and Buddy Tag.....32
- Activity #2: Personal DIY First Aid Kit.....33
- Challenge Mode: Should I? Could I? Risk Assessment.....34

Know Your Way:

- Activity #1: Never Eat Soggy Waffles.....37
- Activity #2: Mind Your Map.....40
- Challenge Mode: Get Your Bearings.....41

Girl Scout Traditions:

- Activity #1: Camp Songs and Graces.....43
- Activity #2: Flag Ceremony.....45
- Challenge Mode: “Do a Good Turn Daily”48

Know Your Knots

Rope is one of humanities earliest tools. Rope making is a universal skills that all civilizations have discovered and utilized during their development. The skill of tying knots has changed little over the course of human history as objects today are tied much the same way they were tied in the past. Not only does tying knots provide a personal valuable skill but it also allows people to connect with their human heritage.



Activity #1: Girl Scout Outdoor Skills Bracelet

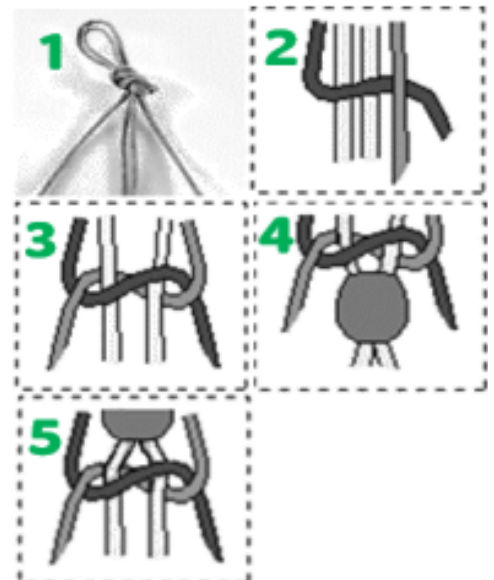
This activity can be done first as a way to track your youth's progress in the eight camping skills. Each time they complete the two activities that go along with a skill, they add an appropriate colored bead to their bracelet.

Supply List:

- Two pieces of string: one shorter piece long enough to fit loosely around the wrist three times, the other piece should be double the length.
- Nine different colored pony beads:
 - Know Your Knots (**Purple**)
 - Be Prepared (**Lime**)
 - Fire Building (**Red**)
 - Stay Safe (**Yellow**)
 - Girl Scout Traditions (**Green**)
 - Outdoor Manners (**Blue**)
 - Outdoor Tools (**Pink**)
 - Outdoor Cooking (**Orange**)
 - Find Your Way (**Brown**)

Instructions:

1. Fold both pieces of string in half and tie an overhand knot in the middle, making a loop. This will leave you with four strings. The center strings should be shorter and the outer strings longer.
2. Fold the left outer string over the center ones and under the right outer string.
3. Bring the right string under the center string, and then up and over the left string. Tighten the knot so it goes all the way up the center string. Then, tie another knot by going the other direction. Continue tying left to right adding beads as you want.
4. Finish the bracelet by tying all four strings together with an overhead knot.



Know Your Knots

Activity #2: Basic Knots

Different knots are useful for different activities. Some knots are better to tie up food or trash, hold things together, and even make jewelry. This activity will take you through two useful knots that you can use when you take camping. When tying a knot, you have two strands: the working end and the standing end. The working end is the one that you will move while tying the knot. The standing end is the rope not being used in the knot you are tying.

Cow Hitch Knot

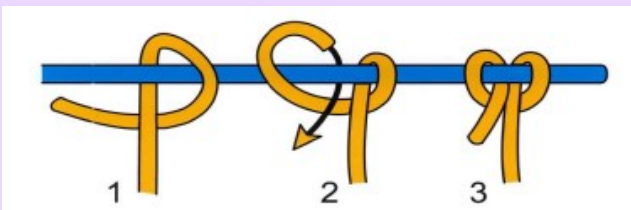


Supplies:

- Forearmed length of rope
- Something to tie the knot to (broom, mop, pole, etc.)

Instructions:

1. Loop the rope around the back of the object. Go from back to front.
2. Pass the rope under the standing end.
3. Loop the rope around the object again this time front to back.
4. Pass the working end through the loop and pull it tight to complete the knot.



Square Knot



Supplies:

- A piece of rope.

Instructions:

1. Take both ends of the rope and make an "X" with the right rope over the left.
2. Pass the right end over and under the rope in your left hand.
3. Pass the rope end now in the left hand over and under the end in your right hand.
4. Tighten the knot by pulling both ends at the same time.



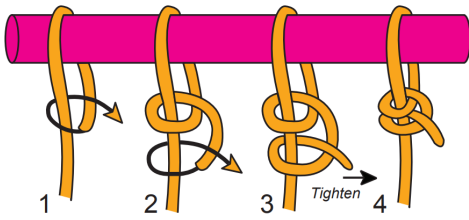
Know Your Knots

Challenge Mode: Advanced Knots

Take the challenge up a notch and see if you can tie these advanced knots!

Two Half Hitches:

This knot has been used to hold mooring lines and is also a fast way to connect an object to a post, tree, ring or column.



Supplies:

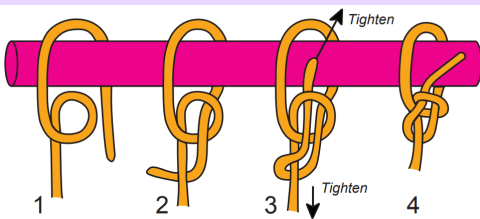
- Length of Rope

Instructions:

1. Pass the rope around the pole and around itself. Pass the working end between the ropes to make a half hitch.
2. Repeat the process again to make the second half hitch and pull to tighten.

Bowline:

This knot is used to hold a mooring line or connect a rope to a post. It is stronger than the half hitch and is less prone to slipping.



Supplies:

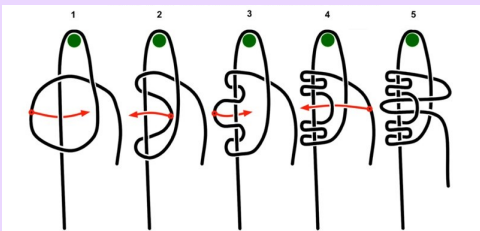
- Length of Rope

Instructions:

1. Form a small loop, leaving enough rope for the desired loop size.
2. Pass the end of the rope through the loop. Wrap the working end around the standing end and pass back through the loop.
3. Pull the working end to tighten the knot.

Farrimond Friction Hitch:

This is a quick and convenient way to tie a tent ridge line.



Supplies:

- Length of Rope

Instructions:

1. Pass the end around the pole or tree and form a loop. Wrap the middle of the loop twice around the standing end.
2. Take a bight (loop) from the standing end and push it gently into the loop left by the working end. Pull to tighten.

Outdoor Manners

The modern concept of outdoor manners/natural etiquette has existed for over a half-century however the concepts of caring, responsibility and stewardship for the outdoors is not a new ideas. Cultures throughout history such as Native American cultures teach and embody stewardship values and have done so for most of their cultural history. Leave No Trace programs began in 1987 and became ratified into a non-profit organization in 1994.

Leave No Trace Principles

To help children learn about leave no trace it is helpful to combine these 7 principles with hand motions. Each principle contains instructions for an accompanying hand motion.



4. Take only pictures, leave only footprints

Leave everything where you found it and take nothing.

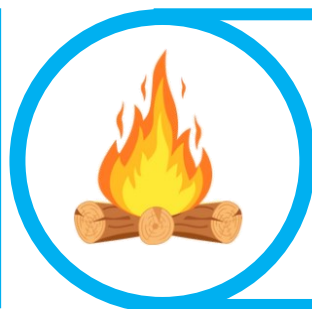
Use four fingers to make a box and "take" a picture.



1. Plan Ahead

Check the rules and regulations of the area your visiting. And prepare for any extreme weather or hazards.

Use one finger to "write a plan on your other hand."



5. Be Careful with Fire

Only make a fire in established fire pits and follow fire safety rules.

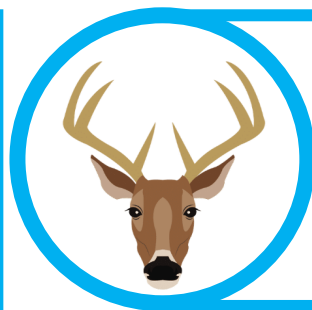
Use five fingers to mimic the flames of a fire on your other hand.



2. Stay on the Path

Make sure to stay on the established paths and only camp on hard, established surfaces.

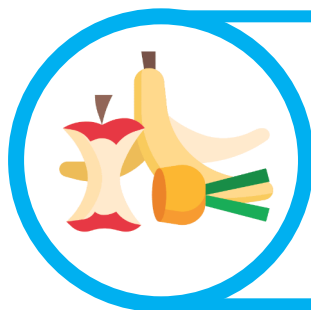
Use two fingers to walk down your other arm.



6. Be kind to Wildlife

Do not bother wildlife. Don't feed them. Give them space.

Take three fingers on each hand and hold them on your head like antlers.



3. Trash your trash

Throw away all trash, left over food and litter. Pick up any trash found outside.

Use three fingers to "sweep" the trash or pick up trash.



7. Be Considerate of Others

Respect others. Yield to other users and avoid loud noises or voices.

Wave with one hand and make a peace sign with the other.

Outdoor Manners

Activity #1: Outdoor Ethics Game

This activity will help participants explore their own personal “Leave No Trace” ethics by asking them to determine which situation bothers them the most out of a set two options.

Supply List:

- List of Ethics Situations
- Cones/Dots (optional)

Directions:

1. Make sure to have the list of ethics situations. Explain to the youth that today they are going to learn about their outdoor ethics. Ethics is a belief that governs the way a person behaves or acts. Outdoor ethics is the way a person thinks they should behave when outside in nature.
2. Establish two areas where the participants will stand. Each area will coincide with one of the ethics situations.
3. Give them two different ethics situations. Tell the participants to stand in the area that matches the situation that bothers them the most.
4. Ask a few people from each side to give their perspective as to why they chose the ethics situation they did. After hearing from both sides, ask if anyone would like to switch sides based on the opinions that others shared.
5. Repeat this activity a few more times, repeating the above steps each time.

