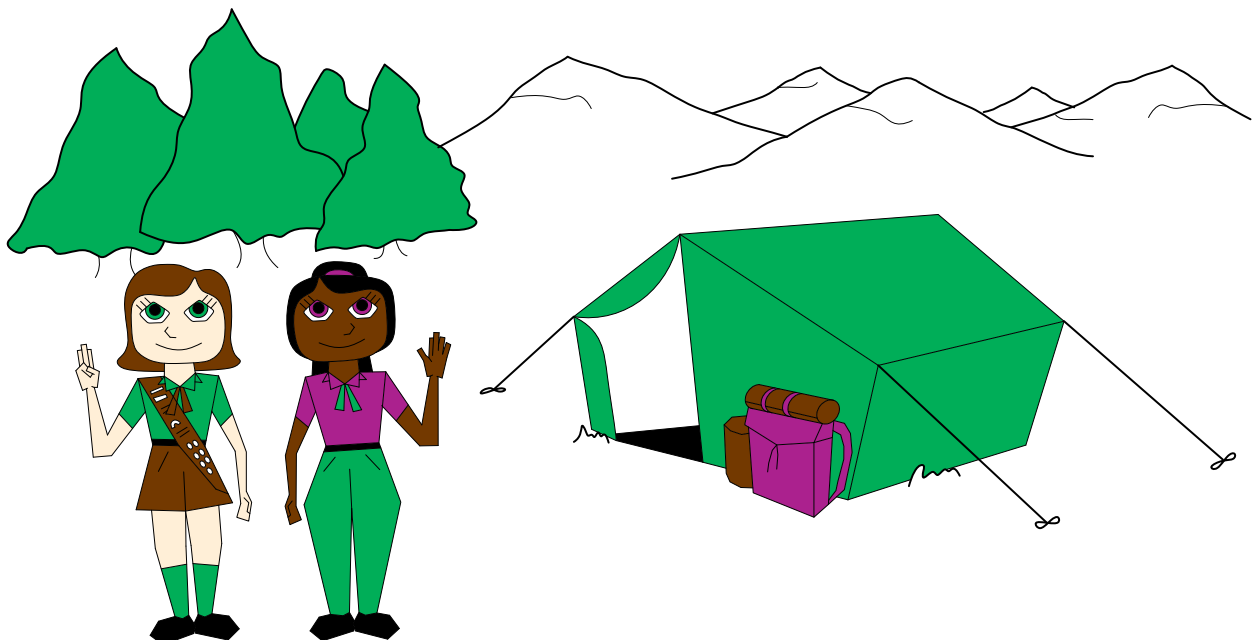


Outdoor Experience Patch Progression Manual



Girl Scouts of Southern Illinois
Revised March 2015

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Tips for Leaders

- Examine your own attitude about camp before attempting the activities.
- Take risks, get messy, explore, and observe.
- Have fun doing the activities.
- Develop a sense of confidence knowing it works, it's easy, it's fun, and you can do it!
- Hold high expectation for the campers.
- Invite the girls to have fun doing the activities.
- Don't readily give the girls answers. Instead, encourage them to discover on their own.
- Help the girls achieve a sense of accomplishment and confidence knowing they can do it.

Patch Progressions



Outdoor Experience Progression

The Outdoor Experience Progression Program was devised to help make going outdoors an experience for continual learning and growth. The plan is designed to give you a GUIDE on how to plan outdoor experience and progressions with your troop. The underlying thought of the program is to challenge the campers and provide new and exciting opportunities.

Much of the information needed to carry out the Progression Program is included in this manual. Additional references, which may offer more detail or illustration, are listed in the appropriate sections.

Complete all activities in the Beginner to build a foundation. All levels require that the camper complete all activities for each category. Use good judgment when completing the plan.

The Outdoor Experience Progression Patch Program is designed to allow a camper to earn one progression patch per year. The more advanced levels may take two years to complete. The levels of the Progression are as follows:

Level One: Main Patch

All girls will earn the Main Patch first

Level Two: Beginner

To be earned after the Main Patch

Level Three: Adventurer

To be earned after the Beginner Patch

Level Four: Intermediate Camper

To be earned after the Adventurer Patch

Level Five: Outdoor Explorer

To be earned after the Intermediate Camper Patch

Level Six: Expert Camper

To be earned after the Outdoor Explorer Patch

Level Seven: Master of the Outdoors

To be earned after the Expert Camper



Level 1: Main Patch

Girl's Name: _____	Troop Number: _____
Leader's Name: _____	Date: _____
Location where girl worked on activities: _____	

Housekeeping

- Learn good manners for out-of-doors, including where and how to dispose of garbage properly
- Learn about the buddy system and why it important
- Make a camp Kaper Chart
- Learn about camping in the rain

Cooking

- Prepare a snack or meal that requires no fire

Knots and Lashing

- Tie an overhand knot
- Tie a figure eight knot
- Know when and how to use both

Tools

- Make a sit upon
- Make a dunk bag
- Learn three uses of a bandana and demonstrate them

Fire Building

- Learn basic fire safety
- Make an edible fire (pg. 35)

First Aid

- Learn how to take care of a scraped knee

Outdoor Recreation

- Do one activity from the Wanda, Shirley, or Gertrude Kits (reserve kits through Program Registration)

Hiking

- Know the rules for hiking in the city and in the country
- Learn proper dress for a hike (pg. 67)
- Take a hike at one of our Girl Scout camps

Nature

- Learn how and why Girl Scouts always leave a place cleaner than they found it

Songs, Games, Traditions, & Ceremonies

- Learn a new song
- Watch a flag ceremony

Level 2: Beginner

Girl's Name: _____ Troop Number: _____
Leader's Name: _____ Date: _____
Location where girl worked on activities: _____

Housekeeping

- Set up a hand washing station and soap kettle
- Set up a dishwashing site for dunk bags
- Understand why the three-step system for cleaning dishes is used
- Know how to dispose of garbage, paper, and liquid properly
- Know how to use a latrine

Cooking

- Plan a menu
- Prepare a nosebag lunch
- Prepare one-pot meal

Knots and Lashing

- Learn how to tie and release a square knot and when to use it
- Learn how to tie a clove hitch knot and when to use it
- Learn how to tie a lark's head knot and when to use it
- Make a macramé object or animal

Tools

- Learn how to properly open, close, and pass a knife
- Learn how to cut vegetables with close supervision
- Understand a Safety Circle

Fire Building

- Know three kinds of wood

- Understand the difference between dry, green, & rotten wood
- Know how to select a safe place for a fire
- Know safety precautions (hair, clothes, etc.)
- Know how to care for a fire circle

First Aid

- Learn how to care for cuts
- Learn how to care for bites
- Learn how to care for burns

Outdoor Recreation

- Try a creek walk. Don't forget to requisition the life jackets!

Hiking

- Take a night hike (GSSI has a Night Hike Kit you can reserve if needed)
- Learn about and practice String Orienteering

Nature

- Identify a poisonous plant
- Complete one nature craft

Songs, Games, Traditions, & Ceremonies

- Play an outdoor game
- Learn two action songs
- Learn two repeat-after-me-songs
- Learn to sing grace
- Take part in a flag ceremony

Level 3: Adventurer

Girl's Name: _____	Troop Number: _____
Leader's Name: _____	Date: _____
Location where girl worked on activities: _____	

Housekeeping

- Make a Girl Scout clothes line
- Learn where to find safe drinking water
- Discuss appropriate toilet practices when a bathroom or latrine is not available

Cooking

- Make a cake, muffin, or brownie in an orange
- Make a foil dinner
- Use a Dutch oven

Knots and Lashing

- Learn how to tie a sheet bend and when to use it
- Learn the half hitch and when to use it

Tools

- Learn how to sharpen a knife
- Learn how to whittle

Fire Building

- Show how to use a shovel and rake effectively and put each away
- Make and use fire starters
- Stack a proper woodpile
- Make a fire foundation
- Lay, start, add fuel to a fire (taking note of what burns well and what does not); help put the fire out when done

First Aid

- Learn how to help someone who is choking

- Learn about tick bites & Lyme Disease

Outdoor Recreation

- Canoe at a camp or attend a GSSI canoe program
- Learn how to use a slingshot at one of our camps

Hiking

- Learn how to use a compass
- List 5 things to take on a hike
- Learn how to use a map
- Sketch a map

Nature

- Name 3 problems in your area that plants, animals, or insects cause humans. Tell how to avoid these dangers and review simple first aid
- Learn about bird beaks and uses (pp 97-99)
- Learn more about the ways to protect the natural world and choose an outdoor "good turn" to include in your next outdoor activity

Songs, Games, Traditions, & Ceremonies

- Plan a flag ceremony
- Learn about and make one SWAP and swap it with someone else!
- Learn to sing a quiet song

Level 4: Intermediate Camper

Girl's Name: _____	Troop Number: _____
Leader's Name: _____	Date: _____
Location where girl worked on activities: _____	

Housekeeping

- Help put up a tent
- Learn how to roll a sleeping bag
- Learn what to bring on an overnight
- Go on a simple overnight/sleepover

Cooking

- Use a charcoal chimney
- Use a box oven
- Use a pie iron
- Practice boiling water for safe drinking

Knots and Lashing

- Learn to tie a Bowline knot and when to use it
- Learn how and when to 'Hack a Rope'
- Demonstrate 6 different knots

Tools

- Learn at least 9 parts of the bow and 4 parts of an arrow
- Learn and demonstrate the following:
 - How to string and unstring a bow or know 2 or more methods of stringing a bow
 - The proper stance for shooting
 - The correct way to pull an arrow from the target and how to pick up arrows from the ground
- Learn how to care for archery equipment

Fire Building

- Build, light, and put out a teepee fire
- Try for the One Match Club

First Aid

- Discuss contents of a First Aid Kit
- Make a First Aid Kit for your troop or group

Outdoor Recreation

- Learn Semaphore— demonstrate by sending and receiving a short sentence correctly
- Learn the J stroke, draw, and push-away strokes

Hiking

- Learn how to pack a backpack for a backpacking trip
- Learn trail markers and practice using them on a hike
- Learn about and practice using a compass

Nature

- Find an animal track and identify it

Songs, Games, Traditions, & Ceremonies

- Play a wide game
- Learn to fold and carry a flag
- Plan an overnight campout at one of the council's camps and invite a Daisy troop for the flag ceremony and/or games

Level 5: Outdoor Explorer

Girl's Name: _____	Troop Number: _____
Leader's Name: _____	Date: _____
Location where girl worked on activities: _____	

Housekeeping

- Rig a tarp

Cooking

- Learn how to cook with a tin can
- Make at least one recipe

Knots and Lashing

- Learn how and when to whip
- Learn how and when to splice
- Learn how and when to lash
- Lash a picture frame

Tools

- Teach younger girls basic knife safety
- Whittle a Friendship Stick
- Make a sheath for a tool

Fire-Building

- Make a reflector fire
- Cook something using the reflective fire, using a homemade griddle or frying pan

First Aid

- Teach younger girls basic first aid for cuts, bites, and burns

Outdoor Recreation

- Complete the Water Watchers Training

Hiking

- Label the 32 points of a compass by memory
- Demonstrate how to use navigational trail markers. Show how to do the following:
- Find east by using the sun and knowing the time of day. Show where north, south, east, and west are.
- Learn how to use a topographical map

Nature

- Learn about star gazing
- Find three constellations

Songs, Games, Traditions, & Ceremonies

- Make an outdoor game (see Pinterest)
- Take part in a campfire ashes ceremony
- Go on a summer camp out and complete the GSSI Summer Fun Patch Program

Level 6: Expert Camper

Girl's Name: _____	Troop Number: _____
Leader's Name: _____	Date: _____
Location where girl worked on activities: _____	

Housekeeping

- Learn about composting

Cooking

- Know and demonstrate at least five different cooking methods
 - Boil in a bag
 - Solar
 - Foil cooking
 - Pie iron
 - One-pot meal
 - Dutch oven
 - Charcoal stove
 - Stick
 - Tin can

Knots and Lashing

- Make a Paracord Bracelet
- Know seven uses of a paracord bracelet and demonstrate at least one

Tools

- Whittle a walking stick
- Learn how to use and carry an ax and hatchet
- Learn proper care of an ax and hatchet

Fire Building

- Make a Log Cabin Style Fire
- Make a Pyramid Fire
- Learn about Hunter Fires and its uses

- Prepare a Ceremonial "Lighting of the Campfire"

First Aid

- Complete a First Aid and CPR course
- Make a pocket-sized survival kit

Outdoor Recreation

- Canoe across the lake (either at Camp Butterfly or Camp Cedar Point) by yourself
- Demonstrate Canoe over Canoe Rescue
- Try rock climbing (at Camp Butterfly or at an approved site)
- Participate in a zip line course

Hiking

- Learn about winter camping and complete your Winter Fun Patch (part of the GSSI Patch Program)
- Tent camp in winter
- Learn about estimating and how it can help you on a hike

Nature

- Learn about the sun and make/use a sun compass

Songs, Games, Traditions, & Ceremonies

- Learn the story of the Sparkle Farkle berries
- Make Sparkle Farkle berries and share the story with younger Girl Scouts

Level 7: Master of the Outdoors

Girl's Name: _____	Troop Number: _____
Leader's Name: _____	Date: _____
Location where girl worked on activities: _____	

Housekeeping

- Make an emergency shelter by only using your pocket survival kit and natural surroundings
- Try to sleep in the shelter overnight
- Complete a community service project at one of our six camps

Cooking

- Make and cook with a pot rod

Knots and Lashing

- Lash a camp project (Example: tower, monkey, bridge)

Tools

- Learn how to score in archery
- Practice shooting and score a 180 during a six round, 5 arrow shoot at 10 meters

Fire-Building

- Start a fire using something other than matches
- Start a fire in the rain

First Aid

- Learn about natural disaster preparedness and the six stages of natural disaster
- Learn what to do if you are at camp when a storm, tornado, and/or earthquake strikes

Outdoor Recreation

- Become Small Craft Safety certified
- Portage a canoe at Camp Butterfly
- Participate in a High Ropes course

Hiking

- With a buddy, be dropped off in the woods in a designated spot and find your way back to camp (contact the Outdoor Program Manager for a date/time)
- Try to sleep in a shelter overnight
- Complete a community service project at one of our six camps

Nature

- Learn about practice weather forecasting

Songs, Games, Traditions, & Ceremonies

- Share your best outdoor memory with younger Girl Scouts

Housekeeping



Helpful Housekeeping Hints

Dishwashing in the Outdoors

1. Put two buckets of water on fire to heat when the meal is ready to serve.
2. After the meal, the clean-up crew, with adult supervision, pours water from one bucket into two dishpans.
3. Add dish soap to one dishpan and set aside the other dishpan for rinsing.
4. Keep one bucket on fire and add one capful of bleach to water for sterilization purposes.
5. Scrape dishes before washing.
6. Girls line up and wash and rinse their own dishes. After rinsing, girls should place dishes in dunk bag.
7. Remove second bucket from fire. Adult volunteers should assist girls in dunking their bags in the sanitized bucket of water.
8. Drain water from dunk bag and have girls hang them on the clothesline.
9. Clean-up crew washes pots and pans from meal preparation.

The Portable Dishpan

Use a square yard of plastic and lay it over logs. Secure the edges with rocks. Bravo! In the center of the logs is the dishpan.

A similar technique is to dig a depression in the ground and line it with plastic. Think before you act. One method leaves less impact on the environment.

Soaping Kettles

Before placing a kettle over the fire, rub the outside of the dish with soap. This will simplify scouring the kettles.

Hand-Washing Set-up

Punch a small hole in the side near the bottom of an empty plastic milk jug with cap. The hole must be small enough stick a dowel into to use as a faucet. Hang the jug by its handle from a limb with rope.

Put a bar of soap into an old nylon stocking with a bar of soap and hang it beside the jug of water.

A Girl Scout Clothesline for Drying Dunk Bags

Twist together two pieces of rope of similar length until the rope is tight. Tie both ends to two different trees.

To hang items, simply spread twisted pieces apart and place the item between. When released, the item will catch in the twist and clothespins will not be necessary.

Living with Latrines

Latrines are an updated version of the “outhouse.” Latrines at GSSI camps have individual stalls and regular toilet seats. Follow the directions below to keep the latrine sanitary and pleasant to use. Latrines are pumped yearly; do not throw anything but toilet paper inside of them. Other items clog the pump.

1. Provide paper bag in each latrine for the disposal of feminine hygiene products. Replace bag once a day. **DO NOT THROW IN LATRINE.**
2. Keep lids down and doors closed at all times.
3. Sweep floors, walls, and inside of roof.
4. Dispose of all paper on floors and outside of building.
5. Using Pine Sol or Clorox solution, scrub seats, top and bottom of lids and inside floor. Rinse with clear water, wipe dry. Prop up seats until dry. Pour water in the washstand, not down the latrine.
6. The latrines are treated with a deodorizer. Please do not use any other remedy as it may prevent the deodorizer from working.

Make a Sit-Upon

What is a sit-upon? It is an insulated and (usually) waterproof pad, often homemade, used to protect the user’s backside from the cold and damp while “sitting upon” the ground! It is also great to keep mosquitoes from biting you from underneath your webbed lawn chair.

Supplies:

- Waterproof material such as plastic table cloth, shower curtain or vinyl upholstery
- Something to make holes with such as a hammer and large nail, a hole punch or leather tool
- Yarn, string or vinyl lacing
- Optional - A yarn needle
- Stuffing material such as newspaper, magazines or foam cushion

Directions:

1. Cut the waterproof material into squares large enough for the user to sit on. Poke holes in the edges of both squares.
2. Place stuffing between the two squares to form the cushion.
3. Lace or sew the two squares together with yarn, string or vinyl lacing. Be sure to sew around the edges of the cushion.

Variation:

Cut one long piece of waterproof material wide enough for the user to sit on and long enough for the stuffing material one and a half times. Lace or sew up the sides.

Variation:

Anna goes to the dollar store and buy contact paper. She is able to get 3-4 sit upons from one roll. Anna takes a bunch of newspapers (as many as she wants) and places them on the contact paper with backing still on. She then folds it over to see how much she needs and cuts the contact paper to size. She then removes the backing, carefully places the newspapers, and places a long piece of twine inside one of the folds of the newspaper. This will become her handle. Anna folds the contact paper over the newspaper, making sure the twine is coming out the top. It is ok that the edges do not meet. Anna trims them to make them neater. To finish, Anna ties the twine together to make a loop/handle. See, easy!!!

Make a Bucket Sit-Upon

- 5 gallon new (empty) paint buckets with sturdy lids (see tips below)
- Permanent markers or “Painters” paint markers
- Paints and sponges, optional
- Pliers, optional

**Instructions:**

First thing you need to do is remove the tear strip from the lid! If you can't pull it off by hand you can use the pliers to help you get a firmer grip. Let the children use markers or paint and sponges to decorate their paint buckets and label them. Give each child a list of supplies they need to bring to camp and have them bring the supplies in their bucket.

Tips: Purchase the paint buckets through your local home improvement or paint store. Ask if they will donate them, some stores are very helpful.

Make a Dunk Bag

Take netting or dish towels and sew them together with the string or yarn. It is called a dunk bag because after the dishes are washed, they can be placed in the dunk bag and dipped into the sterilizing solution. Then the bag with dishes inside can hang on the clothesline to dry.

Make a Toggle for Your Dunk Bag

Girls can find a stick to carve to make into a toggle. The toggle is used to attach the drawstring of the dunk bag to the clothesline so dishes can dry.

Kapers

Girls need to know about Kapers and Kaper Charts. Kapers are jobs and Kaper Charts are a way of dividing the jobs so everyone has a turn at each task. Girls may be divided into smaller groups called patrols. Each patrol has a duty OR if your troop/group is small, each girl receives an individual duty. Camp Kapers may include cleaning latrines or bathrooms, flag ceremony or cleaning the camping area of trash.

Kaper Descriptions

1. Wood Gatherers' and Fire Builders' Duties:

- Gather and stack wood neatly in three piles -- tinder, kindling and fuel.
- Make sure the woodpile is covered with a tarp when not being used.
- Lay and light the fire 15-30 minutes before the meal needs to be put on fire.
- Check with cooks to find out what type and how large a fire should be built. Remember your water bucket!
- Keep the fire going during meal preparations and clean up.
- Put out the fire after clean up is finished.
- Clean fire circle.

2. Cooks' Duties:










- Cooks prepare food and cook it.
- Cooks serve the meal.
- Cooks scrape and soak the dirty pots and pans before eating.

3. Hostess' and Clean Up Duties:

- Set the table (they can make centerpieces of natural objects).
- Select a grace and lead it.
- When the cooks are getting ready to serve meal, put two buckets of water for dishwashing on the fire to heat.
- Scrub pots and pans, dry and put away.
- Dispose of or store leftovers.
- Wipe tables, sweep floor, pick up trash.

Below is a sample Kaper Chart with job descriptions for a cookout. In this Kaper Chart, scouts are divided into three different groups: Butterflies, Frogs, and Cats. Read about what each of these Kapers entails on the next page. An adult should supervise each of the Kapers. Adult volunteers can lend a hand, but remember to let the girls do the job!

Kaper Chart for Troop/Group Camping

KAPER	BREAKFAST	LUNCH	SUPPER
Cooks			
Wood-gathers & Fire-builders			
Hostesses & Clean Up			

Steps For Building A Kaper Chart, With Unit Meals As An Example

- List the jobs to be done and sort them into a logical pattern:
 - Food preparation, serving meal and drink
 - Cooking, choosing grace
 - Fetching water, introducing guests
 - Heating water for dishes, setting table
 - Wood gathering, washing pots
 - Fire building, put equipment away
 - Fire tending, dispose of garbage
 - Putting fire out
 - Fire safety equipment
- Name your chore groups. (Examples: flames, chefs, pot shiners, hostesses.) Consider a fifth group so everyone gets a free day or free meal.
- Divide girls into needed groups. Consider skill level and try to mix experienced girls with inexperienced ones.
- Make chart that lists the chores each group performs and schedule a group for each chore all weekend.

Example: Unit III– Lunch Kapers

Fire Builders

- Gather wood
- Tie hair back
- Stack wood
- Build fire
- Put out fire
- Clean up fire ring
- Place a safety pail of water and shovel by the fire

Hostesses

- Arrange tables
- Serve food
- Introduce guests and see to their needs
- Choose grace
- Set table
- See that the unit is neat and tidy

Cooks

- Wash hands
- Tie hair back
- Prepare food to cook
- Cook food
- Carry water for dishes
- Clean up as you cook
- Wash as you go

Clean Up

- Set up for dishwashing
- Provide dish cloth/scrubber
- Scrape pots
- Take care of leftovers
- Dispose of garbage
- Wash pots and serving pieces
- Wash table
- Put equipment away

Free as a Breeze

- Play games, sing songs for this meal while everyone else works.

More Example Kaper Charts

Sample	Friday: Dinner	Saturday: Breakfast	Saturday: Lunch	Saturday: Dinner	Saturday: Breakfast
Fire Builders	Blue	Green	Violet	Teal	Red
Cooks	Red	Blue	Green	Violet	Teal
Hostess	Teal	Red	Blue	Green	Violet
Clean Up	Violet	Teal	Red	Blue	Green
Breeze	Green	Violet	Teal	Red	Blue



Tent Set Up

1. Practice at home in your back yard or even in your living room (that way you can be sure it won't be raining!) Even if you cannot drive the stakes into the carpeting, at least you can get a feel for how the rods pop together, which eyelets the stakes go into, and how the rainfly fits over the top.
2. Pack the instructions in the tent bag to bring camping, just in case.
3. Select a site that is not in an indentation or valley. If it rains, you do not want water collecting under your tent.
4. Sweep or clear the tent site of rocks, branches and general debris as best you can.
5. Remember that whatever is on the ground is what you'll be sleeping on.
6. If there is a tilt to the site, consider where you want your head. Most people prefer to have their head higher than their feet -- place your tent accordingly.
7. Look overhead: Are there pine trees dripping sap or dropping pine cones? Beware of things that will damage your tent or disrupt your sleep.
8. Place a ground cloth under the tent. Make sure the cloth stays tucked under the tent edges. That way, if it rains, the rain will slide right off the tent and onto the ground rather than your ground cloth. If the rain collects on your ground cloth, it will run right under the tent and your tent will get soaked.
9. For many tents, driving the stakes first works well. Put the rods in place that make the tent pop up next.
10. Adjust the position of the stakes, making sure they are positioned as far out as you can pull the tent. A taut tent means there is more room inside. Make sure the stakes are in the ground securely – if there are high winds, you don't want your tent blowing down.

Tips & Warnings

1. Consider bringing a small rake to clear the site of debris before you pitch your tent.
2. A small whisk broom is handy for sweeping debris that collects inside your tent.
3. A small mallet makes pounding in stakes easier.
4. Consider replacing cheap aluminum stakes with lightweight but incredibly sturdy (and unbendable) titanium stakes.

Setting Up the Campsite

If you are camping at a well-established campsite, cooking areas and tent sites may already be designated. These should be used in order to minimize the impact on nature.

If you are camping in an area where sites are not designated, the following points should be considered:

- Avoid camping in fragile areas, including areas with fragile soil, above the timberline, on the tundra, or in mountain meadows.
- Choose level ground that is 30 to 50 meters (100 to 150 feet) from the water source or the trail.
- If there are several drinking water sources to choose from, choose fast-moving water rather than still or stagnant water. Springs offer another possible water source for drinking.
- Decide which areas will be used for tents, food preparation, and toilets.
- Fires and stoves should be built or placed three meters (10 feet) or more downwind from tents.
- Determine the direction of storm fronts and good weather fronts. Pitch tents for protection from storms by using the natural shelter provided by hills and vegetation.
- Choose a site that will get sun in the morning and shade in the afternoon.
- Avoid dry creek beds, which are susceptible to flash floods.
- Choose a site clear of any dead overhanging branches. Do not pitch a tent under any branch that might fall in a strong wind.
- Areas with pine needles or dead leaves provide an extra mattress for sleeping. Do not remove this ground cover.
- Set up a cooking area that is sheltered from the wind with no overhanging branches. If a cooking fire is necessary, build it in an area with mineral soil.
- If mosquitoes are a concern, choose a site away from water. A breeze will help blow away flying insects.

10 TENT TIPS FOR HAPPY CAMPING



Tuck the edges of your ground cloth under your tent so water dripping off the rainfly won't collect and pool underneath.

Or, buy a **FOOTPRINT**, a ground cloth made to fit the tent floor without extending beyond the fly.



NO STAKES?

If you have stuff sacks handy, fill them with rocks and attach to the guylines. At the beach? Fill the sacks with sand and bury them.



Many tents have

TWO GROMMETS

at the corner stake-out tabs. Poles normally fit snugly in the outer grommets when you set up the tent. When wet, the tabs can stretch and allow the walls to droop. Move the poles to the inner grommets to restore the nice taut pitch.

Always dry out your tent before packing to prevent smelly **MILDEW!** Too late? It's possible to remove the odor by soaking the tent in a tubful of water and MiraZyme®, or similar product, and hanging it out of direct sunlight to dry completely.



TENT
IN
HERE

Sources:

- http://www.rei.com/category/4500001_Tents+and+Shelters
- <http://www.rei.com/expertadvice/articles/family+base+camping+tent.html>
- <http://www.rei.com/expertadvice/articles/backpacking-tent.html>
- <http://www.rei.com/expertadvice/articles/caring+tent.html>
- <http://www.mcnell-outdoor.com/Repair-Guide/Tents/220.aspx>
- <http://www.rei.com/video#load>

Stake out your rainfly using a handy TAUT-LINE HITCH



Loop the guyline around a tent stake. Bring the end under and over the tight line and twice through the loop you just made. Then, again, bring the end of the rope under, over and through the new loop you formed, and slide up on the line until the knot holds.



On **SNOW**, anchor your tent by burying a trekking pole or ice axe "deadman" style. Tie into the center of the pole or axe, then bury it so that the line and stake form a "T". Be sure to bury several feet deep or they can melt out.



TRAVEL LIGHT!

Carry just the poles, fly and footprint. This setup won't fend off mosquitoes, but it's cool and airy—and with the room you save in your pack, you'll be able to bring along your tiny designer canine.



OUTWIT MOSQUITOES!

(Wait, do mosquitoes have wits?) Anyway, in breezy weather, face your tent door into the wind.



The buggers will be hiding on the downwind side of the tent to keep from being blown away, so your clever scheme will prevent them from following you in!

SHOCK-CORDED POLES

Don't shock the cords, man! Collapse poles starting in the middle, not the ends. And flinging poles like light sabers? Fail!



Each time you put your tent back in its stuff sack, **FOLD** it differently, or simply stuff it in. This helps prevent creases that can wear out the waterproof coatings.



Get more amazing tent tips and expert advice at

REI.COM/LEARN

Fire Building



Rules for Successful Fire Building

Building, Care and Safety of a Fire Circle: (Beginner)

1. Know the applicable Girl Scout Safety Activity Checkpoints before you start. Discuss fire safety with the group and what to do if the fire gets out of control.
2. Always use established fire circles when available.
3. Double check area to be sure it is away from trees, brush, or dry grass.
4. Enclose fire with two rings of rocks. The first ring should enclose the fire and the second ring should lay two feet out. The second ring is the called the fire circle.
5. Make the fire area clean by keeping debris (grass and leaves) out of fire.
6. Build a fire that is only as large as needed.
7. Tie long hair back or loose clothing ends. Do not wear nylon or plastic coats or floppy sleeves.
8. Place the wood onto the fire. Do not throw the wood.
9. Watch for flying sparks and put them out immediately.
10. Only the cooks and the fire builders are allowed in the fire circle.
11. Use common sense.
12. Never leave the fire unattended. Appoint a girl to attend the fire at all times.
13. Make a woodpile away from the fire and divide it into three sections (tinder, kindling and fuel).
14. Have your woodpile away from the fire.
15. Keep full bucket of water near fire at all times.
16. What to do when you're finished using the fire:
 - Break up the fire by stirring with a rake.
 - Sprinkle water over coals until all are extinguished.
 - **DO NOT** pour water in fire because steam burns are possible.
 - Fire bowl can become too wet to build another fire later.
 - Stir until all coals are positively extinguished. Continue sprinkling water on remaining ashes until it is absolutely certain the fire is out.
 - Leave ashes in fire circle.
 - Rake fire bowl clean.
17. Before leaving the site be sure the fire is completely out. The coals should be cool enough to touch before it is safe to leave the fire area.
18. An adult should supervise the fire building patrol at ALL TIMES.

Three Types of Wood: (Beginner)

- **Tinder:** Material that lights easily.
 - Examples: skinny dry twigs, bark, shavings, or anything no thicker than a match
 - Dry branches should snap when they are broken
- **Kindling:** Dry sticks of any length, but nothing thicker than a thumb.
 - Make sure the stick snap when you break them
- **Fuel:** Firm pieces of wood.
 - One may vary in size from a step above kindling to a good-sized log.

Wood Types For Cooking:

For quick, hot fires use softwoods:

- Poplar, Basswood, Pine, Soft Maple, Aspen, Cedar, Spruce, and Hemlock

For lasting coals use hardwoods:

- Hickory, Oak, Birch, Beech, Maple, Ash, Apple, and Ironwood

For making a broiler, toaster, or pothook:

- Green Birch, Elm, Maple, and Ironwood

Fire Starting Without Matches:

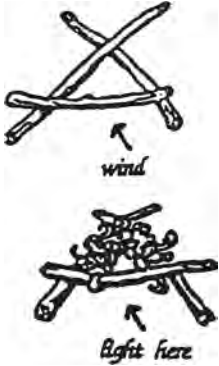
- **Fire By Glass**

On a very bright day you can start a fire with a magnifying glass or a lens of a pair of thick glasses. Move the glass until it focuses the sun's rays into a small, brilliant point of light on your tinder. In a few moments the tinder should begin to smolder.
- **Batteries and Steel Wool**

Take some loosely shredded steel wool and touch it with both terminals of a 9 volt battery. It will immediately catch fire. Use the lit steel wool as tinder.
- **Flint and Steel, Hot Sparks and Strikers**

When flint and steel are struck together, they create sparks. Hot sparks and strikers also create sparks. When using any of these to start a fire, you will want to make a spark catcher. A spark catcher can be any tinder that is extremely easy to ignite such as dryer lint or dry hemp from rope. Continue to make sparks directed at the tinder until the tinder catches fire.

Types of Fires

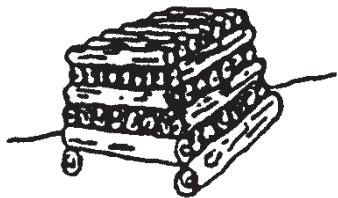


Foundation or "A" Frame Fire

Form an "A" of small sticks on the ground. Have ready a handful of tinder and kindling. Allow the breeze to blow in the widest part of the frame at the crosspiece. Place a fire starter at the crosspiece of the "A" and cover with handful of tinder. Light the center of the tinder at the crosspiece. Continue to place bits of tinder on flames and gradually increase the size of the kindling. Remember: Fire needs air and flames burn upward.

Teepee Fire

The Teepee Fire will produce a quick and hot fire. Start with the basic "A" form and evenly build the wood upward in a teepee formation. The base of the fire will be wide and the top will be narrow where all the wood meets together. Leave air space and conserve our natural resources. Do not build a fire bigger than needed. Lean the Teepee fire against a rock for a reflector fire. Reflector fires are good for baking.

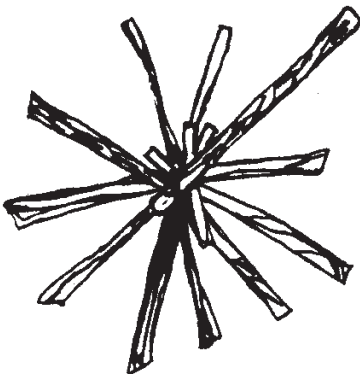


Log Cabin or Crisscross Fire

The Log Cabin fire is a solid, long burning fire. To form the Log Cabin fire crisscross the wood evenly leaving the largest logs for the base. Build a square "cabin" leaving air space.

Hunter Fire

Place two green logs in a long semi-V shape on the ground with the largest opening into the wind. Build the fire on the inside of the V. Cooking pots may be placed on the green logs forming the V. The Hunter fire is good for two types of cooking: boiling over flames or frying over coals.



Star Fire

To build a Star Fire lay the wood in a star form on the ground with the wood crossing in the center. Start fire in the center with tinder and kindling. Heat is concentrated in one spot, however the Star Fire is not as hot as a Teepee Fire. As the logs burn, simply push them further into the flames. This fire works well for preparing one-pot meals or for campfires.

Reflector Fires

The use of a reflector fire or oven will open up a whole new dimension of cooking activities such as baking and roasting.

Biscuits, pies, bannock (Scottish griddlecake) and fish can be baked or roasted using reflector fires built from logs or rocks. With a reflector fire, it is important to concentrate (direct) the heat toward the item being cooked. Shown below are some of the typically used reflector fires.



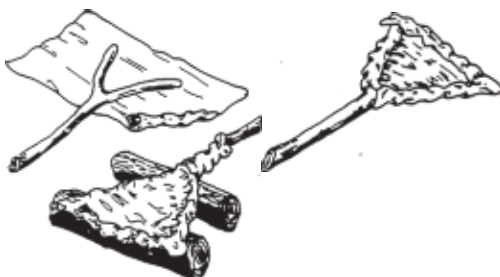
Reflector ovens are also handy to have, and easy to use. They are usually made of aluminum, and when not in use, can be broken down into a package that is easily stored. One disadvantage of the reflector oven is that it requires building a large fire and burning a lot of wood. The best type of fire for this method of cooking is a teepee fire.



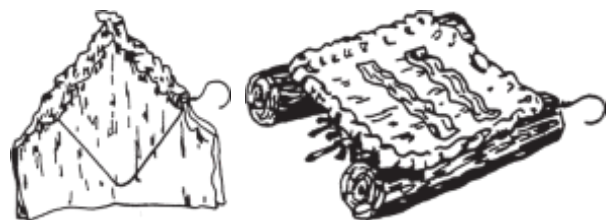
You can also use aluminum foil, clothes hangers, and a corrugated cardboard box to construct your own reflector oven to fit the size of your cooking needs.



If your Girl Scouts are adventurous, as most are, try making and using a field frying pan and griddle. A few good sticks, a couple of coat hangers, and some heavy duty aluminum foil and you have all you need. Medium heat works best with these implements.



Frying Pan



Griddle

Charcoal Fires

Charcoal fire-starting requires a longer time for the fire to ignite than wood. Similar to wood fires, charcoal fires need oxygen to burn.

To start a charcoal fire use kindling or a non-liquid starter. Charcoal fires started by a commercial product must be explicitly labeled as a charcoal starter—never use gasoline or add charcoal lighter to a fire once ignited. (Girl Scout Safety Activity Checkpoints prohibit liquid charcoal fire starters on council property.) To begin, the charcoal must be heaped in a pyramid-shaped pile over the kindling/starter so that it will be engulfed in the flames. Charcoal must be to the red-hot stage before it is fully ignited; the starter must be inflamed long enough to heat the charcoal to this point.

After the kindling/starter has burned itself out, the pyramid pile should remain intact for at least 20 minutes. This will allow the bottom charcoal to ignite. After the entire pile is ignited, the charcoal becomes ash in color. At this point, it may be spread out and used for cooking. Do not become impatient and spread the charcoal too soon. It will ignite faster by remaining in a pile.