Ethics Situations

Breaking branches off of trees	VS	Carving names into a tree
Banana peels and apple cores left around a picnic area	VS	Banana peels and apple cores thrown on the side of the road
Half burned food and trash in a campfire ring	VS	Food and trash left in a campfire ring
Other groups setting up their tents next to yours	VS	Other kids and adults being noisy and scaring off the wildlife you were watching
Kids or adults picking wild-flowers	VS	Kids or adults feeding animals like squirrels.
Other kids cutting from one part of the trail to another to get in the front of everyone	VS	Being passed by a large group while walking or hiking on a trail

Debrief:

After completing a few rounds, gather the group back together. Begin by asking them if they felt someone had similar “ethics” to them. Take a few responses. Then ask them if they felt that anyone had different “ethics” from them. Follow up with more questions like:

- Why is it OK for people to have similar and different ethics?
- How do you interact with someone who has a different viewpoint than you.?
- What are some ways this group can do to respect someone else’s personal beliefs or ethics?
- How does respect work? What does it mean when someone says “respect goes both ways”?

Outdoor Manners

Activity #2: Kaper Chart

It is easier to have good outdoor manners when you split the responsibilities. It is said that many hands make light work, so in Girl Scouts we divide these responsibilities into chores or “kapers”. With so many hands and kapers, the best way to organize them is to create a kapers chart. Make a kapers chart for either your troop meetings or for your overnight camping trip.

Supply List:

- Large pieces of paper (multiple if you are making more than one kapers chart)
- Writing materials (thick markers recommended)
- Decorating materials (stickers, paint, cut outs) (OPTIONAL)

Directions:

1. As a group determine what you will be using this kapers chart for: troop meeting or camping. Then make a list of chores/kapers that need to be done. Write them down.
2. Determine how many different groups you want to complete these chores and who will be in which group.
3. Make the kapers chart. It is recommended that you put the kapers up top and then the timeline/frequency on the side. Each group should either have a special name or symbol that is then filled in on the grid.



Camping Kaper Ideas

Cooking
Dishwashing
Cleaning bathrooms/latrines
Clean kitchen area
Grace
Setup for meals
Make a fire
Gather firewood

Meeting Kaper Ideas

Take attendance
Collect dues
Lead Songs
Do a Flag Ceremony
Say the Promise and Law
Pass out activity materials
Clean up supplies
Do a closing activity

Outdoor Manners Challenge Mode

Campsite Audit

Supply List:

- Campsite Audit Sheet
- Writing Utensil
- Clipboards

Instructions:

1. Break the youth into small groups and give them the above materials.
2. Have the youth go around the campsite and use their audit sheet to determine how the campsite rates.
3. Once everyone has completed their audit gather the group and discuss the results.

Discussion:

- How did the campsite do on the audit?
- What areas did the campsite perform well? What areas did it perform poorly?
- Do you have any ideas how the campsite could be improved?
- Was everyone's audit results the same? Why might the results be similar/different?

Cathole Relay

Supply List:

- trowels
- Area to dig or buckets of dirt
- tennis balls
- Ruler

Instructions:

1. Start by teaching everyone about catholes. A cathole is a poop hole. It is where solid waste is disposed. A cat hole should be 6-8 inches deep, at least 200 feet from water/trails/camp and covered/disguised when finished.
2. Demonstrate the proper way to dig a cathole.
3. Divide the group into teams of 3-4 and give each group the above supplies.
4. This is a relay race. The first person runs to the bucket or digging area and digs the hole. When they think its deep enough they run back and the second person with ruler runs out to check the size and depth of the hole is correct.
5. When the second person confirms the hole is big enough, the third person puts the tennis ball between their knees and carries it to the cat hole and drops it in.
6. The last person uses the trowel to cover the cathole. First group to finish wins.

Discussion:

- Why is it important to dig a cat hole?
- How does properly human waste affect animals? Other visitors? Drinking water?
- Why does the whole need to be 6-8 inches?

Outdoor Manners

<u>Leave No Trace Campsite Audit</u>	LNT Master	LNT Apprentice	LNT Beginner
1. Know Before You Go			
Prepared for the weather			
Brought a water bottle			
2. Choose the Right			
Campsite on a durable			
Parked on a durable surface			
3. Trash your trash			
All litter picked up			
Campsite is clean			
4. Leave What You Find			
Free of things from nature			
No animal or animal parts			
5. Be Careful with Fire			
Fire is in fire circle			
Full water bucket by fire			
6. Respect Wildlife			
Food put away and secure			
No pets or pets under			
7. Be kind to others			
Campsite music kept low			
Friendly Campers			

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7. Be kind to others			
Campsite music kept low			
Friendly Campers			

Be Prepared

Camping is a human tradition. From the earliest days of humanity, camping has been a necessity for survival. Camping for recreation has existed in the United States since the 1800s. Camping in the past was used as a way for families from scattered areas to come together for reunions. Modern camping became popular as more people moved into cities and used camping as a way to reconnect with nature.

Regardless of when people have gone camping it is essential for people to properly prepare for their trip. Properly preparing for the camping experience ensures everyone's safety, helps prevent resource damage, contributes to the trip goals and increases self-confidence.

1**Write down camping goals/expectations of your trip.****2****Figure out the skills/abilities of everyone going on the trip.****3****Look up information on the area you plan to visit****4****Choose equipment/clothing for comfort, safety and weather****5****Plan activities that match group goals, skills and abilities.****6****Evaluate the trip once you return.**

Be Prepared

Activity #1: Ten Essentials of Camping

Do you know which ten things you should always take with you when you go camping?

1. **Navigation:** Map, Compass or GPS system. Used when planning your route as well as help orient oneself during the activity.
2. **Sun Protection:** Sunglasses, sunscreen, hat: Sun protection is needed to prevent sunburns and long-term skin damage.
3. **Insulation:** Jacket, gloves, hat, rain gear: Nature is unpredictable. Preparing for sudden weather changes is important for keeping safe.
4. **Illumination:** Flashlight, lantern, headlamp: Humans can't see in the dark and nature doesn't come with lightbulbs. Being able to see at night is essential for safety. Don't forget extra batteries!
5. **First-Aid Supplies:** First-aid Kit: Emergencies happen. A first aid kit should always be on hand to treat simple injuries/illnesses. It is also recommended to have an emergency guide.
6. **Fire:** Matches, lighter, fire starter: Fire is both an emergency signal and a heat source. It is also valuable for cooking.
7. **Repair Kit/Tool:** Duct Tape, knife, multitool: Things break while camping so a basic repair kit can keep your gear functional in case of emergency.
8. **Nutrition:** Food: Always pack an extra day's worth of food in case of unexpected trip changes. Focus on no-cook items that are high in nutrients.
9. **Hydration:** Water bottle: Staying hydrated is essential! Dehydration can lead to serious health problems. Always bring extra water or water treatment tablets if you are going to be away from potable water sources.
10. **Emergency Shelter:** Tent, space blanket, tarp: Shelter is one of the most important elements in emergency survival. It is recommended to bring something light weight and waterproof.



Be Prepared

Activity #1: Ten Essentials of Camping

Supply List:

- One item from each of the 10 essential item categories
- A few unessential items
- Bag to put items into

Directions:

1. Arrange the group into a circle ideally prior to their camping trip or at the beginning of the camping trip.
2. Explain to them that today, you will as a group be learning about the 10 essential items that are needed for a camping trip.
3. Take all the items out of the bag and place them where the youth can see them. As a group have the youth divide the items into two categories. Essentials and non-essentials.
4. Once they have made their decisions. Discuss each item and why it got placed where it was. Example: Why did you think the water bottle was one of the essential items? Why did you think the rope was non-essential?
5. After discussing, help them reorganize the piles so the items are in the correct places. Review the 10 categories items fall into and help them figure out why items are essential or non-essential.

Optional Addition:

- Have a challenge where you group the youth and challenge them to check their camping gear. Did they bring all the 10 essentials with them? See what items they have forgotten?
- Instead of completing it as a large group, break the kids into smaller groups and give them each their own bag of items. Have them as a smaller group sort the items and then have the small groups see if they agree on which items are essential or not. Finish the activity as you would the main one.

Discussion Questions:

1. Why do you think that these items are considered essential? What items did you think were essential that turned out to not be?
2. What items do you normally bring with you camping and which items do you not? What items do you think you will bring on your next camping trip?

Be Prepared

Activity #2 Camping Sleep System

A sleep system is a set of gear that a person uses when camping to help make sure that they have a good nights sleep. A sleep system is made up of 4 layers which are often rolled together to make what is called a bedroll. Its time to learn how to create your own sleeping system and practice rolling your bedroll by having a bedroll relay!

			
Waterproof Ground Cloth	Insulation/Sleeping Pad	Sleeping Bag/Quilt	Sleepwear
<p>The outermost layer of the sleep system. It should be waterproof to prevent the other layers of the system becoming wet from the ground. It can be a tarp, shower curtain or a commercial product.</p>	<p>Protects the body from the cold of the ground. It can also provide some padding to make sleep more comfortable. There are foam pads as well as inflatable pads.</p>	<p>There are a variety of styles of sleep bags. Sleeping bags have all over insulation as well as hoods for maximum warmth. Quilts however have insulation only on the top and are generally lighter.</p>	<p>The sweat on your day clothes can make you colder at night. Additionally, puffy/thick layers can impede the warmth retention of the sleeping system. It is recommended to wear long sleeve sleepwear for maximum warmth.</p>

Supply List:

- Two complete sets of bedrolls
- Two lengths of ropes for tying

Directions:

1. Prior to starting this activity, allow the participants to practice setting up the bedrolls and rolling them up.
2. Break the group into two teams. Place the bedrolls on the opposite side of the playing area, approximately 15 feet away.
3. One person at a time will race to the bedroll, unfold it, set it up and get into the bed roll. Then they will get out of the bedroll and run back to the start.
4. The next person will run to the bedroll and roll it up. This process will repeat, one person setting up the bedroll and one person rolling it up until everyone has gone at least once. First team to complete this wins!

Be Prepared

Challenge Mode: Prepare and Practice an Emergency Plan

Before every camping trip everyone should prepare and know the emergency plan so everyone stays safe. Help prepare for your camping trip by making an emergency plan you can use on your camping adventure as well as practicing at least 2 steps in your emergency plan.

Before the Trip:

- ☐ **Get a map of where your camping.** And practice how to read the map, familiarize yourself with routes and landmarks of the area you will be camping.
- ☐ **Pack your 10 essentials.** Practice using the special tools in your 10 essentials kit like your compass or map. Also make sure to check that you have extra batteries.
- ☐ **Make a trip plan and leave it with a trusted person.** A trip plan lets someone who is not going on the camping trip information like where, when, how long, and the number of people going.

What to do if you get lost?

- ☐ **Retrace your steps.** If confident you can do so, use your knowledge, skills and tools to find your way. Practice the following steps before going camping.
 - **Stop and breathe** — Take a moment to calmly assess your situation.
 - **Find your location** — Use your map, compass, GPS or visible landmarks to try to find your location.
 - **Retrace your steps** — If it is safe to do so, retrace your steps to get back on your planned route
- ☐ **Call for Help.** If you cannot retrace your steps then call 911. Practice looking up the following information on your phone and communicating the following information.

<ul style="list-style-type: none"> • GPS coordinates from your phone, if available. • Name of the trail or area you were supposed to be • Your last known location before you became lost 	<ul style="list-style-type: none"> • Description of visible landmarks • Types and colors of clothing you are wearing • Equipment you are carrying • Any medical conditions
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 - **Stay Put** — Changing locations will make it much harder for authorities to find you. Only move if there is an immediate threat to your safety. If possible communicate the change in location to the 911 operator if possible.

Continue on Next Page 

Be Prepared

Challenge Mode: Prepare and Practice an Emergency Plan

What to do if you get lost? (Continued)

- ☐ **Wait for Help.** If you do not have cellphone or cell reception to call 911 the best thing to do is wait for help to arrive.
 - **Find Shelter** — Find a place to make a shelter away from natural elements such as the sun, rain, snow, etc.
 - **Check on your supplies** — Check on your 10 essentials and on any other items your brought.
 - **Keep warm** — If you feel cold put on extra layers and if needed make a fire.
 - **Signal for Help** — Work on signaling for help search and rescue authorities find you. Learn about some ways to signal for help and practice those signals.
 - **Make yourself visible** — Try to make your shelter as visible as possible and increase your overall visibility
 - **Conserve Energy** — Wait patiently and try to conserve your energy as much as possible.

What to do if you get Injured?

- ☐ **Minor Injuries.** Injuries such as scrapes, bruises and muscle strains can often be treated without a doctor. Practice treating basic scrapes and injuries using your first aid kit.
 - **Scraped skin** — Carefully clean the wound with soap and water or antiseptic wipe. Apply an appropriate sized band-aid to the wound.
 - **Sprained ankle/wrist** — Remove any clothing such as shoes from the affected area. Check for any deformity which might indicate a broken bone. Place an icepack on the injury for at least 20 minutes. Elevate the damaged area and wrap it in a bandage.
 - **Bloody Nose** — Do not tilt the head back, swallowing the blood can make you nauseous. Sit down, lean the head forward, pinch the nose just below the bony area and apply pressure for 5 minutes. Gently hold tissue in front of the nose to catch the blood.
- ☐ **Major Injuries.** Injuries such as chest pain, difficulty breathing, major bleeding or broken bones need immediate medical help. Practice the following procedure in case of major emergency.
 - **Call 911** — Tell them all the information that you would tell them in the event you were lost.
 - **Flag down help** — If there is no cell service, flag down someone and ask them to travel to an area to call 911.
 - **Make yourself visible** — Do what you can to increase your visibility such as use rocks to create a shape that can be seen by emergency personnel or use signaling measures.

Outdoor Tools

While camping is an exciting and entertaining activity it also comes with inherent risks. The best way to prevent problems is to come prepared with the proper camping gear and tools. The type of tools you will need when you camp will vary depending on the activities you plan to do. Below are two camp tools that you can use while on your camping trip: one for your comfort and one for you to learn to use safely. Once you master these see if you can take the challenge to the next level.

Activity #1: Make a Sit-Up-On

Sitting on the ground can be an unpleasant experience especially if the ground is damp or wet. A sit-upon is a waterproof mat that will help keep you dry and warm. Lets take a chance to learn about how to make a sit-upon.

Supply List:

- Outer Layer 30"x15" rectangle (Options: vinyl table cloth, plastic shower curtain, old windbreakers, plastic bags, duct tape)
- Inner Layer 13"x13" rectangle (Options: newspaper, packing peanuts, plastic shopping bags, foam, old t-shirts, seat cushions, fabric.)
- Binding Material (Options: yarn/ hole punch, duct tape, etc.)
- Scissors

Directions:

1. Cut your waterproof material into a 30"x15" rectangle and fold it in half.
2. Cut your inner padding into 13"x13" square and place it inside the waterproof material.
3. **If sewing it together:** use the hole punch to make holes around the outer edge approximately 1" apart and 1/2" from the edge. **If taping:** do not make any holes.
4. **If sewing:** wrap a piece of tape around the end of the yarn to make it easier to stitch. Sew all the way around the sit upon using a straight stitch. **If taping:** take a large piece of tape and lay it half of it along one edge of the sit-upon and carefully fold it over the open edge. Repeat on all the open edges.
5. If desired, you can add handles to your sit-upon.



Outdoor Tools

Activity #2: Cardboard Pocket Knife

One of the most useful tools to take camping is a pocket knife (aka jack knife). Pocket knives have existed since between 600 to 500 BC and have been used as a tool or even cutlery. Pocket knives are small, handy and easy to transport because of their foldable blade. Pocket knives are a useful tool to take with you on your camping trip as it can come in handy in a variety of situations. Before using a knife it is important to learn about knife safety rules and how to safely use the jackknife.



Knife Safety Rules

1. Never walk or run with an open pocket knife.
2. When not being used, the pocket knife must be kept closed and store away in a sheath or container. Never leave your pocket knife out—it can rust if it gets wet.
3. Pocket knives, even cardboard ones, are NOT toys and should not be played with. Never throw or toss the pocket knife, and always keep it pointed in a safe direction.
4. Only use your pocket knife as a tool. Meaning you can use it to sharpen a stick to roast a marshmallow, to cut a piece of string to make a friendship bracelet, etc.
5. Keep you pocket knife clean and sharp. A dull knife is more dangerous than a sharp one. Ask an adult to sharpen the knife when it becomes dull.
6. Maintain a circle of safety when using a pocket knife, meaning no one can be within arms reach when you are opening, closing or using your pocket knife. Always check your safety circle before using your knife and remind people to stay out of your safety circle while your knife is out.

Pocket Knife Safety Pledge

Carrying a pocket knife (also called a jack knife) is a privilege and a responsibility. A responsible adult has clearly explained the pocket knife rules to me and has taught me how to use a pocket knife safely. I promise to follow these guidelines:

- I will respect my knife at all times and use it as a designated tool.
- I will always keep my knife closed and store when not in use.
- I never use my knife when there is a chance it can hurt someone.
- I will always use my knife safely and in a way that keeps myself and others safe.

 Girl Scout Signature

 Date

 Adult Signature

 Date

Outdoor Tools

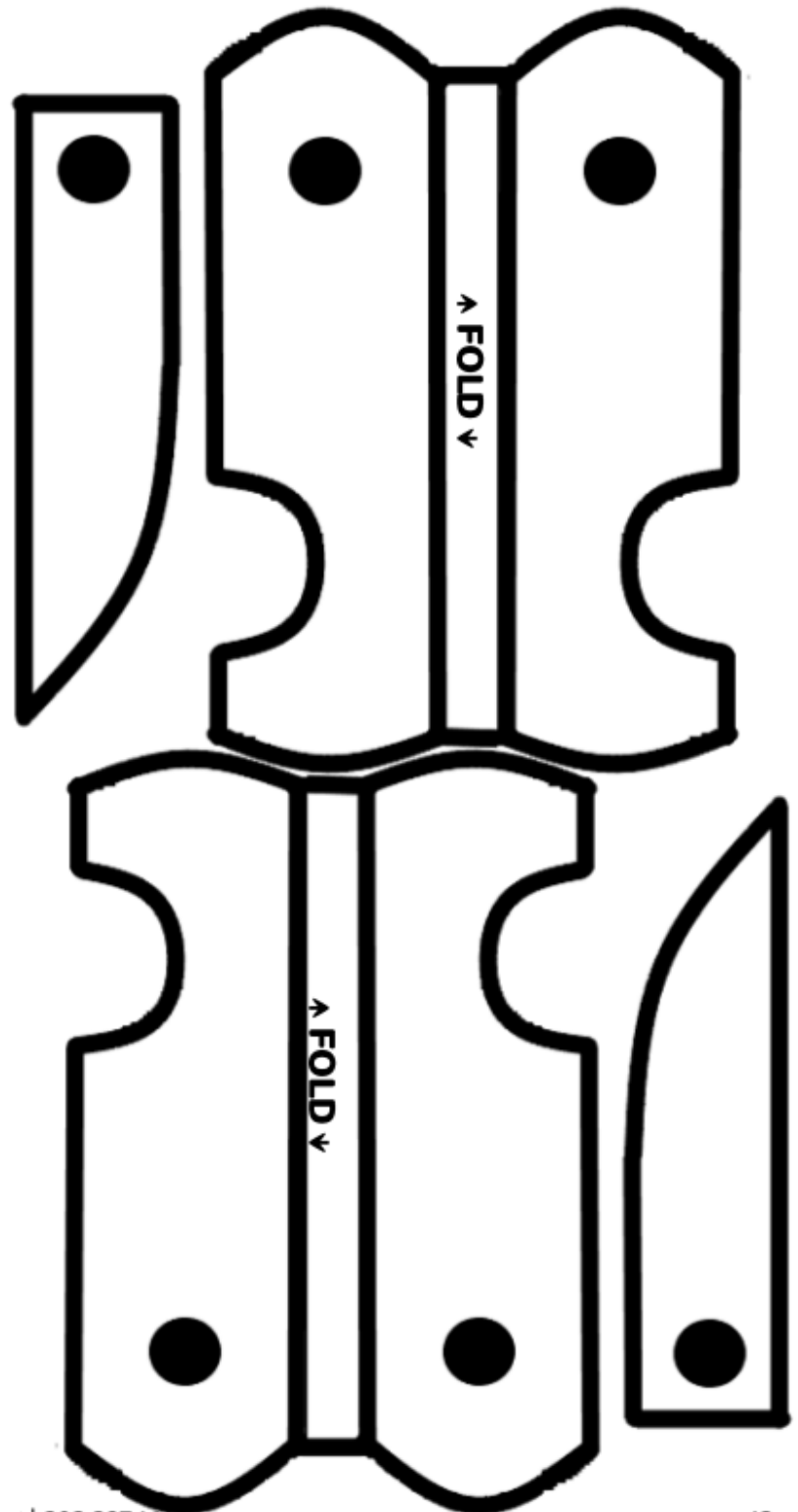
Activity #2: Cardboard Pocket Knife

Supply List:

- Cardboard
- Scissors
- Brass fastener
- Pocket Knife Stencil
- Hole punch

Instructions:

1. Cut out the stencil and trace the stencil onto cardboard. Don't forget to trace the two center middle lines for the stencil handle.
2. Cut out the cardboard handle and blade.
3. Use a hole punch to cut out the center of the black dots.
4. Fold the two center middle lines (labeled fold) to make the handle. The handle should have three sides.
5. Place the blade inside the handle so the holes line up. Make sure the "sharp" or curved edge is facing towards the inside of the handle when closed.
6. Attach the knife and handle together by putting the fastener in the hole in the handle/blade.
7. Decorate your cardboard knife and practice using it safely.