To judge the temperature of a charcoal fire, cautiously hold your hand, palm side down, over the coals at cooking height. Now, count the number of seconds you can hold that position and you will have an indicator of how hot the fire temperature is:

- 5 seconds = low
- 4 seconds = medium
- 3 seconds = medium-high
- 2 seconds = high

Non-Liquid Starters

- Petroleum jelly and cotton balls
- Torn waxed mild cartons
- Small waxed candle in paper cups
- Candle kisses
- Trench candle
- Egg-carton starters
- Small dry twigs
- Split wood kindling
- Pitch resin
- Pitch Balls

Nonliquid Fire Starters

Candle Kisses

Break or cut household paraffin or old candles into one-inch chunks. Wrap each chunk in a piece of waxed paper and twist both ends.

Trench Candles

Cut several layers of newspaper into four to five inch strips. Roll into “candles” and tie with string. Dip the “candle” into melted wax or paraffin and allow to dry.

Egg Carton Starters

Fill cups with sawdust, wood shavings, or charcoal. Pour melted paraffin in each cup. A twine wick may be added. Note: Use only cardboard egg carton.

Girl Scouts of Southern Illinois

One Match Club

This is a club that is open to any camper (youth only) who can start a campfire and keep it going for at least five minutes with only one match and without the use of fire starters at a Girl Scouting function (ex: Day Camp, Council, Troop, or Service Unit Campout or Program). Members will receive a patch to be worn proudly on the back of their vest or sash.

How do you become a member?

1. Complete this membership request.
2. Have two or more people witness your talent of lighting a one match fire, one witness being an adult Girl Scout.
3. Have the witness sign your request for membership.
4. Complete the Membership Request information below, include \$2.00 (cost of the patch), and give it to your Girl Scout leader/advisor.
5. You may only receive your official One Match Club patch through your Girl Scout leader/advisor.

You may only receive this award once.

 I have mastered camp fire building and can light a fire using just one match

One Match Club Membership Request

Name _____

Address _____ City _____ Zip _____

Witness#1 _____ Phone _____

Witness#2 _____ Phone _____

Enclosed is \$2.00, the cost of a One Match Club Patch, for the Girl Scout listed above. Send this request and payment to:

GSSI, One Match Club
#4 Ginger Creek Parkway
Glen Carbon, Illinois 62034

Ideas in Fire Building

One Match Club: (Pathfinder)

This club is open to any girl (youth only) who can start a campfire and keep it going for at least five minutes with only one match and without the use of fire starters. Members will receive a patch to be worn proudly on the back of their vest or sash.

Becoming a member is easy!

1. Obtain a membership request from your Day Camp Unit Leader. (Form on page 33)
2. Have TWO or more people witness girl's talent of lighting a one-match fire.
3. Have the witnesses sign the request for membership.
4. Complete the membership request form and give it to your Day Camp Director during Day Camp.

Members will receive the patch at Day Camp or through the mail.

Damp Day Fire Building (Expert Camper)

- Lay aluminum foil on damp group before making the rack for tinder.
- Have extra fire starters on hand.
- Know where to find SQUAW WOOD. (Dead, fallen branches that have been caught in another tree branch.)
- Prepare ahead of time. Collect dry wood on a sunny day and store it to use during the occasional summer storm.
- Use waterproof matches.

How to Waterproof Matches

Each match must be waterproofed separately. Once the matches are waterproofed they may be carried in a bottle or plastic bag. Be sure not to use safety matches, which must be struck on their box in order to light. There are two methods:

Method one: Cover the match head with clear nail polish. Nail polish dries rapidly so waterproofing an entire box takes little time.

Method two: Dip the head of the match in melted paraffin. Paraffin (or any kind of wax) should be heated in a double boiler and never melted directly over a fire. It may start a fire!

Edible Fire

An Edible Fire:

This is a neat way to teach campers fire-building and fire safety. It also provides a tasty snack. Have each camper build their fires as the leader discusses fire-building and safety.

Ingredients:

- Large pretzel logs.....Fuel
- Small pretzel sticks.....Kindling
- Shredded coconut.....Tinder
- Small marshmallows...Stones for fire circle
- Small cup of juice.....Water bucket
- Paper towel.....Clean area to build fire
- Red Hot candy.....Fire



Cooking



Progression In Outdoor Cooking

1. Nosebag Lunch
2. One-Pot Meal
3. Foil Cooking
4. Stick Cooking
5. Dutch Oven Cooking
6. Reflector Oven Cooking
7. Trench or Pit Cooking
8. Paper-Bag Cooking

For more information on fire building, including charcoal fires see the “Fire Building” section of this manual. When cooking, remember to include some “no-cook” foods to be sure the campers will not be hungry if the meal fails. Try and include all parts of the food pyramid. Have the campers plan as much as possible working in patrols and committees.

Keeping Food Safe to Eat

Whether you’re toting food out of town or out to camp, make sure you don’t invite bacteria to the outing. These unwelcome and invisible guests are the culprits behind food poisoning. By taking a few simple precautions, you can make sure that the food you serve is as safe as it is good to eat.

When preparing:

- » Wash your hands with soap before and after preparing food.
- » Use different utensils when stirring, cutting, or carrying cooked and uncooked foods
- » Scrub counters, the cutting board, knife and other utensils with hot, soapy water after preparing raw meat, poultry, and fish.
- » Thaw or marinate meat in the refrigerator, not on the kitchen counter.
- » Bring marinade that was used on raw meat to a full boil before using it as a sauce for the cooked meat.
- » Cook meat thoroughly.

When serving:

- » Serve food containing mayonnaise, eggs, sour cream, yogurt, or fish within two hours after refrigeration. If it is 85° or warmer, food should be served within one hour.
- » Keep a dish chilled by placing it in a larger dish filled within one hour.
- » Throw out food if you have any doubt. Most bacteria is colorless, odorless, and tasteless
- » Wrap food carefully for the trip home.
- » Food Safety Hotline: 1.800.535.4555

Outdoor Cooking Safety

- The kitchen/cooking area should be located well away from tents or other combustible nylon items to prevent sparks from the cooking fire from igniting or damaging equipment.
- Whether using a cook stove or cooking fire, a 2-4 foot circular “safe” area should be created around it.
- Only those directly involved in food preparation should work in the fire circle. No one should walk through, reach over, or horseplay near the fire circle.
- The cooking area should be located in an area free from natural hazards that may trip, poke, or otherwise hinder the cook from working safely around the cooking area.
- The cook should designate a comfortable spot to sit near the fire or stove so that she may work without constantly shifting around the flames.
- Sterilize cooking utensils before using. Dip utensils in bleach water to sanitize.
- Use gloves or hot pads when handling hot items.
- Hot liquids and hot grease must be given special consideration as a potential safety hazard. Hot liquids should not be poured into a handheld container. Instead, containers should be placed on a flat, stable surface. Pour away from the pourer.
- Remove pots that contain boiling food from the stove before stirring.
- Remove pots from the fire before adding food. This prevents plastic bags from burning and minimizes the chance of scalding arms and hands.
- When cooking over a fire, a bucket filled with water must be kept handy for dousing flames. Keep an empty coffee can near a cook stove for inverting over the stove to smother a “flare-up.”
- Cooks must be particularly aware of potential dangers of loose clothing, long hair, or nylon jackets, which may burn around fires or stoves. Roll up long sleeves. Nylon pants or windbreakers should be removed -- heat and sparks could melt this material to the skin.
- When using a knife, cut away from oneself. Use hard surface or cutting board to cut items, rather than legs or hands.

Employee HACCP Observation Chart

Process	Monitoring Procedure	Comments
Food Handling	<input type="checkbox"/> Wash hands frequently <input type="checkbox"/> Use gloves, utensils when needed <input type="checkbox"/> Wash and sanitize equipment and utensils frequently <input type="checkbox"/> Minimize quantity of food at room temperature	
Cooking	<input type="checkbox"/> Poultry cooked to an internal temperature of at least 165°F <input type="checkbox"/> Pork, ground meats, and pre-cooked eggs cooked to an internal temperature of 155°F <input type="checkbox"/> Cuts of meat, fish, and short order eggs cooked to an internal temperature of 145°F <input type="checkbox"/> Thermometers used to check internal temperatures	
Hot & Cold Handling	<input type="checkbox"/> Hot products are held at 140°F or above <input type="checkbox"/> Cold products are held at 41°F or below <input type="checkbox"/> Frequent temperature checks	
Cooling	<input type="checkbox"/> Rapid cooling method is followed <ul style="list-style-type: none"> • 140°F to 70°F in two hours • 70°F to 41°F in four additional hours <input type="checkbox"/> Food temperature checked frequently	
Storing	<input type="checkbox"/> Refrigeration: product temperature is maintained at 41°F or below <input type="checkbox"/> Raw and cooked foods are separated	
Reheating	<input type="checkbox"/> Rapidly heated to 165°F	

Camping and Cooking Tips

- Make a master list of all supplies and equipment needed and slide it into a clear plastic or acetate sleeve. As you pack for the day, check off each item with a grease pencil, dry-erase marker, or washable marking pen. The marks can be wiped off, and the list can be reused.
- Do some food preparation ahead of time. For example: Clean and chop vegetables for stew and pack them in resealable plastic bags. By partially preparing meals, the campers should have time to cook.
- Involve all group members in planning, preparing, and clean-up! Help the campers experience progression in cooking. Begin with one-pot meals and graduate to stick and Dutch oven cooking.
- Be aware of the time needed to build a fire, prepare food, heat water and clean up. The capabilities of the campers differ from that of adults.
- Use Kaper charts so Kapers are rotated and all campers get a chance to experience the steps in cooking.
- Plan ahead for proper garbage disposal. Recycle plastic bags of various sizes into litter bags.

Additional Hints

- To simplify dishwashing, coat the outside of dishes with soap or detergent before using over fires.
- Stand sandwiches on edge in lunch box to prevent soginess of bread.
- Choose your fire type and fuel to suit your menu.
- Make a bed of coals only 2 or 3 inches deep.
- Always have a first aid kit.
- Leave campsite better than you found it! Pick up all litter.
- Pour cereal slowly into boiling water to prevent lumps.
- Put dishwater on fire to heat while group is eating.
- Always make sure the fire is completely out before leaving the campsite. To put fire out quickly, sprinkle the fire with water rather than dumping bucket of water onto the fire.

Outdoor Cooking

Girls should be actively involved in the menu development, preparation, serving, and of course, the eating of the meal. The recipes that follow are listed in order of progression, easy to advanced.

Fireless Foods

Nosebag Lunch: For your first meal (Level 1, Beginner), have the girls make a nosebag lunch (a sack lunch). Make it fun by having campers put the lunch in a bandanna; then have them tie it onto a long stick using a square knot. With the stick resting on their shoulder, they are ready for a hobo hike to a special lunch spot. Girls can make sandwiches and other fireless foods for their nosebag. The following are a few examples of foods that can accompany the sandwiches.

The Nosebag Lunch

When a horse must be away from his quarters or grazing area, the thoughtful owner provides a “nosebag” of feed that hangs conveniently from the horse’s bridle. Hence the name “nosebag” was coined for a Girl Scout’s traveling meal.

Taken wherever Girl Scouts wander, the “Nosebag Lunch” usually contains nutritious and satisfying foods. It usually contains all four food groups.

GORP

(Good Old Raisins and Peanuts):

GORP is a nutritious, high-energy snack food which is easily carried and stored and is great for a hike. Raisins and peanuts are the mainstay, and chocolate, which provides quick energy, is generally included. Recipes vary, but the directions listed below are traditional:

2 c. salted peanuts	2 c. candy-coated chocolate
2 c. raisins	4 c. bite-sized cereal
2 c. chopped dried apricots	

Some other things you might put in GORP:

Oatmeal, bugles, sesame seeds, pretzel, granola, sunflower seeds, chocolate chips, nuts, dates, dried coconut, brown sugar, dried apples, wheat germ, banana flakes, bits of hard cheese.

Pumpkin Pie Oatmeal

1. In a small bowl, mix the pumpkin, milk, and yogurt together.
2. Add the rest of the ingredients and stir to combine.
3. Divide between 2 small bowls, mugs, or mason jars.
4. Cover and refrigerate overnight (or for at least an hour so the oats soften and absorb the liquid).
5. Top with syrup/honey or chopped pecans for crunch if desired!

Turkey, Avocado, and Hummus Wrap

Ingredients:

1 whole wheat tortilla	3 slices low-sodium deli turkey
2-3 Tablespoons red pepper and hummus	¼ sliced avocado
	Pickle slices

Spread tortilla with hummus, then layer turkey avocado, and pickles. Roll then slice.

Greek Salad Veggie Sandwich

1. In a food processor, pulse chickpeas, 1 tablespoon lemon juice, 1 tablespoon olive oil, and parsley until finely chopped.
2. In a small bowl, stir together onion, 1 tablespoon lemon juice, and 2 teaspoons olive oil and season with salt and pepper.
3. In another small bowl, mash feta with 1 tablespoon olive oil.
4. Spread chickpea mixture on 4 slices bread.
5. Top with cucumber, tomato, and onion mixture; season with salt and pepper. Spread feta mixture on 4 more bread slices and place on top of sandwiches.

Teddy Bear Bread

Ingredients:

Wheat bread	Blueberries
1 sliced banana	Peanut Butter

1. Position bread so the flat part is facing you and spread peanut butter in the middle of the bread in a circle.
2. Put two banana slices in the two top corners for ears and one in the center of the peanut butter.
3. Place a blueberry in the center of the banana in the middle of the bread. This will make a nose.
4. Place two more blueberries above the nose in the peanut butter for eyes. Should look like a teddy bear face when complete.

Jungle Breakfast

Ingredients:

Boiled egg
1 banana, orange or other fruit
1 box dry cereal
1 small package of powdered donuts

A jungle breakfast is a selection of dry foods that can be placed in a paper bag and hidden somewhere in the camping area. It may consist of some or all of the above. Girls learn how animals must go out in the jungle to search for their breakfast.

Mud

Ingredients:

6 oz. package instant chocolate pudding
6 whole graham crackers
"Seeds" (peanuts, candy coated chocolate, sunflower seeds)

1. Finely crush 6 whole graham crackers in large freezer bag.
2. Put in jar: chocolate pudding, 3 cups cold milk
3. Shake for 2 minutes and pour into 6 cups
4. Stir in crushed graham crackers
5. Dig holes for "seeds" and gummy worms.

Energy Chews

Ingredients:

½ cup peanut butter
½ cup oats
4 tsps. honey
¼ cup wheat germ
½ cup raisins
½ cup grated apple
½ cup walnuts

Mix all ingredients together in a bowl and roll them into balls. Makes 14, 1 inch balls. Twist balls in wax paper.

Cereal Bars

Ingredients:

¼ cup unsalted butter	3 cups Honey Nut Cheerios (or plain)
¼ cup honey	1 cup raisins, nuts, raisins, or other treat!
¼ cup light brown sugar, packed	½ cup mini M&M's or chocolate chips
1 tablespoon vanilla extract	Pinch of Kosher Salt

1. Line an 8-inch square pan with aluminum foil, spray with cooking spray; set aside.
2. In a large microwave-safe bowl, combine butter, honey, brown sugar, and heat on high power for 1 minute to melt.
3. Stop to stir.
4. Mixture will be on the grainy side.
5. Return bowl to microwave and heat for 1 more minute on high power. Stir.
6. Return bowl to microwave and heat for 1 more minute on high power. Stir.
7. After the third (and final) time, mixture will become quite bubbly and foamy
8. Use caution when removing from micro because caramel is boiling hot and can cause burns.
9. Stir in the vanilla using caution in case mixture bubbles up.
10. Stir in the cereal.
11. Stir in the optional goodies.
12. Press out into prepared pan, packing down firmly with a spatula.
13. Optional: sprinkle kosher salt on top {the salt cuts some of the sweetness}
14. Cover pan with a sheet of foil and place pan in fridge to set up for at least 2 to 3 hours
15. Bars will keep airtight in the refrigerator for up to 2 weeks, or in the freezer for up to 6 months.

Peanut Butter Oatmeal Energy Bites

Ingredients:

1 cup oatmeal	1 tsp vanilla
⅔ cup toasted shredded coconut	½ cup honey
½ cup peanut butter	½ cup mini chocolate chips

Combine all ingredients in a large bowl. Roll mixture into 1 inch rounds and place on parchment paper. Refrigerate a few minutes until firm and then transfer to an air tight container. Refrigerate and enjoy for up to one week.

Graham Ghosts

Ingredients:

Graham Crackers
Sugar
Margarine

Melt the margarine and place in a shallow dish. Dip graham crackers in margarine and roll in the sugar.

No Bake Cinnamon Rolls

Ingredients:

- | | |
|--------------------------------------|------------------------------------|
| 2 slices white bread, crust removed | 2 tablespoons confectioners' sugar |
| 2 tablespoons butter | 1/8 teaspoon water, as needed |
| 2 tablespoons cinnamon sugar mixture | |

Roll the bread slices flat, butter the bread, and sprinkle with cinnamon sugar mixture. Roll up the bread slice tight and cut the bread into 1 in slices. Mix the confectioners' sugar with the water in a small bowl to make a glaze. Drizzle over bread slices and serve.

Fruit Kabobs with Coconut Dip

Ingredients:

- | | |
|---------------------------------------|--------------------------------|
| 5 large strawberries, halved | 20 skewers |
| ¼ cantaloupe, cut into cubes or balls | 1 ½ c vanilla yogurt |
| 2 bananas, peeled and cut into chunks | 4 ½ teaspoons flaked coconut |
| 1 apple, cut into chunks | 4 ½ teaspoons orange marmalade |

Thread the strawberries, cantaloupe, banana, & applies pieces alternately on to skewers, placing at least two pieces of fruit on each skewer. Combine dip ingredients in a small bowl; serve with kabobs.

One-Pot Cooking

One-pot meals are perfect for beginners. Girls can learn to make a hot and tasty meal with a minimum of experience and clean up. One-pot meals are those in which the entire main dish is cooked in one pot. More advanced campers may rely on one-pot meals for quick clean-up so they can spend more time on other programs.

Beanie-Weenie Casserole

Ingredients:

- | | |
|-----------------------------|------------------------------------|
| 1 package hot dogs | ¼ cup Worcestershire sauce |
| 1 can baked beans | 1 ½ teaspoons garlic powder |
| 2/3 cup ketchup | 1 tablespoon chopped fresh parsley |
| 2 tablespoons cider vinegar | |

In a large skillet, combine the hot dogs, baked beans, ketchup, cider vinegar, Worcestershire sauce, garlic powder, and parsley. Mix to blend, and bring to boil. Turn heat to low, cover, and simmer for 25 to 30 minutes, stirring occasionally.

Basic Mixture

Ingredients:

3 lb. hamburger	peppers
2 chopped onions	2 cans
2 chopped green	concentrated
	tomato soup

Brown hamburger and onions, add chopped peppers and soup. Cook while stirring frequently until meat is cooked through. Add any of the following and heat together:

Mexican Delight: Add tomato sauce, chili powder, oregano, seasoning salt, salt, sugar, tabasco sauce and pepper. Add 1 cup cooked rice, stir. Layer Frito's on a plate and top with mixture and toppings of your choice.

Heritage Corn: Peppers, chili powder, 4 tbsp Heinz organic ketchup, 2tbsp tomato paste, 1 tbsp Worcestershire sauce

Taco Pie

Ingredients:

1-1/2 lbs ground beef	1 8 oz pkg shredded cheddar cheese
1 med jar Taco sauce	1 can (8 oz) tomato puree
4 lg corn tortillas	

1. Brown ground beef, drain.
2. Combine taco sauce and tomato puree.
3. Line Dutch oven with aluminum foil.
4. Place 2 tortilla shells in Dutch oven.
5. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top.
6. Place 2 more tortilla shells on top, place in rest of beef, and pour remaining taco sauce on top.
7. Sprinkle with cheese.
8. Cover and bake until cheese is melted.
9. Variations: Add chopped onions, mushrooms or tomatoes to meat.

Catastrophe

If converting to vegetarian, depending on degree of vegetarianism eliminate meat and/or eggs, increase potatoes and cheese and other veggies.

Ingredients:

18 eggs
7 cups of frozen hash browns (24 oz.)
1 bunch of green onions OR one small onion, chopped
Optional green or red pepper, diced
12 oz ham or 12 slices of bacon, diced
12 oz grated cheese
Cooking oil
1 small bottle ketchup

Brown hash browns, onions and pepper in oil. If using bacon, cook the

bacon and use the grease in place of the oil. Add ham and beaten eggs, cook until almost set. Add cheese and finish cooking until melted. Salt and pepper to taste. Serve with ketchup.

Camp Chili

Ingredients:

8 cans of chili
2 cups chopped onion
8 cup grated cheese
8 cups crushed corn chips

1. Cook onions in chili.
2. Serve in individual bowls.
3. Start with a layer of corn chips, then chili, and top with cheese.

Caramel Apple Cobbler

Ingredients:

- 1 can apple pie filling
- 1 box caramel cake mix
- 1 bottle squeeze margarine

At home: Remove cake mix from box and pour in freezer bag to prevent tears. Pour pie filling into lightweight container, or pack a can opener if necessary.

On the trail: Grease Dutch oven or line with foil for an easy cleanup. Pour pie filling into oven, top with dry cake mix and generously pour margarine over the top. Bake with hot coals for about 45 minutes. The cobbler is done when the top is golden brown and bubbly. Serves 2-4.

Creole Burgers

Ingredients:

- 4 lbs. ground beef
- 2 chopped onions
- 2 10 oz. cans gumbo soup (condensed)
- 4 T. mustard
- 1 cup catsup
- Salt & pepper

Brown meat and onion in a pot. Stir in soup, catsup, and mustard. Simmer 10 minutes. Serve on buns. Serves 16.

Georgia Nut Butter Soup

Ingredients:

- 3 celery stalks, chopped
- 1 carrot, chopped
- 1 small onion, chopped
- 2 T. margarine
- 3/4 cup peanut butter
- 10 oz. can cream of chicken soup
- 1 soup can of milk
- 1 soup can of water

Sauté celery, onion, and carrot in margarine until soft. Add peanut butter and stir until mixed. Add the soup, milk and water. Stir well. Cook until all is mixed well and hot. Serves 4.

Poultry Chowder

Ingredients:

- 1/2 cup chopped celery
- 2 T. margarine
- 1 can cream of potato soup
- 1 can milk
- 1 T. minced parsley
- 1 can chicken/turkey OR 1 cup diced cooked chicken/turkey

In covered pot, cook celery in margarine over very low heat until tender but not browned. Add soup and water. Heat. Add chicken or turkey. Simmer to blend flavors. Serves 4.

Country Breakfast

1. In a 9x13 greased pan, layer:
 - » 1 lb bacon (cooked and cut into pieces) OR 1 1/2 lb sausage, cook/drain OR 1lb ham, cut into cubes
2. Then layer:
 - » 2 lbs frozen Tator Tots
3. Then pour over Tator Tots:
 - » 14 eggs- whipped and seasoned with salt and pepper
4. Top off with 1/4 to 1/2 lb grated cheddar cheese
5. Bake at 400 for 45-55 minutes or until center of eggs in firm.

Macaroni and Tuna Fish

Ingredients:

- 1 pound of elbow macaroni
- 2 cans milk
- 1 – 6 oz can tuna fish
- 2—10 3/4 oz cans condensed cheddar cheese soup

Boil pasta in salted water until tender, drain. Add soup, milk, and tuna. Heat thoroughly. (Can add 1 c. peas if desired).

Campfire Stew

Ingredients:

- 3lbs hamburger
- 5 10oz cans concentrated vegetable soup
- 1 large onion, peeled and diced
- Salt and pepper

Brown meat and onions together. Add undiluted vegetable soup and 1 can water (to prevent sticking). Cover and cook slowly over good coals. Season. Serve over split hamburger buns, toast, or crackers.

Chicken Teriyaki

Ingredients:

- 15-16 chicken wings
- 2 Tablespoons sugar
- 1 large bottle soy sauce (16oz)
- 3-4 Tablespoons sesame seeds
- ½ teaspoon ground ginger

Mix ingredients and pour over chicken into a Ziploc bag; marinate overnight. Pour marinated and chicken into heavy skillet. Sprinkle with sesame seeds. Cover with foil and cook until done.

Chicken/Rice/Broccoli

Ingredients:

- | | | |
|---|-------------------------------|-----------------------|
| 8 chicken breasts (or 2 whole chickens) | 2 cans cream of mushroom soup | soup mix |
| 1 to 2 cups water | 2 cups rice | Salt & pepper |
| 4 cans water | 1 package dry onion | 2 bunches of broccoli |

Cut chicken into large chunks. Cook over fire with 1 to 2 cups water until done. Add soup and water. Cook to a boil. Add rice. Ten to fifteen minutes before rice is done, add broccoli. Steam on top of rice for a few minutes, then stir into rice. Cook until rice is done. Serves 8 to 12.

Foil Cooking

Foil cooking involves no pots or pans. Simply wrap meal in double thickness foil and place package in hot coals leaving a small hole for steam. For items similar to bacon and eggs crimp up the edges of a double sheet of foil and use as a pan. Use heavyweight foil, hot mitts and tongs when cooking with foil.

Tin Foil Stew

Ingredients:

6 ounces blade roast, trimmed and cut into 1 inch cubes	1 clove crushed garlic
1 potato, cubed	1 pinch salt
2 carrots, sliced	1 pinch ground black pepper
1 onion, chopped	1 tablespoon butter
	1 tablespoon water

On a large, square sheet of foil layer beef, potatoes, carrots, onion, and garlic. Sprinkle with salt and pepper, top with butter and a tablespoon of water. Roll edges of tin foil together and seal tightly. Bury it in campfire coals. Cooking time is about 1 hour.

Foiled Wrapped Chicken Deliciousness

Ingredients:

1 Package chicken flavored stuffing mix	1 Cup shredded cheddar cheese
1 1/4 Cups water	4 Slices cooked bacon-crumbled
4 Boneless skinless chicken breast halves	4 Tblsp ranch dressing
4 cups broccoli florets	

1. Spray cooking oil on 4 large aluminum foil sheets.
2. Mix together the water and stuffing mix.
3. Divide evenly and place a layer on each foil sheet.
4. Add chicken breast on top of stuffing. Next layer on broccoli, then cheese, bacon, and ranch evenly over each sheet.
5. Fold aluminum foil into sealed "packet" and place on baking sheet.
6. Cook at 400 F for 30-35 minutes based on size of chicken used.

Hawaiian Volcanoes

Ingredients:

Hamburger buns	Sliced cheese
Cooked ham	Crushed pineapple

Fill FOUR hamburger buns with cooked ham, sliced cheese, and crushed pineapple. Wrap in foil and place on grill with coals for 10 minutes.

Popcorn

Ingredients:

1 tablespoon vegetable oil
1/4 cup popcorn kernels
Disposable pie pan
Salt

Combine 1 tablespoon vegetable oil and 1/4 cup popcorn kernels in a disposable pie pan. Seal the pan in foil, making a dome shape on top. (Use 2 sheets of foil, if needed, to cover.) Grill over high heat, shaking, until the popping stops, about 8 minutes. Season with salt.

Cupcakes in Orange Peels

Ingredients:

1 orange per person
Prepared white cake mix or muffin mix

Slice orange open not too far from top and have girl eat the contents with a spoon leaving the peel intact. Pour in cake batter until cup is about 1/2 full. Wrap bottom and sides of orange in foil and place gently in coals. It will cook a few minutes but may not look done on the top. (Hint: omit eggs from recipe so not to worry about being completely done. It still works and tastes great.)

Blueberry Breakfast Bake

Ingredients:

½ C Heavy Cream	¼ Tsp Cinnamon	Foil
½ C Milk	¼ Tsp Vanilla	Non-stick Cooking Spray
4 Eggs	1 C Blueberries	Syrup (Optional)
¼ C Sour Cream	8 Slices Bread	
½ C Sugar	Heavy Duty Aluminum	

Mix the wet ingredients, sugar and cinnamon together ahead of time and place in a seal able travel container. Pour the liquid egg and milk mixture over the cubed bread pieces. Stir the bread pieces to cover thoroughly. Don't over stir or the bread pieces will dissolve or turn to complete mush. Next, carefully fold in the blueberries and let the bread soak up most of the remaining mixture. Take your square of aluminum foil and coat it with nonstick spray. Spoon the soaked bread and blueberry mixture into the center of the foil, and carefully fold the packets with the seam on top. Place the packets on the grill or camp fire. Let the packets cook for 25-35 minutes.

Pineapple Upside-Down Cake

Ingredients:

1 ½ tablespoons light brown sugar	Pineapple rings
1 tablespoon butter	Maraschino Cherries

For each cake, mound 1 1/2 tablespoons light brown sugar and 1 tablespoon butter on a sheet of nonstick foil. Top with a pineapple ring, a maraschino cherry and an upside-down small shortcake shell. Form a packet. Grill sugar-side down over medium-high heat, 12 minutes.

Chili Cheese Fries

Ingredients:

- 1 package frozen French fries
- ¾ cup roasted, chopped green chilies
- 1 cup shredded cheddar cheese

Spray the inside of the foil dish with cooking spray. Place the frozen fries in the dish. Spread the chili and cheese over the fries. Enclose the foil dish in another large piece of foil. Wrap the foil around the dish and close from the top. Place the entire foil packet over a campfire for 10-15 minutes. Check occasionally to test for doneness. Fries are done when they are cooked through and the cheese has melted.

Bacon and Onion Foil Packets

Ingredients:

- 10-12 Baby Red Potatoes
- 12 slices crumbled cooked bacon
- 1 small onion, thinly sliced and diced
- 1 cup cheddar cheese
- 3 tablespoons butter
- Salt and pepper
- Sour cream (optional)

Spray each sheet of foil with cooking spray. Top each piece with equal portions of potatoes, bacon, 1 packet of onion soup powder and mix. Add salt and pepper. Add 1 tablespoon of butter to each serving. Wrap Securely. Grill for about 20 to 30 minutes. Add sour cream when finished.

Tin Foil Apple Crisp

Ingredients:

½ cup old-fashioned oats	sugar	2 tbsp butter, plus more for foil
6 tbsp flour	¼ cup granulated sugar	3 apples
3 tbsp packed brown	¼ tsp cinnamon	squeeze of lemon juice
	dash of nutmeg	

Combine oats, flour, sugars, cinnamon, and nutmeg. Cut in butter until mixture is crumbly. Toss bowl in the fridge while you prepare the apples. Wash apples and pat dry. Core and slice apples, then toss them with a squeeze of lemon juice. Cut two squares of foil (about a foot each) and lightly butter the center of each piece. Place the apples onto one of the foil pieces and then sprinkle with the crumble mixture. Place the top piece of foil (butter side down) on the package and crimp the edges inwards (about a cm) one at a time until the package is well sealed. Wrap the entire package in another layer of tinfoil - this will help prevent burning around the edges. Place the foil pack on the grill (pre-heated to a medium heat – about 350 degrees) for about 20 minutes. Let cool a minute or two before opening, as the contents will be very hot.

Chicken Bacon Ranch

Ingredients:

1 6-oz box Stovetop Stuffing	diced	8 Tablespoons ranch dressing
1 cup hot water	2 cups broccoli florets	4 slices bacon, cooked and crumbled
1 lb chicken breast,	1 cup shredded cheddar cheese	

In a medium bowl, combine stuffing and hot water. Cover with plastic wrap and set aside 5 minutes. Meanwhile, lay out 4 large rectangles of heavy duty foil. Fluff stuffing with a fork to combine, then divide stuffing equally among the foil. Divide remaining ingredients among the four pieces of foil, going in order: lay the chicken on top of the stuffing, then add the broccoli, etc. Tightly seal each foil packet and cook for 30-35 minutes on a bed of hot charcoal. The charcoal should be white and smoldering, not flaming, so you need to light them well before you put the foil dinners on them. You should be able to hear the foil packets sizzle and smell the food cooking. There's no need to put coals on top of the packets or to flip them over.

Campfire Popcorn Satchels

Ingredients:

2 tablespoons popcorn kernels	aluminum foil
2 tablespoons canola or vegetable oil	

Place the popcorn and oil on an 18-inch square of heavy-duty aluminum foil. Seal the edges to form a loose pouch, leaving room for the kernels to pop. Tie a corner of the pouch to a stick with a piece of string. Shake over a fire until popped.

Blueberry Fire Pit Flapjacks

Ingredients:

1 1/3 cups Bisquick	pinch of salt	1 T. maple syrup
1/3 cup corn meal	1/2 cup Sprite	1 cup blueberries
1 tablespoon sugar	1/2 cup water	

Before leaving the house, combine the Bisquick, corn meal, sugar and salt. Place in a bag or container and pack along with the other ingredients. In a large bowl or pitcher, whisk together all of the ingredients, except blueberries. Fold in the blueberries. Layout 6 pieces of non-stick Reynolds Wrap foil, dull side on top. Fold the bottom left corner up to form half a triangle. Fold the bottom up about one inch. Fold the bottom right corner up to form the other half of the triangle. Pour some batter into the cone. Fold both sides toward the center. Fold the top down over the opening. Tuck the bottom corners under the triangle to seal. Place on hot coals or a grill rack (if you have one). Cook for a few minutes per side, depending on how hot the coals are. Peek in the pouch. If the batter looks cooked through, they're ready to serve. Open and smother with butter and maple blueberry syrup.

Baked Salmon

Ingredients:

4 Salmon Fillets	into 8 pats of butter)	Sea Salt (to taste)
3 Lemons	1.5 lb Asparagus (you will only use the tops)	Pepper (to taste)
2 tbsp. Cold Butter (cut		

Preheat oven to 400F.

Wash asparagus and cut the spears in half. Place asparagus tops in a large bowl. Save and store the bottom of the spears for other uses like stir-fries, soups, stews, etc., rather than throwing them away. Sprinkle sea salt, pepper and juice from half of a lemon over asparagus tops and stir to evenly coat asparagus tops. Cut a generously sized rectangular piece of aluminum foil and place asparagus side by side. Use enough to create a bed for your piece of salmon. I personally used six to seven pieces of asparagus per foil pouch.

Pizza Pita Pocket

Ingredients:

1 pkg Pita bread	1 pkg sliced pepperoni	mushrooms, sliced
1 can pizza sauce	1 green or red pepper, thinly sliced	1 roll of tinfoil
1 bag shredded mozzarella cheese	1 package of	

Wash and cut up the veggies. Cut the pita pocket in half and then slice it open to form a pocket. Spoon in the pizza sauce, and then stuff the pita with your choice of veggies, meat and cheese. Wrap the pita in tinfoil and then stick it around the edges of the campfire for about 10-15 minutes (not directly in the flames). Be careful to keep the cut side up so that your fillings don't all fall out.. Check to make sure it's done (the cheese will be melted when it's ready).

Meatballs with Potatoes and Corn

Ingredients:

1tsp olive oil	Salt, peppers, and seasonings of choice	1 Medium Chopped Onion
1 lb ground beef	4 Medium Potatoes	1 ear of frozen corn

Lay 4 aluminum foil sheets out

Put 1tsp olive or canola oil in the center of the foil sheets. Take 1 pound of ground meat (beef or turkey) and season to taste. Mix the seasoning into the meat and make 12 balls of meat.

Place 3 uncooked meatballs onto each foil sheet. Dice 4 Medium Potatoes and place onto the 4 foil sheets. Chop 1 Medium Onion and place in even amounts on the 4 foil sheets. Finally place 1 ear of frozen corn on the foil sheets. Salt all 4 foil sheets. Close the Foil sheets up and make Packets. Place on your grill on Medium or on a cookie sheet in your oven at 400 for about 45 minutes to an hour.

Stick Cooking

Stick cooking is perhaps the most popular method of cooking in the outdoors because it is easy and quick, requires little clean-up and it is unique to the outdoors.

Much like using a rotisserie at home where dry heat is used, food is placed on a stick, held near the coals and rotated until cooked. Use hot coals to cook food on a stick rather than direct flames. Charcoal briquettes can also be used if coals are needed for a longer period of time.

Use a green stick, wood dowel, or a hotdog fork for stick cooking. Cut a straight green stick about ½ inch in diameter and 4 feet long, sharpening one end to a point.

If using a wooden stick or dowel rod, coat with a little vegetable oil to prevent food from sticking. You may also wrap the end of the stick with a little aluminum foil to protect the wood and conduct heat to the inside of the food being cooked. Coat foil with vegetable oil or cooking spray. Hot dog forks may be requisitioned from the Camp Ranger at any GSSI camp.

Place food(s) to be cooked on the stick. Meats should be cut into thin strips and double threaded around the stick. Place stick over coals (but not in the fire which may result in food being cooked on the outside and not in the middle). Turn the stick periodically until food is done.

Teach the girls about stick cooking safety. Make sure each person establishes a “safety circle” around themselves in which their sticks will not be touching or poking each other. No running or waving the stick in the air.

Brown Bears

Ingredients:

24 uncut hotdog buns	2lb. margarine, melted	Sugar and cinnamon
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Dip buns in melted margarine and roll in cinnamon and sugar. Put on stick and toast over hot coals until crispy.

Fruit Kabob

Cut fruit into 1 inch sections. Examples include: bananas, chunk pineapples, strawberries, peaches, or plums. Alternate fruit items on a stick with marshmallow. Heat over coals until marshmallows are golden brown.