The attached stencil is for two knives.

Outdoor Tools

Activity #2: Cardboard Pocket Knife

How to Use a Pocket Knife:

- **Opening Your Knife:** Use both hands and keep your fingers away from the sharp edge. Grasp the dull side of the blade with your dominant hand and pull the blade out all the way. Most pocket knives will make a click when it is fully open.
- **Using Your Knife:** Hold the knife in your dominant hand and grip the handle with your whole hand. Cut away from your body and never play with the knife. Always ask an adult if you need help.
- **Closing Your Knife:** Use both hands. Hold the handle of the knife with one hand so the sharp edge is facing upwards. Then, hold the dull side of the blade in your dominant hand and push the blade up towards the slot in the handle. Keep your fingers clear of the cutting edge!
- **Passing Your Knife:** Hold the blade on the dull edge so the sharp edge is facing down towards the ground. Extend the handle to the other person. Once the other person has a firm grip on the knife, they will say “thank you” to let the giver know they can let go of the knife.

Pocket Knife Safety with Lipstick

Supply List:

- Cardboard Safety Knife
- Lipstick

Directions:

1. Have an adult apply lipstick to the curved/sharp edge of the knife.
2. Practice opening, using and closing your knife using the knife safety rules.
3. After you have practiced check yourself for marks:
 - No lipstick? Congratulations! You successfully followed the knife safety rules.
 - Lipstick on you? Keep practicing until you can open, use, and close the knife cleanly.

Safety Circle Practice

Supply List:

- Item to make a circle such as sticks or stones.

Directions:

1. Find an area where everyone can spread out. Have each participant gather sticks, rocks, bark, etc.
2. Have them make a safety circle outlined with their chosen material.
3. Once everyone has a safety circle established, have each person sit inside of it. Remind them that it is their responsibility to maintain their safety circle.
4. Have an adult or participant attempt to walk into everyone's safety circle. Make sure that everyone feels comfortable maintaining their safety circle.

Outdoor Tools

Challenge Mode: Whittling or Build a Water Filter

Whittling



Supply List:

- Pocket knife
- Fresh stick or branch found on the ground

Directions:

1. Take the group out on a short walk to find a stick to whittle. It is recommended to find a young, fresh stick that has not dried out. **DO NOT TAKE STICKS FROM A TREE.** There are plenty on the ground.
2. Spread everyone out into their safety circle with their knife and stick.
3. Using the knife, make a pushing motion away from the body to carefully remove the bark.

Whittling Recommendations:

- Try to find a stick without a lot of knots.
- Be patient, press gently, and take tiny slices to avoid injury.
- Never hold the wood on your lap, hold it past your knees or to the side.
- Easy whittling projects include: marshmallow fork, whittled flower or wand.

Water Filter



Supply List:

- Plastic water bottle (cut in half)
- Dirty water (make with coffee grounds, dirt, crunched-up leaves, cooking oil, tiny pieces of foam)
- Measuring cup
- Filter Materials (activated charcoal, gravel, sand, cotton balls, other random things)
- Coffee Filter (bandanna, old sock, napkin, paper towel works as well)
- Timer (option)

Directions:

1. Give each participant or group a bottle, coffee filter and other filter materials.
2. Allow the kids to add the filter materials in whatever amounts and order they want.
3. Once everyone has completed their filter, take a cup of dirty water and pour it into each filter one at a time.
4. If using a timer, time the amount of time it takes for the water to travel through the filter. How does the water look?
5. If desired, repeat the steps above to see if you can improve your skills!

Fire Building

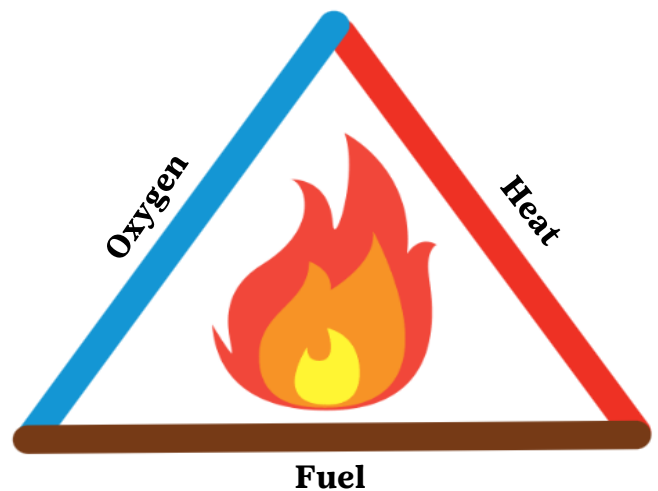
Campfires are a multi-useful tool when it comes to camping. Not only can they be used to keep warm, provide light and cook but they are also a part of Girl Scout tradition. Learning how to make a fire and maintain it is invaluable knowledge to have. Take a moment to learn the components needed to make a campfire as well as the rules of making a campfire.

Parts of a Fire

In order for fire to burn it must have three things.

The three things are:

- **Oxygen:** All fire needs air in order to burn. The burning of fire is a chemical process and oxygen allows that to happen.
- **Heat:** In order to start a fire there needs to be an ignition source. The heat fire produces it uses to maintain itself and to enable it to spread.
- **Fuel:** For fire to keep burning it needs something flammable to burn such as wood, paper, fabric or some other material. Without fuel fire cannot continue to burn. There are three different sizes of fuel that are used in making a fire:



Three Fuel Sizes:

Tinder: the smallest size. Spaghetti noodle or matchstick thickness, pencil length.

Kindling: medium size. Pencil or thumb stick. Takes more time to catch on fire and burns longer than tinder.

Fuel: the largest size. Bigger than kindling. Takes the longest to catch and burns the slowest.

What makes good fire wood? The secret to a good fire is the fuel that you use. When collecting your fuel you want to use the three “D’s” rule:

DEAD: you don't want anything alive or attached to a tree



DRY: Your wood needs to be dry and free from mushrooms. Fungus indicates the wood is wet.



DINKY: the wood should easily snap/break when you bend it.



Fire Building

Campfire Safety Rules

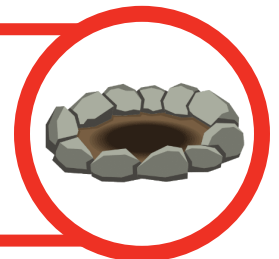


1. Be Careful with Fire

Check local fire rules and regulations to make sure that there are no burn bans in effects. Only make fires in established fire rings.

2. Use a Fire Circle

Always establish a fire circle around any fire prior to lighting a fire. Never enter a fire circle without adult permission.

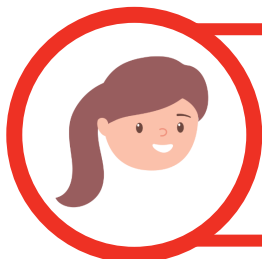


3. Always Walk Around

Always walk at camp. Go outside the fire circle and walk around to get to the other side of the fire circle and never walk through the fire ring.

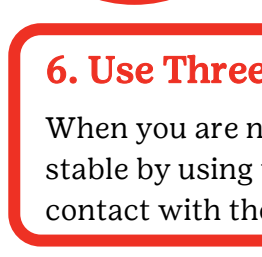
4. Use a Water Bucket

Always have a full water bucket set near the fire prior to lighting it. Also adults should be the only person to use a water bucket.



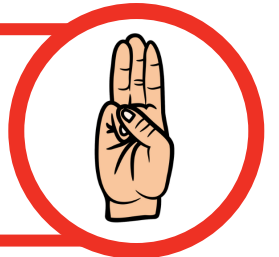
5. Wear Proper Clothing

Wear fire safe clothing in the fire circle. No baggy clothing, dangling jewelry or open toed shoes. Long hair should be safely tied back.



6. Use Three Points of Contact

When you are near the fire to cook or add fuel to the fire, keep your body stable by using three points of contact (three places where your body is in contact with the ground).



Fire Building

Activity #1: Edible Fire Structures

Depending on how you want to use your fire, there are different ways you can arrange your fire to help you achieve your objective. Take a chance to make a tasty little campfire based on one of the campfire designs. Want an additional challenge? Can you make the correct campfire for the correct situation?



The **Tepee** campfire is one of the most common fire styles. It primarily uses kindling rather than large fuel logs which means it catches quickly and burns hot. It makes a good cooking fire. However this type burns quickly and burns out fast.



The **Lean-To** campfire is best for getting a fire burning quickly. This style lights quickly and tends to be resistant to burning out. Its biggest drawback is that it does radiate heat well and is a poor cooking fire.



The **Log Cabin** campfire is best for creating a sustained burn, that creates a warm fire. It however requires you have a large portion of your burning wood before starting your fire.



The **Star** campfire is the best long term sustainable campfire. This campfire can burn an entire day on the logs collected originally vs other styles. This campfire is best for survival situations or emergency situations where maintaining a fire is one of many chores for survival.

Supply List:

- Mini pretzel sticks
- Shredded coconut or something similar
- Marshmallows, M&Ms or skittles
- Paper plates

Directions:

1. Give every participant or small group the snack supplies. Explain what the supplies represent: the pretzels are the sticks, coconut is the kindling, and the marshmallows are the fire circle.
2. Start by having them build a fire circle on their plate. Then it's time to build the fire. As a group or individually, have the kids attempt to build each of the four types of fire structure.
3. Once everyone has had a chance to build all the fire structures once, it's time for a challenge. Pick a fire structure type and describe its pros and cons. Then have the youth attempt to build the type of fire they think you described.

Discussion Questions:

- Which fire structure was the easiest to build? Which was the hardest?
- What fire structure do you think would be best to use on your camping trip and why?

Fire Building

Activity #2: Make a Fire Starter (No Wax)

Fire starters are materials designed to ignite easily and provide a steady flame that helps you keep your fire going while you are getting your fire established. There are many different types of fire starters some homemade and some commercial. Fire starters can be helpful when lighting a fire especially when conditions are not ideal. It is especially useful when dry kindling is hard to find or difficult to come by. Take a moment to make some of these no-wax fire starters to take with you on your next camping adventure.



Supply List:

- Dryer lint
- Cooking Oil (any type)
- Small containers such as Tupperware
- Spoon (optional)

Directions:

1. Break the group into smaller groups and provide them with the above materials.
2. This process works best when working in layers. Take some lint and place it at the bottom of the container. Pour some oil over top of the lint. If using a spoon press the lint down into the oil until it is completely saturated
3. Keep working in layers until either your container is full or you run out of materials.
4. To use your Firestarter, take a small clump from the container and place it at the bottom of your fire and ignite it. The lint should stay lit long enough to help ignite the rest of the fire.

Discussion Questions:

- Have you ever made another type of fire starter? If so, what are those fire starters made of?
- What part of the fire does a fire starter provide? What else could you do if you don't have access to a fire starter?

Fire Building

Challenge Mode: No Starter Fire Building

While it is ideal to bring multiple forms of ignition for lighting your fire like matches and a lighter, it is also a great skill to know how to light a fire without a classic ignition source. Take a chance and try two of these three fire starting methods to see if you can start a fire without an ignition source.

Magnifying Glass/Lens:



Supply List:

- Magnifying Glass or Glasses

Directions:

1. Take your magnifying glass and turn the lens until you catch the sun.
2. Adjust the angle of the lens until you have the light focused on one small spot. Hold it on your tinder (approximately 5 mins) until it ignites.

Water Balloon/Plastic Gloves:



Supply List:

- Clear balloon or plastic glove
- Water

Directions:

1. Fill the balloon until it has a spherical shape. Don't over fill.
2. Hold the balloon up and adjust it until you can concentrate the sun through the balloon. Hold the beam until it ignites.

Flint and Steel:



Supply List:

- Flint and Steel Set

Directions:

1. Hold the flint in your non-dominant hand and the steel in your dominant hand.
2. Gently scrape the steel on the flint to shave off some flint shavings in your kindling.
3. Hold the flint next to the kindling and use the steel to scrape down the flint creating a spark. Keep creating the spark until it catches the flint shavings.

Outdoor Cooking

Anthropologists believe that people started cooking over an open fire nearly two million years ago. It is believed that early humanoids cooked by throwing raw chunks of food and watching it cook. Thankfully, modern life has come with many conveniences which make cooking easier and tastier, even when cooking outside. Cooking outdoors is a wonderful skill to have and a great way to make some delicious food.

Activity #1: No Cook Meal

The first time you prepare food outside it is recommended that you take it slow and try something easy first. Cooking outside comes with a whole host of challenges that make it harder than cooking in a kitchen. We recommend starting with a no-cook meal the first time you plan on preparing a meal outside.

Supply List:

- Food, this will depend on what meal you are planning to make.
- Cooking utensils (plates, bowls, cups, napkins, utensils, serving utensils, cutting boards, plastic bags, etc.)



Meal Preparation Need to Knows:

- Wash your hands prior to preparing food for yourself and others.
- Make sure to wash all cooking and eating materials prior to use.
- Be aware of food allergies—make sure your group is aware of food allergies and use separate prep areas and cooking utensils when preparing the meal.
- Make sure to clean up the preparation area. Trash your trash and do not leave food behind.

Meal Recommendations:

- Friendship Fruit Salad—everyone brings a piece of fruit to contribute to a fruit salad
- Yogurt Parfaits or Overnight Oats
- Trail Mix
- Salad and sandwiches

Discussion Questions:

- Why is it important to be aware of food allergies? Does anyone in your group have a food allergy? How can you keep them safe?
- Why is it important to wash your hands and your cooking tools prior to eating?
- What can we do if we are worried about a new food we might try while camping?

Outdoor Cooking

Activity #2: Use a Campfire to Make Food

Once you have tried your hand at making a no-cook camping meal its time to try making something over a campfire. When it comes to making a meal on a campfire it can be as complicated or as simple as you want. It can be a part of your meal or it can be your whole meal. The choice is yours!

Supply List:

- Food, this will depend on what meal you are planning to make.
- Cooking utensils (plates, bowls, cups, napkins, utensils, serving utensils, cutting boards, plastic bags, etc.)

Meal Preparation Need to Knows:

- Wash you hands prior to preparing food for yourself and others.
- Make sure to wash all cooking and eating materials prior to use.
- Be aware of food allergies—make sure your group is aware of food allergies and use separate prep areas and cooking utensils when preparing the meal.
- Make sure to clean up the preparation area. Trash your trash and do not leave food behind.
- Review fire safety rules prior to preparing food and cooking.

Meal Recommendations:

- Hobo pies
- Sausage and Potatoes
- Bagel Pizzas
- Stick Bread—savory or sweet
- Walking tacos



Discussion Questions:

- Why is it important to wash your hands and your cooking tools prior to eating?
- What can we do if we are worried about a new food we might try while camping?

Outdoor Cooking

Challenge Mode: Solar Oven Cooking

Did you know that it is possible to cook without using fire or a traditional heat source? One of the most interesting ways to make food is by harnessing the power of the sun by using a solar oven. The first solar oven was made in 1757 but modernly you can either buy one or make one out a few simple materials.

Supply List:

- Cardboard box 1-2 cubic feet in volume (old amazon box works well)
- Aluminum foil (heavy duty ideal)
- Black skillet or pan
- Insulating materials (polystyrene, newspaper, or packing foam)
- Clear plastic food wrap
- Duct tape
- Kitchen thermometer



Directions:

1. Cut your insulation materials so that you can line all the inner parts of the box. You need to insulate the box so that heat doesn't escape as fast. If you don't insulate then the box won't heat up enough to work.
2. Cover your insulation with aluminum foil and tape it in place. Then cover the four outer flaps of the box with aluminum foil and tape it down.
3. Place your cooking pan into the box, you will have to adjust it once you get your oven in its final position.
4. Use a piece of cardboard to make a window and cover the window with plastic wrap pulling it tight to make it look like a window. You can use a piece of tape on the top to hold it and make it easier to open and close to access the food.
5. Place the kitchen thermometer inside of the oven and get ready to use your solar oven. Instructions on how to use your solar oven on the next page.

Discussion Questions:

1. How do you think a solar oven works? What do you think are some good things to make in a solar oven?

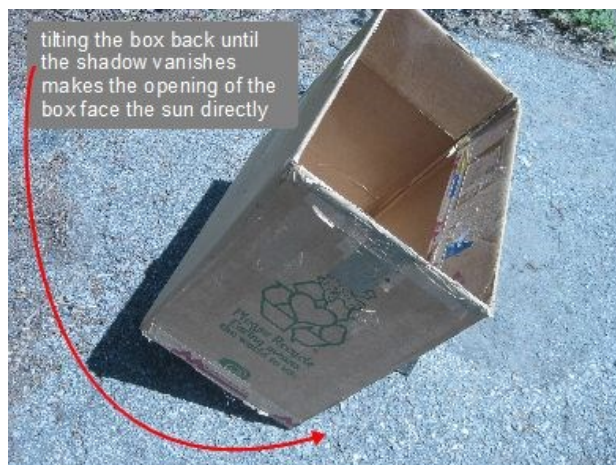
Outdoor Cooking

Challenge Mode: Solar Oven Cooking

The most important part of a solar oven is the orientation of the oven to the sun. If the oven is not properly facing the sun then it won't heat up to a cooking temperature. There are a few ways to check the orientation of your oven and get it pointing the right direction.

Orienting Your Solar Oven:

1. Start by placing the solar oven in a bright, sunny area with the opening pointing towards the sun. The outer panels can be tucked in during the set up to help you get the right angle.
2. To check if your oven is pointing towards the sun look at the shadow the box is making; the shadow the box is making should be behind the box, on the opposite side of the opening. If the shadow is to the side then you need to rotate the box until it is located behind the box.
3. To check if your oven is oriented directly at the sun: look at the shadow the box is making underneath the box. If there is a shadow in front of the box then it is tipped too far forward and the box needs to be tipped back.
4. Once the box is oriented you can unfold the flaps and secure the box in its final position. The solar oven is now ready to cook.



Cooking in Your Solar Oven:

1. Start by letting your solar oven come up to temperature. Commercial solar ovens can get up to 400 -degrees but homemade ones typically max out around 200. This process takes on average 20 minutes on a hot, sunny day but may take longer if it is a cloudy or colder day.
2. Once the oven reaches approximately 125-degrees, remove the cover and add the food.
3. Stick to foods that either need heating up or melting like marshmallows for s'mores. Once your food has been added, close the lid and let it start cooking.
4. Wait for your food to come to finish cooking by looking through the window. Open the window as little as possible because all the heat will escape.

Stay Safe

Staying safe is not only one of the core values of Girl Scouting but it is also an important part of camping. Camping can be risky if proper precautions are not taken. Not only is it the responsibility of the adults to maintain a safe environment but it is also the responsibility of the youth to behave in a safe manner that helps protect them.

Activity #1: The Buddy System and Buddy Tag

The buddy system is a long-standing girl scout tradition and one of the best ways to keep each other safe at camp. There are 4 main things to remember about the buddy system at all times:

1. **Always know where your buddy is:** You and your buddy's job is to look out for one another which will keep you and your buddy safe. Whenever you hear your leader or adult say, "Buddy Check!" you should immediately pair up with your buddy.
2. **Never go anywhere without a buddy:** Regardless of when or where you go, you need a buddy to go with you, even to the bathroom. This will keep you and your buddy safe.
3. **You can switch buddies:** This is girl scouts, we are here to make new friends! Switch up your buddy occasionally and meet other people. Nervous, try saying "Hi!".
4. **Got an odd number? Make a truddy:** Even when your group doesn't have an even number of people that doesn't mean someone gets left without a buddy. In the event of an even group, make a group of three and become a truddy. All the same buddy system rules apply to a truddy.



Directions:

1. Split the group into buddies. Have the buddies arrange themselves in a circle. Each buddy should link their arms with their buddy.
2. Select one set of buddies to go into the middle of the circle. One buddy is the chaser. The other is the runner. When the adult says go, the runner will race up to another set of buddies and link arms with one of the pair.
3. The third person, the buddy whose arms didn't get linked to, is now the runner. They must run to another buddy set and repeat the linking process.
4. The linking, then running continues until the runner gets tagged by the chaser. Then their roles switch, the chaser becomes the runner and the runner becomes the chaser and the game goes on.

Stay Safe

Activity #2: Personal DIY First Aid Kit

One of the best ways to keep yourself safe is to have the basic supplies on hand to treat minor injuries and illnesses. While you should always take a commercial first aid kit with you on your camping trip, it is a good idea to have a smaller one with you while you are out adventuring around camp. Gather some supplies and create your very own first aid kit.