S'mores

Ingredients for each S'More:

2 Marshmallows

2 crackers

8 milk chocolate chips

With a sharp knife, cut slits in the 4 corners of the flat side of one marshmallow. In these slits, insert 4 chocolate chips. Repeat with second marshmallow. Fit the chocolate chip ends of the two marshmallows together, slide onto a stick, and toast slowly over hot coals. When marshmallows are golden brown, sandwich between two graham crackers.

Top Hat

Place slices of banana about 1/2 inch thick between 2 vanilla wafers. Toast marshmallow over coals and put 1/2 of a small chocolate bar between vanilla wafers. Enjoy!

Fairy Rings

Put a marshmallow in the center of a cake doughnut. Place sideways on a thin stick. Heat over coals. Marshmallow will stay in center of doughnut when removed from stick.

Sweet Breadsticks

Cut strips of refrigerated breadstick dough in half crosswise. Thread a piece lengthwise onto each skewer. Toast over a flame until golden. Brush with melted butter. Sprinkle with sugar and cinnamon.

Damper

Make up your damper (not too wet, or its going to slide right off) and roll it into long snake-like shape. Roll around a clean stick, and when it's on securely, SLOWLY rotate it over the fire, so the dough is cooked evenly and thoroughly. It can be a bit trial & error getting the dough cooked just to your liking. Tap the dough, and if it sounds hollow, it should be cooked. When done, pull off the stick (well cooked, it comes off a lot more easily), and pour jam or maple syrup or whatever you like into the hole where the stick was, and enjoy! Try it with Nutella!

Mock Angelfood Cake

Ingredients:

French bread, unsliced
Sweetened condensed milk

Shredded coconut

Place a cube of bread on the end of a stick. Dip in the milk and roll in the coconut. Roast over the coals until a little browned and then enjoy!

Grilled Hawaiian Kabobs

Ingredients:

1 lb ham slices

8 oz teriyaki sauce

1 can pineapple chunks

Skewers

Soak ham slices in teriyaki sauce for 30 minutes. Place ham and pineapple on skewers, alternately. Grill just until warmed up.

Ham and Cheese Sandwiches

Ingredients:

- 2 Slices of bread
- Sliced Ham
- Pickles

On bread, spread mayonnaise, ham, cheese (of choice, but Swiss would work well) and pickles. Top with another slice of bread, and cut the sandwich into quarters. Toast each quarter on a stick/skewer until the cheese melts.

Caramel Apples

Ingredients:

- ½ lb. caramels
- 2 Tbs. Water
- Apples cut into quarters

Fold up sides of a double square of aluminum foil to serve as a disposable pan. Place caramels and water into this and put on grill to melt. Stir smooth. Remove cores from quartered apples. Hold over fire on sticks then dip into melted caramel; twirl to coat with caramel. Cool and eat from the stick.

Heavenly Hot Dogs

Ingredients:

- Hot Dogs
- Uncooked Bacon
- Sliced American Cheese torn into small strips
- Toothpicks
- Roasting Sticks

Cut a slit into hot dog extending the entire length. Stuff with strips of cheese. Wrap hot dog with a slice of bacon and fasten with a toothpick. Roast over an open flame until bacon is crispy and hot dog is heated through.



Egg in an Orange

Cut a large orange in half and scrape out the fruit from both pieces. With a sharp knife, cut a small “x” on one orange half about 1 cm below the rim. Cut another “x” just below the opposite rim. Thread a long pointed stick through the cuts so that the orange half hangs like a basket. While someone holds the half peel steady, crack a small egg into it. Grasp the end of the stick and hold the orange shell over the campfire (low flames or embers) for about 10 minutes. Let cool for a few minutes and remove the orange from the stick. Add salt and pepper.

Paper Bag Bacon And Eggs

Use a lunch-size paper bag on the end of a stick to cook your bacon and eggs for breakfast. Cut strips of bacon in half and cover the bottom of the paper bag with it. Break an egg into the sack over the bacon. Roll the top of the sack halfway down in 1-inch folds and push a stick through the roll at the top of the bag. Hold the bag over coals. Grease will coat the bottom of the bag as it cooks. The egg will cook in about 10 minutes. Be careful. If the stick gets too near the coals, it will burn. When the eggs and bacon are done, roll the sides of the sack and eat your breakfast.

Spit Cooking

Spit cooking is very similar to stick cooking. The main difference is in the amount of food to be cooked. Larger amounts of food can be cooked on a spit. Prepare the food to be placed on a spit by washing it and centering it on the spit. Use wire to hold food, if necessary. Raise or lower spit to regulate food cooking speed. Food that takes a long time to cook, such as chicken, should be rotated every three to five minutes.

Chicken on a Spit

Place washed and seasoned chicken on a spit and wire tightly. Place 1 ½ feet above coals and cook until done. Turn about every 5 minutes.

Dutch Oven

The Dutch oven is a flat-bottomed, cast iron or aluminum kettle with a close-fitting lid and a sturdy handle. It has heavy sides that hold heat evenly for a long period of time. The Dutch oven may be used in a variety of cooking methods. It is ideal for shallow frying, deep fat frying, roasting, baking, and stewing. The oven has three legs, designed to hold the oven above the coals and allows air circulation below it. It has a flat lid with a handle and turned-up edge so coals can be placed on it.

The Dutch oven is designed to be hung over open-flame fires, placed on the ground over coals, or buried under-ground in coals. Based on the size of the Dutch oven a good formula for determining the number of briquettes to use is: add three more briquettes to the top than the size of the oven, and three fewer to the bottom. This will give you an approximately 325°F oven.

If you are using charcoal briquettes to make coals, place the number of briquettes on both top and bottom of the Dutch oven according to the following suggestions. Leave about a 2-inch square space between briquettes, forming a checkerboard pattern.

Size of Oven	Top	Bottom
8 inch	11	5
10 inch	13	7
12 inch	15	9
14 inch	17	11
16 inch	19	13

Cast iron can be cleaned with plain water (soapy detergent will destroy the greasy seasoned pores soaked into the pot over the years) or placed on the fire, letting the food burn off and wiping it with an oiled paper towel. Completely dry and oil the Dutch oven after each use. For easy cleaning when baking, place a layer of foil inside the Dutch oven and place the food in the foil to bake it. This is a good way to bake cakes, biscuits, pies, and pizzas.

Sausage Balls

Ingredients:

1 lb Sausage (mild or hot)

1 Egg

Cheese

6 oz Grated Cheddar

3 c Bisquick

Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 min at 350 in Dutch oven. Makes 6 dozen

Monkey Bread

Ingredients:

3-4 cans biscuits (10 biscuits per can) depending on amount you need/group size

1 cup white sugar

1 1/2 cup brown sugar

1 Tbsp. cinnamon

2 sticks butter

1/4 cup brown sugar

In a large Ziploc bag, put in white sugar, brown sugar and cinnamon. Close bag and toss to combine ingredients. Cut each biscuit into quarters. A few at a time, put in the sugar/cinnamon bag, and toss to coat. Place coated biscuits into a foiled and cooking sprayed Dutch Oven. When all the biscuits have been coated and are in the Dutch Oven, melt 2 sticks (1 cup) butter over your propane stove in a skillet. Once the butter is melted, pour in the remaining sugar/cinnamon mixture and the extra 1/4 cup brown sugar. Stir with the butter and warm together for 1-2 minutes. Pour the butter/sugar/cinnamon mixture over the biscuits in the Dutch Oven. Place Dutch Oven on your coals, and let cook for apx. 1 to 1 1/2 hours until the biscuits are no longer doughy.

Bacon and Cheese Pull Aparts

Ingredients:

14 Dinner Rolls, thawed but still cold

¼ cup butter, melted

2 cups grated cheddar cheese

8 pieces cooked bacon, broken into small pieces

Cut each roll in half. Pour butter into a 12-inch Dutch oven. Roll cut rolls in butter until coated and arrange in Dutch oven. Sprinkle with cheese and bacon. Cover with lid and let rise until they double in size. Bake at 350°F 20-25 minutes.

Dutch Oven Enchiladas

Ingredients:

1½ lb. ground beef, 1 small onion, chopped (optional)

1-18 pack Mission soft taco size flour tortillas

2 large cans Macayo mild enchilada sauce

1 can Cream of Mushroom soup

½ can milk

1 can chopped green chilies

1- 1½ lb. grated cheddar cheese (can use jack, colby, etc.)

1 small can sliced black olives, drained (optional)

8 ounces Sour cream (optional)

Start charcoal briquettes, let get grayish. Place 20 under Dutch oven, let get good and hot. Add hamburger, and onions, fry until hamburger browned. Add enchilada sauce, mushroom soup, milk and chilies bring to a boil, stirring until soup is dissolved. In the meantime, grate cheese and wrap about 2 tbsps in each tortilla (you can add the black olives, too). Layer the filled tortillas in the boiling enchilada mixture, making sure to cover each enchilada in the sauce. Cover, add about 10 hot briquettes to Dutch oven lid and boil about 20 minutes, or until cheese is melted. Remove from oven, scoop up some of the sauce and hamburger and spread on top of your enchilada, add sour cream and enjoy!

Lasagna

Ingredients:

Spaghetti sauce	5 lbs mozzarella cheese	cottage cheese
5 lbs hamburger		6 eggs
3 lbs hot sausage	2 large containers of	2 lbs lasagna noodles

Brown meat, drain, set aside. Mix cottage cheese and eggs and set aside. Boil noodles

Building the lasagna:

In layers place meat, cheeses, & noodles. When Dutch oven is about full pour in spaghetti sauce. Put remaining cheese on top. Cover and cook about 45 min on charcoal or hot coals, top & bottom.

Cinnamon French Toast Bake

Ingredients:

1/4 cup (1/2 stick) butter, melted	1/2 cup heavy cream	1 cup maple syrup
2 12.4 oz cans Pillsbury refrigerated cinnamon rolls with icing (not Grands)	2 tsp ground cinnamon	Icing from cinnamon roll packages
6 eggs	2 tsp vanilla	Powdered sugar
	1 cup chopped pecans	1/2 cup maple syrup, if desired

Lightly oil or spray 12 inch Dutch oven. Pour melted butter into prepared oven. Separate both cans of dough into 16 rolls; set icing aside. Cut each roll into 8 pieces. Place pieces in single layer over butter in Dutch oven. In medium bowl, beat eggs. Beat in cream, cinnamon and vanilla until well blended. Gently pour egg mixture over roll pieces. Sprinkle with pecans. Drizzle with 1 cup syrup. Bake at 375 degrees for 25-28 minutes or until golden brown. Let cool 15 minutes. Drizzle with icing and dust with powdered sugar. If desired, serve with additional maple syrup. Makes 8 servings.

Cowboy Stew

Ingredients:

4 potatoes, cut into 1 inch pieces	1 can of corn	1 can of green beans
1 lb ground beef	1 can of peas	1 can of baked beans
1 medium onion, diced	1 can of stewed tomatoes	1 can of tomato soup
		Bay leaf

Add ground beef to Dutch oven and brown. Add onions to ground beef and cook. Now add the diced potatoes. Add all other ingredients (don't drain the cans). Add the bay leaf and any other desired seasonings, such as salt and pepper. Mix everything together. Cook until the potatoes are done.

Baked Quiche

Ingredients:

½ package refrigerated pie crust	and Monterey Jack cheese blend	1 green bell pepper, chopped
1 lb package bacon, cooked and crumbled	6 large eggs	½ teaspoon salt
3 cups shredded Colby	¾ cup sour cream	½ teaspoon ground black pepper

Spray Dutch oven well to coat. You can also use tin foil and spray with cooking spray. Fit pie crust into bottom of a 10-inch Dutch oven. Bake crust 5 minutes. Sprinkle bacon (reserve a little for garnish), bell pepper, and cheese evenly over crust. In a small bowl, whisk eggs and sour cream together. Whisk in salt and pepper. Pour over cheese and bacon mixture. Bake 40 minutes, or until center is set. Cut into wedges to serve. Garnish with chopped cooked bacon, if desired.

Pigs in a Blanket

Ingredients:

2 16 oz boxes frozen buttermilk pancakes	cocktail-sized smoked link sausages, chopped
4 eggs	1½ cups shredded Cheddar cheese
1½ cups half and half	Maple syrup
1 14 oz package	

Lightly oil or spray 12 inch Dutch oven. You can also line with tin foil and spray that. Remove pancakes from boxes; unwrap and carefully separate. Set aside to partially thaw. In large bowl, beat eggs and half and half with whisk. Coarsely chop pancakes. Add pancake pieces and chopped sausage to egg mixture; toss to coat. Let stand 5 minutes. Pour mixture into prepared Dutch oven. Bake at 350 degrees for 40 minutes. Sprinkle with cheese, cover and cook for 10-15 minutes more or until edges are set and light golden brown. Let stand for 10 minutes. Cut into squares; serve with maple syrup.

Cheesy Snakeros

Prepare 1 pkg. corn bread or muffin mix according to package instructions. Add 1/3 c. grated Parmesan cheese. Place in well-greased Dutch oven. Sprinkle ¾ c. chopped salted peanuts, 1/3 c. grated Parmesan cheese and ½ t. garlic salt over the top. Melt ¼ c. margarine or butter in separate pan and drizzle over the top. Cover Dutch oven and bake over coals 25 minutes or until lightly browned. Cool slightly and cut into wedges.

Dump Cobbler

Dump two cans of fruit pie filling, like apple or peach into your Dutch oven. On top of that, add sprinkle a white or yellow cake mix. Don't stir it! Sprinkle the top with a couple of teaspoons of cinnamon and then cut 5-6 pats of butter on top of the cake mix. Again, don't stir it. Put the Dutch oven on top of 6-8 coals, and put 14-16 coals on top. Back for about 30-45 minutes. Rotate the Dutch oven clockwise by 90 degrees every 10 minutes and rotate the lid counter-clockwise 90 degrees at the same time (helps eliminate hot spots). Serve warm with whipped cream or ice cream.

Ravioli

Ingredients:

1 25 oz bag frozen sausage ravioli, thawed	use grated)
1 large 45 oz jar spaghetti sauce	1 cup shredded Mozzarella cheese
¼ cup fresh Parmesan cheese (can	½ cup water

Spray the Dutch oven with cooking spray or line with tin foil and spray with cooking spray. Put a thin layer of spaghetti sauce on the bottom of a 12" Dutch oven. Place a single layer of the ravioli over the bottom of the oven. Cover the ravioli with half of the remaining spaghetti sauce. Sprinkle on the parmesan cheese. Place another layer of the ravioli on top of the sauce. Pour on the rest of the spaghetti sauce. Top the sauce with the mozzarella cheese and add a little more Parmesan cheese. Pour the water around the edge of the pan to add some additional moisture. Cook in the Dutch oven at 350 degrees for 45 minutes.

Baked Ziti

Ingredients:

16 oz pkg Ziti Pasta (Rigatoni)	6 oz Provolone Cheese, sliced
1/2 lb mild Italian Sausage, bulk	6 oz Mozzarella Cheese, grated or sliced
1/2 lb hot Italian Sausage, bulk	1/2 C Parmesan Cheese, grated (or Parmesan and Romano)
2 - 27 oz jars of Spaghetti Sauce, flavored	2 T Italian Seasoning
16 oz Sour Cream	

Cook pasta as directed on the manufacturer's packaging and drain. While the pasta is cooking, saute the sausage in a heavy skillet over medium heat. Add spaghetti sauce and simmer about 15 minutes. Place about half of the pasta in a lightly oiled 12-inch dutch oven. Layer half of the provolone and mozzarella cheeses. Spread on a layer of about half the spaghetti sauce mixture and all of the sour cream. Cover with the remaining pasta, cheese slices, and sauce. Finally, sprinkle on a layer of Parmesan cheese and top with italian seasoning. Bake in Dutch Oven for about 30 minutes, or until the cheese and sauce are bubbly. Serve warm.

Cardboard Box/Foil Oven

The efficiency of this oven will delight you. It will bake a cake as well as if it were baked at home. Plus the oven is fun to make:

1. Cut the top off a cardboard box approximately 1-foot square. (The box should be about 1 inch larger all the way around than the baking pan that will be used inside it.) With the top cut off, the box should be laid on its side. The cut-off portion of the box will be the opening of the oven.

2. Line the entire inside of the box with foil.
3. Close all seams on the outside of the box with duct tape (heat-resistant tape) to keep heat from leaking out. Punch two 1/4 inch holes on both sides of the box near the bottom for ventilation. If the coals do not continue to burn, punch additional holes.
4. To add a thermometer punch two small holes close together at the back, high in one corner on the box. Insert a twisty tie through one hole. Put the other end through the hole inside the box and place a thermometer through the loop made by the twisty. Pull the twisty, and twist the ends together.
5. For rack for baking: Punch 3 or 4 holes horizontally on opposite sides of the box. Thread 3 or 4 coat hanger wires through the box to the opposite side, forming a shelf. Or, as an alternative, heavy wire screening may be purchased from a hardware store, cut to fit box, and formed into a shelf with legs.
6. For the oven door, cut a piece of cardboard about ¼ inch larger than hole in oven. Line the inside of door with foil. Secure the door to the opening with duct tape as a hinge so the door swings free.
7. For insulation, pour pebbles or dirt into a pan. Fit the pan into the bottom of the oven. Place fifteen to twenty hot briquettes on top of the dirt/pebbles in the oven.
8. When ready to cook, preheat oven to desired heat. When the food is placed on the rack, the temperature will go down temporarily but should rise as the food cooks. Place a rock against the outside of the oven door. The briquettes will hold their heat for about one hour. If you expect to use the oven longer, add briquettes gradually while the first ones are still hot.

Almost anything you can bake in your oven at home can be baked in a box oven.

Try a batch of cookies or a batch of brownies. Follow direction given on box or recipe book directions.

Sausage Balls

Ingredients:

- 1 lb Sausage (Mild or hot)
- 1 Egg
- 6 oz Grated Cheddar Cheese
- 3 c Bisquick

Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 min at 350 in Dutch oven. Makes 6 dozen.

Peachy Yums

Ingredients:

- Canned peach halves
- Large marshmallows
- Cinnamon

Place a well drained peach half, cut side up, on a piece of foil large enough to wrap it. Put one large marshmallow in the peach and sprinkle with a little cinnamon. Wrap the peachy yum. Warm in the box oven until the marshmallow is melting, 5-10 minutes.

Reflector Oven

Fire(s)

The best type of fire for the reflector oven is a teepee fire. If the wind is blowing, or if you do not have a fire with good flames, build a fire reflector on the side of the fire opposite the reflector oven. This will help reflect the heat from the fire back into the oven.

A fire or heat reflector can be built in any of the following ways:

- Build the fire close to a rock. The rock will reflect heat into the reflector oven.
- Stack up a wall of rocks to reflect the heat. The wall may need to be braced from behind by a heavy log.
- If two reflector ovens are available, place them across the fire from each other so that the ovens are facing. This will provide maximum reflection.
- Construct a heat reflector by placing two sticks securely in the ground side by side and stretching foil between them. If the shiny side of the foil is toward the reflector oven, there will be more reflected heat.

Equipment Needs:

- Cardboard box: aluminum foil, sticks or wires, large rocks or metal spikes, cardboard box.
- Foil reflector oven: foil rack, sticks, rocks, or other brace.
- Cookie-sheet reflector oven: five straight cookie sheets, metal rings, small bolts or wires.
- Sheet-metal reflector oven: sheet metal, metal rings, aluminum foil, green sticks, heavy, stiff wire.

A reflector oven may be purchased or constructed at home or at the campsite itself. The purchased ovens usually fold up and transport easily, and some home-constructed reflector ovens can be made to collapse.

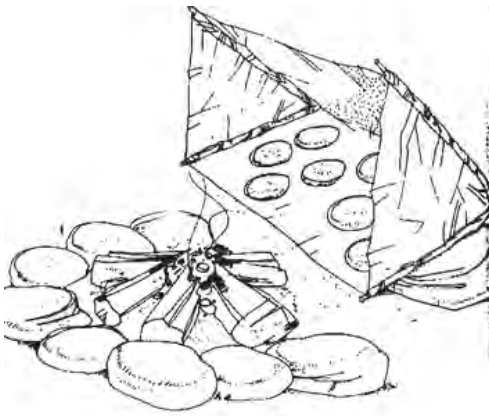
Reflector ovens can be requisitioned through the council. Use the Camping Requisition Equipment sheet to reserve one.

Preparation

The following are some different ways of constructing a reflector oven:

Cardboard Box:

A cardboard box lined with aluminum foil makes an adequate reflector oven. Use a square cardboard box cut in half diagonally and cover the inside of the box with foil -- shiny side out to reflect the heat. Place green sticks or wires from side to side in the middle of the box to make a shelf, then cover the shelf with foil. Place a large rock at the back and a small one at the front to brace the oven in front of the fire, or use metal spikes.



Foil Reflector Oven

A reflector oven can be improvised from aluminum foil. Fold in half (with shiny sides together) a large piece of aluminum foil (about 24" by 15"). Open out the folded foil until it forms a right angle.

Cut two pieces of foil to fit into each open end of the large piece of foil. Attach the end pieces by folding together the foil at the large piece and the end pieces.

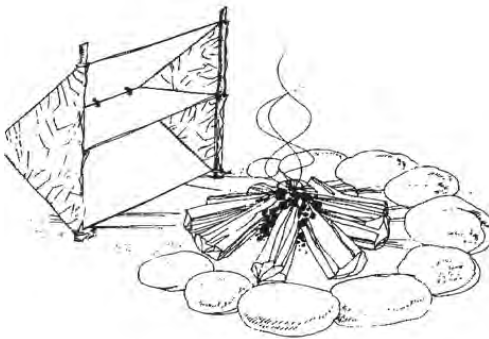
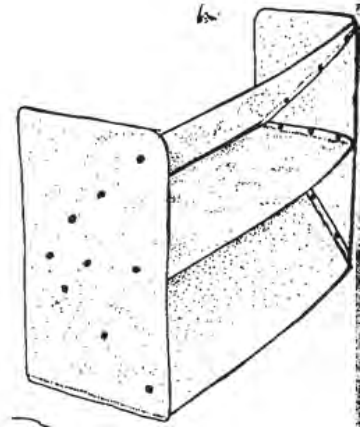
Now find a rock or some other heavy base for the oven to rest on so that the open oven directly faces the

fire. Set the item to be baked on a rack and place the rack horizontally into the oven, propping it at the front sides with cans or sticks or rocks. The heat will reflect obliquely from the foil oven downward and upward toward the rack.

If care is taken, the foil oven can be folded and stored in a pocket or pack to be used again.

Cookie Sheet Reflector Oven

Five straight-edged cookie sheets can make a reflector oven. Three cookie sheets hinged together like a binder make the top and bottom of the oven and the center shelf. Bolt the sides of the top and bottom (which are at a right angle to each other and a 45-degree angle to the ground) to the sides of the oven, which are the fourth and fifth cookie sheets. Bolt the sides of the horizontal center shelf to the sides of the oven. The cookie sheet reflector oven is complete.



Sheet-Metal Reflector Oven

Cut three rectangles of sheet metal of equal size and attach them together along one long side with metal rings, like a binder. Open out the three metal sheets so that the top and bottom sheets are at right angles to each other and the center sheet is horizontal. Holding each sheet in this position, lash each (with wire inserted through holes drilled in the corners of the sheets) to metal stakes or green sticks set in the ground on either side of the reflector oven. Cover the open sides of the oven with foil for additional reflected heat.

CARE:

Keep the reflector oven clean and shiny to create the most effective heat reflection. If the metal will not clean well, cover the oven with the shiny side of the aluminum foil outward so that it will reflect better.

FOODS:

Any foods that can be baked in an oven can be baked in the out-of-doors in a reflector oven. Cookies, brownies, biscuits, pizza, and cake are some of the favorites. Meats can be broiled quite easily also.

STEPS:

Place the food on a piece of foil or a pan which will fit on the shelf of the reflector oven, and place the oven near the fire. Knowing just where to place the reflector oven so that it will heat to the right temperature is the real key to cooking effectively. An oven thermometer inside the oven works well. Do not place it on top of the oven because it will catch the rising hot air and register a higher temperature than the shelf temperature itself. It is possible to learn to guess the temperature with reasonable accuracy by holding your hand just in front of the oven. If you can hold it there for only one or two seconds, the temperature is near 500 degrees. If you can hold it there for three to four seconds, 400 degrees; six seconds, 300 degrees, and seven to ten seconds, 200 degrees.

After the food has been cooking for five minutes, check it to make sure that it is cooking properly. Just lift the oven away from the fire area. Sometimes the food cooks faster at the front of the oven than it does at the back. If this happens, check to make sure that the oven is not too hot. Turn the food occasionally so that it will cook more evenly. If the top of the food is browning faster than the bottom, the fire is too large. Similarly, the fire is too small if foods are browner on the bottom than on the top.

Cardiapple Arrest (Baked Apples and Bananas)

Ingredients:

4 apples	1 teaspoon cinnamon
4 bananas	1/2 stick butter
3/4 cup brown sugar	1 cup mini marshmallows (optional)

Slice apples and bananas and place in cake pan. Spread brown sugar and cinnamon evenly over fruit. Place pats of butter on top of the brown sugar. Bake approximately 15 minutes. If desired, top with marshmallows and bake until melted and brown on top.

Portable Cook Stoves

Portable cook stoves are encouraged in a troop camp setting to conserve wood and shorten cooking time. In many instances, portable cook stoves are preferred in primitive camping areas where wood may be in short supply.

Portable propane gas or propane/butane are the preferred fuels for use in all cooking stoves on council property. White gas, kerosene, and gasoline are not permitted. Portable cook stoves must NEVER be used inside tents or indoors. Read Girl Scout Safety Activity Checkpoints before using portable cook stoves.

Before using a portable stove, make sure you know how to attach the fuel tank and safely light the burners. Practice before using stove with the girls. Propane stoves (one per camp) are available by requisition at each council camp.

Cleaning:

- Disconnect propane tank from stove.
- With mild soap and a damp cloth, remove all dried-on or burnt-on food— both inside and

out. Wipe off both the inside and outside of the lid and wind flaps.

- Make sure all burners and area under the burners are clean.
- Make sure all surfaces are clean and dry before returning stove to storage.

Barbecued Sponburgers

Ingredients:

1 onion, chopped	1 cup ketchup
1 green pepper chopped	1 tsp. salt
1 pound hamburger	¼ tsp. pepper
	8 hamburger buns

Brown meat in skillet. Add onion and green pepper and fry about 5 minutes. Add ketchup, salt, and pepper. Cook slowly until flavors are blended, about 15 minutes. Serve in hot, split buttered buns.

Creole Burgers

Ingredients:

4 lbs. ground beef	gumbo soup
2 chopped onions	4 tbsp. mustard
2 10 oz canned of condensed	1 cup ketchup
	Salt and Pepper

Brown meat and onion in a pot. Stir in soup, ketchup, and mustard. Simmer 10 minutes. Serve on buns.

Smokey Beef and Bacon Chili

Ingredients:

2 slices thick-cut bacon, finely chopped	pepper
1 large onion, finely chopped	About 1 tsp. salt
1 large garlic clove, minced	1 can (14.5 oz.) crushed fire-roasted tomatoes or regular crushed tomatoes
1 1/2 pounds lean ground beef	1 can (8 oz.) tomato sauce
1 tablespoon plus 1 1/2 tsp. chili powder	1 teaspoon Worcestershire
1 1/2 teaspoons ground cumin	1 can (14.5 oz.) pinto beans, drained
1 1/2 teaspoons sweet smoked Spanish paprika (pimentón dulce)*	Sour cream, sliced green onions, and/ or coarsely shredded cheddar cheese for topping
1/2 teaspoon to 1 1/2 tsp. cayenne	

In a large, heavy-bottomed pot over medium-high heat, cook bacon. Add onion, lower heat to medium, cover, and cook, stirring occasionally, until translucent, 4 to 7 minutes. Uncover pan, stir in garlic, and cook 1 minute. Increase heat to medium-high and add ground beef; break it up with a wooden spoon and stir gently until it loses its raw color, 7 minutes. Stir in spices and 1 tsp. salt and cook 1 minute. Add tomatoes, tomato sauce, and Worcestershire and bring to a boil. Reduce heat to medium-low, cover partially, and cook 30 minutes. Add beans; cook 10 minutes, uncovered. Season to taste with salt. Serve warm, with toppings on the side.

Skillet Breakfast

Ingredients:

½ pound sliced bacon
4 cups potatoes,
peeled, and cubed

½ onion
6 eggs, beaten

1 cup shredded
cheddar cheese

Cook bacon in a cast iron skillet . Remove bacon from the skillet; set aside. Stir the potatoes & onion into the hot bacon fat. Cover, cook until the potatoes are soft, about 10 - 12 minutes.

Crumble the bacon into the potatoes. Stir in the eggs, cover, & cook until set through, about 2 minutes. Sprinkle with the cheese, allow to melt before serving.

Tin Can Stove & Buddy Burner

With a tin can stove, heat is conducted to the top of a specially prepared can where it can be used for frying, boiling or baking. The tin can stove is best used to prepare food for only one or two people because of the limited cooking surface. A wood fire built under the can or a Buddy Burner may be used as fuel for the tin can stove. Examples for frying on Tin Can Stove include: individual hamburger patties, French toast, individual chicken breasts, bacon, eggs, and pancakes.

Buddy Burner

1. Cut corrugated cardboard into strips the same width at the height of a tuna can.
2. Roll cardboard and place in can, then pour melted wax over cardboard.
3. The cardboard in the buddy burner serves as a wick, and the wax serves as a candle to provide the heat for the stove.
4. To control the heat on the buddy burner and to extinguish the flame, a damper can be made by attaching the can lid to a wire coat hanger for a handle.

Tin Can Stove

1. Cut out one end of #10 can. Then cut a door about 3 inches high and 4 inches wide on the side of the can at open end, leaving top of door attached. Pull door open. Use gloves for safety.
2. With a punch-type can opener, punch three or four holes on the backside of can. These holes will act as a chimney, letting the smoke come out during cooking process.
3. Light the buddy burner and place it under the can. Place the damper over the buddy burner to control the amount of heat. The can stove will be ready to use in seconds.



Eggs in a Basket

Fry one slice of bacon in a V shape. Place over bacon one slice of bread that has a 2-inch hole taken out of the center. Gently press edges of bread down on top of can. Break one egg into center hole of bread and cook on one side. Turn break and cook on other side.

Grilled Cheese

Place one slice of cheese between two slices of bread. Lightly butter outsides of the bread. Place sandwich on top of can and let each side of the sandwich cook until both sides of the sandwich are golden brown.

Pick Dole

Pour off liquid from a Number 2 can of Dole Slice Pineapple. Replace with gelatin (made with half the water in package directions.) Chill until set. Run a little hot water on can sides and bottom to loosen. Then cut bottom from can and use to push mold out. Cut between pineapple slices and serve.

Chip Dip

Ingredients:

Black beans	Refried Beans
Cheese	Cilantro
Salsa	

Combine all ingredients in the tin can and heat. Serve with tortilla chips and sour cream if desired.

Donuts

Ingredients:

Refrigerated biscuit dough	Powdered sugar
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Form biscuit dough into the shape of a donut. Drop donuts into the oil in the cans. If oil is hot enough, donuts will cook in less than a minute. After they are cooked, drop donuts into bowl of powdered sugar and cover thoroughly.

Mac & Cheese

Make up your favorite macaroni cheese mixture, combine with cooked macaroni & drop it into lined tins for individual mac 'n' cheese. Just bake in the oven until the top turns golden brown. Allow it to cool - even when the tin has cooled, the macaroni cheese will still be hot inside.

Coffee Can Supper

Ingredients:

- 2 large coffee cans
- Heavy duty tin foil
- 2 lbs hamburger or small pieces of steak
- 2 large potatoes
- 4 carrots
- 2 small onions
- 2 cloves garlic
- Mrs. Dash seasoning
- Salt (optional)
- Butter or olive oil

Put a small amount of oil or butter in bottom of coffee cans. Peel potatoes, carrots and onions. Cut into chunks and put half into each coffee can. Add the meat, seasonings and a little more oil or butter. Cover tightly with foil. Set in coals to bake for about 1 hour or until meat is no longer pink and the vegetables are tender. Serve with fresh, crusty buttered bread.

Apple Pie

Ingredients:

(4) 15oz Cans, empty and cleaned with one lid of each removed	4 Tablespoons Sweetened Condensed Milk	Juice
3 Apples, 1 Fuji & 2 Honeycrisp	1/2 Cup Sugar	1/2 Teaspoon Cinnamon
8 Tablespoons Butter	1/4 Cup Flour	1/2 Teaspoon Nutmeg
	1 Tablespoon Lemon	1/2 Teaspoon Salt
		1/4 Teaspoon Cloves
		Premade crust

Preheat the oven to 375 degrees. To make the filling, first peel and core the apples. Then cut them into roughly 2-inch chunks and place them in a bowl filled with water, with the lemon juice mixed in. This will help keep them from browning. Set the bowl aside when you are finished cutting up the apples. In a medium-sized bowl, mix together the sugar, flour, cinnamon, nutmeg, cloves, and salt. Set it aside. Roll out the dough into a large rectangle on a very well-floured surface. Cut the dough into 4 rectangles measuring 10 inches by 6 inches. Then cut 4 circles out of the remaining dough by using the open end of the cans as a cookie cutter. Place a circle of dough at the bottom of each can, using a spoon to shift it around so that it is in the exact center. Now loosely wrap the dough around a well-floured rolling pin and then place it vertical, directly above a can, and allow the dough to slip off the rolling pin and into the can. Use a small spatula or wooden spoon to press the seams of the dough together. Cut off any excess dough that is hanging over the side, leaving enough around the edge to bunch up to make a crust. Drain the apples and coat them in the sugar mixture. Evenly distribute them between the cans, and don't be afraid to let them mound out over the top because they will shrink down when they are baking. Then pour 1 tablespoon of the sweetened condensed milk over each can, and then cut up 2 tablespoons of butter over each can. Cut the remaining dough into thin strips and then place them over the tops of the cans in a lattice pattern. Place the cans over the fire bake for 30 minutes. Then remove them and place tin foil over the tops of the cans to keep the crusts from burning, and place them back in the oven and bake for another 20 - 30 minutes, or until the apples are soft and tender. Enjoy!

French Toast

Ingredients:

1½ c. milk

½ tsp. salt

6 eggs

24 slices toast

Oil or butter for griddle or frying pan

Oil and heat griddle if used. Beat eggs, milk & salt. Dip slices of bread in the egg mixture until entirely covered. Fry in butter or other shortening and brown on both sides. Serve with syrup or powdered sugar and sliced strawberries or peaches.

Turkey in a Trash Can

Ingredients:

A Turkey (Thawed Out)	1 24 inch wood 2x2 post	1 Turkey (any size)
1 Roll of aluminum foil	1 Bag of charcoal (15-20 lbs will be plenty)	1 NEW metal trash can. CAN MUST BE NEW!
1 Shovel		
1 Pair of Heavy Gloves		

Prepare your turkey. Remove from package, take out giblets. Rub down with vegetable oil, add some seasoning. Bury your post about 6 inches deep in the ground. Then cover it with foil then cover the ground for about 2-3 feet around your post with foil. Then get another patch of foil and start some coal burning. Place your trash can down over the turkey, be sure to center the can over the turkey. Shovel burning coals around the outside of the trash can, pile it up around the entire base and 1-2 inches over the lip. Then cover the bottom (top) of the can with hot coals. Leave the can to cook (see cooking times below). Then when it's time with heavy gloves grab and lift your can. The can will be VERY HOT, PLEASE be careful.

10 lbs 50 mins
12 lbs 1hr
14 lbs 1hr 25mins
16 lbs 1hr 40mins
18 lbs 2hrs 5 mins
20 lbs 2hrs 15mins
22 lbs 2hrs 25 mins

Cake

Ingredients:

1 egg white	2 tablespoons	1/4 cup flour	pinch of salt
2 tablespoons	butter, melted	1/4 heaping	1 1/2
sugar	1 teaspoon	teaspoon of	tablespoons
	vanilla extract	baking powder	milk

Preheat oven to 350 degrees. Spray a 15oz tin can with cooking spray and dust with flour, tapping to shake out any excess. cut out a round of parchment paper and place it in the bottom of the can.

In a bowl, add egg white and sugar and whisk until combined. Add in vanilla and melted butter and stir until mixed. Add flour, baking powder and salt and stir until smooth. Stir in milk. Pour batter into can.

Bake at 350 for 20-25 minutes, or until a toothpick comes out clean. Let cool completely, then invert cake and slide it out of the can. Slice the top off to level it (perfect for taste testing,) slice it into layers, and frost as desired.

Pie Iron Cooking/Toaster Tongs

A pie iron or toaster tong is a long-handled device with a hinged square aluminum case at the end that holds the food to be toasted. When opened, the food receptacle will split in half allowing the cook to either use each side independently or sandwich sides together to toast both side at once. Pie irons work best when cooking over hot coals or very low flame. Check often for doneness. To make food removal easier, use cooking spray on the inside of the iron. Safety procedures are the same as for stick cookery.

To season the pie iron coat with vegetable oil or shortening; Warm iron and wipe off with paper towel. To clean use mild soap or hot water and dry completely.

Individual cooking—Use just one-half of the pie iron.

- Hamburger patty
- Bacon and eggs
- Toasting one slice of buttered bread
- Grilling or toasting sliced fresh vegetables

Sandwich cooking—Hook both sides of the iron together.

- Grilled Cheese Sandwiches
- Fruit Pies
- French Toast
- Hot Ham and Cheese Sandwiches
- Individual Cakes or Brownies

Philly Cheesesteak

Ingredients:

- White bread
- Roast beef
- Provolone cheese slices
- Onion, Green pepper & mushroom mixture
- Butter

The day before, chop up your onion, green peppers and mushrooms and sauté until just tender. Put in a container and keep refrigerated until ready to use. Lay a piece of buttered bread (butter side down) on one side of the pie iron. Place a piece of Provolone, then 3-4 slices of roast beef, then a nice mound of the onion/green pepper/mushroom mixture, then another piece of provolone, and top with a second piece of buttered white bread. Close the pie iron, and cook until toasty & melty (turning and checking often, of course).

Camping Butterscotch Monkey Bread

In a Ziploc, mix 1/2 c brown sugar, 1 box butterscotch cook & serve dry pudding mix (not instant), 1/4 cup sugar, 1 tsp cinnamon

Bring 1 stick butter and 3 small cans of biscuits, can of Pam or any spray oil and the butterscotch pudding baggie

To prepare monkey bread, melt 3/4 of a stick of butter and allow to cool while you chop biscuits. Cut biscuits into quarters and drop into ziploc. Seal and shake to coat all biscuits. Pour melted butter over biscuits and shake again. Spray pie irons with oil covering well. Divide biscuits into pie irons (makes 2 of the large double pie irons) and cook over hot coals for 10-15 minutes flipping periodically during the cooking.

Apple Pie

Ingredients:

2 slices of sandwich
bread
Butter
2 Tbsps. apple pie
filling
Cinnamon sugar

Directions are the same
as the Cherry Pie except
you fill with apple pie
filling and roll toasted pie
in cinnamon sugar.

Eclairs

Ingredients:

Tube of crescent rolls
Vanilla pudding
Chocolate frosting
Foil

Wrap one of the crescent rolls around the end of a camp
fork making sure you close up the very end. Loosely wrap
with foil. Cook over the fire until you end up with a golden
brown long tube with one open end. Fill with vanilla
pudding and spread chocolate frosting on top.

Stuffed French Toast

Ingredients:

2 slices bread (cinnamon swirl is good)	cream cheese
1 egg	1/2 banana, sliced
2-3 tbsp milk	walnuts (about 1 tsp chopped)

Heat pie iron, spray with cooking spray or melted butter.
Mix egg and milk, dip bread into it. Put 1 slice in pie
iron, place 2 "slices" of cream cheese onto bread, sliced
banana and walnuts. Top with second dipped bread.
Cook until browned. Watch out, the cream cheese gets
hot! Serve w/maple syrup.

Breakfast Sandwich

Ingredients:

White bread
Medium size eggs
(large eggs will
overflow)
Cooked breakfast
sausage
Grate cheese
Salt/pepper
Pam and/or
squeezable butter

Butter or spray Pam on
one side of the pie iron.
You can also put the
butter directly on the
bread if you prefer. Make
a whole in the bread and
break egg over hole.
Sprinkle salt and pepper
to taste. Add sausage.
Add grated cheese.
Place second piece of
bread on top and top
with butter. Cook over
hot coals until warm and
crisp. Check after three
minutes. Flip the pie
iron over and continue
cooking second side.

Cheese Tater Tots

Ingredients:

Tater tots; thawed.	Black pepper
Onion; minced.	Salt
Green bell pepper; minced.	Cheddar cheese; shredded
Garlic salt	

Butter or oil Pie Irons on both sides. Arrange one layer
of thawed Tater Tots on one side of Pie Iron. Season
Tater Tots with some garlic salt, pepper, salt and chopped
onion and green bell pepper. Close the Pie Iron and
cook for about 4 to 5 minutes per side over medium to
medium-low heat. Open the Pie Iron, sprinkle with cheese
and cook for another minute, cheese side up with lid on.

Pie Iron Chicken Pot Pie

Ingredients:

6 oz Oscar Mayer Grilled Chicken Breast Strips
Cooking Spray
1 teaspoon chicken bullion granules

1 can cream of chicken
2 tubes of Pillsbury big crescent rolls
Salt and pepper to taste
1 can mixed veggies; drained

In a sealable container mix the grilled chicken breast strips, cream of chicken, vegetables and chicken bullion. Add salt and pepper to taste. Spray the pie iron well with cooking spray. On a plate roll out the crescent roll package in to flat triangles. Put about 1/3-1/2 cup of the chicken mixture on top of the laid out crescent roll in the pie iron. Cover the mixture with another crescent roll. Seal the edges by pressing down on the dough. Let it cook on each side about 2 minutes.

Pizza

Use bread slices, pizza dough mix or English muffins. Spread with tomato paste or sauce. Add sausage or meat, mozzarella cheese. Top with peppers or onions.

Sweet Treats

Spread bread with jellies or layer with chocolate chips. Add marshmallows and chopped nuts. Heat and enjoy!

Hot Diggety Dogs

Simply spread bread with mustard and relish and add cut-up hotdogs. Heat until sizzling brown.

Country Boy

Between buttered bread slices place smoked sausage and cover with a slice of cheese. Toast until golden brown.

Individual Cakes

Mix a boxed cake mix as directed on package. Pour batter in pie iron and cook slowly. Turn frequently. Rapid cooking tends to leave inside unbaked. Add icing, if desired.

Leftovers

Dice a small amount of leftover meat. Add green peppers, a small amount of onion, boiled potato, butter, pepper and salt to taste.

Au-Gratin Potatoes

Use frozen, home-prepared or shredded potatoes. Add onion, salt, and pepper. Cook slowly on well-greased pie iron, turning frequently.

Cream Cheese Cherry Pie

Spread cherry pie filling on one slice and cream cheese icing on the other slice. Cook over the fire as usual.

Campfire Favorites

Apple S'mores

Marshmallow and chocolate on apple slice.

Baked Apples

Core apples, fill with brown sugar and cinnamon, wrap in foil and bake over coals.

Blond S'mores

Use peppermint patties instead of chocolates.

Candied Apples

Sugar, butter, corn syrup or melted caramels inside cored apple, wrapped in foil and baked in coals.

Chocolate Drops

Marshmallows dipped in fudge sauce.

Maruerites

Marshmallow on saltine, nut or jam in center

Mock Angel Food

Bread dipped in condensed milk, rolled in coconut or cinnamon and sugar, toasted on a green stick.

Snow on the Mountain

Melted chocolate on soda cracker, sprinkled with coconut.

Additional Favorite Recipes

No-Bake Peanut Butter Cookies

Ingredients:

- ½ cup strained honey
- 1 cup peanut butter
- 1 cup powdered milk
- Cornflake crumbs

Mix honey and peanut butter; stir in powdered milk. Knead until well mixed. Shape in small balls; roll in cornflake crumbs.

English Muffin Pizza

Ingredients:

- 2 English muffin
- 1 Tbsp. pizza sauce
- Grated cheese
- Toppings as desired

Make up English muffins like individual pizzas. Place them on top of foil covered grate. Cook over coals until cheese begins to melt.

Waldorf Salad

Ingredients:

- 1/2 cup raisins
- 4 apples, diced
- 3 celery stalks, diced
- 4 Tbsps. salad dressing
- 1 cup marshmallows (cut or miniature)

Combine all ingredients. Serve on lettuce.

Girl Scout Polar Bear

Spear fresh or canned pineapple spears on a lollipop stick. Roll in coconut. Stand them in a tall container that may be put in the freezer and freeze.

Bunny Salad

Ingredients:

2 head lettuce	1 cup chopped nuts
3 cups cottage cheese	1 cup mayonnaise
1 cup seedless raisins	Salt to taste

Mix together the cottage cheese, raisins, and nuts. Add the mayonnaise and blend thoroughly. Add salt if needed. Using the large outer leaves of crisp lettuce, spread them with the cheese mixture and roll up like a jelly roll.

Carrot and Apple Salad

Ingredients:

4 cups thinly sliced apple	4 cups grated carrot
1 cup mayonnaise	Lettuce

Cut the apple into very thin slices. Arrange apple slices on lettuce. Spread with mayonnaise and sprinkle grated carrot on top. Place more dressing in center.

Walking Tacos

Ingredients:

Individual bags of tortilla chips	Shredded cheddar cheese
1 pound prepared taco meat	Sour cream
Shredded lettuce	Salsa

Heat up meat in a pan over the campfire, grill or camp stove. Crunch up the tortilla chips in each bag, then use a scissors to cut the bags open along the side. Fill each bag with meat and toppings of choice. Use a fork to eat right out of the bag. Just throw away the bags when done.

Banana Boats

Ingredients:

Chopped peanuts	Chocolate chips
Bananas	Cool Whip

Carefully slit top of each banana peel lengthwise leaving 1" uncut at each end. Cut away 1/2 of peel on each side of slit with scissors. Scoop fruit out in small pieces. Mix into whipped topping. Stir in chocolate chips. Refill banana peels with topping mixture. Sprinkle with chopped nuts and add a cherry.

Puppy Chow

Ingredients:

1 cup peanut butter
1 cup chocolate chips
1 stick butter

Melt above ingredients together in a pan until smooth. Pour mixture over a 13 oz. box of Crispix cereal. Stir until coated. Put 2 1/2 cups powdered sugar into a paper bag. Pour in coated cereal and shake well. Take "Puppy Chow" out of the bag and it's ready to serve.

Create your own recipe:

- Think of your favorite foods.
- Decide if any of those foods go well together.
- What other ingredients would be good with them?
- Decide how those ingredients should be cooked to make them tasty.
- Try cooking them.

If it is good you have created your very own special recipe. Write your recipe down.

Girl Scout Sundae

Ingredients:

24 oranges
24 peppermint stick candies

Cut a hole in the orange. Have each girl bite the end off her peppermint stick and make it porous. Stick the candy stick in the hole in the orange and suck the juice through it.

Squeeze Freeze Ice Cream

Materials:

For each child:

- 1 small resealable plastic bag
- 1 large resealable plastic bag
- plastic spoon
- 1/2 cup measuring cup
- paper towels, napkins

Ingredients:

- 1 tablespoon sugar
- 1/2 teaspoon vanilla
- 1/2 cup whole milk
- 1 tablespoon salt
- ice, crushed

Put sugar and vanilla in small plastic bag and salt in large plastic bag prior to your event. Give each child the small bag containing the sugar and vanilla. Have the child hold open the bag and pour in the milk. Remove as much air from the bag as possible. Be sure the bag is sealed properly. Have the child drop the small bag into the large plastic bag with the salt in it. Add 18-20 ice cubes or crushed ice. Remove as much air as possible from the large bag. Seal properly. The child should knead the bag for approximately 10 minutes. When a soft ice cream is formed, give each child a spoon to eat the ice cream out of the bag.

NOTE: It is important to use whole milk. Other types take too long to freeze. Salt is also very important. Without it, the ice cream will not freeze. One pint of half-and-half can also be added to a gallon of milk. This makes the ice cream richer and it will freeze faster.

Coffee Can Ice Cream

Materials:

- 1-lb clean coffee can
- 3-lb coffee can
- crushed ice
- rock salt
- 1 cup measuring cup
- paper towels, napkins, spoons, bowls

Ingredients:

- 1 cup milk
- 1 cup whipping cream
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract
- nuts, small pieces of fruit or other toppings (if desired)

1. Gather Materials and Ingredients
2. Measure Ingredients, Pour into Small Can
 - Combine milk, whipping cream, sugar, vanilla extract and nuts or fruit into a clean 1-lb coffee can.
3. Cover, Tape, SHAKE!
 - Cover with a tight-fitting plastic lid. Tape the lid to the can. Place the 1-lb coffee can inside a 3-lb coffee can.
4. Layer Ice and Rock Salt in Large Can
 - Pack the crushed ice around the smaller can. Pour about 1 cup rock salt over the ice. Cover with a tight-fitting plastic lid. Tape the lid to the can.
5. Kick or Roll Can for 15 minutes
 - Roll the can back and forth on the floor or sidewalk for 15 minutes.
6. Stir, Serve and Enjoy!

Girl Scout Ice Cream

Ingredients or a quart freezer combine:

2 cans evaporated milk	2 cups sugar	2 pkgs. Instant pudding
2 quarts milk	2 tsp. vanilla	

Suggestions: FREEZE ice in ½ gallon milk cartons. Takes about 1 to 1 ½ cups salt rock salt-to melt ice.

Note: Salt solution may be harmful to plants. Dispose of it appropriately. Also, coffee can sizes may vary.

Conversion Ratios

To help you plan meals with your girls, the following quantity tables are given. The first table helps you convert an ordinary family-size recipe into one which will provide 25 average servings.

Regular recipe	25 Servings
1 Tablespoon	1 ¾ Cups
2 Tablespoon	3 ⅛ Cups
1/3 Cup	6 ⅓ Cups
1/4 Cup	1 ¾ Quarts
1/2 Cup	3 ⅛ Quarts
2/3 Cup	4 ⅙ Quarts
3/4 Cup	4 ⅔ Quarts
1 Cup	6 ¼ Quarts

Table of Common Measurements

Approximate number of cups in a pound of some common foods.

2 Cups granulated sugar
 2 Cups bread flour
 2 Cups butter or other fat
 4 cups grated cheese

Staples

Sizes of some commercial cans and the measure of their contents are as follows:

No. 1 can	1 ½ cups
No. 1 can tall	2 cups
No. 2 can	2 ½ cups
No. 2 ½ can	3 ½ cups
No. 3 can	4 cups
No. 10 can	12 cups

Sandwiches

100 Slices— 6 ¼ lb. loaves or 3 sandwich loaves

How Much Food Do We Need?

Approximate amount to buy for 24 servings:

Hamburger	4-5 pounds
Tomatoes	3 large cans
Potato chips	1 1/2 pounds
Radishes	8-12
Coconut	1 pound
Puddings	6 boxes
Apples (salad)	12 (1/2 per person)
Spaghetti (uncooked)	3 pounds
Carrots	6-8
Condensed milk	2 cans
Vegetable soup	8-10 cans (4cups per can)
Cookies	2 pounds
Bacon	2-3 pounds
Apples (dessert)	24
Spam	4 cans
Cheese	12 pounds, unsliced
Pork and beans	2-4 large cans
Tuna	4 cans
Celery	1-2 bunches
Peas	2 cans (5cups)
Mayonnaise	1 quart
Lettuce	2 large heads
Elbow or shell macaroni	4-5 12oz packages
Cottage cheese	1 1/2 pounds
Bisquick	11 1/2 large boxes
Peanut butter	1 pound
Marshmallows	2 mounds
Cabbage	2 medium heads
Graham crackers	2 pounds
Soda crackers	2 pounds
Onions for the week	5-10
Raisins	2-3 pounds
Chopped nuts	1 pound

Hiking



Yardstick for Hikes

1. Read Girl Scout Safety Activity Checkpoints
 - The buddy system should always be used.
 - An adult should lead and another adult should remain in back for security.
 - Groups should remain on the trail. Off-trail hiking may damage trailside plants resulting in erosion, or groups may get lost.
2. Together the leader and girls should plan where to go and how to get there.
 - Hikes should be a reasonable length as determined by age and experience
 - Adequate rest periods should be granted.
 - Set a time for leaving and returning.
 - Check for hazards (poison ivy, etc.)
3. Plan a program or something to do.
 - Discover a reason for the hike. Select a specific “type” of hike to explore, or select games or songs to sing and play along the trail.
 - Agree on a signal to bring the group together.
 - Discuss an emergency plan.
 - Evaluate the hike.
4. Discuss what to take and what is needed on the trail.
 - Include the first aid kit.
 - Each girl should carry water.
 - Equalize the loads of equipment and supplies. Teach the girls how to adjust backpacks and bags.
5. Plan what to wear.
 - No open toed shoes at camp or on the trails.
 - Girls should wear sturdy, comfortable shoes with socks, and a hat.

Compass and Map Use

Reading a Compass:

A compass determines direction through use of a steel needle attracted by the magnetism of the earth. To orient the compass to the north, hold the compass level in front of the body and turn the housing until the compass lines up with the red tip of the compass needle.

Once north is located, east, west, and south may then be located.

Reading a Map:

A map is a two-dimensional drawing that represents an area of the Earth's surface. There are several types of maps, including sketch, highway, topographical, orienteering, and engineering. Topographical maps provide information about contour (elevation) and surface features of an area. Other maps simply give direction and distance.

Sketching a Map:

1. Select an area to map. Establish a clearly marked starting point with recognizable features.
2. Record notes describing the direction, distance, and features for each leg of your path.
3. Count the number of paces and use a compass for direction and distance of travel.
4. Change the number of paces into travel distance by multiplying the number of paces by the length of the pace.
5. Develop a map scale.
6. Draw the map.

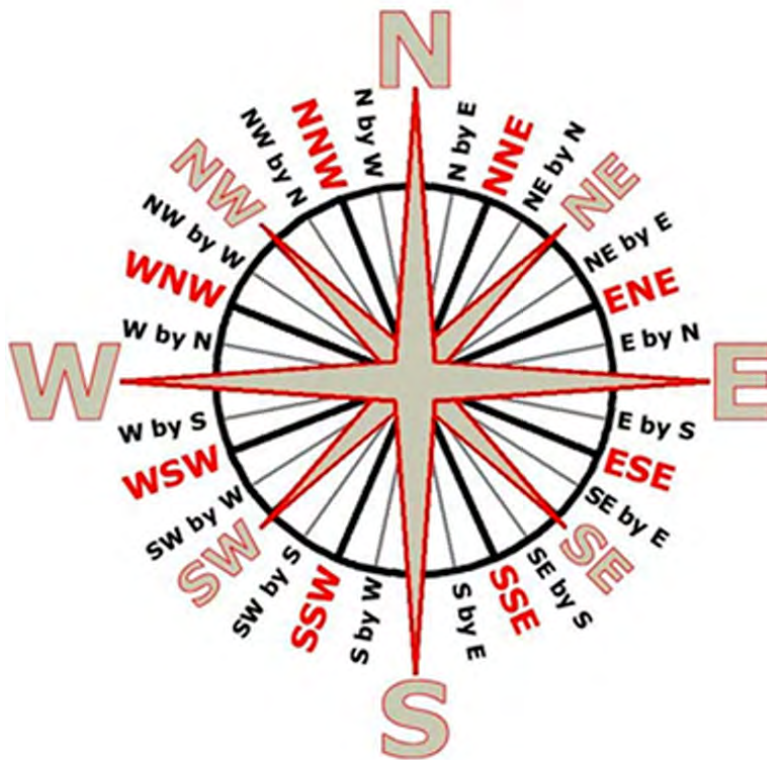
Points of a Compass

The names of the 32-wind compass rose follow these rules:

- The **cardinal directions** are North (N), East (E), South (S), and West (W), at 90° angles on the compass rose.
- The **ordinal** (or **interncardinal**) **directions** are Northeast (NE), Southeast (SE), Southwest (SW) and Northwest (NW), formed by bisecting the angle of the cardinal winds. The name is merely a combination of the cardinals it bisects.
- The eight **principal winds** (or **main winds**) are the cardinals and ordinals considered together, that is N, NE, E, SE, S, SW, W, NW. Each principal wind is 45° from its neighbor. The principal winds form the basic eight-wind compass rose.
- The eight **half-winds** are the points obtained by bisecting the angles between the principal winds. The half-winds are North-northeast (NNE), East-northeast (ENE), East-southeast (ESE), South-southeast (SSE), South-southwest (SSW), West-southwest (WSW), West-northwest (WNW) and North-northwest (NNW). Notice that the name is constructed simply by combining the names of the principal winds to either side, with the cardinal wind coming first, the ordinal wind second. The eight principal winds and the eight half-winds

together yield a **16-wind compass rose**, with each compass point at a $22\frac{1}{2}^\circ$ angle from the next.

- The sixteen **quarter winds** are the direction points obtained by bisecting the angles between the points on a 16-wind compass rose. The sixteen quarter-winds are North by east (NbE), Northeast by north (NEbN), Northeast by east (NEbE), East by north (EbN) in the first quadrant, East by south (EbS), Southeast by east (SEbE), Southeast by south (SEbS), South by east (SbE) in the second quadrant, South by west (SbW), Southwest by south (SWbS), Southwest by west (SWbW), West by south (WbS) in the third quadrant, and finally West by north (WbN), Northwest by west (NWbW), Northwest by north (NWbN) and North by west (NbW) in the fourth quadrant. Each point represents 11.25 degrees (11.25×32 equals a full circle of 360 degrees.) Points were designated not to provide mathematically even numbers, but related directly to wind direction at sea and sail setting, which made perfect sense for time.



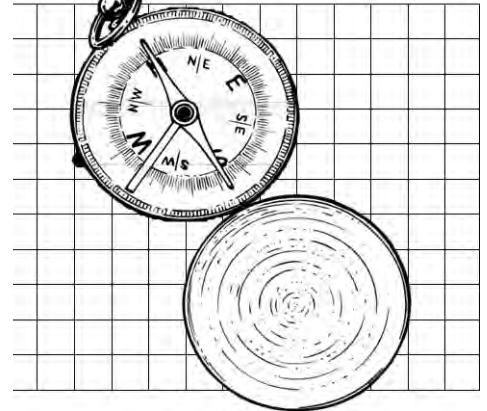
Sighting a Landmark

Taking a degree reading: (Skill used in making map) i.e. What degree is the flagpole?

1. Put compass flat in hand, hold it to waist, direction of travel arrow pointing away from body (in front of you).
2. Point in direction of travel arrow toward landmark.
3. Turn compass housing until magnetic needle is over orienting arrow. Red point should line up with head of stationary arrow.
4. Read degree reading (degree over direction-of-travel arrow).

Tips for Teaching Orienteering

- Begin by teaching map work and spend most of your time here.
- Teach the compass separately, then map and compass together.
- Follow this simple format:
 1. Orient your map
 2. Find your location
 3. Match map and surroundings
 4. Face direction of desired travel
 5. Choose route/bearings
 6. Pick out a prominent landmark/feature
 7. Proceed to landmark/feature
 8. Repeat steps 5-7 until you have arrived at control/destination



Use this quick exercise after map and compass have been introduced together.

Three-leg Compass Walk

Start by having each girl mark her location with a pencil or a small stick and setting her compass to north (360 degrees). Once north has been set, they sight down the direction of travel arrow on the compass and pick out a landmark in the background. The landmark can be a tree, baseball backstop, a telephone pole, etc. The girls then step out 100 paces. (These are double step paces. In other words, girls should count each time their right foot touches the ground.) Everyone stops after 100 paces.

The girls are then directed to set their compasses to 120 degrees and they pace out another 100 steps and stop. Then everyone is directed to set their compasses to 240 degrees and pace out another 100 steps. At this point, they have completed walking a triangle and should end up fairly close to their starting point. The exercise quickly becomes a game among girls to see how close they can come to their starting point.

Excerpt from Ron Watters in

The Art of Teaching Map & Compass: Instructional Techniques Curricular Formats and Practical Field Exercises

Marking a Nature Trail

Plain Baggage Tag:

- » Good for temporary trails or seasonal markers. Write with pencil or India ink.

Peg Sign:

- » Made of wood and stuck in the ground.

Pulpit Sign:

- » Made of wood. Good for things close to the ground. Typically this sign is very easy to read.

Tin-Can-Top Label:

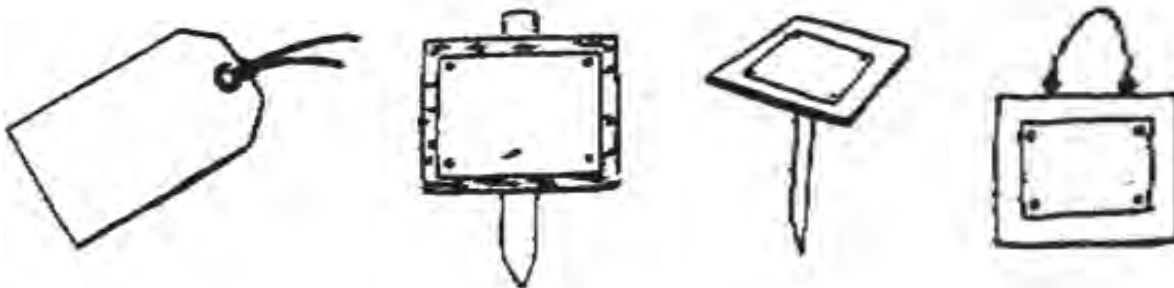
- » These can be enameled and lettered. Suspend by a wire to bark for hanging purposes.

Hanging Sign:

- » Small blocks of wood with cut eyelets for hanging by wire or string.

Checklist for Making Signs
















- Use simple sign that campers may easily make.
- Label plainly (not too much printing)
- Put something interesting on the labels beside the name
- Use a variety of types of signs
- Post signs where they cannot be missed
- Have too many rather than too few
- Place so next marker is plainly seen along trail
- If you use the wire make it loose so the tags may be removed
- Do not use nails or tacks on thick bark

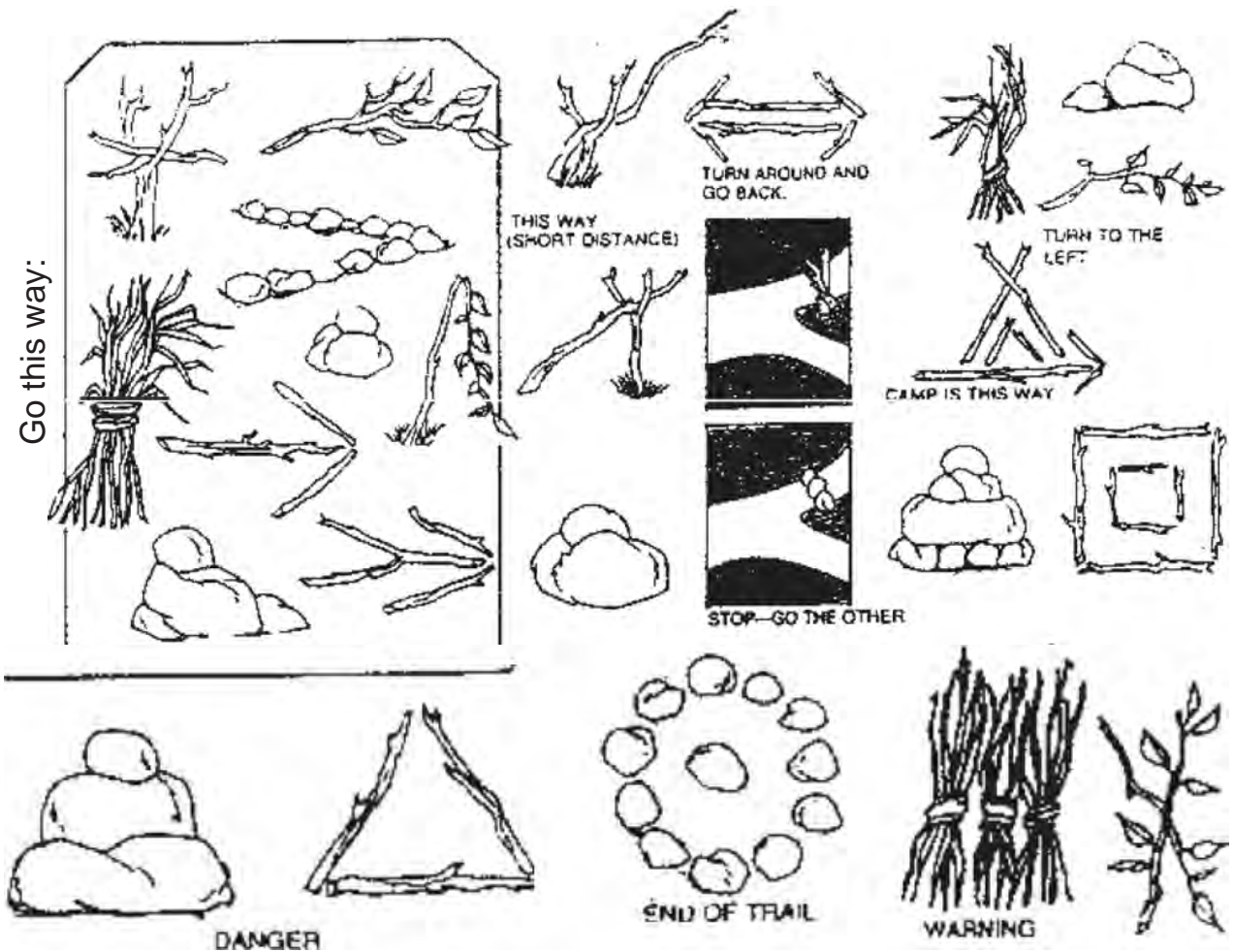


Trail Markers:

- » There are special trail signs (see above) for hikers. Girl Scouts have used these signs for many years. Notes may also be left for a day or two to mark a specific trail. Each group must agree on their specific trail sign language. Remember all safety rules. Practice laying different kinds of trails.

Trail Signs for Hiking

Trail Signs			
straight ahead	turn right	turn left	do not go this way
Rocks 			
Pebbles 			
Sticks 			
Long Grass 			



Hiking Game

Plant Observation Game

Give each group a list for checking. Remind the girls not to damage or pick the plants and flowers!

- A plant covering up a scar on the earth
- A plant growing in the shade
- A plant growing in the sun
- A plant growing in water or in a moist place
- A plant growing in a dry spot
- A plant with flowers all one color
- A plant with flowers of 2 or more colors
- A plant that smells like perfume
- A flower smaller than a penny
- A flower bigger than a quarter
- A plant with a sticky or fuzzy stem
- A plant with shiny leaves
- A plant with leaves bigger than the flower
- A plant with a round flower
- A plant with a flower shaped like a horn
- A golden flower
- A plant with seeds
- A plant with buds
- A plant with leaves shaped like trefoils
- A plant with fruit
- A plant that eats insects
- A prickly plant
- A plant that has attracted an insect to look for nectar
- A plant that animals, birds or people like to eat
- A plant that can be used for a bouquet

Types of Hikes

Alphabet Hike:

Each member of the group finds nature objects that begin with each letter of the alphabet. The first camper to finish A to Z wins. This game may be played in teams or as individuals. Variations could include: spelling camper names with nature objects or spelling nature words with nature's objects.

- For example: FLOWER: F-fawn, L-leaf, O-oak tree, W-willow tree, E-earth, R-rock

Rainbow Hike:

List as many colors in nature as you see. Or have each girl choose a specific color. Have the girls find as many things in nature that contain their chosen color.

Stop, Look and Listen Hike:

Hike for five minutes. Then stop and listen to the new surroundings. What has changed? What do you hear? What did you see along the path?

Rain Hike:

Dress properly and hike in the water-colored beauty. Take caution for mud, but stay on the trails. Walking off the trails may cause needless damage, or you could get lost.

Tracking and Trailing Hike:

One unit will hunt for another unit.

Progressive Hike:

A multi-stop hike with different food/activity/recreation at each stop. The hike could end at a campfire with a song and popcorn.

Mystery Hike:

Hide clues at points along the trail. Each clue will explain the next direction to travel to finish the hike.

Collecting Hike:

The unit is divided and told to explore their surroundings for material to be used in a craft. Collect acorns, pine cones, feathers, leaves, seeds and so on. Remind the girls not to pick nature, using what is found on the ground. It may ruin it for the rest of the groups to come.

Penny Hike:

The penny determines the direction the group travels. When the trail has a division, the penny is flipped. A heads penny the group turns right, a tails penny the group turns left.

Treasure Hike:

The leader will hide treasures along the trail or at the finish for the group to find.

Curiosity Hike:

Find an odd object in nature and create a story about the found object. The object could represent an animal or a creative story. Let imaginations go crazy. Example: A piece of bark may represent a bear.

Pioneer Hike:

Learn to use a compass. Using a compass go cross-country and create a map.

Nosebag Hike:

Have the girls pack their own nosebag lunch with their name on it. The lunches are then taken and hidden (in plain view). The girls then search for their own lunch. The nosebags are not eaten until all have met at the end of the trail with their lunches.

Map Hike:

Divide the group into two groups. Have each group create a map for the other group to follow.

Scavenger Hunt:

Create a list of things for the girls to search for on the trail.

Blindfold Hike:

Divide the girls into pairs. Have the girls take turns leading each other along the trail.

“Un-Natural” Trail Hike:

This hike is designed to spot, interpret and follow discrepancies in nature. “Un-natural” describes things that do not belong in nature. Collect items that are considered out-of-place in the woods and place them along an established route. Examples include: scattered litter or aluminum cans. Then give each girl a piece of paper and have them write down anything unusual along the trail. At the end of the trail, discuss what they listed and what they missed. To end activity walk with the girls back through the “un-natural” trail and show them where all the items were located. Be sure to collect the “un-natural” items before the close of the day.

Number One:

This game may be played if the group does not exceed 15 and if it is convenient to hike single file. The leader walks first, the others following in single file. The leader points to some plant or other object, turning to the first in line and asking its name or something about it. If the first person answers correctly, she retains her place as Number One; if not, she must go to the end of the line. Number Two is then given a chance to answer. If she fails, she goes to the end of the line and so on. The object is to be Number One as long as possible.

Getting In Touch With Nature



Outdoor Skills Belt

Red: For apples. Learn to cook an outdoor meal.

Orange: For flames. Learn to build, use and put out a cooking fire.

Green: For trees and grass. Understand how to protect the natural world.

Blue: For the sky. Understand how to practice good manners in town and in the country.

Yellow: For the visibility of clothes. Learn to dress for different outdoor weather.

White: For bandages. Learn simple first aid for cuts, insect bites, and skinned knees.

Gray: For rope. Learn to tie, use and release a square knot and clove hitch.

Building an Outdoor Skills Belt

- 10 foot cord
- 6-6 inch strands of yarn for each color (red, orange, green, blue, yellow, white, and gray) totaling 35 strands of yarn.
- One-inch wood spacer (Or something similar)

Starting in the middle of the cord tie 8 square knots around the spacer at regular intervals. As the girls acquire skills add a tassel to their belt by looping 5 strands of yarn in an open square knot space and tie it with the sixth strand by wrapping it around and around. Use the first loop and the ends to tie the belt together.

There are many variations of this activity. Girls may choose to make a bracelet or necklace with beads.

Sun Compass

As long as there is enough sun to make shadows one can always find north. The sun compass gives accurate directions in the middle of the day between 11:00 a.m. and 1:00 p.m.

In a flat, sunny spot, place a 3-foot stick into the ground making sure it's standing straight. Use a stone to mark the end of the shadow it makes. Wait 20 minutes and mark the end of the shadow a second time with another stone. Finally stand with your **BACK** to the sun. Put your **LEFT** foot on the **FIRST** stone and your **RIGHT** foot on the **SECOND** stone (The stone the shadow is on now). You are facing north! If you stick out your arms, your left arm will be pointing west and the right arm will be pointing east. South is behind you.

Nature Crafts

Wise Guy Owl Pin Cone Craft

Supplies:

Pinecone

Black eyelash trim

Yellow scrap felt

Google Eyes

Low temp glue gun

Instructions:

1. Glue a bit of eyelash trim to the back of two large google eyes
2. Glue the google eyes to the Pinecone
3. Cut a small triangle piece of yellow felt and glue between the eyes

Now you got yourself a wise guy!



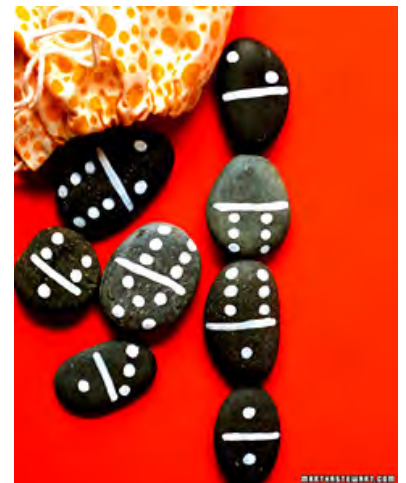
Tissue Cherry Blossom Tree

(Martha Stewart Kids, Volume One)

Gather branches that have fallen outside; let dry if necessary. Cut out 2-inch squares of pink tissue, pinch tightly in the middle to create blooms, and affix them to branches with white glue. Display in a tall container, such as a canning jar with the lid's center removed.

Rock Dominoes

Smooth flat stones aren't just for skipping -- they are perfect for game pieces, too. For a set of dominoes, all you need is 28 stones and a white paint pen to draw lines and dots. Begin by drawing a line across the center of each rock. Then, on either side of the line, mark with two sets of dots in every combination from zero to six.



Terrarium

You can plant just about any kind of seed in this terrarium. Girls love to see the plants growing! This project is rated EASY to do.

What You Need:

- Plastic 2 liter soda pop bottle with cap
- Very sharp scissors or craft knife
- Dirt or potting soil
- Seeds or small plants
- Water
- Permanent black marker



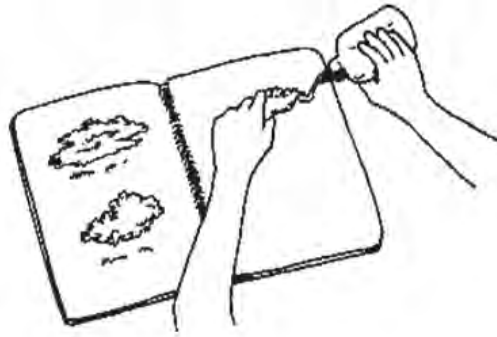
How To Make It:

1. Remove the label from the bottle. Discard label. Save cap!
2. Wash and rinse out the bottle and cap.
3. Cut the bottle close to the bottom. Find a “line” about at the end of the label and cut there. You can cut it higher if you wish.
4. Lightly place dirt or potting soil in the base.
5. Plant a few seeds or small plants in the dirt.
6. Lightly water.
7. Put the cap on the bottle.
8. Cover the base with the top of the bottle. You will have to fiddle with it a bit to fit back inside the base.
9. Place in a sunny spot and watch for your seeds to grow.
10. When the plants are ready, re-pot them or plant them in your garden.
11. Enjoy!