Supply List:

- Small container to put your first aid kit in (Tupperware, plastic bag, etc.)
- Basic first aid supplies (band-aids, gauze, antiseptic wipes, tweezers, hand-sanitizer, gloves)
- Any personal medical items such as medications
- Emergency phone numbers
- Decorating items (optional)



Directions:

1. Gather all your supplies and give each participant their own set of supplies.
2. If you have a container that can be decorated, allow the participants time to decorate the outside of their first aid kit.
3. Provide everyone the following first aid supplies:
 - 3-5 band-aids
 - 1-2 wrapped gauze
 - Emergency Numbers
 - 2-3 antiseptic wipes
 - 1 set of tweezers
 - Personal Medications
 - 1 mini bottle of Hand-
 - 1 set of gloves
4. Have participants place their supplies into their first aid kit and store it with their camping supplies.

Discussion Questions:

- What items should be in the main first aid kit that are not in the personal first aid kits?

Stay Safe

Challenge Mode: Should I? Could I? Risk Assessment

Adults understand that there is an inherent risk to doing most activities, walking down the road has a variety of potential hazards that put us at risk. However, adults can assess those risks and mitigate them by doing things like walking on the sidewalk, walking facing oncoming traffic and wearing reflective gear when walking at night.

A part of growing up is learning how to assess the risk in situations we find ourselves in. Children that learn to appraise risk have a higher chance of having positive outcomes. The following activity is a way to help children learn how to do a dynamic risk assessment (a risk assessment on the fly). Use the scenario cards and help the participants conduct a risk assessment to determine if they should continue the activity or not.



Supply List:

- Should I? Could I? risk assessment sheets
- Scenario Cards
- Writing Utensil (pen, pencil, etc.)

Directions:

1. This is a large or small group activity. Give everyone a copy of the Should I? Could I? risk assessment sheets.
2. Have someone read aloud the scenarios. If doing as a large group you will need only one copy of the scenarios, if doing it in small groups each group should have their own scenario cards.
3. After reading the scenario, have everyone complete their own risk assessment of the scenario without talking to anyone.
4. Once everyone has completed their risk assessment, discuss as a group what they discovered while doing their risk assessment. Repeat for as many scenarios as desired.

Discussion Questions:

- In assessing these scenarios, was there any risks that others noticed that you didn't? What are some ways to increase our ability to assess risks in a situation?
- When with your group, what are some strategies you and your group can use to assess the risk of a situation? How might you act if you believed a situation was too risky? What if the people you were with wanted to continue with the situation anyway?

Risk Assessment Scenarios

Pick four of the following scenarios for the group to complete a risk assessment of. Most of these activities can be completed if planned properly but some cannot. Let your group decide how to manage the risk of these activities and if you can complete them.

Scenario #1: Night Time Hide and Seek

Your troop is camping over at Potomac Woods. It is getting dark and your group decides that everyone wants to play hide and seek in the woods near your campsite.

Scenario #2: A Shocking Time

Your troop is on a day trip to Coles Trip to go kayaking. When you get there you notice some dark clouds and decide to look at the weather report. According to the weather report there is a possibility of thunderstorms in the near future.

Scenario #3: To Burn or Not to Burn?

You and your troop are camping at Camp Crowell. Your group decides it wants to have a campfire. There hasn't been any rain recently and everything is extremely dry.

Scenario #4: Midnight Potty Run

It is the middle of the night on a camping trip. Your group is sleeping in one of the glen unit shelters when you wake up and have to go to the bathroom.

Scenario #5: A Chip in the Blade

You and your troop are going to throw tomahawks for the first time. When you arrive, you are greeted by your instructor who goes over the safety rules. One of those rules is checking the equipment before you throw it to make sure it is safe. When it is your turn you notice a large chunk is missing from the tomahawk head.

Scenario #6: Getting a Limb Up

Your troop is hanging out outside when you spot a tree that you think would be super cool to climb.

Scenario #7: Peanut Butter Time

You and your troop are going camping for the very first time! When planning the menu, you are told that someone has a peanut allergy.

Scenario #8: Taking a Trek

It's time for the end of the year troop camping trip and this time you are going to a national forest. Your group plans on backpacking and taking a very remote trail up through the mountains.

Should I? Could I? Risk Assessment

Scenario #1

What do you want to do? _____

Why do you want to do it? _____

What might you learn? _____

What could go wrong? _____

What could you do to stop that from happening? _____

Should I?

Yes! — I can be safe and have fun

No! — The risk is too high, what could I do

Scenario #2

What do you want to do? _____

Why do you want to do it? _____

What might you learn? _____

What could go wrong? _____

What could you do to stop that from happening? _____

Should I?

Yes! — I can be safe and have fun

No! — The risk is too high, what could I do

Scenario #3

What do you want to do? _____

Why do you want to do it? _____

What might you learn? _____

What could go wrong? _____

What could you do to stop that from happening? _____

Should I?

Yes! — I can be safe and have fun

No! — The risk is too high, what could I do

Scenario #4

What do you want to do? _____

Why do you want to do it? _____

What might you learn? _____

What could go wrong? _____

What could you do to stop that from happening? _____

Should I?

Yes! — I can be safe and have fun

No! — The risk is too high, what could I do

Find Your Way

Knowing where you are and knowing how to get to where you want to be is something that humanity has been mastering for longer than there has been history. Historians are not sure who invented the first map but we know that as far back as 2300 BC, that some civilizations were using maps to navigate. The invention of the compass in 1187, further revolutionized navigation and led to the creation of maps as we know them. Today most people use GPS to navigate but learning the art of using a map and compass can come in handy when exploring nature and finding your way home.

Activity #1: Never Eat Soggy Waffles

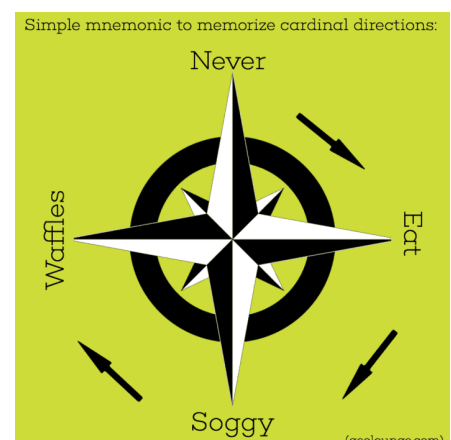
In order for youth to become orienteering experts they must first understand where and how they are located in their environment and how to describe the location of things around them. The best way for children to learn that is by familiarizing themselves with the cardinal directions. The cardinal directions are the four main points on a compass. The four points are north, east, south, and west. Take a moment to learn about the four cardinal directions with your youth and take them through this simple cardinal direction craft to prepare them to read maps and a compass.

Supply List:

- Compass rose print outs
- Small Squares of paper
- Coloring materials
- Scissors
- Construction paper
- Glue
- Coloring Items

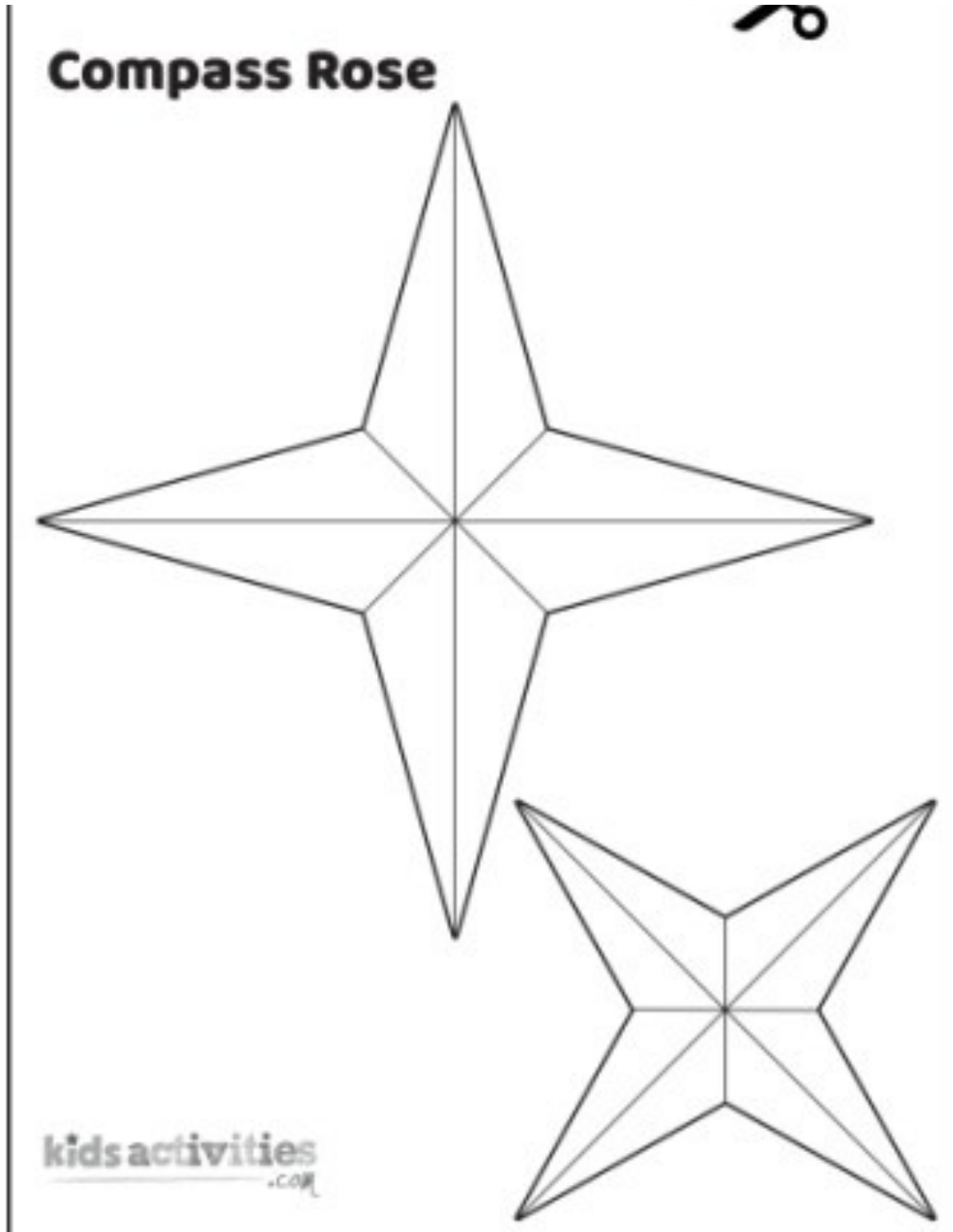
Directions:

1. Pass out one set of materials to everyone in the group.
2. Have them start by coloring in their compass rose pieces two separate colors. The choice of color is up to them.
3. Once their compass is colored, have them cut it out.
4. Place the smaller compass piece down first and glue into place. Take the second one and glue that down.
5. On the small squares of paper have the children write the cardinal directions. For older kids they can do the secondary directions too.
6. Have them glue the directions down into the correct spot on the compass.