Tips

If you can find any brand of 2-liter pop that has the black plastic removable bottom, then the project is much simpler. Pry the black bottom off the 2 liter bottle. Place black electrical tape over any holes it may have in it. Cut the top off the 2 liter bottle down to where the sides are straight. Fill the black base with dirt, and seeds, and then invert the bottle over the base.

Clouds



Cloud Diary:

Each day, record the date and make note of time. Take along a bag of cotton balls, white glue, and a notebook. Stretch the cotton balls into the cloud shapes you see in the sky above you. Glue them to the pages of the notebook with dots of glue. Label them with their cloud name. Record each day of the week and include the weather happenings of each day. At the end of the week each camper should have learned a little about clouds and have a record of their week at camp.

Clouds ranging from the ground level to 5,000 feet

Fog: A cloud in contact with the ground.

Cumulus Puffy: White clouds that bulge out like cauliflower at the top. Cumulus clouds mean good weather.

Stratus: Unbroken sheets of low, gray clouds. Stratus clouds may bring light rain or drizzle.

Stratocumulus: Look like cumulus clouds pressed together in layers. Gray and white patches make them resemble dirty cotton balls. Rain may be on the way if they grow too dark.

Nimbostratus: A thicker layer of clouds than Stratus. Nimbostratus clouds completely block out the sun and usually produce steady rain.

Cumulonimbus: Starting low cumulus clouds, cumulonimbus clouds can grow dark and reach up to 60,000 feet in severe thunderstorms. Known as “thunderheads” their tips often flatten into an anvil shape. Winds blow violently up and down in the clouds, resulting in heavy rain, thunder, and lightning.

Clouds ranging from 6,000 to 20,000 feet

Altostratus: Small white and gray rolls, or scattered white and gray different shaped puffs. Some altostratus clouds look like towers.

Altostratus: Gray layers of clouds that make the sun appear as if it were behind frosted glass. If they thicken, expect rain.

Clouds ranging from 20,000 to 40,000 feet

Cirrus: White wispy clouds. They are a sign of approaching warm front and may mean rain.

Cirrocumulus: White thin rolls of clouds that look like ripples in the sand. These clouds often indicate a warm front is approaching.

Cirrostratus: A thin layer of cirrus clouds form a hazy circle around the sun. The ice crystals in the clouds act as prisms, scattering white light into a spectrum.

Who Made That Track?

Walk around your campsite and collect natural foods for the animals and birds. You will need a bowl or pan for each type of food. Some foods to look for are berries, grass seeds, pine cones, nuts from nearby trees and flower seeds.

Find an area that is muddy or filled with loose soil. Place the bowls around the area and sweep away all prints with your broom. Leave and return later. You may want to wait overnight because many animals feed at night.



Check the dirt or mud for tracks before you walk onto it. If you find some, try to identify the bird or animal that made the track. Check the bowls to see which food was eaten. You will learn which foods animals like to eat best.

If no animals have come to eat, you may want to experiment with different foods. Use only natural foods that grow in the area because people's food can be harmful to animals.

Nature Games

The object of nature games is to have fun while exploring and learning about the natural environment. Remember safety and conservation rules when you play.

Web of Life

(A Quiet Activity)

Age: 5 years and up

Objective: To understand the food chain and the web of life -- how everything is connected to everything else.

Materials Needed: Ball of string, enough paper for everyone to have a piece to write on, crayons

Time: 15 to 20 minutes

Number of People: 5 or more

- Give each person a slip of paper and tell them to write their name and draw a picture of something in nature. (Give suggestions such as water, plants, rocks, mud, dirt, pond, bears, bugs, etc.)
- When they are finished have them stand in a circle. Give someone the ball of string and tell them to hold on to the end and throw the ball to someone who is not next to them, but their pictures relate in one way or another. Example: A rock might throw to a frog because a frog sits on the rock.
- Continue this until everyone has string. Try not to use people twice.
- After a web is made have everyone pull it tight. Pull on one string and tell the girls that when they feel the tug to pass it down the string to the next person. NOTICE HOW EVERYTHING IS TIGHTLY CONNECTED TO EACH OTHER.
- Now demonstrate what would happen to their web if one of the components would disappear. Have them pull it tight once again and tell one person to drop their string. What happened to the web?

Nature “True and False”

Divide the group into two teams and line them up facing each other in two lines 10 or 20 feet apart. Behind each line is that team’s base line. One team is known as “True” and the other “False.” Make nature statements that may or may not be true, such as “Birds have teeth.” If the statement is true, the true side chases the false side to its base line. Anyone caught en route joins the true side. If the statement is false, the false side does the pursuing. At the end, the side with the most players wins.

Here are a few suggestions: A bat is blind. (F); A hen protects her little chicks from hawks by swallowing them. (F); A barn swallow lines its nest with feathers. (T); Grasshoppers have four wings. (T); The calla lily and skunk cabbage belong to the same family. (T); There are eight stars in the Big Dipper. (T); Birds have wings. (T); Bees make honey. (T).

Be a Friend With a Tree

Girls love this game in which they learn both trust and to “see” nature with their own senses. Girls should find a partner. One partner is blindfolded with a bandana and the other will lead her to a tree. Wait until all the sets of partners are ready and then give the signal to start. Allow about 10-15 minutes. The sighted girl should lead her partner in a round-about way to a tree, being careful to protect her from all hazards. The blindfolded girl should then learn her tree by feeling it, smelling it, listening to the noises she makes as she walks around it, etc. At the end of the time period, the girls should be led back in a round-about route to the leader. Take a few minutes to talk about their feelings:

- Did they trust their partner?
- Did they learn things about a tree they might not have if they just used their eyes?

Give them 5 minutes to find their tree using their eyes. Most of them, if not all, should be able to find their tree very quickly. When they return, again ask them how they felt about finding their tree and if it felt special to them. Switch partners and repeat the exercise again. Each girl should now have a special tree “friend” she can visit whenever she returns to the site you chose to use.

Stop, Look, and Listen Game

This game is designed to help girls develop an awareness of the outdoors and an appreciation of nature. Tell the girls what they’ll be looking and listening for before they begin. The game does not need to be limited to these items. Be creative!

Rules:

1. This is a silent hike until something is found.
2. Stay on the trails.
3. Observe. Do not disturb!

Girls:

Look as you like to see what you can find.

Listen for sound to identify.

Stop to talk about something you have found.

Iron Campers

This activity is similar to “Iron Chef America” but instead of a set amount of edible ingredients, campers receive a set amount of natural “ingredients” (i.e. 10 sticks, 4 rocks, 9 leaves and two pine cones). The object of this activity is to give each camper identical amounts of natural supplies and let their imaginations go to work. Inform campers that they can make monsters, animals, sculptures, or really anything of their hearts desire. Allow them ample time to complete the activity. Once all campers are finished, have them go around in a circle explaining the sculpture/monster/animal/ etc. they’ve created!

Swamp

Divide the group into teams of 4-6 people. Give each team a large piece of paper and a pen. Each letter in the word SWAMP stands for another word that describes something in nature:

S: STARS, W: WEATHER, A: ANIMALS, M: MINERALS, P: PLANTS

On "GO", each team writes down as many words as it can think of that relate to the word STARS. The only stipulation is this: they must be able to SEE what they write down from where they are sitting (e.g. sky is where stars are seen; clouds cover up stars on a dull night).

Each team has five minutes to write down as many words as possible. The next five minutes is devoted to the word WEATHER, the next five to ANIMALS and so on until all letters of the word SWAMP have been given equal time. At the end of the writing session, the leader tallies the number of words to see which team has the sharpest eyes, and the most vivid imagination (some teams may have to explain their rationale behind writing down certain words -the leader may not understand how they relate to the 'master' word!)

Silly Symphony

The purpose of this game is to discover the beautiful sounds that can be created by the natural objects in our environment. Each player is given 10-15 minutes to find objects in nature that make a noise when banged together, blown on, or rubbed together. Players bring back their 'instruments' and a conductor is chosen, who organizes the group into a semi-circular orchestra. Each musician is allowed to 'tune' her instrument, so the rest of the group can hear the different sounds. If a player can play more than one instrument at the same time, she is welcome to do so. The conductor then chooses a familiar tune with an easy rhythm, and lead her orchestra in song. Let the players make requests for songs they would like to play; give musicians the opportunity to work on 'solos' that they can perform for everyone.

Flower Face

This game requires the assistance of 8 or more leaders or adults. These people are 'planted' in specific locations prior to the start of the game. Each location has a wildflower growing close by. The leader draws up several sketch maps of the area in which the adults are located. Divide the group into teams of 4-6 people. Each team is given a sketch map, a pencil and paper. Teams assemble at a central starting area, where the leader explains these rules:

1. Members of each team must hold hands throughout the game.
2. Teams must return to the starting area in 30 minutes (a whistle will be blown).

The object of the game is to:

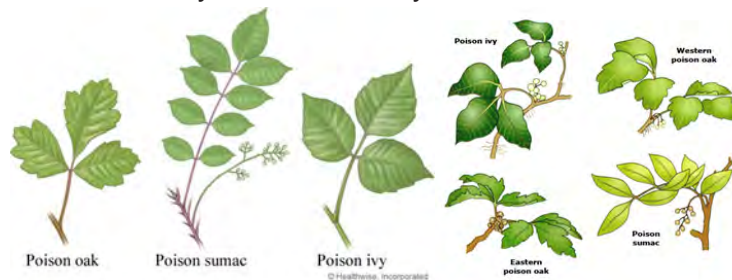
1. Find the leaders who are hidden in the playing area and
2. Identify the wildflower found in the general location of each leader. Each team writes down the name of the wildflower and the name of the leader; a dot can be put on the map to indicate the proper location.

Teams search for as many leaders and flowers as they can find in 30 minutes. When the whistle sounds, all teams and leaders return to the starting area; the game leader collects the maps and tallies the results. The team with the highest number of correct identifications wins. The entire group can then discuss the types of wildflowers that grow in the area, and the characteristics of the various locations in which they can be found.

Poisonous Plants

One of the worst nuisances in the outdoors is to pick up a case of poisoning from poison ivy, poison oak, or poison sumac. The itching will stay with you for a week or more, tiny blisters will form and spread, and possibly cause an infection. It's important to know poisonous plants so that you can stay away from them.

Poison Ivy was thought to be two distant species: "Poison Ivy," a vine with pointed leaflets, and "Poison Oak," a shrubby plant with oak-like leaflets. However, when cuttings from the same plant were grown in different locations, both forms were produced. Those in moist, shady forests became Poison Ivy vines; those in dry, sunny places grew into Poison Oak plants. In the far west, there is a completely different species known as the Poison Oak. It too is variable in leaf shape and growth form, but usually rather shrubby.



Poison Ivy:

Grows throughout much of North America, including all Canadian provinces except Newfoundland (and the Territories) and all US states except Alaska, Oregon, Hawaii and California. The plants can grow as a shrub up to about 4 feet tall, as a groundcover, or as a climbing vine. The color of the three almond-shaped leaflets range from light to dark green and turn bright red in the fall. The plant's berries are a grayish-white color.

Poison Oak:

Poison oak is found along the Pacific Coast of North America including Washington, Oregon, and California, and along the Atlantic Coast. Poison oak can grow as a dense shrub in open sunlight or a climbing vine in shaded areas. The three leaflets have scalloped edges resembling the leaves of a true oak and can be bronze, bright green, yellow-green, or reddish depending on the season. The plant can produce greenish-white or tan berries.

Poison Sumac:

Poison sumac grows exclusively in very wet or flooded soils, usually in swamps and peat bogs, in the eastern United States as far west as Idaho and Canada. Poison sumac has compound leaves with 7-13 leaflets, and the veins from which the leaflets grow are always red. The plant grows as a shrub and produces fruit that is a small white or grey berry.

Bird Activities

Unusual Bird Beaks and Their Uses

- Eagles and other raptors have strong, hooked beaks for tearing flesh.
- Anhingas and herons have dagger-like bills for spearing and grasping fish and frogs.
- Pelicans have pouched beaks, used as nets for scooping up fish.
- Flamingos have bent bills that they hold upside down in shallow water. As their tongues pump water in and out, teeth-like ridges on their bill strain out algae and small animals.
- Red crossbills' beaks have the upper part twisted in one direction and the lower part twisted in the opposite direction. The beaks are distinctive tools used for removing pine seeds from the open cone.
- Hummingbirds' beaks protect their long tubular tongues, with which the birds extract nectar from flowers.
- Swallows and whippoorwills use their wide, gaping, beaked mouths to catch flying insects in mid-air.
- Cardinals and grosbeaks have short, cone-shaped beaks for cracking open seeds.
- Snipes and kiwis have long beaks for probing in mud and water to find worms and other small animals.
- Woodpeckers have chisel-like beaks for searching inside trees to find insects.
- Yellowbellied sapsuckers have drill-like beaks for boring into trees to feed on sap and the insects attracted to the holes.

Bird Beaks

What you will need per girl: 1 paper or plastic cup, 1 craft or ice cream stick

What you will need per unit: 1 large box unsweetened puffed cereal; pictures of birds with varied beaks

What to Do:

1. Fill cups half full with cereal.
2. Explain that when you give the signal, girls are to eat the cereal, using a stick as an eating utensil - they can use their fingers to hold the cup and stick, but cannot pick up cereal with their fingers.
3. Tell the girls to put their stick into the cups. Give a signal for girls to start eating the cereal. Allow one minute for them to try to eat the cereal.
4. After they have finished, have them discuss what happened when they tried to eat the cereal.
5. Help them understand that different foods require different utensils by asking questions, like: What kind of utensil would you use to cut a watermelon? What kind of utensil would you use to eat soup? Then ask for suggestions of better tools that could be used to eat puffed cereal.
6. Show the girls pictures of birds with different beaks. Have them select two kinds of bird beaks and compare them.



The Best Beak

What you will need per group of 4-6 girls:

- 1 large spring-type clip clothespin
- 1 toothpick
- 1 plastic spoon
- 1 pair student-size scissors
- 1 large plastic margarine container
- 1 plastic sandwich bag per girl
- 1 paper or plastic cup per girl

What you will need per unit:

- Approximately 60 small marbles
- Approximately 60 raisins
- Approximately 60 pieces uncooked macaroni or short pieces of drinking straws
- Approximately 60 pieces of styrofoam "popcorn" packing material

What to Do:

1. Have the girls sit in a circle on the floor. Ask them why they think different kinds of birds have different types of beaks.
2. Explain to girls that they will pretend to be birds that have a variety of beaks. Help them understand that the beaks won't work exactly like those of real birds, but they do represent the variety of beaks in nature. Reveal that in this activity, clothespins, spoons, scissors, and toothpicks will represent beaks; marbles, raisins, styrofoam popcorn, and macaroni will represent snails, grubs, water bugs, and worms respectively. The paper/plastic cups represent the bird's stomach.
3. Explain that they may move their cups near the source of the food, but they must be left upright on the floor for the food to be deposited. Then demonstrate the use of each beak (utensil), the stomach (cup), and food (various materials).
4. Hold the clothespin at the very end, so it opens as wide as possible. Pinch and release it using just one hand. Pick up a piece of macaroni to demonstrate the technique.
5. Hold the toothpick in one hand and carefully spear food (a raisin) with it. Use one finger of the opposite hand to push the food off the toothpick and into the cup.
6. Insert your thumb and finger in scissor handles, then hold the scissors pointing downward. Use the scissors like tweezers to slide open and grab a raisin. Explain that campers may not use the scissors like a spear, but must use them only like tweezers.
7. Hold the end of the spoon and scoop up the food (raisins or macaroni) using only one hand.
8. Explain to the unit that you will scatter one type of food at a time. Each girl will use her beak to collect as much food as possible. Ask girls to predict which type of beak they think will collect the most of each food.
9. Divide the unit into groups of 4-6; ask each group to sit in a small circle on the floor.
10. Distribute a variety of beaks to each group. Let each group member choose one, making sure that each type of beak is represented in each group. Each girl will keep the same beak throughout the activity. Remind them to follow common sense safety rules.
11. Give each girl a stomach (cup), then scatter approximately the same amount of macaroni "worms" in the center of each circle. Give girls a signal to begin picking up worms with their

- beaks and putting them into their stomachs - remind them to leave the cups upright on the floor. Once they have depleted the food source, give them a plastic bag to store the worms.
12. Then discuss the difficulties encountered while trying to capture the worms with the different kinds of beaks.
 13. Repeat the food-gathering activity with the raisin “grubs” and marbles “snails.” Then give each group a large plastic container full of water, with the styrofoam “water bugs” floating in it, and have them repeat the food-gathering activity. After each activity, allow time for them to add the grubs, snails, and water bugs to their bags.
 14. Have each girl sort the food into like piles and see how much of each food they collected.
 15. Ask: Which food was your beak best suited for? Why do you think it is best suited for this beak?

Composting is Easy!

Composting is the living recycling process that turns nature’s trash into treasure, garbage into gold, so to speak. Nature recycles organic materials (items that occur naturally, such as leaves and plants). In a forest, leaves fall forming mulch that protects the soil. Over time they decompose into nutrients that feed forest plants. You can replicate this natural process with household waste! To make compost, just follow these simple steps:

1. Add three parts “browns”

Fall leaves, straw, salt marsh hay, shredded paper and cardboard (newspaper, paper towels, paper plates, paper bags), chipped brush, sawdust, pine needles (pine needles should not make up more than 10% of total materials in pile).

... and one part “greens.”

Grass clippings, weeds (not laden with seeds), vegetable and fruit wastes, seaweed, eggshells, coffee grounds and filters, tea bags, manure (horse, cow, rabbit, chicken, goat, gerbil).

2. Mix or layer materials

After every 12” or so, add a few shovelfuls of rich soil or compost.

3. Keep it damp and aerated.

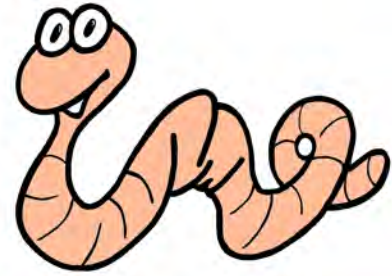
Wait a few months and voila! Black gold!

For Best Results, Do Not Add:

- Meat bones, fat, grease, oils
- Peanut butter
- Dairy products
- Cooked foods with sauces or butter
- Dog and cat manure
- Diseased plants
- Weeds gone to seed
- Weeds that spread by roots and runners

Composting Red Worms

Composting with red worms is great for apartment dwellers who don't have yard space, or for those who don't want to hike to a backyard compost bin with their food scraps. Some kids like to keep worms for pets! By letting worms eat your food wastes, you'll end up with one of the best soil amendments available—worm castings.



Materials Needed to Make an Easy Harvester Worm Bin:

- Two 8-10 gallon plastic storage boxes (dark, not see through!) Cost: about \$5 each
- Drill (with 1/4" and 1/16" bits) for making drainage & ventilation holes
- Newspaper
- About one pound of redworms

Instructions:

1. Drill about twenty evenly-spaced 1/4 inch holes in the bottom of each bin. These holes will provide drainage and allow the worms to crawl into the second bin when you are ready to harvest the castings.
2. Drill ventilation holes about 1 – 1 ½ inches apart on each side of the bin near the top edge using the 1/16 inch bit. Also drill about 30 small holes in the top of **one** of the lids.
3. Prepare bedding for the worms by shredding newspaper into 1-inch strips. Worms need bedding that is moist but not soggy. Moisten the newspaper by soaking it in water and then squeezing out the excess water. Cover the bottom of the bin with 3-4 inches of moist newspaper, fluffed up. If you have any old leaves or leaf litter, that can be added also. Throw in a handful of dirt for "grit" to help the worms digest their food.
4. Add your worms to the bedding. One way to gather redworms, is to put out a large piece of wet cardboard on your lawn or garden at night. The redworms live in the top 3 inches of organic material, and like to come up and feast on the wet cardboard! Lift up cardboard to gather the redworms. An earthworm can consume about 1/2 of its weight each day. For example, if your food waste averages 1/2 lb. per day, you will need 1 lb. of worms or a 2:1 ratio. There are roughly 500 worms in one pound. If you start out with less than one pound, don't worry they multiply very quickly. Just adjust the amount that you feed them for your worm population.
5. Cut a piece of cardboard to fit over the bedding, and get it wet. Then cover the bedding with the cardboard. (Worms love cardboard, and it breaks down within months.)
6. Place your bin in a well-ventilated area such as a laundry room, garage, balcony, under the kitchen sink, or outside in the shade. Place the bin on top of blocks or bricks or upside down plastic containers to allow for drainage. You can use the lid of the second bin as a tray to catch any moisture that may drain from the bin. This "worm tea" is a great liquid fertilizer.
7. Feed your worms slowly at first. As the worms multiply, you can begin to add more food. Gently bury the food in a different section of the bin each week, under the cardboard. The worms will follow the food scraps around the bin. Burying the food scraps will help to keep fruit flies away.

What do worms like to eat? Feed your worms a vegetarian diet. Most things that would normally go down the garbage disposal can go into your worm bin (see the list below). You will notice that some foods will be eaten faster than others. Worms have their preferences just like us.

When the first bin is full and there are no recognizable food scraps, place new bedding material in the second bin and place the bin directly on the compost surface of the first bin. Bury your food scraps to the bedding of the second bin. In one to two months, most of the worms will have moved to the second bin in search of food. Now the first bin will contain (almost) worm free vermicompost. (You can gently lift out any worms that might remain, and place them in the new bin, or put them into your garden!)



Feeding Your Worms

Worms LOVE	Worms HATE
Breads & Grains	Dairy Products
Cereal	Fats
Coffee Grounds	Meat
Fruits	Feces
Tea Bags	Oils
Vegetables	

Apple Ocean

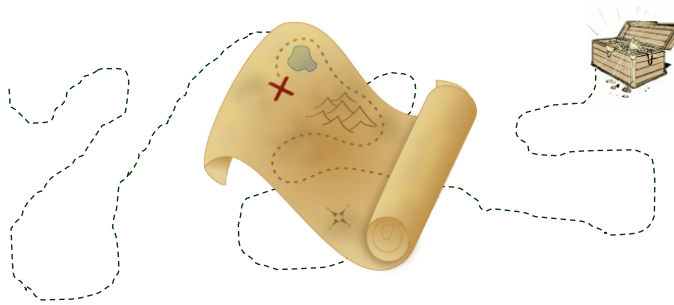
See the apple as the world:

- Cut into quarters. - 3/4 Earth's surface is water; 1/4 is land
- Cut land into 1/2 — only 1/2 land (1/8 of total Earth) is habitable; the rest is desert, mountains, frozen ice caps, and other regions that can't be inhabited by humans.
- Take piece of habitable land and cut into four - only 1/4 habitable land (or 1/32 of the whole Earth) is where all the food comes from.
- While asking girls "What would happen if this agricultural land were damaged or destroyed?," eat that part of the apple.
- Take a small shaving off one of the water quarters. Less than 1% of the Earth's water is fresh and drinkable; most of this is in the atmosphere, clouds, and underground.
- While asking what would happen if water were polluted or wasted, eat the sliver.
- Lead the discussion about taking care of resources.

Treasure Hunt

Have each girl pick-up at least 3 pieces of trash from the ground. Use the chart below to find out how long it would take for each piece of trash to decompose and explain why it is good idea for them to place the trash in the garbage can.

Cigarette butts.....	1-5 years	Plastic 6-pack holders.....	450 years
Nylon Fabric.....	30-40 years	Wool socks.....	1-5 years
Paper airplane.....	1-5 months	Orange and banana peels.....	up to 2 years
Leather.....	up to 50 years	Glass bottle.....	Unknown
Aluminum can and tabs.....	80-100 years	Plastic bags.....	10-20 years
Tin cans.....	100 years	Styrofoam.....	NEVER



Captain Planet

Captain Planet will call out one of 4 positions, “on the bike”, “recycle”, “conserve energy”, or “food chain.” Participants need to assume the position when the command is called.

On the bike: 1 person: pretend to ride a bike standing up, kind of a simulated running motion, or more like riding a bike without a bike

Recycle: 2 people grab onto each other’s hands and spin around in circles

Conserve energy: 3 people: two people hold their arms at head height. With straight arms, the other person tries to “turn off the lights” pushing the arms down. The arms will never stay down, so the person trying to conserve energy will be frantically running back and forth.

Food chain: 4 people: one person lying on the ground [like a worm (decomposer)], one person on their knees with their hands at their shoulders [like leaves (producer)], one person crouched/ semi-standing nibbling like a rabbit (herbivore), and the last person uses their arms like a giant mouth chomping on the rabbit (omnivore).

The kids should be in a straight line of progression according to their role. When Captain Planet says, “Captain on deck,” everyone has to stand at attention, with their hand saluting the captain. If anyone moves before the captain says. “At ease,” they are out. Or if in the course of “assuming the positions” they cannot find a partner, they are out.

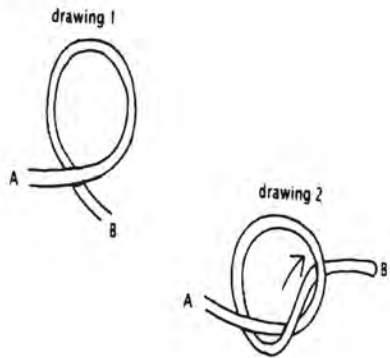


Knots and Lashing



Knots

There are over 8,295 different knots and hitches; each designed for a specific purpose. When teaching campers knots use string or rope candy. Rope candy is inexpensive and creative and it provides a fun snack at the end of the activity.



Overhand Knot: This is a simple knot to learn first. This knot is tied with one rope. Lay your rope on a table or flat surface. Bring left end of the rope around and over the right end where it forms the bottom of the circle. Then bring the left end in and under the circle on the right side. Firmly pull both ends to tie the knot (drawing 2).

Square Knot: The square knot is used to tie two ropes together. It will not slip even when it is pulled hard. Make a loop in the middle of each rope. Place one of the loops facing right and the other facing left. Place the right-handed loop over the left-handed loop. With your fingers in the bottom loop, pull the rope ends of the top loop into and through the bottom loop. Pull firmly on both sets of rope ends to complete your knot.

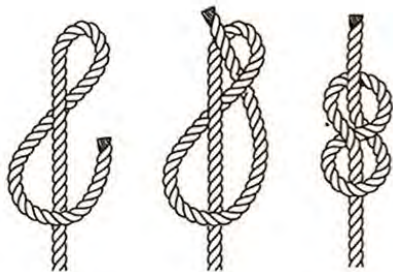
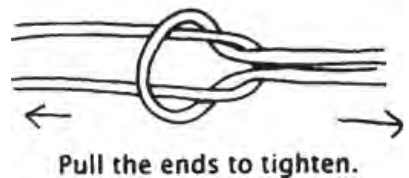
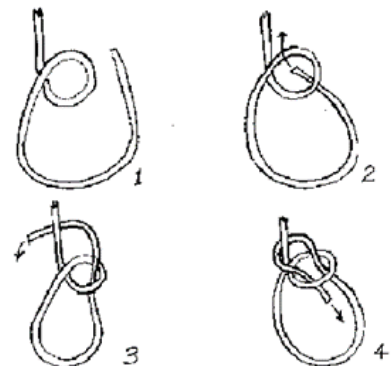


Figure Eight Knot: The Figure 8 knot provides a quick and convenient stopper knot to prevent a line sliding out of the way (ex. inside the mast). Its virtue is that, even after it has been jammed tightly against a block, it doesn't bind. You use only one rope. Pass the tail over itself to form a loop. Continue under and around the standing end. Complete the knot by passing the tail down through the loop.

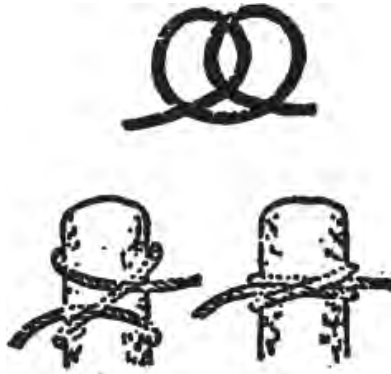
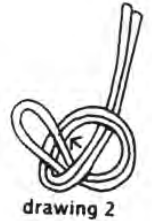
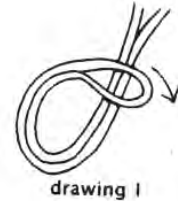
Bowline Knot: The bowline knot is great for hanging things and setting up the tent. You use only one rope. Form a loop in the rope by bringing one end up and over the rope (drawing 1). Form a second loop by bringing the end of the rope behind the bottom of the loop, into the loop, and over the top of the loop (drawing 2). Pass the end around the back and up the part of the rope above the loop (drawing 3). Bring the end down over the top of the loop, and then through and behind it (drawing 4). Pull firmly to set the knot.





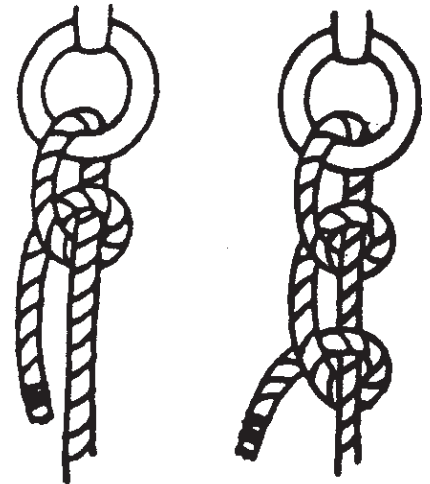
Overhand Loop: This is another knot that uses only one rope. It is made with a double rope that makes a stronger knot than the overhand knot. Fold the rope in half forming a loop. Form a circle by bringing the loop around and over the rest of the rope (drawing 1). Take the loop behind the bottom of the circle, up and through the circle (drawing 2). Pull firmly.

Half Hitch: This knot secures a bedroll or it is often used for hauling or pulling something. To tie: loop the rope end through bedroll. Take the short end and wrap it under the long part, then over it and through the small loop. Pull the short end to tighten. Make a second half hitch below the first one for extra holding power.



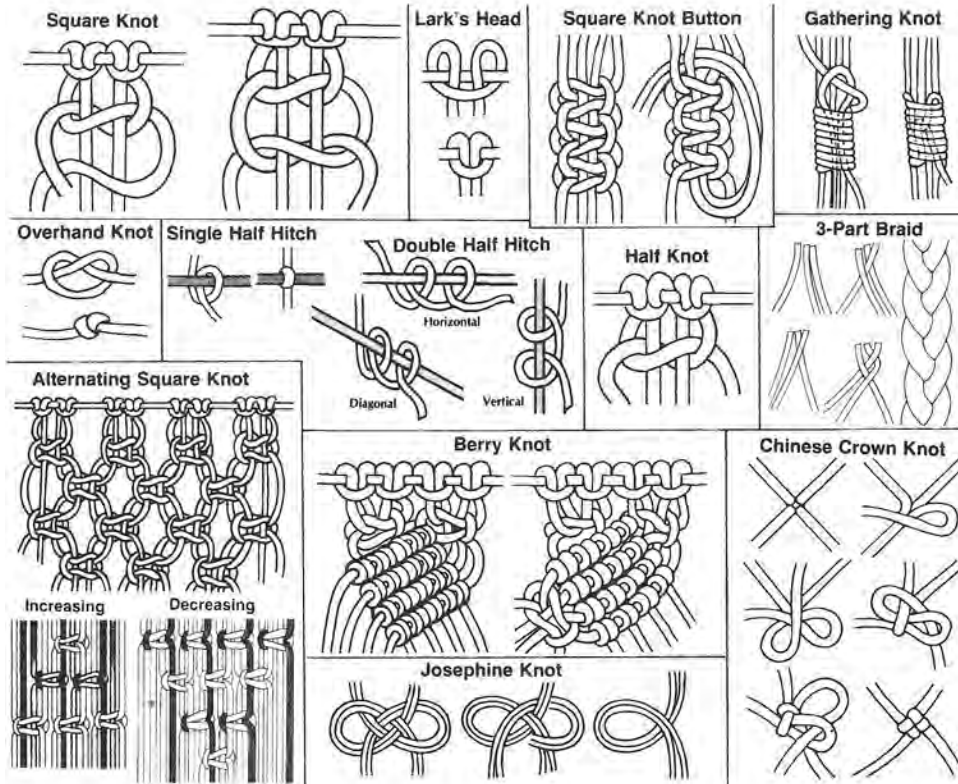
Clove Hitch: This knot is a quick and simple method of fastening a rope to a post or stake. It may be tied in the middle or end of a rope. To tie the clove hitch, make a turn with the rope around the object and over itself. Take a second turn around the object. Pull the end up under the second turn so it lies between the rope and the object. Tighten by pulling both ends.

Taut-Line Hitch: Used to secure a tent line to a stake. The taut-line hitch forms a loop that slides so the knot is easy to tighten or create slack. To tie make a loop with the short end of the rope over the long end. Twist the short end inside loop twice. Carry the end of the rope up above the twist and secure with a half hitch by taking the short end and wrapping it under the long part, then over it and through the small loop. Pull the short end to tighten.



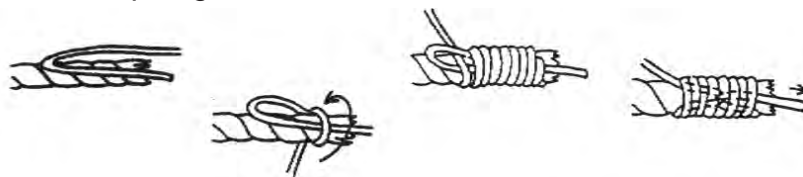
Larks Head Knot: The Larks Head Knot is one of the most frequently used knots in macramé. Another name for this decorative knot is the Cow Hitch. It is most often used as a mounting knot; to attach one cord to another, or onto a ring, dowel, or purse handle.

Macrame Knots

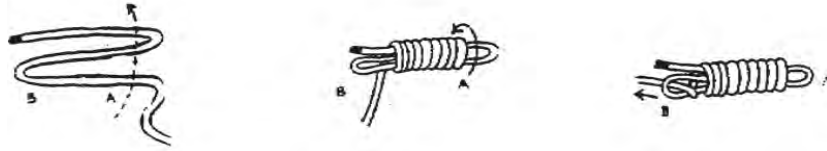


Sheet Bend: Similar to the square knot but allows one to tie two ropes of different thickness together. Take the smaller rope in the right hand and the bigger rope in the left hand. Tie a square knot but do not pull it tight. Cross the short end of the cord over the long part of the cord and stick the end of it down into the loop of the rope. Pull the long ends of ropes to tighten.

Whipping a Rope: Prevents the rope ends from raveling. Besides the rope you are working with obtain a string 12 inches long. Make a loop with one end of the string and lay the loop along the rope with the ends of the string hanging off the end of the rope. Hold the string in place with your left thumb. With your right hand wind the long end of the string tightly over the loop and around the rope. The short end will be left hanging. Wind the string around the rope for at least an inch. Wind firmly and closely but do not overlap. When you have wound far enough tuck the end you have been winding through the loop. Hold it with your left-hand thumb so it does not loosen. Take the other end and pull slowly. The loop will disappear under the winding. Pull until the loop is halfway under the winding. Trim the ends to make a neat finish. If your whipping slips off the rope try again and pull the rope tighter.



Hacking a Rope: This knot is used to store a rope. Fold one end of the rope in tow loops about six or seven inches long. The size of the loops depends on the length of the rope. Wrap the long end of the rope evenly around the loops (start at A and end at B). When you get to B stick the end of the rope you have been wrapping through the loop. Pull one side of A gently to see which will tighten B and anchor the end of the rope. Then pull it tight. To even the rope ends pull gently on one of the ends. Roll the hank between you palms to smooth it.



Lashing

Lashing is a method of fastening sticks together by binding them with twine. Lashing is easily taken apart, so it is good for a temporary structure, but rustic looking so it fits into camp. A good lashing is neat and holds securely. It can be put together or taken down easily, and requires few tools in the making.

A **SQUARE** lashing joins two sticks together at right angles.

A **DIAGONAL** lashing joins two sticks in the form of an X or on the diagonal, preventing scissor-like movement.

A **SHEER** or **ROUND** lashing joins two sticks along the length of one, rather than at an angle. A **CONTINUOUS** lashing holds several small sticks at right angles to a long stick.

Materials used depend on the size of the article to be made. Binder twine is often used because it is cheap, tough, and easily obtained at a hardware store. A finer cord or string may be used to give a more finished effect.

Knot-tying is the starting point of all lashing. The clove hitch, half hitch, and the square knot should be learned before starting lashing.

Square Lashing: Tie the clove hitch knot to a vertical stick. Tie the knot so the long length of the twine pulls directly out from the knot. Do not pull back against the knot but pull to tighten the knot.

Bind the sticks together by passing the twine down in front of the horizontal stick, under and out the back of the upright. Travel around the upright and out to the front (under the horizontal stick) then up, in front of the horizontal stick. Continue in back of the upright and back to the starting point. Repeat this winding several times. Be sure to follow the "square" you have made and do not cross the twine over the center sticks either on top or underneath.

When the sticks are firmly bound tighten the binding with a frapping by winding the twine between two sticks, so the first binding is pulled tighter. End by making two half hitches around one stick or by joining the two ends with a square knot. Clip the ends and tuck them underneath the lashing.



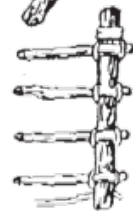
Diagonal lashing:

Place sticks in position, forming an X, and hold them in this position continually. Make a clove hitch around the two sticks. make three or four turns around one fork, then three or four turns around the other fork. Pull tightly. When the sticks are firmly bound, tighten the binding with a frapping by winding the twine between two sticks, so the first binding is pulled tighter. End by making two half hitches around one stick or by joining the two ends with a square knot. Clip the ends and tuck them underneath the lashing.



Shear or Round Lashing:

Place sticks in desired position. Start with a clove hitch around one stick. Take several turns around both sticks, making sure the turns lie tightly and neatly beside each other. When the sticks are firmly bound, tighten the binding with a frapping by winding the twine between two sticks, so the first binding is pulled tighter. End by making two half hitches around one stick or by joining the two ends with a square knot. Clip the ends and tuck them underneath the lashing.



Continuous Lashing:

Have sticks cut and ready, long ones for length, short ones for the width and approximately all the same diameter. Notch the long sticks at even intervals to place the smaller sticks for lashing. Cut a piece of twine approximately four times longer than the long stick. Start with a clove hitch in the middle of the twine at one end of the long stick. Make sure there are equal lengths of twine on each side of the long stick. Place this hitch so that the ends of the twine pull the knot tight as they come up from the under side of the long stick.

Bring the twine around from the knot, and pull it over the first small stick, following the lines of the long stick. Pull down and under, crossing the twine on the under side of the long stick and coming up again, ready to bind the second small stick. Pull cords over the second small stick in the same manner. Continue this to the end of the small sticks so the twine always runs parallel to the long stick on the top and crosses on the underside. Pull tightly at each small stick. End by making two half hitches around the stick. Clip the ends and tuck them underneath the lashing.

Knots & Lashing Projects

Trivet

Lash together sticks about 10-12 inches long and about the thickness of a thumb. Use this as a stand for your pot when you take it off the fire.

Coat Hanger

Cut a forked stick with one short and one long side. Lash it to a straight stick to make a coat hanger.

Basic Belt Pattern

Cut six cords three yards long and pin each cord to a macramé board spaced evenly apart. This will become the tassel when the belt is complete.

1. Number the cords from left to right (1-6).
2. Using cords 2-5 tie one square knot using two working and two holding cords.
3. Separate the cords into two groups. Group 1-3 and group 4-6.
4. Tie a square knot with each group using two working and one holding cords.
5. Using cords 2-5, tie two square knots using two working and two holding cords.
6. Repeat steps 3-4 about twenty times or until desired length.
7. Tie one square knot using groups of cords 1-3 and 4-6 with two working and one holding cord.
8. Tie one square knot using cords 2-5.
9. Measure down 13 inches and cut all cords off evenly.
10. Unpin belt from the board and place one bead on each cord end. Tie an overhand knot under each bead on both tassels so the bead will not slip off.

Lashing a Picture Frame

To begin find four sticks about 2 inches longer and wider than the picture to frame. Additionally you will need four strands of string and some glue.

1. To make the frame tie a half hitch one-inch from the top of one side of a stick leaving a 3-inch tail with the twine. The tail will later be used as a hanger.
2. Lay the top of another stick over the side of this stick just above the knot.
3. Square lash the sticks together.
4. Repeat the first step.
5. Place the side stick under the top stick and repeat steps 3 and 4.
6. Repeat the entire process for the other end of the frame.
7. Two of the tails may be tied together for a hanger.
8. Trim the other strings to one-inch in length.

How to Make a Paracord Bracelet: Blaze Bar Quick Deploy

When you are in a survival situation, every second counts. This blaze bar paracord bracelet is designed to quickly deploy. How quick you ask? Under 20 seconds! Use your paracord bracelet to help create a makeshift shelter, create fishing line or a gill net, to craft a bow and start a fire (advanced), save your life when used as a tourniquet or as a makeshift sling or splint, as well as for many other things.

Supplies:

- 13 ft of 550 Paracord (makes 8.5" bracelet)
- 1/2 in side release buckle
- scissors
- lighter or matches

Steps:

1. To get started, attach your paracord to one side of your buckle. Fold your piece in half and thread it through the buckle. Pull the ends through the loop to make it tight.



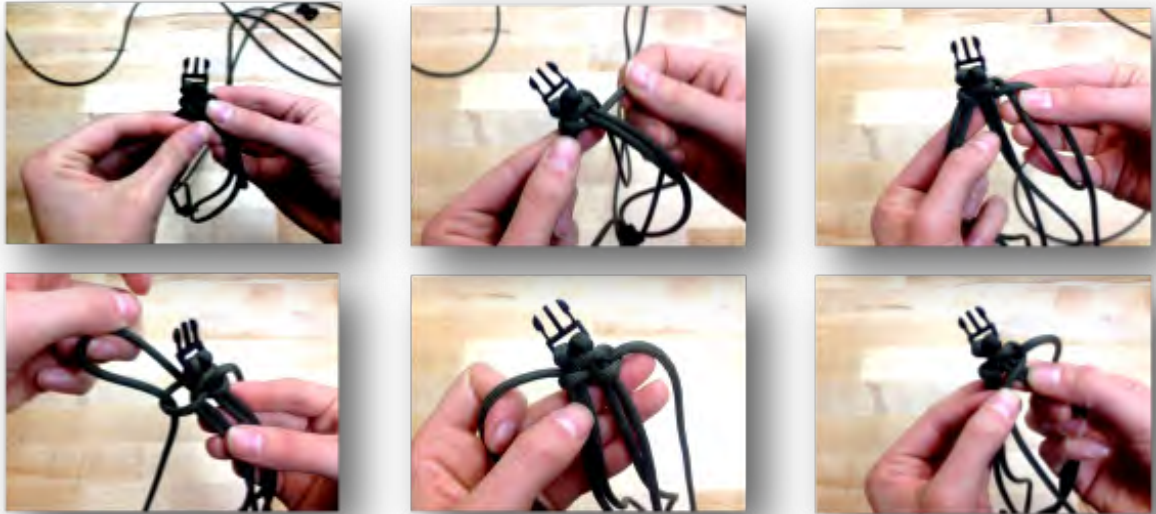
2. Attach the other buckle and size it to your wrist. Thread the loose ends through the second buckle piece. Pull the buckle up along the cord until you are at your desired bracelet length.



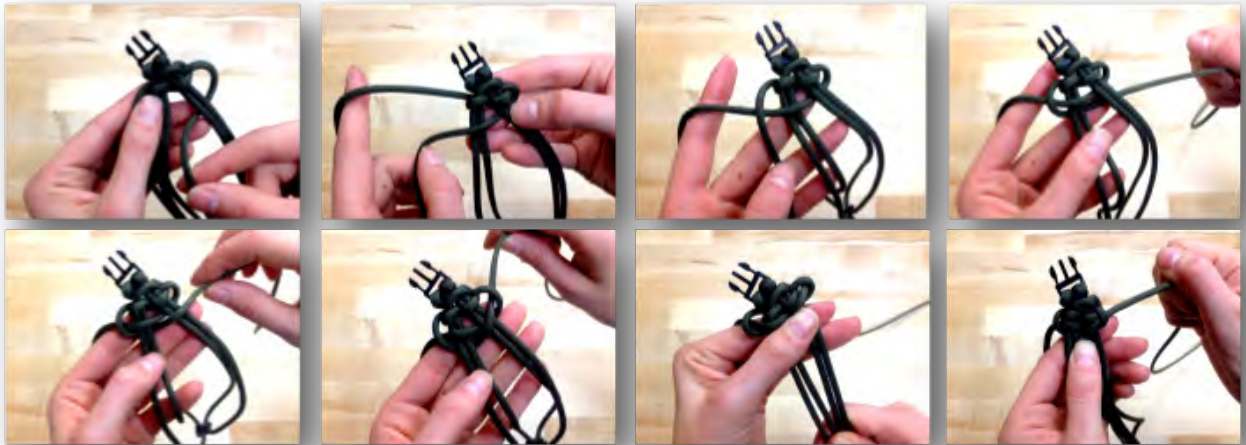
3. Start weaving your bracelet. Hold the ends so the left free strand is on the left side of the buckle and the right strand is on the right side. Take the left strand around the front and loop it around all the pieces of paracord. Pull it back to the left side.



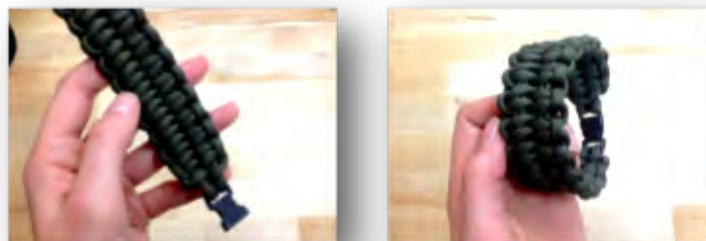
4. Start with the strand on the left that is free hanging. Starting with the left piece, thread it over the left core section. Take it under the right core section. Over the right free strand. Now, take the right free strand. Keeping it under the left free strand- pull it over the right core section. Then underneath the left core section and up through the loop created by your left strand. Pull to tighten.



5. Now, starting with the right free strand, pull it under the right core section. Over the left core section. Underneath the left free strand. Now, grabbing the left strand, pull it under the left core piece. Over the right core piece. Up, through the loop created by the right strand. Push the weave up. Pull the free strands in opposite directions to tighten.



6. Continue to repeat steps 4 and 5 until you've reached the second buckle. Finish up by trimming the ends and sealing them with your lighter or matches. Cut off the ends and use you lighter or matches to burn them. Your are done!



Tool Craft



Bandana Tricks

- Make a Pixie Hat (Fold over into a triangle, tie two ends together- head size, knot at the top end)
- Use as an apron
- Use as a pot holder (folded several times)
- Head scarf
- Neckerchief
- Carry-all
- Emergency Bandage
- Trail Marker
- A mask on a dusty road
- Use as a sit-upon
- Tablecloth for your lunch
- Use as a napkin
- Hand puppet



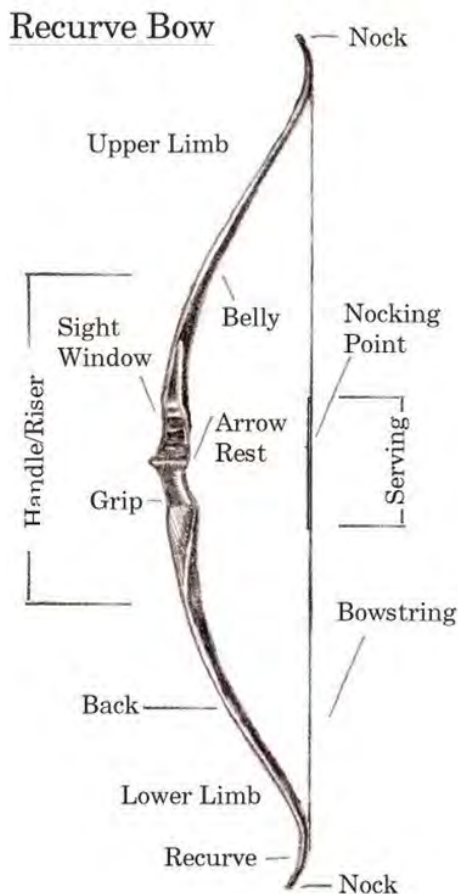
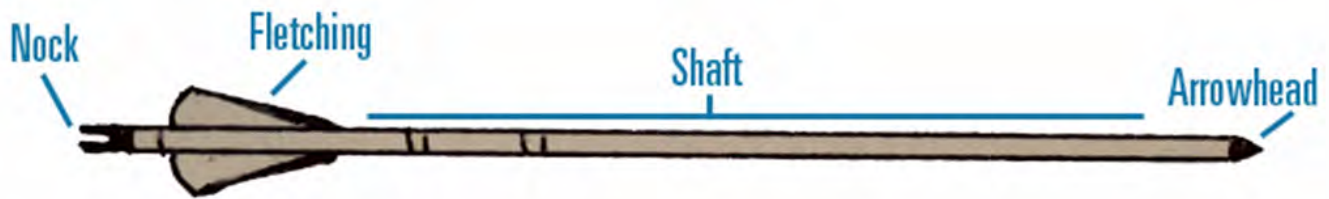
Archery

Remember: to do archery with your girls, you must have completed GSSI's Archery Course and received certification.

Safety Rules:

- Always practice archery etiquette and safety at all times.
- There is no safe place in front of the shooting line.
- Nock arrows only after all archers have returned to the shooting line and the signal is given to shoot.
- Stay behind the shooting line until the signal is given to retrieve arrows.
- Drawing the point of the arrow past the bow is dangerous. If the point of the arrow gets caught, it may break.
- Never draw a bow without an arrow in it. It may be overdrawn causing the bow to break.
- Never shoot an arrow straight up in the air.
- Begin shooting only after the instructor gives permission to shoot.
- Remove arrows from the quiver only when instructed to do so by the instructor.
- When the designated number of arrows have been shot step back at least 5 yards from the shooting line.
- After retrieving your arrows, place them in the quiver and step back at least 5 yards from the shooting line.
- Shoot arrows only at your designated target.

Parts of a Bow and Arrow



Care of the Bow:

- Always unstring the bow when storing it
- When stringing the bow, apply just enough force as necessary to place loops in the neck
- Carry the bow by its handle
- Draw the bow only when there is an arrow on the string
- Do not lean on the bow or drag it along the ground

Care of the Arrow

- Check the fletching for a missing or defective feathers
- Carry arrows at their pile ends with the feathers separated
- Place the arrows loosely in the quiver

Tool Craft Information

Safety Circle

Have each girl find a place to sit with legs crossed. Each girl should be able to put their arms straight out, over themselves or move them around without touching anyone or anything.

Making a Sheath

For a saw use an old garden hose with a cut along one side. Fasten to saw blade with string.

For a hatchet, cut two pieces of leather 1/2 inch larger than the blade of the hatchet. Sew the two pieces together except along the bottom. Punch holes in the unsewn bottom and use leather laces to fasten.

Wood Shavings

Using a jackknife, shave small pieces of wood off a stick. Use shavings to help start a fire.

Fuzzystick

Shave a piece of wood again and again. Do not detach the accumulating curls. Use as a fire starter.

Wood for Whittling

Softwood is usually the best for whittling. White pine, specifically, is free from knots, has very little grain and is inexpensive; however, due to the scarcity of white pine, sugar pine is often sold in its place. Basswood and poplar are perhaps the next best choices, either seasoned or green.

When whittling round objects use green bass, poplar, willow, box elder, cedar or a native wood without pitch or resin. These woods are easy to cut to shape and build a beginner's confidence to go ahead and try new things.

Care and Use of Knives

Hold the pocket knife in both hands, put thumbnail in slot. Open away from body and fingers and keep hold with both hands until the knife is completely open. Be sure to keep the fingers bent below the opening of the knife and away from the blade edge. Be able to see the blade at all times.

Protect the fingers at all times. Hold the knife firmly with one hand. With fingers of your other, push the blade inward.

Be sure the area around you is clear and safe within a ten foot radius. Carve away from self at all times. If a "V" is desired, turn the stick not the cutting direction. The position of the knife while in use is in the closed palm of the hand with the thumb over the fingers locking the grip. This is best for leverage and control.

Rub with fine steel wool. Clean the blade with a drop of oil and a tissue. For a stiff blade, put a drop of oil in the

Pocket knife only:
To open



To close



All knives:
To use



All knives:
To use



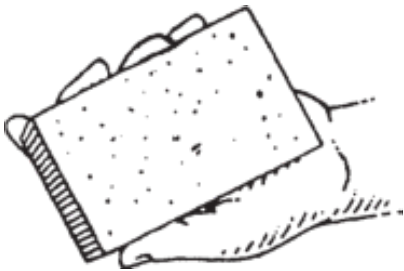
To clean



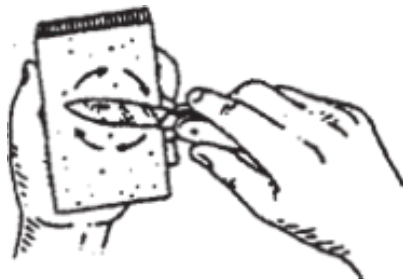
hinge and work the blade several times.

Close a pocket knife before passing. In the case of other knives, hold the knife with the fingers protected. Hold it with blade up and towards you. Pass the knife with handle toward the person you are passing it to. Be sure the receiver has the knife and says “thank you” before letting go.

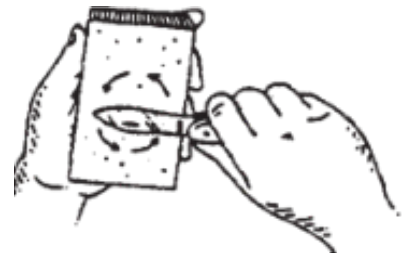
How To Sharpen a Knife



Hold stone with thumb and forefinger below the top edge. Dampen whetstone slightly. Hold stone so that fingers are bent below the edge and left unexposed.



Hold knife blade at a slight angle and move in circular motion with the pressure away from the knife edge.



Turn blade and repeat circular on the other.

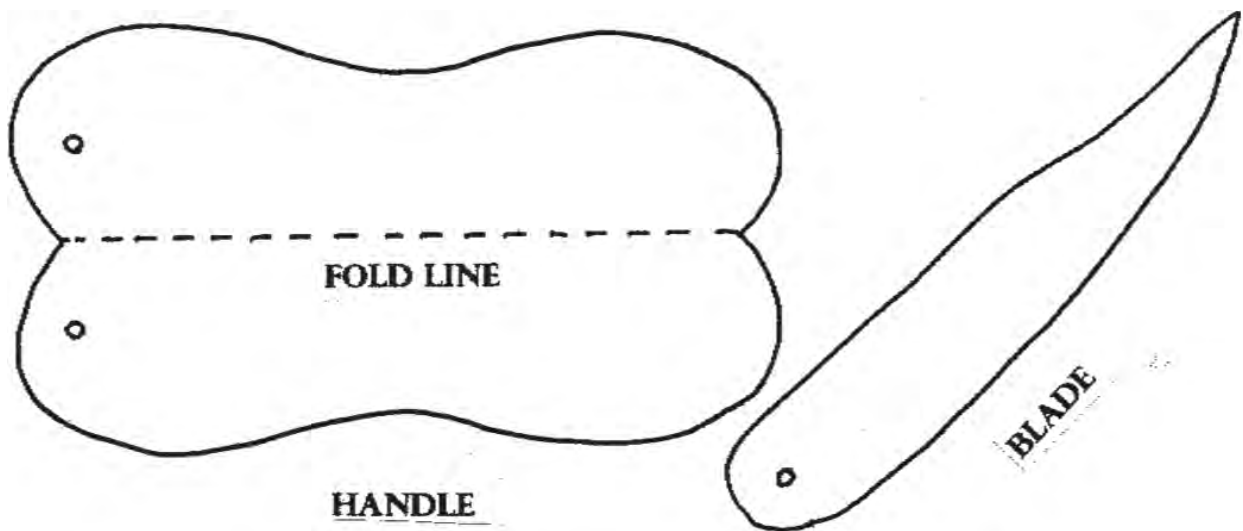
DON'T!

- DON'T carry an open knife.
- DON'T hammer with a knife.
- DON'T run blade into ground.
- DON'T push knife blade shut with thumb
- DON'T use knife for a screwdriver.

Paper Knife

Proper use of jackknives may be explained, but until the unit tries it first hand, they might not understand. This activity gives the unit a chance to try in a safe environment.

Trace the pattern below on CARDBOARD or sturdy paper. If plain paper is used cover it with contact paper to make the knife sturdier. Using a pair of SCISSORS cut the pattern out and fold the handle in half. Insert the blade into the handle so that the small circles lineup. Put a BRAD through the small circles. Now the knife may be opened, closed, and practiced with safely



Proper Care of Camp Tools

Hand Axe

After use, wash blade with water to remove sap or dirt. Carefully apply a small amount of lightweight oil to the blade with a cloth or paper towel. Wipe off excess oil and sheath the blade for storage.

Rakes, Hoes and Shovels

When finished rinse tool to remove dirt or ashes. Allow drying and then apply a coat of lightweight oil to prevent rust. Wipe off excess oil and store.

Saws

Rinse or wipe off dirt or sawdust off blade and handle. Apply lightweight oil to blade. Carefully wipe off excess oil and store. If blade is dull, tag for Camp Ranger to replace.

How to Properly Use an Axe/Hatchet

Create a safety circle around the person using the axe. Be sure no branches or obstacles are overhead, to the side, or in front of the person using the axe. Remember to take into account the arc created by the axe swing.

Hand Axe

Grasp the end of the handle firmly, as if shaking the hand of the axe. Stand and hold the axe so that if the axe slips or misses, it will not strike your leg or any other part of your body. Raise the

axe with the arm and wrist so the weight of the head will bring it down in place. Use sharp, firm blows and take your time.

Two Handed Axe

Hold the right hand with palm under handle at the head and left hand overhand as if shaking the end of handle. (If the camper is left-handed reverse the hold.) Stand with weight even and feet apart facing the log far enough away to stretch arms out. Take a good back swing for momentum and swing downward, sliding the right hand back to join the left-hand as the axe bites into the wood. To chop again, slide right hand back into top position. Repeat. Practice and learn to swing rhythmically.



How to Carry

When carrying an unsheathed axe, turn the blade down and grasp the handle close to the head.

How to Pass

When passing an axe to someone else, the handle should go first.

Sharpening Hand Hatchet

Hold the head of the hatchet. Using the coarse side of the whetstone place the blade flat against the stone and move it in a circular motion. Sharpen both sides of the blade. Repeat directions with fine side of whetstone.

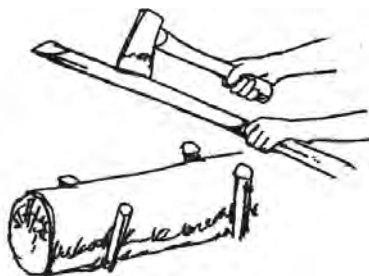
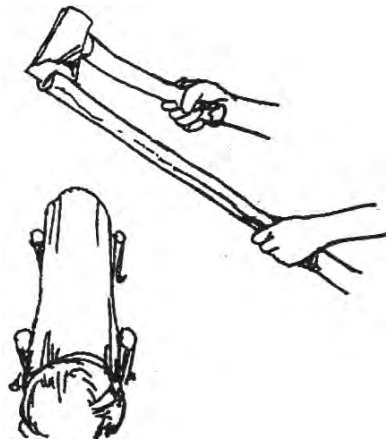


The Contact Method

An axe or hatchet, saw, and knife are the most common tools used to gather and prepare wood for camp use. These all can be dangerous tools when improperly used.

Hatchet or Axe. The safest way to cut or split wood with a hatchet is the contact method. Before starting to cut or split, get a chopping block. This can be any solid piece of wood -- a tree stump or the thickest piece of downed wood you can find.

When using the contact method, keep the sharp bit of the tool in contact with the wood throughout each stroke, bringing both of them down against the chopping block.

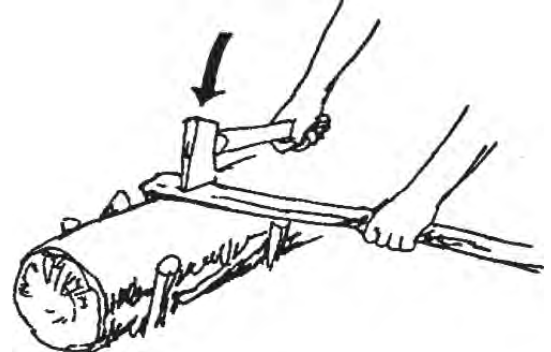
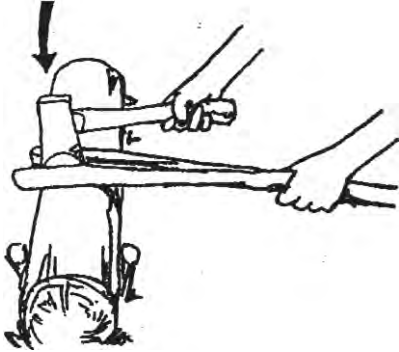


In splitting, put the bit parallel to the grain and at the end of the stick, in a crack if there is one. Lift the stick and ax together.

Bring the stick and ax down on the chopping block together. Just as they hit, twist the ax slightly. This will tend to break the wood pieces apart.

For chopping a stick by this method, set the ax bit on about a 45 degree angle to the stick. Raise the stick and the ax together then bring them down onto the chopping block still together. A stick should cut through in one cut; a branch may take more depending on its thickness.

The ax, as differentiated from a hatchet, is used to lop or limb down trees, and to cut larger pieces into chunks for splitting.



Handicrafts– Soap Carving

Soap carving is an easy & fun handicraft for kids about age 4 and up. Added bonus? Bars of soap are very cheap and clean up is a breeze. It is soap, after all.

Plastic carving tools are best for younger children, but older kids should be able to use a traditional set of wood carving tools. Soap carving is a great introduction to wood carving, which is more difficult and can be more dangerous for little ones.

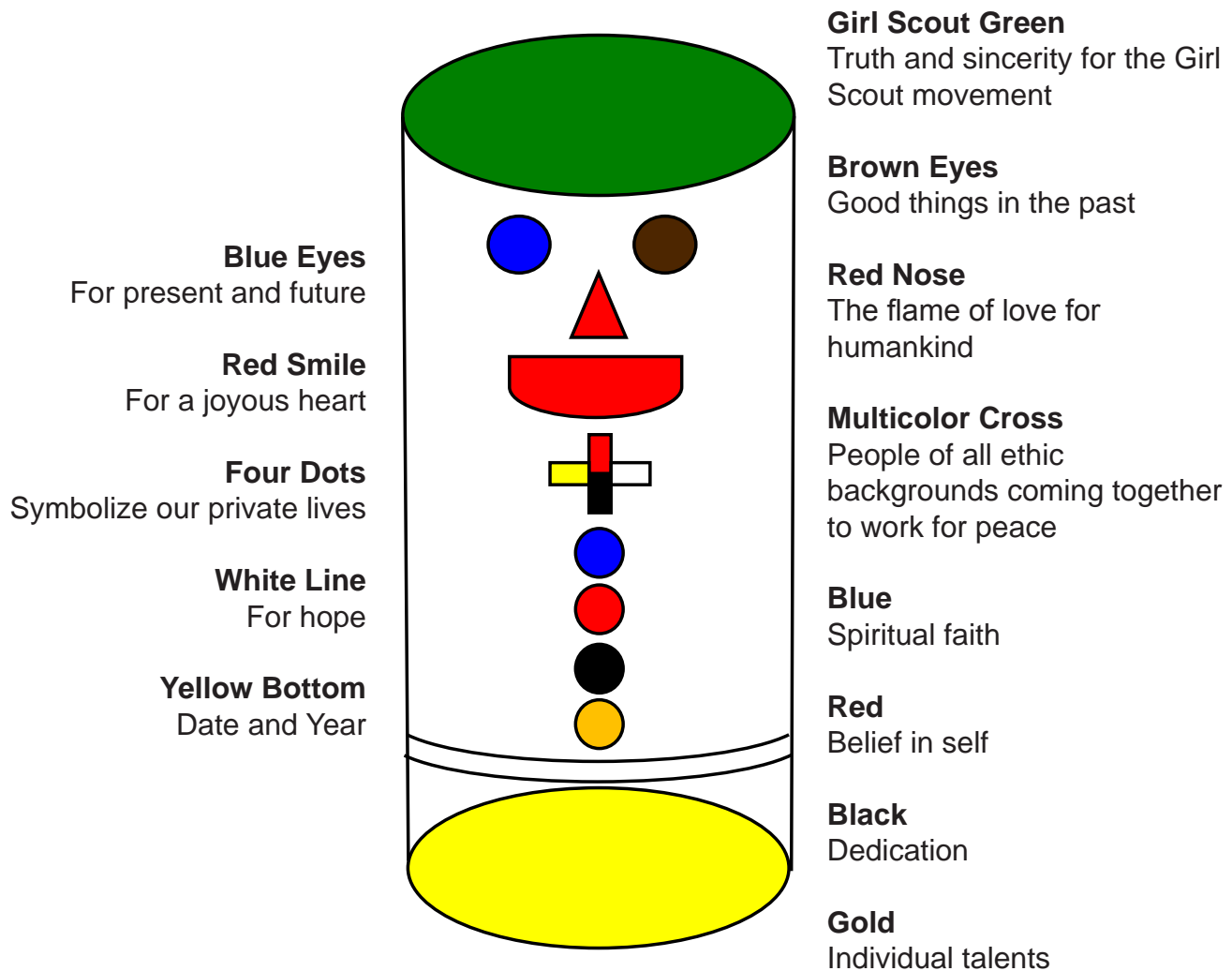
What you need:

- Bars of Ivory Soap (any soap will do, but Ivory is the most common)
- Plastic or traditional carving tools
- A pattern or your imagination



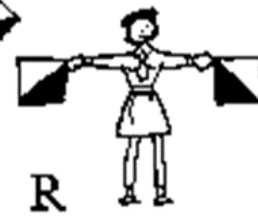
You can print out and trace patterns or pictures onto your bar of soap before beginning. Great for a beginning carver!

The Friendship Stick



The Friendship Stick symbolizes deep friendship and understanding. The stick may be made out of green wood as a symbol of living friendship or any other material that is available (tongue depressors, Popsicle sticks, etc). Campers may use paint, crayons or markers to add symbolic color. There are many variations on this theme. When campers are finished designing their friendship stick, they may share it with a friend, or put a hole in the top to hang from a cord or wear as a necklace.

Semaphore



If you make a mistake,
signal E eight times

Games, Skits, Songs, and Other Resources



Choosing Games and Other Pointers

Games should be fun. There are several types of games that may be played outdoors. Remember that you, should be interested, enthusiastic and prepared. Excitement is contagious and the girls will want to play if they see your behavior/action.

Choosing Games

- Be sure the games you select are right for the age, experience, and physical condition of the campers.
- Start with familiar games that are quickly learned, then move on to more complex games.
- Avoid games that offend other people's beliefs or customs.
- Avoid games that waste food or other resources.
- Provide opportunities for girls to participate in a variety of games. Examples include get-acquainted and nature games. Additional types of games include:
 - » Quiet Games: Guessing and mystery games designed to stimulate imagination and give the girls time to rest.
 - » Active Games: Tag and chasing games. These games give girls time to let off steam, exercise, and build confidence.
 - » Singing and Rhythmic Games: These games may be quiet or rowdy. They provide opportunities to build coordination and rhythm.
 - » Open-Country Games: They allow for exploration and challenge. Often girls will work together to accomplish a given task. Examples: treasure hunts, tracking games, or wide games where groups complete activities as they rotate between stations.

Getting Ready

- Be interested and enthusiastic about the game yourself.
- Know the game well before attempting to teach it.
- Identify the safety hazards, anticipate the difficulties, and adapt the game to the group and situation.
- Devise a method for organizing teams or formations quickly. (See Games for Girl Scouts.)
- Know your playing area. Make sure to have a safe area and easily recognized boundaries.
- Have the equipment together beforehand.

Get Set, Go!

- When starting a game, gather the group together so they can see and hear you well.
- Give the name of the game and some interesting facts about it to help motivate interest.
- Explain the game briefly, giving the basic rules. If needed, demonstrate the game with a small group of campers.

- Ask for questions before you start to play.
- Decide on a starting signal, such as “Ready, set, (pause) go!”
- If you decide to change rules during the game, try only one change at a time. Allow the group to help suggest rules as well. You might say to the group, “Let’s try playing the game this way.”
- Stop the game when the enthusiasm is still high. Don’t let it drag on.

Games to Learn the Girl Scout Law and Girl Scout Promise

Hand Motions

Invent and perform different hand motions for each line of the promise. For example, hold your hands in front of you, palms up, when you recite the word “on my honor” or point toward the sky when you say “to serve God.” You could also have the girls help you decide which hand motions to use.

Promise Relay

Create strips of paper with one line from the promise on each strip. Create two sets and drop each set into separate boxes. Split the troop into two teams and provide one box of paper strips to each. Have girls take turns drawing a slip of paper from their box and attempt to position lines in order. The team who completes their Promise correctly in the fastest time wins.

Promise Charades

Write each line of the Promise on individual sheets of paper. Split the troop into two groups. Tape one piece of paper on the backs of each person in one group. Partner girls from the two groups together. Have the girls without papers on their backs use hand and body movements to try to get their partners to figure out which lines are on their papers.

Promise Flash Cards

Write a line of the Promise on individual flash cards. Position the flash cards around the floor. Ask various questions to the girls about how they feel about the different parts of the Promise. For example, ask “Which line do you think is the easiest to follow?” and have the girls stand behind the flash card that matches their answer. You can open up a discussion about the why the girls answer the way they do.

Get Acquainted Games

Choo-Choo

A name game where girls stand in a circle with the leader in the middle. Leader says, “Hello! My name is (leader’s name) and I would like you to join the Girl Scout Train!” Leader then choo-choos around the circle and stops in front of one girl and says, “What is your name?” Girl says

name. Leader replies, "Hello (girl's name)! Join the train!" Girl puts hands on the hips of leader, the two choo-choo to another girl. Repeat sequence until everyone is part of the name train.

Insect Tag

The leader selects insects that make noise, such as bees (buzz), crickets (crick), or mosquitoes (nnn). Then the leader whispers to each girl what insect they are. There should be two of each insect. The girls then close their eyes, make their noise, and try and find their mate.

Yes or No

Give each girl 10 peanuts or beans. The girls will then ask each other questions about the things they are most interested in. Each girl tries to make their opponent answer "yes" or "no." If a player answers with either answer (yes or no) a bean is given to the inquirer. At the end of the game the girl with the most beans wins.

Bingo

Give each girl a sheet of paper with empty BINGO spaces drawn on it. Have the girls fill the spaces with names of people in their group. When all the papers are filled the leader begins by calling a name. When a name is called that girl stands up and everyone who has her name crosses it off. Then the girl calls a name. The game continues until someone gets a BINGO.

Name Circle

Have the girls stand in a circle and learn the name of the girls on both sides them. The leader begins by standing in the middle. The leader then points to a girl and says, "left" or "right" and counts to 10. The girl must call out the name of the person to the correct side, before the leader stops counting or they are "it." Have the girls change places, but be sure to give them a moment to learn the new names. Add a extra challenge: Use the words BING and BOOM to mean left and right.

Ball Toss

Balls are tossed from individual to individual. As girls receive the ball they introduce themselves and pass the ball to another person who hasn't received the ball. As the group gets the knack of the activity, add more balls or challenge them to add speed. Teach the girls to work together. Time the group and challenge them to better their group time. If the ball drops the entire group must begin again.

Who Am I?

Place on the back of each player, a piece of paper bearing the name of an animal, tree or flower, etc. Each player must then guess who or what she is by asking questions that can be answered by yes or no from her companions. When she has guessed her identity, she may pin the paper on the front.

Human Machine

Introduce this activity by asking the group to suggest the kinds of parts that might work together to make a machine run smoothly: gear, lever, pulley, crank, anything they can think of. Each person will act as a part in a Group Machine. Ask each person to choose a repetitive movement and a sound they might make. Choose one person to begin the machine. This person stands in the center, begins moving, and makes her sound. One by one each member of the group finds a way to become attached to the machine while performing their motion and sound. The goal is a machine in which all the parts fit somewhere and function harmoniously with at least one other part.

Last Detail

Time: 10-20 minutes

Age Group: 6 and up

Group Size: 2 to 30

Ask each person to find one partner and stand facing that partner. Tell everyone to look over their partner very carefully for about one minute, paying attention to the details of their appearance. Next ask each partner to stand with their back to their partner, a couple of feet away from each other. Tell everyone to change three things about their physical appearance, providing suggestions such as these: roll sock down, untie shoe, untuck shirt, mess up hair, etc. When everyone is ready, have everyone turn around to face their partner, then take turns guessing the changes. Once everyone has done this once, ask them to find a new partner and do the same thing again, this time making it four changes in appearance. Continue indefinitely!

Stand Up

Facility: Open space

Time: 10-15 minutes

Safety: Players should avoid pulling each other up

Age Group: 6 and up

Group Size: 2 to 20

Start with each person finding a partner. Each pair stands back-to-back and links elbows. Ask each pair to slowly sit down without changing position. Their backs should be supporting each other. Once they are sitting down, their legs should be bent and their feet should be flat on the ground. Once they have mastered this, ask each pair to try to stand up. It is helpful to have them push against each other's backs. Have each pair practice this a few times. Once everyone can do this, have each pair join up with another pair and try it in a group of four. Continue combining groups until it becomes impossible or the whole group has done it together. Help the group to understand how working together cooperatively adds to the group's success more than any one individual's ability.

Reporter

Facility: Open sitting space

Time: 15-30 minutes

Age Group: 7 and up

Group Size: 5 to 20

One person is chosen to stand in front of the group as the reporter. Once person is chosen as a timer. The group has one to three minutes to ask appropriate questions of the reporter in order to get to know that person. The reporter calls on people with hands raised to ask questions. Questions might include things like: What time do you go to bed? What is your middle name? How old are you? What do you want to be when you grow up? etc. The reporter (person being questioned) may say "edit" to any question he/she does not want to answer. When the time is up, the timer yells "Stop the press!" The reporter is now finished and chooses someone to be the next reporter. Be sure to warn participants to ask appropriate questions. The leader can model appropriate questions by being the first to raise a hand.