Find Your Way

Activity #1: Never Eat Soggy Waffles



Know Your Way

Activity #2: Mind the Map

Learning to read a map is like learning to read a foreign language. Take some time to learn about the parts of a map and then practice making your own map of an area near you.

Title:

The title tells the reader what and when the map is about.

Legend:

Every map needs a key that explains the symbols used by the map maker. The symbols on the map should match the legend.



Orientation:

Typically, maps are made with North at the top of the map. However, if the map deviates from that then the map must contain a compass rose to orient the reader.

Grid:

Maps need a coordinate system. These parallel lines run both horizontally and vertically throughout the map and help the reader know the proper geographic location on the globe.

Scale:

The scale tells the reader how zoomed in or out a map is. The scale also allows a reader to take a measurement and estimate the distance between locations.

Know Your Way

Activity #2: Mind the Map

Learning to read a map is like learning to read a foreign language. Take some time to learn about the parts of a map and then practice making your own map of an area near you.

Materials:

- Large sheet of paper (if possible)
- Coloring materials
- Rulers/Tape Measure
- Writing Materials
- Any other decorative supplies you want to provide.

Directions:

This activity has a lot of variations. Maps can either be drawn of real places or of a fantasy place. However all maps should have the 5 components of a map by the time they are done.

1. Give each child a piece of paper, a ruler and writing/coloring materials. Explain to them that today they will be creating a map. Their map can either be of a real place (their house, school or troop meeting space) or of a fantasy place.
2. Once they have decided on where they want to make their map have them figure out what is the scale of their map. It could be that 1cm is equal to 1 foot, for a small space like a bedroom or it could be 1 inch is equal to 1 mile for a town. For a fantasy world, perhaps 1 inch is 100 miles because it's a large kingdom.
3. After they have decided on their scale have them determine which symbols they are going to include in their map. If its their bedroom, what is the symbol for the bed, the tv, etc. For their town what is the symbol for the local park? For a fantasy place, what is the symbol of the capital?
4. Let them start making their map. Remind them to use their ruler to measure the distances between their items and try to match their scale. Once they have placed all their elements on their map it is time to decorate it and make it creative.

Discussion Questions:

- How did you feel during the map making process? What were some challenges that you faced while making the map?
- Do you think someone would be able to use your map to navigate around your chosen location? What ways would you want to improve your map if you did it again?



Know Your Way

Challenge Mode: Get Your Bearings

Taking your Bearing with a Map:

A map bearing is a great way to navigate from one location to another. A map bearing can also help you plan out your route on a trip and prevent you from getting lost.

Materials:

- A writing utensil
- Ruler
- Compass
- Map

Directions:

1. Start by figuring out your starting location. If doing this as a challenge you can have each participant choose their own starting location on the map. Just be aware their bearings will all be different.
2. Determine where you are trying to go. This location should be the same for everyone.
3. Start by figuring out which way is north on your map. And orient your map so that north is facing up.
4. Place your compass on the map can connect points A and B with the edge of the compass. Make sure your direction of travel is facing towards where you want to go. If your points are too far apart, use a ruler to guide the angle of your compass.
5. Twist the housing on the compass so that the North symbol is facing north inline with the map. If your map has a grid then make sure your north symbol is on the grid line. Ignore the spinning needle, we don't care about that at this time.
6. Triple check step 5! This is where most people go wrong.
7. Once you have that situated it is time to read the bearing. The bearing is the number that is located nearest to the direction of travel at the top of the compass. There is often a line on the compass dial which will be over your bearing.
8. Now take your compass and hold it in front of your body and rotate your body until magnetic arrow is in its housing/facing north. You are now facing the correct direction and have taken your bearing.
9. Taking this out into the woods? Occasionally stop and repeat this to make sure you haven't wandered off course.

Need Help? Check out this helpful video from YouTube:

https://youtu.be/NRegjmtXq3g?si=2n8skbjTjtNVv_O3 **OR**

https://youtu.be/_tRhPekMkic?si=zBlFfpkibQ7eTiUd

Know Your Way

Challenge Mode: Get Your Bearings

Taking a Field Bearing:

A field bearing is best used when you know where you want to go and can see a landmark such as a mountain peak but know that during your walk you will not be able to walk in a straight line. Taking the bearing will allow you to course correct while walking towards your destination.

Materials:

- Compass

Directions:

1. Pick your landmark that you are trying to get to and point your compass towards it so your direction of travel arrow is pointed towards the landmark.
2. Turn the housing on the compass until the magnetic needle and the "N" on the compass ring match. This is your field bearing.
3. To reach your landmark, keep the magnetic arrow pointing north and follow your direction of travel arrow towards your destination. Even if you lose sight of your location then you are now still able to follow your bearing towards your destination.

Optional Extension: Three legged compass walk

1. This activity will require a small marker like a cone, twig or pencil for each pair of partners.
2. Have the partners set their starting point by placing down their marker. Have the partners start by setting their bearing to 0/360 degrees. Have them select a landmark that follows on that landmark. Now they should walk 50 paces in that direction.
3. Once they have walked 50 paces they should stop. Then set their bearing to 120 degrees. Select a landmark on that bearing and walk another 50 paces in that direction.
4. Once they have walked 50 paces, they should stop. Then set their bearing to 240 degrees. Select another landmark on that bearing and walk 50 paces in that direction.
5. If done correctly the group should end up approximately by their starting location. The closer the group is to the marking the more accurate they have been taking their bearing.

Discussion Questions:

- What part of taking and using a bearing was the most challenging? What was the easiest?
- Were you successfully able to navigate using a bearing? If so, what were some things that you had to remember? If not, what is something that you could work on to be successful in the future?

Girl Scout Traditions

Girl Scouts was created in 1912 in Savannah, Georgia when the founder Julia Gordon Low led the first troop of 18 kids. Since the Girl Scouts has become a global collective of kids and volunteers dedicated to making the world a better place, helping youth reach their fullest potential and making lifelong friends. As a Girl Scout, every member is part of the over 100 years of traditions. Take some time to learn about some of the amazing Girl Scout traditions that make being a Girl Scout an amazing experience.

Activity #1: Camp Songs and Graces

Singing is a part of being a Girl Scout. There are songs for every situation and can be used to either bring the energy up or calm it down. Graces are another oral tradition that has been passed from Girl Scout to Girl Scout. Singing our graces give every girl scout regardless of belief or background a chance to appreciate the things that they have, usually delicious food!

Materials:

- Song books or lyric print outs (optional)

Directions:

- Work with your troop and learn two new songs and two new graces to take with you on your camping trip.

How to Teach a Song:

1. Gather your group and get their attention. Introduce them to the name and a brief sample of the song usually the first verse and chorus.
2. For songs that don't repeat: teach the song phrase by phrase. Sing a phrase and have the group repeat it back.
3. After going through the whole song line by line, sing the song as a group. Go slow and expect some mistakes.
4. If there are actions associated with the song, add the actions after everyone knows the words following the steps above.

How to Teach a Grace:

1. Gather your group and get their attention. Introduce them to the name of the grace and tell them a little more about the grace.
2. Go through the grace line by line. Say the line and then have the youth repeat.
3. After going line through line, say the whole grace together.

Girl Scout Traditions

Activity #1: Camp Songs and Graces

Girl Scout Grace

Twinkle, Twinkle Little Grace

Thank you for the food we eat,
thank you for new friends we meet.

Thank you for Girl Scouting Days,
as we learn in fun-filled ways.

May we always try to do, as we
promised, duty true.

Girl Scout Grace

Madeleine Grace

We love our bread

We love our butter

But most of all

We love each other

Girl Scout Song

Rose

Rose, rose, rose, rose

Will I ever see thee wed?

I will marry at thy will, sire.

At thy will.

Ding-dong, ding-dong

Wedding bells on an April morn

Carve my name on a moss covered
stone

On a moss covered stone

Peace, peace, peace, peace

Wars begin and wars will cease

Till we can learn to live together

Peace, peace, peace

Girl Scout Song

Make New Friends

Make new friends, but keep the old.
One is silver, and the other's gold.

A circle is round, it has no end.
That's how long I will be your friend.

A fire burns, it warms the heart.
We've been friends from the very
start.

You have one hand, I have the other.
Put them together and we have each
other.

Silver is precious, Gold is too. I am
precious and so are you.

You help me and I'll help you, and
together we will see it through.

The sky is blue, the Earth is green, I
can help to keep it clean.

Across the land, across the sea,
friends forever we will always be.

Girl Scout Traditions

Activity #2: Flag Ceremony

An important Girl Scout tradition is learning how to perform a flag ceremony. It is often used as way to start and end the day at the camp. Take the time to learn how to perform a flag ceremony and do a starting and ending flag ceremony.

Materials:

- Flag
- Access to a flag pole or a thing to hold the flag up

Flag Ceremony Basics:

- There are many modifications and additions that can be made to the flag ceremonies depending on your group.
- Do not fly the flag in rainy weather, leave it up overnight, or let it touch the ground.
- There are three roles in the flag ceremony: **Color Bearer:** the leader of the color guard that carries the flag and raises/lowers the flag on the flagpole. **Color Guard:** walks in pairs behind the color bearer and helps to fold/unfold the flag. **Caller:** calls out commands to the color guard, leads parts of the flag ceremony.
- Others who are not assigned a role in the flag ceremony watch and participate in the ceremony.

Directions:

1. Determine who is the color bearer, color guard, and caller. Allow those with active roles time to practice and familiarize themselves with their job.
2. For the rest of the group establish where they are supposed to stand and arrange them into a buddy line.
3. When the caller is ready, they will begin the ceremony. The assembled participants will walk into the flag space and form a horse shoe around the flag pole.
4. Once everyone has settled into their spaces the caller will continue the ceremony. Those participating should remain quiet and respectful. Flag ceremonies are a way to honor the flag and should be taken seriously.
5. Once the ceremony is completed, this is a great time to give announcements to the whole group.

Discussion Questions:

- How did you troop divide up the roles for the flag ceremony? Would you change the way you did it in the future?
- Have you ever seen a flag ceremony performed before? How did it feel?