Quiet & Sitting Games

Storytelling Game

Sit in a circle. Have some object which can be thrown easily from one to another. One person begins telling a story. After one or two sentences, she quickly tosses the object chosen to someone else who must continue the story.

Wake Up!

You will need a wind-up timer. Arrange the group in a circle, facing inward. Set the timer. The girls must pass the timer around the circle while the time ticks off. When the time is out the girl with the timer is out. The last one in the circle is the winner.

Subconscious Observation

Have a display of ten or fifteen objects such as rocks, leaves, bark, etc. on a table in the center of the unit. Some- time during the session, cover the table and have each patrol or group list the objects from memory. The patrol listing the most objects wins.

Data Processing

Facility: Open Space

Age Group: 6 and up

Time: 10-20 minutes

Group size: 5 to 20

Ask the group to line up side by side. The leader gives the group a task as to how they are to line up next. Examples include: birthdays by month and day, height, grade, age, names alphabetically, etc. Be sure instructions are very clear. To make the task more difficult, add special stipulations such as no talking, eyes closed, no stepping out of line, etc. Be sure to adjust the difficulty to the ability of the group. Start with simple tasks and move up to more difficult ones.

Touch Recognition

Collect a variety of objects such as various seeds, leaves, fruit, feathers, shells, vegetables or soils. Blindfold one or more players and give each of them 30 seconds to feel each object and identify it.

Coca-Cola

Time: 10-15 minutes

Group size: 8-15

Age Group: 7 and up

The purpose is to work together on listening skills by saying "coca cola" in various stages.

Participants sit in a circle facing inward. The leader starts the game by saying "co." The next person says "ca." the next person says "coca." The next says "co", the next says "la" and the next says "cola." The next says "coca" and the next says "cola." The next says "coca cola." The game then continues from the start.

Mirrors

The group sits in a circle; one person leaves the room or the area; one from the circle is chosen as leader. The leader chooses a motion, e.g., clapping hands, and the rest of the group follows; the leader will change the motion and the rest of the group will follow. The original person comes back to the group and tries to find the leader.

Stake a Claim

This is a quiet game. In a quiet game you use your eyes or ears more than your legs. Each girl has a partner and a piece of rope or string 4 feet long. Join the ends of the string together with a square knot. Stake a claim by putting the rope circle on the ground anywhere you like. Then look carefully at everything inside your circle. How many different things can you discover? You do not have to know their names. The team that finds the most things in its claim wins. The fun of this game is in discovering things. You will be surprised at how many things are happening on that little bit of ground.

Games for a Rainy Day

Recreational needs of girls are the same whether rainy or sunny. They need activity and physical exercise. Good humor must be used on wet rainy days. Create a warm and playful atmosphere. Game suggestions include:

- Storytelling
- Creative dramatics or skits to share with other units
- Puppet show (Make your own puppets)
- Create costumes from newspaper and have a fashion show
- Folk dancing
- Badge sit-down requirements
- Crafts
- Camp knot or lashing skill builders
- Jug Band (Fill bottle with varying amounts of water and play a tune.)
- Rhythms band. (Make your own instruments using coffee cans, etc.)
- Write a song (See "The Twelve Days of Camp" -- this was written by Girl Scouts from Trailways Council during a campout).
- Have an indoor track meet. Events could include: Shot Put (blown up paper bags), High Jump (Stand and jump directly into air), Javelin Throw (use drinking straws), Standing Broad Grin (measure width of smiles), Whistle Event (longest whistle in one breath), and Kleenex Relay (blow Kleenex across the floor). Be creative!

The 12 Days of Camp

- On the (first, etc) day of Day Camp
- Day Camp gave to me: A soggy nosebag lunch
- 2 New Latrines
- 3 Brownie Bites
- 4 Magic Tricks
- 5 Brand New Friends
- 6 Trails to Hike
- 7 New Knots
- 8 Jugs of Kool-Aid
- 9 Logs to Burn
- 10 Mosquito Bites
- 11 Heavy Tables
- 12 New songs

Graffiti:

In each room, or some public location, have each girl make a poster with her name on it and some symbols that represent herself. Invite all girls to write positive comments on the posters whenever they notice something special about that individual. This is a fairly risky activity, be prepared to handle the situation if negative comments should appear. Asking girls to sign their comments will help.

A variation of this activity is to hang blank sheets of newsprint and allow any comments about

the program experience. This may provide a space for general or personal messages, provide information about causes for celebration or congratulations as well as allowing the airing of grievances which may be brought to a conflict-resolving session.

Active Games

Emotional Relay

Facility: Open space

Time: 10 minutes

Age Group: 6 and up

Group Size: 12 to 30

Divide the group into 3 or more equal teams. Ask them to line up with their teams at one end of the playing area. Along one side of the area, use three cones to mark three stopping places. Explain to the players that one at a time, a player from each team will run to the first stopping place and act out happiness, then run to the second stopping place and act out sadness, then run to the third stopping place and act out craziness. Each emotion will be acted out for five seconds and one leader should count to five as players act. Once players have done all three emotions, they run back to their team, stage the next person in line, and that person starts acting. The winning team is the one that makes it through everyone first. Often all teams will finish very close to the same time. Different emotions can be used.

Band-aid Tag

Facility: Open space

Age Group: 5 and up

Time: 10-20 minutes

Group Size: 8 to 30

In this tag game everyone is "it." When the leader says go, everyone begins tagging whoever they choose. Once tagged, a player must put a band-aid on the spot. The band-aids are each individual's hands. Each individual can be tagged twice. On the third time, they must move to the side and sit down until game is finished. The game goes on until one person is left. Indicate clear boundaries. When most players are out, have them stand on the boundaries and slowly move in, to enclose the remaining players. Remind players that they can only tag with their hands and elbows, not their feet or legs.

Blob Tag

Choose a camper to be "it" (or the blob). Whoever is tagged becomes part of the "blob" by holding hands. The free handed people at both ends are allowed to tag until the entire group becomes part of the blob.

Beach Ball Relay

Divide the group into two teams and have each team line up behind the starting line with their ball. Establish starting and turn around points and a start signal. When the signal is given, one player from each team puts the ball between their knees, runs to the turn around point, and hands the ball to the next person in line. Each player repeats the procedure. The first team to finish wins. If a girl drops the ball during her turn, she must go back to the beginning and start again.

Hare & Hounds

This game is best played in a wide area with lots of places to hide. You might want to limit the playing space by drawing up some boundaries. Choose a team of kids to be the hares, and a team to be hounds. Hares get a roll of toilet paper and a two minute head start. They lay a trail by securing pieces of paper to trees, under rocks, etc. Each paper should be within seeing distance of the last. Trickiness is allowed. Hounds track hares by collecting paper clues. The object is for the hares to make it back to the starting place without being seen. Don't forget to gather up all the paper clues before starting the next game.

Partner Tag

Campers should select a partner and stand with their arms hooked with their elbows out and hands on hip. Two players are free to run. One is designated as "it" and the other tries to avoid being tagged. The chased player may gain safety by hooking to a free elbow. When this occurs the partner of the player who was hooked onto is no longer safe and must run or be tagged. If tagged, the player becomes "it," or they may hook to another group of partners.

"Open-Country" Games

Capture The Flag

Divide the group into two groups. Mark off boundaries. Divide the marked-off area into equal halves setting up each side's territory. Territories should include trees and bushes. Each team hides their flag on their territory and assigns a guard to watch it. Each territory should mark off their jail as well. The object of the game is to capture the other teams flag and carry it to their own territory. The game begins with each team on their own side. Raids are organized to cross territory boundary lines to capture the "other" flag. If a girl is tagged while in the other teams territory they go to jail. Jailbirds may be rescued by their own teammate's friendly tag. Teammate must have made it safely into the other team's territory to rescue teammates. A single teammate may free entire groups if they are all holding hands.

Alphabet Scavenger Hunt

Each girl makes a list of the alphabet vertically on a sheet of paper. Staying in a designated area, they find items which begin with each letter of the alphabet and write it down. Leave the items where they are.

Sardines

Divide the group into partners, and choose one pair to be fugitives. The fugitives are given two minutes in which to hide. The other partners try to find them. When partners find the fugitives, they join them in their hiding place. This continues until all partners have found the fugitives. The first partners to find the fugitives become the fugitives for the next time.

Scavenger Hunt

Hand each girl a copy of a list of various objects. The list depends on the location of the camp. Try

using objects around a theme. Each team receives a list of objects to collect within a specified time, usually about 30 minutes. Area of search is confined to the vicinity of the unit place. When the teams return, the game leader reads the list aloud and each team displays its objects. The team with the largest number of correct objects wins.

Sneak

Choose one girl to be a “pointer” and set that person 20-30 yards away from the rest of the group. This person should then close their eyes. They line-up the group in a horizontal line facing the “pointer.” Tell them the object is to sneak up and touch the designated “pointer” without them hearing the group approaching. Elimination comes about when the designated “pointer” points in the direction of a noise she hears. A person in line of this pointing is out and must quietly move back to the starting line and wait for the end of that game. Obviously, since the pointer has her eyes closed, there is need for someone to judge who is eliminated, and who is not. Usually an adult fills this role. With a large group this game must be more tightly controlled. For example, allow the group to move toward the “pointer” only on the command “GO” and be allowed to move until a leader points towards a sound, at which time the command “STOP” is given. Furthermore, there is no running. The emphasis is upon who is quietest, not quickest. When one person finally taps the “pointer”, that person becomes the pointer and a new game begins. This game is a good way of sharpening one’s hearing.

Wide Game

The purpose of a wide game is to have fun while learning. A wide game is played by teams following a trail with stops at stations to try new activities. The event should be held in a meeting place with one area large enough for everyone to gather and several smaller areas for activities.

15 mins. **OPENING** A flag ceremony with a World Flag (if possible). Sing an opening song. Describe the wide game to the girls and arrange them in their teams to begin visiting each station. (ex: pink circles to Station I, yellow squares to Station II, etc. Tell leaders beforehand which direction the girls will move.) Ring a bell or blow a whistle every 15 minutes for teams to change stations.

90 mins **STATIONS** Ask each group’s leader(s) to prepare one “Be a Partner With the World-Sangam” requirement to present to the girls in fifteen minutes. Encourage hands-on activities, instead of lectures.

10 mins. With the girls still in their last station, discuss how their last activity helped them increase their knowledge of global understanding. Help print their answers clearly on 8-1/2” x 11” paper.

20 mins. **CLOSING** Everyone gathers again. Sing a closing song (suggestion: When E’er You Make a Promise). Ask each team to tell how their last activity helped Juliette Low’s dream. (Put their answers on a poster for the display.)

Sample Stations: Total 90 minutes

(The girls work best in groups of about 10-12. If your group is larger than 75, form more teams and add more stations.)

Station I: Sangam

Take the girls on a “flight” to India to visit Sangam. Show them pictures and tell them all about the sights of India. Have girls cut pictures out of magazines to make a collage on life in India.

Station II: India

Have a poster board ready for each team, and lots of brochures ready to cut and paste. Have the girls make a display to show after the Wide Game.

Station III: Games

Play a game from India.

Station IV: Folk Tales

Have girls read and learn about an Indian Folk Tale. If there is time, have the girls act it out.

Station V: Food

Serve various snacks originating from India. Have each group prepare a dish ahead of time or have girls make Cucumber Raita.

Station VI: Language

Learn some phrases in Hindi.

Skits and Drama

Bag Of Tricks

Assemble a box of goodies that consists of hats, scarves, gloves, shoes... anything, and let the groups prepare a short play based on these props.

Machines

One person starts moving a body part. The rest of the group adds on until they have built a machine. Name it and add sounds. Identifying what kind of machine has been built.

Paper Bag Dramatics

Put a few different items into a bag; groups of 4 or 5 choose a bag and then get 5 minutes to prepare a skit using items in the bag. All groups watch the others put on the skits.

Play Situations

- In small groups, act out the following situations:
- Bus stop on a crowded downtown corner
- Babies before birth
- Telephone with important call
- Waiting in line for the bathroom, teenage sister inside
- People stuck in an elevator
- Family gathering in the kitchen
- Someone found something
- Kids take over the babysitter
- Child seeing first shooting star
- Children watching early morning cartoons
- Dog stuck in bathroom of an airplane
- Children looking for pair of shoes
- Group sleeping out in tents
- A bus trip by first graders to anywhere
- Family trip to Grandma's house.
- Grandma's attic
- Kids building a clubhouse
- Bunch of boys at first cooking session.

Songs

When choosing songs know the group that you will be working with and begin with simple songs or songs that the girls already know. Examples include: short rounds, songs with humor or those that include repetition. Be prepared and know the song's words and melody. Practice and use note cards. Know something of the history of the song so you can share it with the girls. Song books and tapes are available at the service center library.

Leading Songs

- Be enthusiastic.
- Introduce the song by discussing its history.
- Sing the song through for the group.
- Teach the song phrase by phrase and repeat once or twice.
- Sing the song all together and not loudly unless appropriate.
- Use simple hand motions to keep the tempo.

Other Points

- Give the starting note. Hum the melody or use a musical instrument. If you get it wrong, stop and start over. Avoid pitching too high or too low for girls.
- Make sure that girls follow your hand motions. Let them know that hand motions are used to keep the group together in the right tempo, and the motions will help them know where you are in the song.
- Choose a variety of songs. Do songs that are fast and slow, songs that include hand motions, and songs that lend themselves to simple harmony, as well as funny songs.

What You Need To Know About Copyright And Songs

Most songs have a writer and a publisher who have the copyright to them. Most of the songs listed in the songbooks are there because special arrangements were made with the publisher or because they are now in the "public domain."

You can put together a collection of your favorite songs in a personal notebook, but you cannot publish it for others or make a tape of songs to sell without asking the owner for permission.

If the songs are copyrighted, you must also have special permission to make song sheets with music and/or words to pass out at events. You can sing songs around the campfire or in meetings without getting a publisher's permission, but you cannot sing copyrighted songs in a program and charge admission without permission. This applies to everyone—girls, leaders, troops, councils, camp staff, and so on.

Program Resource Kits

Program Resource Kits have undergone a major makeover to include the new badge materials and Journeys! Each kit is now available in both the Corporate Service Center in Glen Carbon and the Regional Service Center in Mt. Vernon.

Listed below are the Program Resource Kits available for Check Out. Troops or individual girls can check out the resource kits to help complete a badge, as a rainy day activity when at camp, or as a service project to work with a younger troop or school group. If needed, kits can be aligned to State Standards.

Kits include almost everything you need to conduct the program – there are a few items that you will need to provide for your troop, and they are listed on the front page of each kit guide. Although some kits are created with one age level in mind, if your troop is interested in a subject that is in another age level, go ahead and check it out – the girls will still have a lot of fun!

How to check out a kit:

It is strongly recommended that you call or e-mail Mary Buchanan, Program Manager STEM to see if the kit you would like is available. If possible, the kits can be delivered to you in a service unit meeting. Kits require a \$20 deposit and a \$5 fee. The deposit is refunded upon kit return and return of the pre and post evaluations (included in kit). Simply fill out the kit reservation form and send it or bring it in with your deposit and fee (separate checks). Kits are available for two-week checkout windows. Checkout time can be extended with notice.

Fun for Daisies:

- Scientist in a Box – contains activities from Rainbow Colors and Sticky and Icky
- Animals! – contains activities from Busy Bee and includes activities modeled to fit with the *3 Cheers for Animals* journey.

Fun for Brownies:

- Senses – includes both the Try It requirements and the badge requirements
- Scientist in a box – includes activities from the Science in Action and Science Wonders kits, plus includes water science to tie in with the *WOW* Journey and activities to earn the Home Scientist badge
- Get Moving! – includes activities from the Letterboxer, and Hiker badges.

Fun for Juniors:

- Green for Girl Scouts – great *Get Moving* activity complement!
- Scientist in a Box – contains the Matter activities and Rocks Rock badge activities plus activities to help Girl Scout Juniors try some science fair worthy experiments!
- Geocacher – includes everything you need for a geocaching adventure – stamps, cache containers, prizes, notepads and pencils. The GPS units are available separately and an adult from your troop has to be trained before checkout.

Fun for Cadettes:

- Trees – everything you need to earn the Trees badge from the *Girl's Guide to Girl Scouting!* Also includes activities to complement the *Breathe* Journey!

- Babysitter Backpack – Trying your hand at the Babysitter badge or need some extra activities to supplement your bag of babysitting tricks? This kit is intended for individual girl check out and does not require a fee or deposit.

For Multi-Level Troops or any Girl Scout level:

- Aloha Kit – use this kit to earn your Aloha patch from Girl Scouts of Hawaii!
- The Bug Box! – Brownies earn the Bug badge with these activities, but they are fun and exciting for Daisies and Juniors as well.
- Build Up kit – Try your hand at civil engineering!
- African American History Kit – Appropriate for Brownies through Ambassadors, with activities that can complement Brownie *World of Girls* Journey, the Junior *aMUSE* journey, or *Mission: Sisterhood* for Seniors. Celebrate African American culture with your troop!
- Friendship Kit – Appropriate for Brownies through Ambassadors, this kit features activities that complement the Brownie *World of Girls* Journey, the Junior *aMUSE* journey or *Mission: Sisterhood* journey for Seniors. This kit is also well used at Thinking Day booths and events, and can be used when your troop is working on the Global Action Award or the World Thinking Day Award.
- The Night Hike Kit – Earn GSSI’s awesome glow-in-the dark Night Hike patch using the activities in this kit, or work on your Night Owl badge OR just have a great time at camp!
- The Space Kit – use the activities in this kit to explain space and astronomy concepts to Girl Scout Brownies through Ambassadors! Perfect companion to a Night Owl badge program or the Sky Badge, or use the activities in station format with a telescope or Sky Scout viewing night. (Sky Scouts and telescopes are available for check out separately to a trained adult.)
- Tea Time – the perfect kit for hosting a tea party with your troop to complement one of the “cooking badges”!

Don’t forget:

With training (available upon request from the Program Department), SkyScouts (GPS driven hand held astronomy helper), and GPS units (Garmin eTrex) from GSSI Service Centers. For more information on training and equipment use, please contact Emily Stanley, STEM Program Manager, estanley@gsofsi.org

Ceremonies



Flag Ceremonies

These are part of any program that honors the American flag, the symbol representing our country. Girl Scouts use the civilian salute made by placing the right hand over the heart while standing at attention.

Unfolding the Flag

The color bearer walks to her right and hands the flag to the guard on the right. The members of the guard begin to unfold the flag; one fold at a time, until they meet the second couple who complete the unfolding. The blue field always in the upper right hand corner nearest to the flagpole.

Meanwhile, the American flag bearer is busy untying the halyards and getting ready for the raising.

When ready, the guards move to the flagpole where the bearer fastens the uppermost hook in the blue field and the lower hook in the lower corner. The flag of the U.S.A. is raised first. The color-bearer raises the flag briskly while the guards make sure that the flag floats free. When the flag is out of reach, the guards resume their original positions. The color bearer fastens the halyards and returns to their position as when approaching the flagpole. They remain silent and at attention throughout the remainder of the program.

Handling the American Flag

- The flag should be hoisted briskly and lowered slowly with dignity.
- The flag should never be allowed to touch anything beneath it, nor should it ever be carried flat or horizontally -- always aloft and free.
- Never use the flag as a cover or place anything on top of it.
- No disrespect of any kind should be shown to the flag of the United States. It should be kept clean.
- The flag, when carried in a procession with other flags, should be either on the marching right or, if there is a line of other flags, in front of the center of that line.

Flag Ceremony in the Outdoors

Practice raising the flag several times before doing this in front of a group.

Formation

Observers should gather around the flagpole in a horseshoe formation and stand silently at attention as the color guard advances. The caller, who verbally commands the color guard, should stand at one end of this formation.

Red Sashes

Red sashes (if worn by the color bearer) go over the right shoulder and are tied with a square

knot under the left arm. The color guard wears the red sashes tied around the waist and tied in a square knot on the left side.

The Color Guard

The color guard consists of the color bearer, who holds the flag, and two, four or more guards, depending on the size of the flag and the number of people needed to handle and fold it. After everyone has assembled, the caller says:

“Color Guard, advance.”

The color guard moves forward until it stands at the foot of the flagpole. The color bearer leads with the triangularly folded flag on her hands and forearms. (The long side of the triangle is towards her body and the broadest point of the triangle leads.) The guards follow in pairs behind her.

The Ceremony

The most important part of the ceremony is the raising and lowering of the flag. Other features of the ceremony such as songs, the Pledge of Allegiance, or poems are recited or sung after the flag has been raised or before it is lowered. The color guard stands at attention during the ceremony. The color guard does not participate in the singing, speaking, or saluting since its part in the ceremony is the handling and guarding of the flag. While the flag is being raised and lowered, all present salute and stand quietly at attention throughout the ceremony. Silence is observed from the time the color guard begins to advance, until the color guard returns to its starting point after the ceremony.

Raising the Flag

When the flag is raised, the caller says: “Girl Scouts, attention.”

The, “Color Guard, attention. Color Guard, advance.”

When the color guard reaches the flagpole, the caller says: “Color Guard, post the colors.”

The color bearer then passes the flag to the first two color guards to hold while she takes the halyard of the flagpole and fastens the clips to the grommets of the flag. After both grommets have been fastened securely, the bearer quickly hoists the flag up to the top of the flagpole. If the flag does not unfurl by itself, the two front color guards may help unfold it. The halyard is secured to the flag pole by the color bearer.

Lowering the Flag

When the flag is to be lowered, the color guard advances as before and stands at attention at the base of the flagpole. The color guard remains at attention until the ceremony is over. The caller announces: “Color Guard, retire the colors.”

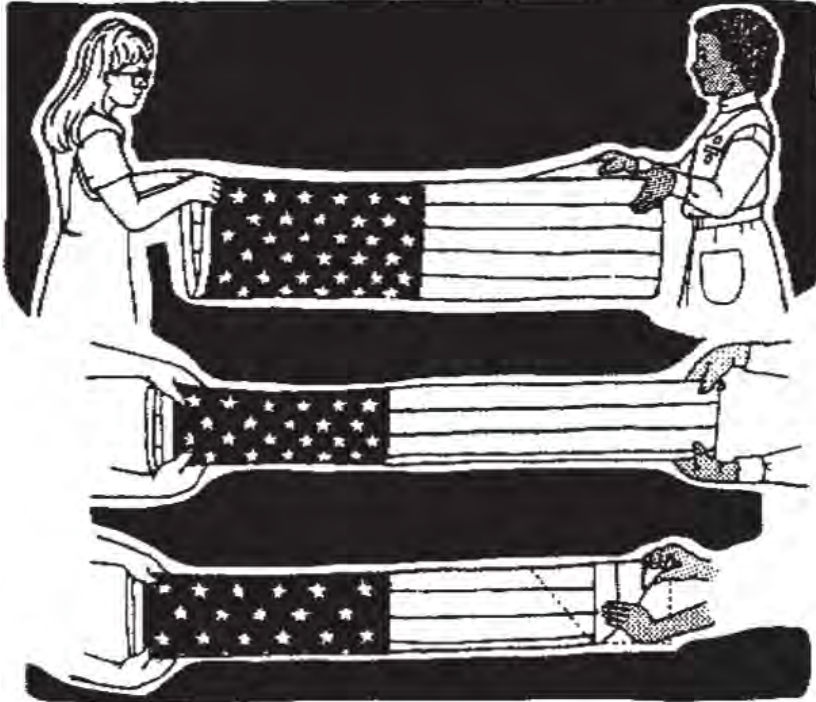
The bearer lowers the flag slowly, without stopping, until she can hold the bottom corner of the flag. The color guard step forward to catch the rest of the flag and prevent it from touching the ground.

The color guard holds the flag while the bearer unhooks the clips. The guard then takes the flag from the color bearer and folds it into its original triangular shape. The bearer fastens the halyard to the flagpole as the guards fold the flag.

During this entire procedure, Girls Scouts in the formation give a full salute as soon as the color bearer begins to lower the flag and hold it until the hooks have been removed from the flag.

Folding the Flag

Opened fully, the flag is held by the color guards, with the blue field nearest the flagpole. The flag is folded in half lengthwise-twice. The blue field should be on the outside fold. The two color guards farthest from the flagpole begin folding the flag into a triangle until the flag is completely folded. The first two color guards then present the folded flag to the bearer.



I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation, under God, indivisible with liberty and justice for all.

Dismissing the Color Guard

After the girls have lowered and folded the flag, the caller says:

“Color Guard, dismissed.”

The color guard, in pairs, line up shoulder to shoulder behind the color bearer. Each guard then turns to face her partner and takes a big step backwards creating an aisle for the color bearer to walk through. The bearer turns an about face, with the flag placed correctly in her hands, and walks down the aisle. The color guards fall in behind her in pairs. The caller then should say:

“Girl Scouts, dismissed.”

Caller Commands:

Lowering the Flag

- Girl Scouts, attention
- Color Guard, attention.
- Color Guard, advance.
- Color Guard, retire the colors.
- Girl Scouts, we will now sing Taps (optional)
- Color Guard, retreat.
- Color Guard, dismissed.
- Girl Scouts, dismissed.

Raising the Flag

- Girl Scouts, attention.
- Color Guard, attention.
- Color Guard, advance.
- Color Guard, post the colors.
- Girl Scouts, the flag of your country. We will now say the Pledge of Allegiance and the Girl Scout Promise.
- Color Guard, retreat.
- Color Guard, dismissed.
- Girl Scouts, dismissed.

Flag Etiquette

- Saluting the Flag
- A salute to the American flag is given when the flag is being raised or lowered, when it passes by, and when the Pledge of Allegiance is recited. Each Girl Scout, whether in uniform or not, salutes the flag by placing her right hand over her heart.
 - » Raising the Flag: In raising the flag, the salute is given from the moment the flag starts upward until the moment it arrives at the top.
 - » Lowering the Flag: In lowering the flag, from the moment the flag starts downward until the moment it is stopped at the bottom.
- When the National Anthem is played or sung and the flag is presented, everyone should stand and face the flag and salute.
- During a flag ceremony, participants should remove their hats or other head covering and they should not have anything in their hands.
- The Color Guard and Color Bearer do not participate in any singing, speaking, or saluting.
- The flag should be raised after sunrise and lowered before sunset unless there is a spotlight on the flag.
- In bad weather, the flag should not be displayed outdoors.
- The right side of the flag is considered the side of honor. If you were to hold the flag while facing the audience, your right side would be the flag's own right. And since honor is always afforded the American flag, it is the flag's own right that must be given prominence.
- When additional flags are displayed (not American), the American flag is always raised (or posted) first and lowered (or retired) last.
- When the flag becomes old and worn, it should be destroyed, preferably by burning.
- Check with Girl Scout staff for the proper procedure for burning the flag.
- Note: For more information on meanings behind the folding of the American flag, go to the Flag Ceremony section of the American Legion website at: <http://www.legion.org/flag/folding>.

Scouts' Own

A Scouts' Own is an inspirational ceremony. It is an opportunity for Girl Scouts to reaffirm their ideals. It embodies the Girl Scout Code, the Promise and Law, offers each individual inspiration and dignity. It does not take the place of church services.

Because it is the Girl Scouts' own program, it is planned and carried out by the girls with their leaders. A Scouts' Own is often unrehearsed; can take place anytime. The ceremony does not last long -- usually 15 to 20 minutes. The girls in charge may want to give a few brief instructions before the entire group walks to the selected site. The entire group should walk to and from the site in complete silence.

Since it is a program for all girls, it is held at a time when no other activities are scheduled that

will prevent a girl from participating. It can be held any time Girl Scouts gather.

How To Plan A Scouts' Own

1. Girls decide they want a serious, inspirational ceremony.
2. Decide on a theme. Themes for Scouts' Own programs grow out of poems, narratives, essays, current community events, or human experience.
3. Decide ways to carry out the theme: story, poem, talk, slides, songs, plays, pictures, speaking chorus.
4. Decide on the participation level by everyone in the group.
5. All participation is something that does not have to be rehearsed.
6. Participants should leave with a feeling of inspiration and determination to do better.

Evaluating A Scouts' Own

A group should ask itself these questions:

7. Did the mechanics of the ceremony run smoothly?
8. Were the surroundings conducive to peaceful delivery? Away from distractions.
9. Did all participants feel comfortable with the outline of the program?
10. Did they leave with determination to lead lives in the spirit of Girl Scouting as expressed by its Promise and Law?

A Progressive Scouts' Own

A Scouts' Own at camp may be merely a quiet stroll around the camp to enjoy the sunshine, the trees, or the lovely day. Groups may pause at favorite spots: the camp lodge, the lake, the brook or beach, a campfire circle, a woodland cathedral, hillside, or camp green. Short, dignified programs or thoughtful talks on a Girl Scout theme may be presented at each stop.

An International Scouts' Own

A program of songs from other countries may be given before a display of world flags or a map of the world. Girls may dress-up in accordance to the country's traditions, or learn a dance specific to the represented country. Girls may also speak on Girl Scouting and international friendship.

Progressive Scouts' Own Ceremony

(This ceremony may be adapted to any site.)

Girls gather in a circle and sing "America the Beautiful."

Two girls stand on each side of the trail. The group is led silently to fire ring. Just before circling the fire ring, they pick a small twig and lay the twig on the fire as they pass by the fire, making a wish to themselves for the camp. They then form a circle.

Poem: (Pre-assigned) "A Camp Girl's Wish"

I wish that all the girls on earth
Could live among the hills
And listen to the singing stars
The clouds, the rain, the hills

And hear the living songs of birds
The humming toil of bees
And have the friendly, dignified
Companionship of trees.

Repeat in Unison: Girl Scout Promise

I meant to earn a badge today
But a brown bird sang in a tall oak tree
And a butterfly fluttered over the field
And the falling leaves were calling to me

And the wind went sighing over the land
To sing the grasses to and fro
And a rainbow held out its shining hand
So what could I do, but laugh and go.

Group is led to a favorite spot where they pick a flower or branch of leaves, that has previously been placed there. Group is led silently back to the circle around the porch. Light bearer is standing there with a lighted candle in her hand.

Light Bearer:

God bless this lodge from thatch to floor
And they that enter at the door
Blessed let them be
God bless this lodge and at this door

Let every girl leave garlands gay
Though some are near and some are far
Yet somehow all are here today.

Everyone leaves their flower or leaf on the porch, goes inside the lodge and circles the fireplace. A girl is standing by the fireplace with a small bowl of coals from the fire, puts them in the fireplace.

Fire Bearer:

See how my hearth is quickened and warm
To comfort the traveler out of the storm
I will bring you dreams and save you from harm.

Feast Bearer: (She is standing by tables with a bowl of food or fruit.)

See how our table with food is spread
Apples and honey, grapes and bread.

Let us give thanks to God and pray,
That the whole world, through Thee, be fed.

Prayer:

To you, O Lord, we dedicate this lodge
And we dedicate the hours we spend in it to You.
Your blessing on our work and play, we ask
Lord, let us see the beauty of our common task. Amen.

Note:

This is an example of a progressive Scouts' Own. In preparing a progressive Scouts' Own, simply pick your own stations to visit, your own theme and participants and you will be prepared to proceed.

Ceremony Worksheet

Name of ceremony _____

Purpose or theme _____

Date of ceremony _____ Time _____

Place of ceremony _____

Length of ceremony _____

Who will attend? _____

How will the ceremony begin? _____

What sings, poems, quotations will be included? _____

What will the main section consist of? _____

What formations will be used in presenting the ceremony? _____

How will the ceremony end? _____

Who will do each part? _____

Who will record the ceremony for troop's archives? _____

What decorations or props are needed? _____

Who will bring the needed items?

Item:

Name:

Will refreshments be served? What will they be? Who will bring them? What quantity? Cost?

When will a rehearsal be scheduled for the ceremony? _____

SWAP

S	Special
W	What-cha-ma-call-its
A	Affectionately
P	Pinned
S	Somewhere

Definition of a "SWAP": Swaps are small "things" made to trade with Girl Scouts in fun and friendship. SWAPS may reflect Girl Scout items (such as beaver bags, bedrolls, & frying pan), Crafts (such as dough art and macramé), Topical items (such as Princesses and Ponies), or Camp themes (such as flowers, countries, bow and arrows and boats). You name it-its OK!

SWAPS are preferably handmade, but suit the craft to the child. A girl may tie yarn through a bead. A Brownie may

cut out a felt shape and add a sticker. Juniors may make pompom creatures with wiggly eyes. There can be lots of variety.

The History Compiled by Lynn Fobes, Girl Scouts of Beaver-Castle GSC

The origin of SWAPS is Native American. Potlatch is the ceremonial exchange of gifts practiced by Native Americans of Northwest Coastal tribes. The custom stems from the legend explaining why birds have colored feathers. As the story goes, two Indian girls plucked feathers of a magic bird and distributed the multi-colored plumage to the colorless birds living in the forest. From that time on, birds have had brightly colored feathers and those gifts were remembered at potlatch ceremonies.

Families were summoned to the potlatch by a messenger carrying a bundle of sticks representing the number of people to be invited. The ceremony included speeches, songs, dances, games, races, and refreshments. The host and members of his family were costumed and enacted legends about their heritage. The gift giving came last of all, just before the guests departed. Since potlatch gifts were symbols of the families status in the village, they were often quite elaborate, often being carved boxes, canoes, dishes, jewelry, mats and baskets. The potlatch ceremony was given to commemorate the births, deaths, marriages, or coming of age of members of the group.

The idea of SWAPS was started at the original National Roundup Conferences. At that time a SWAP was a little remembrance that one Scout gave another. SWAPS are handmade, thus the girl is giving a part of herself to show friendship. Swaps are exchanged at National Conventions, Council events, destinations, Service Unit events, troop meetings, and, most frequently, at day camp. They can have a tag attached with the event name and date or the Troop number, Council name or State. In some countries SWAPS are called hat crafts. Swapping promotes friendship by encouraging girls to talk to other people.

SWAPS are great mementos of a good time as well as a great way to share something about where we live and what we do.

Where and When to SWAP

Swapping should be done in a designated area that has plenty of room for everyone to move safely and freely. A time limit should be set for a giant individual SWAP session.

A SWAP time or day can be set aside during any program, troop or camp. At camp, perhaps after lunch or at close of day before the last day - then if it rains, you can do it the next day. A whole camp SWAP could be done around the closing campfire.

SWAPping Etiquette

SWAPping “do’s and don’ts” vary from council to council but there are some basic rules that everyone should be aware of. SWAPS for trade are carried separately from the ones you want to keep. Keepers are frequently pinned on to hats or bandanas. Sometimes they are pinned onto a specific area of a shirt. SWAPS for trade can be in a SWAP bag, zipper baggie, shoe box, a friendship tie or pinned onto ribbon, any thing that can be easily carried. SWAPS are usually 1” to 2.”

It is considered rude to refuse to swap with someone who asks. If you don’t like the item you have been given or already have an identical SWAP, accept it politely and give them one of yours with a Girl Scout smile. (Try to make your SWAPS something you would want to receive.) ALWAYS say thank you!

Try to have a few extra SWAPS on hand for those people who don’t have any to give in return. Most SWAPS have a pin on them so they can be pinned to a hat or a shirt but they don’t have to. SWAPS can be bracelets, necklaces, council patches, event patches, district/division/camp crests, or other small items. SWAPS can also be displayed on a banner, troop flag, or the kitchen curtain.

SWAPS should NOT contain edible food. Food items can attract bugs and critters when outdoors.

SWAP Holders

SWAP Tree: a branch and a coffee can be turned into a permanent SWAP area. Put the tree in place with a few SWAPS on it. Then, for each one added, one may be taken off.

SWAP Hat: This is the traditional place to keep your SWAPS. Just pin to any type hat and your collection can go with you.

SWAP Necklace: Yarn can be used to create a friendship necklace and after swapped with a friend, it could hold SWAPS.

Friendship Necklace:

36” of each color: blue, purple, orange, red and yellow. Yarn representing the Worlds of Interest and 36” of green yarn representing Girl Scouting.

Tie 13 overhand knots to represent the 10 Laws and 3 parts of the Promise. Finish the necklace with a square knot to represent all Girl Scouts and Girl Guides. Pass the necklace to a friend.

SWAP Ribbon: A long ribbon can be attached to any type of button and can be used to display SWAPS.

Types of Swapping

One-to-One: Girls trade evenly - my SWAP for yours. Tell girls they can get back the same number they can make and leave it up to them how many, 10 - 20 - 50 - ????

Troop-to-Troop: (Unit-to-Unit) Can be done individually as well as a unit or troop SWAP.

Whole Camp: Each unit makes a large number of a SWAP for the whole camp. As each unit comes on SWAP night, the SWAPS are exchanged and each girl should receive a SWAP from each unit. (This has been accomplished in a camp of 360 people and 10 units.) Works well in

a round-robin situation. The first unit starts a “conga line” past all the other units. As unit one finishes, unit two adds on, etc. until the whole camp has completed the circle.

General Thoughts On Swapping

If you get the idea that the SWAP tradition is a loosely woven activity, you are right. Its purpose is to foster friendship and sharing. To let each girl feel a sense of accomplishment when she trades something she has made for something from another. To help the shy girl have a “tool” for developing a contact with another. To have a tangible reminder of the friendships and activities of troop or camp program.

Be creative, use the imagination and continue this unique part of Girl Scouting.