Girl Scout Traditions

Activity #2: Flag Ceremony

Morning Flag Ceremony:

- **“Girl Scouts, Attention!”** Everyone stops and listens to the caller.
- **“Girl Scouts, Advance”** Participants walk to their places in two lines that form a horseshoe around the flagpole.
- **“Color Guard, Attention!”** The color guard (in pairs), led by the color bearer, stand at attention facing the flagpole.
- **“Color Guard, Advance!”** The color guard walks to the flagpole and stops.
- **“Color Guard, Post the Colors!”** The color bearer hands the flag to the rest of the color guard, who unfolds the flag. The color bearer unfastens the rope attached to the flagpole, lowers it and attached the flag to the rope. The color bearer the raises the flag and secures the flagpole rope.
- **“Girl Scouts, please join me in saying...”** As a group choose what you will say for this part. Many say the Pledge of Allegiance, followed by the promise. The color guard does not speak, but stays standing with hands at their side facing the flagpole.
- **“Color Guard, Dismissed!”** The color guard turns 180-degrees around and walks back to the place they started from.
- **“Are there any announcements?”** The leading adult will now make any announcements there are.
- **“Girl Scouts, Dismissed!”** The flag ceremony is over and everyone is free to go.



Girl Scout Traditions

Activity #2: Flag Ceremony

Evening Flag Ceremony:

- **“Girl Scouts, Attention!”** Everyone stops and listens to the caller.
- **“Girl Scouts, Advance”** Participants walk to their places in two lines that form a horseshoe around the flagpole.
- **“Color Guard, Attention!”** The color guard (in pairs), led by the color bearer, stand at attention facing the flagpole.
- **“Color Guard, Advance!”** The color guard walks to the flagpole and stops.
- **“Girl Scouts, please join me in singing taps”** Everyone sings taps while the flag is lowered.
- **“Color Guard, retire the Colors!”** The bearer unfastens the rope and lowers the flag. As it is lowered, the color guard takes hold of the flag so it doesn't touch the ground. The bearer unfastens the flag from the flagpole and then the color guard folds the flag.
- **“Color Guard, Dismissed!”** The color guard turns 180-degrees around and walks back to the place they started from.
- **“Are there any announcements?”** The leading adult will now make any announcements there are.
- **“Girl Scouts, Dismissed!”** The flag ceremony is over and everyone is free to go.

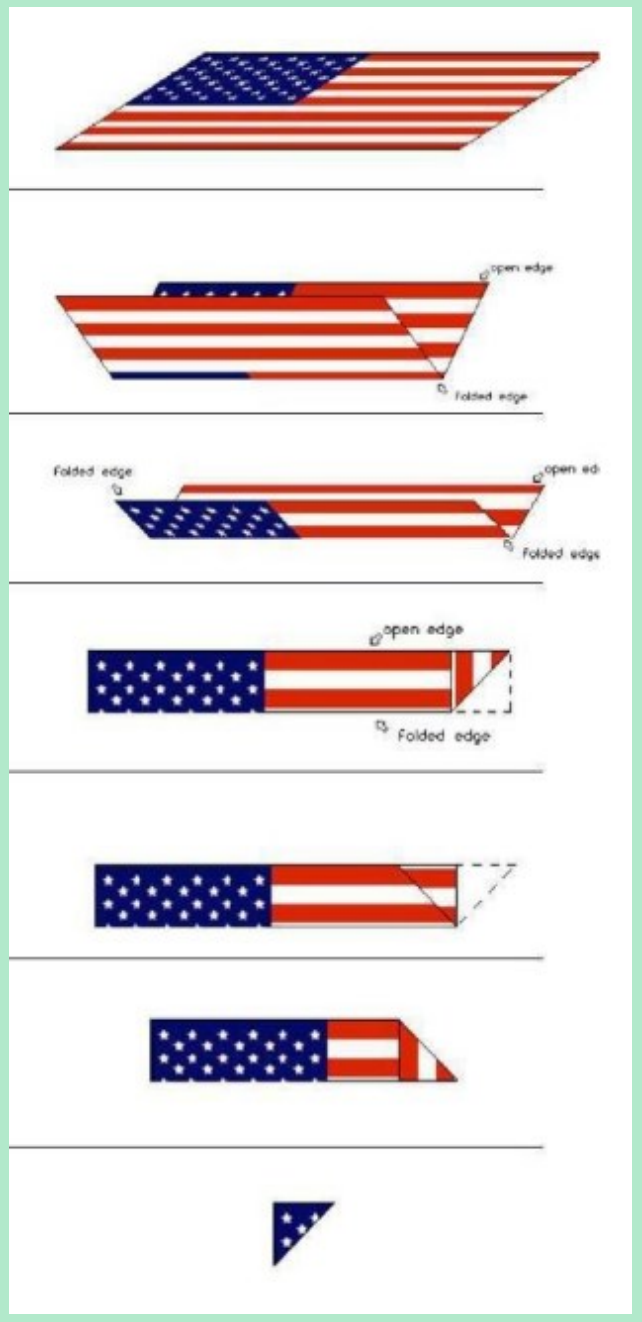
Taps

Day is done, gone the sun.

From the lakes, from the hills,
from the skies.

All is well, safely rest, God is nigh.

How to Fold the Flag



Girl Scout Traditions

Challenge Mode: “Do a good turn daily”

The Girl Scout slogan is “Do a good turn daily.” This slogan has been a part of Girl Scouts since its founding in 1912 and it is a reminder that each Girl Scout can make a difference every day in big and small ways. Take the “Do a good turn daily” challenge and for a month track how you are doing a good turn each day.

Materials:

- A monthly calendar
- Writing Materials

Prior to Starting:

- What makes something a “good turn”?
- What are some ways that we can implement this slogan of “Do a good turn daily” into our daily lives?
- Do you think that it is always easy to “Do a good turn daily”? Why might it be hard or easy? What makes it so?

Directions:

1. After discussing the slogan, “Do a good turn daily” give everyone their monthly challenge calendar.
2. Explain to the participants that for the next month they are going to live the Girl Scout slogan and be mindful of their actions by recording them on their calendar.
3. Every day they will record whatever they did that day that lived the “Do a good turn daily” slogan of girl scouts.
4. Each week each participant will share at least one of the things that they did that week that lived the slogan.
5. At the end of the month at the last meeting, everyone should share their most impactful moment during the month.

Discussion Questions:

- During the month, was it easy or challenging to find moments to live the “Do a good turn daily” slogan?
- Where were there any moments during the month that stood out the most to you? Why did it stand out the most?
- Did having to record your actions make you more aware of your actions? If so how?

Appendix #1: Outdoor Badges by Girl Scout Level

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

Appendix #2: Resources for Girl Scout Volunteers

Information:

- [Girl Scouts Nation's Capital Website](#)
- [Camping Resources](#)
- [Camping & Outdoor Readiness Guide](#)
- [About our Camps \(Maryland\)](#)
- [About our Camps \(West Virginia\)](#)
- [About our Camps \(Virginia\)](#)
- [High Adventure](#)
- [Upcoming Trainings](#)
- [Volunteer Toolkit](#)

Rentals and Reservations:

- [Camping Equipment Rentals](#)
- [Camping Reservations](#)

Online Store:

- [Girl Scouts Online Store](#)
- Explore Camp Patches: To order a patch, call 202-274-3312 or email gsshop@gscnc.org

Council Contact:

- Girl Scouts Nation's Capital: customercare@gscnc.org
202-237-1670
- Camping Services Department: camp@gscnc.org

Main Patch Activity Checklist

Challenge mode items are optional and are not required to earn the main patch. Use this checklist to track your progress as you complete activities.

Know Your Knots

Activity #1

- ☐ Make a Girl Scout Outdoor Skills Bracelet

Activity #2

- ☐ Learn to tie a square knot and know when to use it

- ☐ Learn to tie a Cow hitch knot and know when to use it

- ☐ Learn to tie a two-half hitch knot and know when to use it

Challenge Mode

- ☐ Learn to tie a bowline knot and know when to use it

- ☐ Learn to tie a Farrimond Friction Hitch and know when to use it

Outdoor Manners

Activity #1

- ☐ Play the outdoor ethics game and learn about what you think is important

Activity #2

- ☐ Make a Kaperschart to use for a troop meeting

- ☐ Make a Kaper chart for an overnight camping trip

Challenge Mode

- ☐ Complete a campsite audit on your camping trip OR play the cathole relay

Be Prepared

Activity #1

- ☐ Learn what the 10 essentials of camping and what to bring camping

Activity #2

- ☐ Learn how to create your own sleeping system for camping

- ☐ Have a bedroll relay race

- ☐ Create an emergency plan

Challenge Mode

- ☐ Practice at least two steps in your emergency the plan

Main Patch Activity Checklist

Challenge mode items are optional and are not required to earn the main patch. Use this checklist to track your progress as you complete activities.

Outdoor Tools

Activity #1

- ☐ Make a sit-upon and take it camping with you

- ☐ Learn pocket knife safety

Activity #2

- ☐ Make a cardboard pocket knife

- ☐ Practice opening, closing, using, and passing your cardboard pocket knife

Challenge Mode

- ☐ Either whittle something with a real pocket knife OR make a water filter

Fire Building

- ☐ Learn campfire safety rules.

Activity #1

- ☐ Learn about different campfire structures.

- ☐ Build an edible campfire and practice the different structures.

Activity #2

- ☐ Make a no-wax fire starter.

Challenge Mode

- ☐ Learn about alternative methods to create a fire.

- ☐ Try to start a fire without using matches or a lighter.

Outdoor Cooking

Activity #1

- ☐ Prepare a no-cook meal to take with you camping

Activity #2

- ☐ Use a campfire to make either a meal or a dish in a meal

Challenge Mode

- ☐ Learn how to build a solar oven and build one.

- ☐ Use the solar oven to make a dish.

Main Patch Activity Checklist

Challenge mode items are optional and are not required to earn the main patch. Use this checklist to track your progress as you complete activities.

Stay Safe

Activity #1

- ☐ Learn about the buddy system
- ☐ Play buddy tag

Activity #2

- ☐ Learn about the things that should be in a first aid kit
- ☐ Build your own personal first aid kit to bring with you on your camping trip

Challenge Mode

- ☐ Learn about what “risk assessment is”
- ☐ Make a risk assessment of some camping situations to learn about how to be safe while camping

Know Your Way

Activity #1

- ☐ Learn about the cardinal directions and how they help us navigate.
- ☐ Create a compass rose craft.

Activity #2

- ☐ Learn about the important parts of a map.
- ☐ Make a map of either a real or fantasy place with all the essential map parts.

Challenge Mode

- ☐ Learn what a compass bearing is and how to take your bearing on a map.
- ☐ Go outside and discover how to take a field bearing.

Girl Scout Traditions

Activity #1

- ☐ Learn two new graces and say one of them before eating
- ☐ Learn two new Girl Scout songs and sing them together

Activity #2

- ☐ Conduct a Girl Scout flag ceremony
- ☐ Learn to sing taps and fold the flag

Challenge Mode

- ☐ “Do a good turn daily” monthly challenge