SWAPS with Girl Scouting themes are always a good choice. Get instructions for a Troop Number Swap at http://www.makingfriends.com/pro_swaphistory.htm

Choose SWAPS with ideas or themes that will interest the girls. Get instructions for Mini Back Packs at http://www.makingfriends.com/pro_swaphistory.htm

Thanks to St. Louis Swappers for their ideas: Della Sprehe, Linda Stone, Margaret Roberts, Margaret Gregory, Sarah White, Joyce Bathke, Dottie Cox, Georgette Henry and all the creative swappers in the council and at camp.

More SWAP Ideas

Daisy Flower SWAP:

white craft foam in flower shape

safety pin

yellow pompom

marker

wiggle eyes (2)

Glue pompom into middle of flower shape, glue on eyes, write troop number on flower peddles, put pin on through peddle.

Worm on a Twig:

2” to 3” piece of fuzzy green pipe cleaner

glue

2”- 3” twig

wiggle eyes

safety pin

small red pompons

Put end of pipe cleaner through circle at end of safety pin, fold down and twist together. Wrap pipe cleaner around twig. Glue eyes and nose to end of pipe cleaner (end with out pin).

Butterflies:

Precut foam butterflies
markers
glitter glue

pens
paint, etc.

Decorate butterflies. An easy craft for Daisy and Brownie Girl Scouts.

Binoculars:

Two ink pen caps
cut top and bottom ends off pen caps so that the finished size is about $\frac{3}{4}$ inch. Glue the two caps together, side by side. Glue plastic lacing to sides to make strap.

plastic lacing approximately 6 inches

Lady Bug:

One large lima bean or butter bean
acrylic paint: red and black

wiggle eyes

Paint bean, glue on eyes.

Caterpillar:

Four $\frac{1}{2}$ inch pompons in various colors
one-inch plastic miniature clothespin

two small wiggle eyes

Glue four pompons together (OOOO). Glue pompons to top side of clothespin. Glue eyes to front end pom- pom to complete caterpillar.

Rainbow Seeds:

Six assorted colors of one-inch pompons
3 x 5 inch cards

stapler
small plastic (3 x 3 inch) bags

Cut 3 x 5 inch card in half and then fold in half. Place six assorted colored pompons in plastic bag. Place folded card over top of bag and staple. With a hole punch, punch hole in top middle of folded card. On one side of the card print, "Rainbow Seeds," on other side print, "Plant after a rain shower." Attach small pin through hole at top of bag.

Overnights



Who Does What?

Leader's Responsibility

- Consult Safety Activity Checkpoints
- Distribute information to parents
- Collect money
- Guide girls in planning program
- Recruit additional adults
- Recruit first aider
- Recruit troop-certified adult

Girls' Responsibility

- Choose a menu
- Gather equipment
- Set up Kapers
- Plan program activities
- Set up camp rules

As part of your planning, prepare girls for what to expect on an overnight camping trip.

1. Review emergency procedures and first aid.
2. Before it becomes dark, explain to the group what they might expect to see and hear in the woods after it gets dark.
3. Explain that many creatures such as owls sleep during the day and are awake at night.
4. Have the group listen for an owl or the chirp of crickets. Help them identify sounds.
5. Explain that other animals such as a deer or raccoons may walk through the underbrush at night. The girls might think these sounds are human until they become familiar with the sound.
6. Bedtime depends on the season. During the hot summer days with long periods of daylight (dark around 9:00 p.m.) your group may not want to go to bed until 10:00 p.m.
7. Make sure everyone goes to the bathroom before going to bed. Make sure they don't drink excessively before bedtime. Remember, that too much caffeine or sugary drinks can keep girls awake.
8. Make sure everyone changes into sleeping clothes because regular clothing will be damp from body moisture and can cause a chill.
9. Wear a hat to hold body heat in if very cold.
10. Form buddy systems, so if someone has to get up during the night, they will have someone to go with them. Make sure girls let an adult know when they are leaving.
11. Have group members take flashlights and put shoes on when they have to go to the bathroom/latrine in the middle of the night.

Hints & Tips for Outdoor Fun

The wrong or inadequate clothing can ruin a campout. It is better to start with too much and learn to streamline. Dressing in layers is more practical for being outdoors all day. Layers are warmer and can be removed as needed.

Regardless of the season, each girl needs:

- Something to cover the arms and legs and a hat/cap to protect against ticks, poison ivy, the sun, and the cold.
 - Extra shoes and socks. Several extra socks won't hurt.
 - Rainwear. It always rains when it's not supposed to.
-
- If your feet are cold, put on a hat.
 - If you are hot, try putting a wet bandana around your neck.
 - Bandanas may be used as hats, washcloths, pot holders, etc.
 - Plan for some variation of quiet time.
 - Boredom is your worst enemy. Keep girls busy, use filler activities.
 - Expect weepiness about supper time and at dusk. It is not a reason to panic. Activity and a little TLC works wonders.
 - Point flashlights down at all times. Experienced girls cringe at being blinded by flashlights.
 - If you don't look up at the ceiling of your tent, you won't have to worry about what's up there.
 - Insist on sleeping bags, not slumber sacks. An extra blanket can't hurt.
 - **CHANGE CLOTHES, ESPECIALLY YOUR SOCKS, BEFORE GETTING INTO YOUR SLEEPING BAG FOR THE NIGHT.**
 - Normal daytime perspiration can prevent you from ever getting warm at night.
 - Roll sleeping bags and pack-up before your last meal to avoid last minute pandemonium.
 - Put the clothes you plan to wear the next day in the bottom of your sleeping bag to keep them warm.
 - Use unscented personal products (deodorant, shampoo, etc.) at camp. Perfumed products attract bugs. Do not use hair sprays, gels, or mousse at camp.

What to Bring

- Change of clothes (no halter tops)
- Jacket or sweatshirt
- Extra pair of shoes and socks (no sandals)
- Hat or bandanna
- Pajamas or sleepwear
- Rain gear
- Sleeping bag and pillow
- Extra blanket
- Insect repellent (no pressurized sprays)
- Towel, wash cloth, soap
- Toiletries
- Flashlight with extra batteries
- Sit-upon
- Mess kit and dunk bag
- Drinking cup with handle

Troop Supplies

- Permission slips (for each girl)
- Health History (for each girl & adult)
- First aid kit
- Extra disposable plates, cups & plastic wear
- Paper towels
- Toilet paper
- Table cloths
- Dishwashing Supplies:
- Dishwashing liquid, towels, cloths or sponges
- Matches
- Can opener
- Long handled cooking utensils:
- Spoons, spatulas, tongs, etc.
- Pot holders or mitts
- Sharp knives & potato peelers
- Aluminum foil
- Fire starters
- Trash bags
- Cleaning supplies: Pine Sol (etc.), bleach, SOS Pads
- Zip Lock bags (different sizes)
- Cooking oil & spray
- Rope & clothespins
- Seasonings
- Charcoal
- Newspaper
- Songbook
- Scouts' Own poem or song on friendship
- Kaper charts

Council Supplies

- Arctic Boy (Igloo) for water/drink
- Rake, hoe & shovel
- Charcoal chimney starter
- Garbage can
- Fire bucket
- Dish buckets (3)
- Latrine bucket
- Bow saw

A Patrol Box

Containing:

- 1 pitcher
- 1 large & medium pot
- 1 platter
- 2 long spoons, pancake turners, tongs, and fork
- Small skillet
- 2 mixing bowls

When the Sun Goes Down, the Fun Doesn't Stop!

You can daydream at night: stretch out on the grass and watch the stars go by (satellites and meteors, too.) Or, you may want to point out constellations with a bright flashlight, and read the Greek myths that tell their stories.

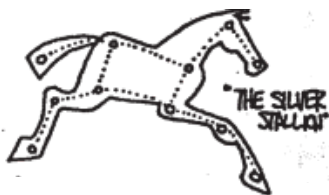
When it's too dark to play hide and go seek, turn on your radar for a game of "Hike and Go Beep." Locate each other by sound: hidden players must "beep" every 30 seconds (count silently to 30 between beeps).

Trivia

If you cover your flashlight's lens with red cellophane, its light will not be visible to many of the nocturnal animals. After thirty minutes in the dark, your eyes are as good as a cougar's!

Pick a special star and keep it for your very own: use it for sharing your dreams.

Find your own constellation- give it a name and write a legend to go with it.



Go exploring!

Take the troop on a starlight safari. What does the night sound like? What smells weren't there during the day, but are noticeable now? Use your sense of touch: feel the textures and temperatures of your environment.

Campfires

(with or without marshmallows) are a natural for night time. How many songs do you know about sunsets, stars, evening time, sleeping and dreaming?

Have the girls write their thoughts. Poetry comes easily in the thoughtful silence of the night!

Tie up a white sheet between two trees. shine a flashlight onto it. See what is attracted to the light. Move the light and see what happens. check the outside lights around the camp or in your neighborhood. What animals are attracted to them?

Using a sheet as a screen, see how many of your troop members can be recognized by their silhouettes.

“Blind Eagle” is a terrific tracking game to play at night in a large field or meadow. You will need a blindfold and a strong flashlight. One player, the “eagle” stands blindfolded in the middle of the field, holding the flashlight (make sure that the blindfold does not cover her ears, because she will depend on hearing to protect herself). An assistant stands next to her. The other players form a large circle around the edge of the field, and on a given signal, begin to stalk toward the eagle as silently as possible. If the eagle hears anything, she aims her flashlight in the direction of the sound, snaps it on, and yells “Freeze!” All players stop immediately. The eagle’s assistant looks to see if any players have been caught in the ray of light. If so, they are out of the game. After they have left the playing area, the assistant says “Okay”, and the remaining players continue stalking forward. The first one to touch the eagle without being spotted is the winner.

Stargazing

Seeing Red: When you are outside at night and away from lights (or in any other dark place) your eyes gradually get accustomed to the dark and you can see pretty well. This ability to see in the dark is called night vision. (It takes most people’s eyes about 45 minutes to adjust to the dark.) White light, such as the light from an uncovered flashlight, can temporarily wreck night vision. That means that each time you turn an uncovered flashlight on and then turn it off again, your eyes have to “start over” and become accustomed to the dark. If you cover your flashlight with red cellophane it will give off red light, which doesn’t affect night vision as much as white light does.

Pinning Down Planets: If you spot a brilliant star in the sky that’s not on your star chart, it’s probably not a star but a planet! Planets always travel through the constellations of the zodiac and stay near the ecliptic. (The ecliptic is the apparent path the sun takes through the constellations of the zodiac. It is often marked right on star charts.) The only planets you can see with unaided eyes are Mercury, Venus, Mars, Jupiter, and Saturn. (Uranus is sometimes just barely visible.) Check with a local planetarium or check in a monthly astronomy magazine to find out if planets will be visible the night you go out and where and when they can be seen.

Sharing Time

One of the strengths of Girl Scouting is the opportunity for girls and adults to discuss their feelings and ideals with each other. During a quiet time, sitting around the campfire is a great opportunity for this sharing. Remember that it is important for each person, but if they wish, they may pass. Go around the circle and give each person an opportunity to complete the sentence:

During camp I hope I will...

camp...

I wonder...

A friend is someone who...

I learned...

I wish I could...

The thing I enjoy most about being at

If I had \$50 to spend, I would...

The Night Walk

Planning Steps

Selection of suitable site:

1. Follow criteria found in Girl Scout Safety Activity Checkpoints and the hiking section of this manual.
2. Choose fairly even terrain, a trail clear of major obstacles, a fairly short distance to cover and most important some natural features to interpret at night.
3. Investigate as many areas as possible and ALWAYS, ALWAYS, ALWAYS hike the trail in daylight as well as at night before you take the group.

Getting ready to go:

1. Assemble away from lights -- allow night vision to develop.
2. Footwear and clothing: Mix people in light colored clothing evenly throughout the group.
3. Leave flashlights behind. Many a night walk has been ruined by flashlights “accidentally” coming on along the trail. The leader only should take a flashlight for emergencies. Remember, you go on a night walk to experience by taste, touch, smell and sound, not to see.
4. Set the mood: Keep the mood light and fun-loving but still respectful of the quiet needed.
5. Give directions quietly.
6. Always have at least two adults. One adult should lead and the other follow the group.
7. At a point halfway through the hike, have the participants sit on the forest floor. This is an excellent time to listen.

First Aid



First Aid Basics

We all take certain measures to prevent accidents but despite our best efforts emergencies arise. Girls trip and fall... unintentionally come in contact with exposed wiring... step on a rusty nail...or literally bite off more than you can chew. When an accident happens, time is not on your side. Besides a well- stocked and functional First Aid Kit, preparation and skills are the most important tools you can have at your disposal.

First Aid Items

A good first aid kit should be checked and restocked periodically and should always contain the following items:

- | | |
|--|--|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes | <input type="checkbox"/> Splints in assorted sizes |
| <input type="checkbox"/> Sterile gauze pads in assorted sizes | <input type="checkbox"/> Petroleum jelly |
| <input type="checkbox"/> Hypoallergenic adhesive tape | <input type="checkbox"/> Assorted sizes of safety pins |
| <input type="checkbox"/> Scissors Tweezers Needle | <input type="checkbox"/> Anti-bacterial soap |
| <input type="checkbox"/> Ace bandage | <input type="checkbox"/> Antibiotic ointment |
| <input type="checkbox"/> Moistened towellesttes | <input type="checkbox"/> Latex gloves and face mask |
| <input type="checkbox"/> Antiseptic Thermometer | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Tongue blades | <input type="checkbox"/> Ice pack |

Insect and Spider Bites

Symptoms

It may be difficult to determine if you have been bitten or stung—and by what. The reaction to minor bites is usually confined to the area around the bite. It may be red or have slight swelling. It may itch. Pain and swelling usually improve in 24 hours.

Swelling can vary from a small dot to half an inch in size. A large swelled area doesn't mean you are allergic to insect bites. The size of the swelling doesn't necessarily mean the bite is serious. Mosquito and gnat bites near the eye or ear can become very swollen. It also is not unusual for glands to become swollen as a reaction to insect bites.

Dangerous, life-threatening reactions to insect bites occur throughout the body usually within 20 minutes following the bite. The reaction appears on a part of the body separate from the sting site. Dangerous reactions include:

- Hives, intense itching, or swelling all over the body
- Shortness of breath
- Wheezing
- Swelling of the throat that causes difficulty swallowing
- Nausea
- Stomach cramping
- Loss of bowel and bladder control
- Weakness
- Dizziness or fainting
- Drop in blood pressure
- Shock or unconsciousness
- Vomiting

Prevention

Don't use perfumes, aftershave, hairspray or scented deodorants. Wear insect repellent, light-colored clothing, longsleeved tops, long pants, socks, and shoes. Floral patterns attract bees, as do food, beverages, and garbage cans. If a bee comes near you, avoid sudden movements. Stay still or move away slowly.

Using Insect Repellents

DEET is the most effective insect repellent, offering protection for about 3 hours.

- Be careful when using DEET on girls. Use low concentrations (no more than 10 percent) and apply lightly no more than twice a day. Follow manufacturer's instructions.
- Don't get insect repellent with DEET on your mouth or eyes, and wash it off your hands after applying.
- Other repellents, such as Skintastic and Skin-So-Soft, may be safer but less effective.
- Citronella comes in lotions, sprays, and candles and offers limited protection against some mosquitoes.
- Repellents are less effective in higher temperatures because they evaporate.

Prevention for People with Serious Reactions to Bee Stings

People who have had a serious reaction to a bee sting can take the following steps to prevent a serious reaction in the future:

- Carry a bee-sting kit at all times. A doctor can prescribe one and show you how to use it. These kits contain injectable adrenaline, also called epinephrine, which can be lifesaving.
- Carry a card or wear a bracelet that alerts others to the condition.
- Ask your doctor if venom desensitization injections will help. (Desensitization is a process of making you less sensitive to venom.)

First Aid

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

- Remove the stinger when stung by a bee, wasp, hornet, or yellow jacket. Scrape over the stinger (which looks like a splinter) with a credit card, fingernail, knife blade, or other rigid object. Don't try to pull it out with your fingers or a tweezers; you might end up squeezing more venom into the skin.
- Wash the site of the bite and the surrounding area thoroughly with soap and water.
- Apply cold quickly. Cool compresses or ice packs will help ease the pain and prevent swelling from most insect bites. The longer you wait to apply a cold treatment, the less benefit it will have. Apply cold packs for no more than 20 minutes at a time to avoid frostbite.
- Don't scratch that itch. Apply calamine lotion, hydrocortisone cream, or baking soda and water.

Special Care for Children with Insect Bites

- Trim girl's nails to prevent trauma from scratching.
- Protect babies from insects, especially those under 1 year, because they can't swat them away.
- Note that bites on young children and babies will be more swollen in general, and may form hard lumps that last for several months.

Tick Bites

Causes of Tick Bites

People usually pick up ticks from woody underbrush, tall grass or weeds, and the fur of outdoor pets. Once on a host, the tick bites the skin, embeds its head, and taps into a blood source—a small vein or capillary.

Symptoms of Tick Bites

Unless you see the tick while it is attached to you, you may not know you've had a tick bite—and you may have no reaction to it. Symptoms of a reaction to a tick bite, or to illness carried by a tick, are:

- Red ring or “bull’s-eye” rash that quickly expands, usually occurring 3 to 30 days after a bite. The rash can be a few inches or very large and can last up to 3 weeks.
- Increased pain, redness, swelling, and fever can indicate an infection from the bite.
- A general feeling of not being well about 2 weeks after a tick bite can signal a tick-borne illness.

Preventing Tick Bites

- The best way to prevent ticks from attaching to your skin is to find them before they attach. Do regular “tick checks” when you are in the woods. Twice daily, inspect your skin, scalp, and clothing for ticks.
- Avoid being a target for ticks. Wear long pants, long-sleeved shirts, a hat, socks, and shoes. Tuck your shirt into your pants and your pants into your socks to help prevent ticks from attaching themselves to your skin.
- Apply insect repellent containing no more than 30 percent DEET to your pants, socks, and shoes. Higher concentrations of DEET are not recommended, especially for young children and those with sensitive skin.
- Apply permethrin insecticide for treatment of clothing.

Lyme Disease

One of the diseases often spread by deer ticks is Lyme disease. It is an infection that can affect the skin, joints, brain, and heart, as well as other organs. It was identified in 1975 in the woodlands around Lyme, Connecticut. The disease is caused by a previously unknown bacteria. Lyme disease is spread only by deer ticks, not the common dog tick or wood tick. Deer ticks are smaller—about the size of a poppy seed—and have different markings than those of wood ticks.

Symptoms

Lyme disease symptoms can vary greatly from person to person; however, three phases have been identified.

Phase one:

Between 3 and 30 days after being bitten by an infected tick, a small red bump may appear at the

site. The bump is surrounded by a ring of red, or bull's-eye, rash that slowly expands for several days before fading. Flu-like symptoms—fatigue, headache, chills, joint and muscle aches, and a low fever—may occur during this period. However, a third of those who get Lyme disease never get a rash.

Phase two:

Weeks or months after the bite, about 20 percent of untreated people have neurological or cardiac disorders, ranging from poor coordination to facial paralysis to abnormal heart rhythm. Skin lesions develop in about half of those who are untreated. These symptoms also disappear, usually within a few weeks.

Phase three:

Up to 60 percent of untreated people may develop recurring or chronic arthritis after a period of up to 2 years. The arthritis mainly affects large joints, most often the knees.

Treatment

Lyme disease can be treated and nearly always cured, especially in its early stages. The bacteria that cause Lyme disease are sensitive to antibiotics such as tetracycline, penicillin, and erythromycin. If you see or have had the bull's-eye rash, see your doctor right away.

Prevention

Follow the measures for tick-bite prevention and:

- Shower after being in a wooded area and check for ticks.
- Keep in mind that you can prevent the disease by using good protective measures.
- Avoid tick-infested areas, especially in tick season (May, June, and July).
- Wear light colored clothing so that ticks can be easily spotted.
- Wear long sleeved shirt and closed shoes and socks, and a hat.
- Tuck pant legs into socks or boots and tuck shirt into pants.
- Apply insect repellent containing permethrin to pants, socks, shoes, and compounds containing DEET on exposed skin. Do not overuse these products.
- Walk in the center of trails to avoid overgrown grass and brush.
- After being outdoors in a tick infested area, remove, wash and dry clothing.
- Inspect the body thoroughly and remove carefully any attached ticks.

First Aid for Tick Bites

(This information is for Progression Patch completion only. All first aid is provided by the designated camp First Aider.)

- If you discover a tick on your skin or clothing, remove it immediately. The sooner you remove it, the less your chance of picking up infectious organisms.
- Do not use nail polish, solvents, or alcohol to remove a tick. They can cause the tick to release harmful secretions under the skin. Use tweezers to grasp the tick as close to the skin as possible. Slowly and gently pull the tick up from the skin until it releases its grip.
- Avoid twisting or jerking to prevent breaking off the head or mouth. Do not crush the tick. If tweezers are not available, pull off the tick using your fingers or a loop of thread around the jaws.
- If the tick's head stays in the skin, use a sterile needle to remove it.
- Dispose of the tick after it has been removed by burning or flushing it.
- Clean the skin thoroughly with soap and water after the tick has been removed.

Bruises

A typical bruise is a contusion caused by traces of blood escaping from small vessels that lie close to the skin's surface. Since our blood vessels become more fragile with age, the elderly tend to bruise easier than healthy adults and girls. Conversely, if a girl sustains excessive bruising, it may be an indication of a more serious injury and should be treated accordingly.

If the bruise is on the victim's head, she may have sustained a head injury and should be checked.

To reduce the bump and minimize the pain, have the victim elevate the injured area and apply a commercial ice pack or ice cubes wrapped in a towel for 30 to 45 minutes. Depending on the extent of the injury, this process should be repeated for a few days or until the swelling and the pain begins to dissipate.

Burns

Causes

Touching a hot surface can cause burns. Steam, hot liquids, flame, and some chemicals also can cause burns.

Symptoms

Doctors grade burns as being first, second, or third degree. The higher the number, the more serious the damage to the skin's layers.

First-degree burns:

Affect only the top, or first, layer of skin. The skin can be red, dry, or swollen. These burns may peel and are usually painful. A mild sunburn or a slight scalding usually results in first-degree burns. You don't need to see a doctor for a first-degree burn unless a large area of skin is damaged. First-degree burns usually heal in 5 to 6 days without leaving scars.

Second-degree burns:

Affect the two top layers of skin. Symptoms include redness, swelling, and some blisters. Second-degree burns are painful, and the pain may be severe. Healing takes 3 to 4 weeks and may leave scars. Second-degree burns can be fatal if more than half the body is damaged. You can treat most second-degree burns at home if only a small amount of skin is burned. But you should see the doctor if:

- The burn covers more than 1 square inch of skin.
- The burn causes a lot of blistering.
- The burn is on the hand, face, or groin.

Third-degree burns:

Damage all three layers of skin. They may even harm tissue, muscle, nerves, bones, or fat underneath the skin. With a third-degree burn, skin may be red, white, waxy, or charred black. These burns can be very painful or, if the nerves are destroyed, painless. The burned area may "weep," or ooze large amounts of clear liquid. You must see a doctor right away for all third-

degree burns. Treatment by a burn specialist and skin grafts are needed for third-degree burns. There may be permanent scars from the burn.

First Aid

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

- Soak small burns in cold water or apply cold, wet compresses. Do not use ice water or snow, unless that is the only source of cold available. The wet, cooling action helps stop any more burning below the skin.
- Cover the burn with a clean, dry, preferably nonstick dressing or cloth that covers the entire burn area. You can use an over-the-counter product with aloe vera in it to help ease pain. Don't put butter or any other greasy substance on the burn. Don't break blisters that form on the burn.
- Call your doctor if you see any signs of infection on the burned area.
- Burned skin can itch for weeks and is sensitive to the sun for up to a year after it has healed.
- Remember to use sunscreen to prevent further damage.
- Check to see whether a tetanus shot is needed.

Severe Burns

- If a person's clothes are on fire, put out the fire with a blanket, towel, rug, or coat. Wrap it over the flames. Press down to keep air from reaching the fire. The person may struggle or try to run. Make the person lie still on the floor.
- Pull away bits of clothing that may be smoldering. Leave alone cloth that sticks to the skin but is not burning. Emergency room workers can take off these stuck pieces of cloth safely.
- Call 911, or take the person to a doctor right away if the area of the burn is not too large. Don't let the burned person drive.
- If you can't get the burned person to a hospital right away, treat for shock.
- If the burned person is conscious and is not vomiting, try to get him or her to drink warm water. The water will help replace fluids lost from the burn.
- Check to see whether a tetanus shot is needed.



Chemical Burns

Prevention

- Read labels of all household products and follow any precautions. Buy potentially dangerous substances in safety containers.
- Wear protective clothing, gloves, and goggles when handling chemicals.
- Never store household products in food or drink containers.
- Safely store chemicals immediately after use, and keep out of the reach of children.

Eye Burns

If you get chemicals in your eye, you need to flush the eye right away, before doing anything else. If you wear contact lenses, take them out. Flush the eye with a constant stream of cool, clean water for at least 20 to 30 minutes. A stream of water can't harm the eye. Thorough washing can reduce the risk of permanent eye damage. If there is no water handy, use milk to wash your eye. Do not bandage the eye before seeing a doctor.

To flush the eye, hold your head under a faucet or use a pitcher of water, plastic squirt bottle, drinking fountain, or shower spray. Hold your eyelids open for proper flushing. Make sure the water runs from the inside corner of the eye (near the nose) outward, so the contaminated water doesn't flow into the unaffected eye. If both eyes are affected, let water flow over both or quickly alternate flushing each eye. Make sure water gets to all parts of the eye by lifting and separating the eyelids. You can also put the top half of your face in a large bowl or sink filled with water. Open both eyes and move the eyelids up and down. Don't do this with people (especially young children) who are upset or who can't hold their breath. Don't rub your eyes. After rinsing the eye, immediately go to the nearest hospital emergency room. Bring the chemical container with you for analysis.

First Aid

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

- React quickly to chemical burns. Flush the affected area right away, even before calling your doctor. Flush the burned area with a gentle, constant spray of cool water for at least 10 to 30 minutes using a hose, bucket, or shower. Do not rub the area while rinsing. Remove all clothing on the burned area. Keep flushing until you are certain all the chemical has been washed away.
- After flushing, call the local poison control center or your doctor for more instructions.
- Dry the wound site and cover with a clean cloth or dressing.
- Do not put first-aid ointments, antiseptics, or home remedies on chemical burns. Cool, wet dressings work best to relieve pain.

Choking

Causes

Choking can be caused by food or by small household items. Some foods are more likely to cause choking than others, including:

- Hot dogs
- Nuts
- Whole grapes
- Hard candy
- Popcorn
- Raw carrots
- Chunks of meat, cheese, or peanut butter

Symptoms

People who are choking may cough hard to try to get rid of whatever is stuck in the throat. Someone whose airway is completely blocked can't speak, breathe, or cough at all. She may clutch at the throat.

Prevention

- Chew food thoroughly.
- Don't eat too fast.
- Avoid talking and laughing while eating.
- Don't walk or run with food or objects in your mouth.
- Keep small toys and household items away from infants and children.

First Aid

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

Choking is life threatening and needs immediate action. If the person can speak, cough, or breathe, this means air is still passing through the airway.

- Let the person try to expel the object. Reassure the person, and advise him or her to breathe deeply and slowly. This will help relax the muscles surrounding the windpipe.
- If the person is unable to breathe or make sounds, have someone call 911. If you have been trained in how to use the Abdominal Thrusts, you may use it.

Abdominal Thrusts (aka....the Heimlich Maneuver)

- Start by finding the proper stance – behind the victim with one of your feet planted firmly between
- the victims' feet.
- Wrap one of your arms around the victim and place your hand in a closed fist just slightly above his belly button.
- Place your other hand directly on top of the first.
- Squeeze the victim's abdomen in quick upward thrusts as many times as it is necessary to dislodge the object in his windpipe.

Watch for coughing, difficulty breathing, or wheezing that continues after a choking incident. These may be signs of a partial obstruction, which could move and totally block breathing again. If this occurs, seek immediate help.

Cuts and Scrapes

Cuts

Minor cuts damage only the skin and the fatty tissue beneath it. They usually heal without permanent damage. More serious cuts may damage muscles, tendons, blood vessels, ligaments, or nerves. These cuts should be examined by a doctor. A puncture wound is a small but deep hole produced by a sharp object such as a pin, nail, tack, needle, tooth, or fang.

Are Stitches Needed?

Sometimes it is difficult to tell if stitches are needed. Signs that stitches may be necessary are:

- The wound is deep, gapes, is very dirty or irregular, or can't be held together with a bandage.
- A deep cut is located on an elbow, knee, finger, or other area that bends.
- The cut is on the finger or thumb joint, palm of the hand, face, or other area on which you would like to minimize scars.
- The cut occurs on a young child who is likely to pull off the bandage.

First Aid for Cuts

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

If a girl gets a cut from a nail, knives, or even a piece of paper, follow these steps.

Stop the Bleeding:

- Clean area well. Use crushed ice to apply pressure for 20 minutes or cover the wound with a gauze pad or a thick, clean piece of cloth. Use your hand if nothing else is available.
- Press on the wound hard enough to stop the bleeding. Don't let up on the pressure even to change cloths. Just add a clean cloth over the original one.
- Raise the wound above heart level, unless this would be painful.
- Get medical help immediately if blood spurts from a wound or bleeding does not stop after several minutes of pressure.

Clean the Wound:

- Wash the cut with soap and water. Avoid hydrogen peroxide, alcohol, mercurochrome, merthiolate, or iodine. They are not necessary and can be very painful and delay healing.
- Make sure no dirt, glass, or foreign material remains in the wound.
- Call your doctor if the cut or wound does not heal in 10 to 14 days.

Bandage the Wound:

- Bandage a cut (rather than seeing a doctor for stitches) when its edges tend to fall together and when the cut is not very deep.
- Use "butterfly bandages," strips of sterile paper tape, or adhesive strip bandages to keep edges together.
- Apply the bandage crosswise, not lengthwise. This will bring the edges of the wound into firm contact and promote healing.
- Moist wounds heal faster and with less scar tissue than dry wounds. The scab that is formed by dry healing interferes with the movement of epidermal cells. Apply bacitracin to keep the wound moist and soft.

Scrapes

Scrapes are usually caused by falls onto the hands, knees, or elbows. This exposes nerve endings, all of which carry pain impulses to the brain. Because scrapes can affect so many nerve endings, they are usually much more painful than cuts. Although most abrasions and scrapes can be treated at home, you should call your doctor if they become infected.

First Aid for Scrapes

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

- It is important to carefully clean scrapes to help prevent infection. Wash your hands before washing wounds, and then carefully remove all dirt and debris. Use soap and warm water to thoroughly scrub the scrape for at least 5 minutes. Liquid soap provides better cleansing penetration. Use Vaseline to remove tar from wounds and wet gauze to “tease” gravel or dirt from the abrasion. Avoid antiseptic agents such as alcohol, Merthiolate, iodine, mercurochrome, or hydrogen peroxide. They do little good and cause stinging.
- Next, apply direct pressure to the scrape, using nonstick gauze or a clean cloth to hold on the scrape and stop the flow of blood. If the gauze or cloth becomes soaked with blood, do not remove it. Instead, place another clean layer of cloth or gauze directly on top and reapply pressure. Because blood takes time to clot, you may have to apply pressure for 5 to 10 minutes. Raising the scrape above the level of the heart will also help reduce the blood flow. If you cannot control the bleeding, see your doctor.
- On the scalp or a fingertip, you may apply an ice pack wrapped in a towel to constrict the blood vessels and stop the bleeding. Apply the ice pack for no more than 15 minutes or until the wound begins to feel numb. After a 10-minute rest, the ice pack may be reapplied. This procedure can be repeated several times.
- Within 24 hours, remove the bandage and wash the area with mild soap and running water. The wound should be washed daily with plain tap water and soap. Use antibiotic ointment to keep the skin flexible and prevent the formation of a scab, which can slow healing. Change bandages two to three times daily. Watch for signs of infection.

Fractures

Symptoms

A fracture may show one or more of the following symptoms:

- Tenderness over the bone
- Shooting pain
- Visible deformity
- Increased pain with movement
- Bone protruding through the skin

Heat Related Problems

Symptoms

Heat cramps can be in the muscles being used while exercising or working in warm temperatures, or there can be abdominal cramps. Heat exhaustion typically occurs when people work or exercise in hot, humid conditions. But it can also occur during extended periods of hot, humid weather. The symptoms are:

- Cool, pale, and clammy skin
- Heavy sweating
- Dilated pupils
- Headache
- Nausea
- Dizziness
- Faintness
- Rapid pulse and breathing

In heat stroke, body temperature rises rapidly to 104°F or higher. There is a strong, rapid pulse. The girl may be confused or unconscious. She may also vomit.

Prevention

Heat-related illnesses can be serious. Although certain people (older adults, individuals who are obese, and individuals taking certain medications) may be more susceptible to heat illnesses than others, anyone can be affected. The best advice is to use care.

Put off strenuous tasks for a cooler day or plan to do them during the coolest parts of the day, such as before dawn or in the early morning. Plan ways to get out of the heat, especially during the hottest part of the day, between 10 a.m. and 6 p.m. If you do not have air conditioning or fans at home, go for at least part of the day to a public air-conditioned place, such as a library, shopping mall, or movie theater, to get out of the heat.

When outside, wear lightweight and light-colored clothing. Wear a broad-brimmed hat or carry an umbrella for shade. Sponge off with cool water from time to time throughout the day.

Most important of all, drink lots of water, juices, or sports drinks. (You are drinking enough if your urine is clear, as opposed to yellow.) Avoid caffeine and alcohol.

First Aid

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

Heat Cramps:

- Stop the activity.
- Get out of the heat.
- Eat some salty food.
- Drink cool water or a sports drink in small amounts—not in big gulps.
- Massage the cramped muscle, gently stretching it for 20 seconds.

As with all heat illnesses, it is important to treat heat cramps right away. The same conditions that caused the cramps can lead to more serious heat exhaustion or heat stroke.

Heat Exhaustion:

- Get the person to a cool area.
- Loosen or remove the person's clothing.
- Have the person lie on his or her back with the feet slightly raised.
- Give cool water or an electrolyte sports drink.
- Call the doctor's office for advice if you don't notice an improvement within a half hour. Also stay alert to signs of heat stroke.

Heat Stroke:

Heat stroke is life threatening. It requires immediate medical attention. Call for an ambulance immediately if someone is suffering from heat stroke. While waiting for help, wrap him or her in wet sheets and fan the body with your hands or an electric fan. Give the person water if he or she is able to drink.

Poisoning

Causes

Many substances or combinations of substances can produce fumes that can be especially toxic in a closed area, such as carbon monoxide. Different poisons affect body functions differently. Some interfere with the blood's ability to carry oxygen. Others burn and irritate the digestive tract and respiratory system. If someone suddenly becomes ill for no apparent reason, acts strangely, or is found near a toxic substance, you should suspect poisoning.

Symptoms

Signs and symptoms of poisoning can vary widely, depending on the type of poison involved, the size and general health of the person, and how much time has elapsed. Symptoms can also take time to develop.

Do not wait for them to become obvious. Seek immediate medical attention if you suspect poisoning has occurred. Poisoning symptoms include:

- Fever
- Chills
- Loss of appetite
- Headache or irritability
- Dizziness, weakness, or drowsiness
- Pain in swallowing or increased saliva
- Abdominal pain, vomiting, diarrhea, or nausea
- Skin rash or chemical burns around the nose or mouth
- Seizures, stupor, or unconsciousness
- Double vision or blurred vision
- Muscle twitching

First Aid

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

Poisoning is a life-threatening situation. If you suspect poisoning, even if there are no symptoms, call a poison control center, 911, hospital emergency room, or your doctor immediately.

- Information from the label of the substance container
- The person's age
- Name of the poison and how much was swallowed (if known)
- When the poison was swallowed
- Whether or not the person has vomited
- How long it will take to get the person to a hospital

When poison has been swallowed, be prepared to provide the following information:

If the person is unconscious, keep the airway open. Do not induce vomiting unless told to do so. If you have been told to induce vomiting, use syrup of ipecac if available. Follow the directions on the label, and do not attempt to give it to a person who is not alert enough to swallow it. Save a sample of vomit and the poison container for analysis. Do not induce vomiting if you are unsure what poison is involved.

First Aid for an Inhaled Poison

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

If poisonous fumes are suspected, take the following steps:

1. Call 911. Ventilate the area before attempting to rescue the person.
2. Remove the girl from the area before starting treatment. Take a few deep breaths of fresh air, and then hold your breath before entering the area. Drag or pull the person to fresh air. If possible, quickly shut off any open source of fumes. Do not flip a switch or light a match; either action could produce a spark or flame and cause an explosion.
3. Check breathing and pulse. If the person is not breathing, begin CPR, if you have been trained. If the person is conscious and breathing, cover her with a blanket and check on breathing until help arrives.

Puncture Wounds

Unlike a cut, a puncture wound does not typically result in profuse or excessive bleeding and although painful, may look harmless as the skin around the wound simply closes. But puncture wounds carry a risk of infection and if left unattended can result in serious complications.

Injuries sustained by stepping on a nail that punctures through a shoe are especially prone to infection. If the injury is caused by stepping on a nail or a shard of glass that's been exposed to the elements, it is a good idea to consult a physician who many recommend a tetanus shot or booster.

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

A bite from a household pet or another person that results in a puncture wound should be considered and treated as a serious injury. If the bleeding is heavy or the bite that caused the wound appear unsanitary, thoroughly clean the injured area with mild anti-bacterial soap and water and seek professional medical assistance as soon as possible.

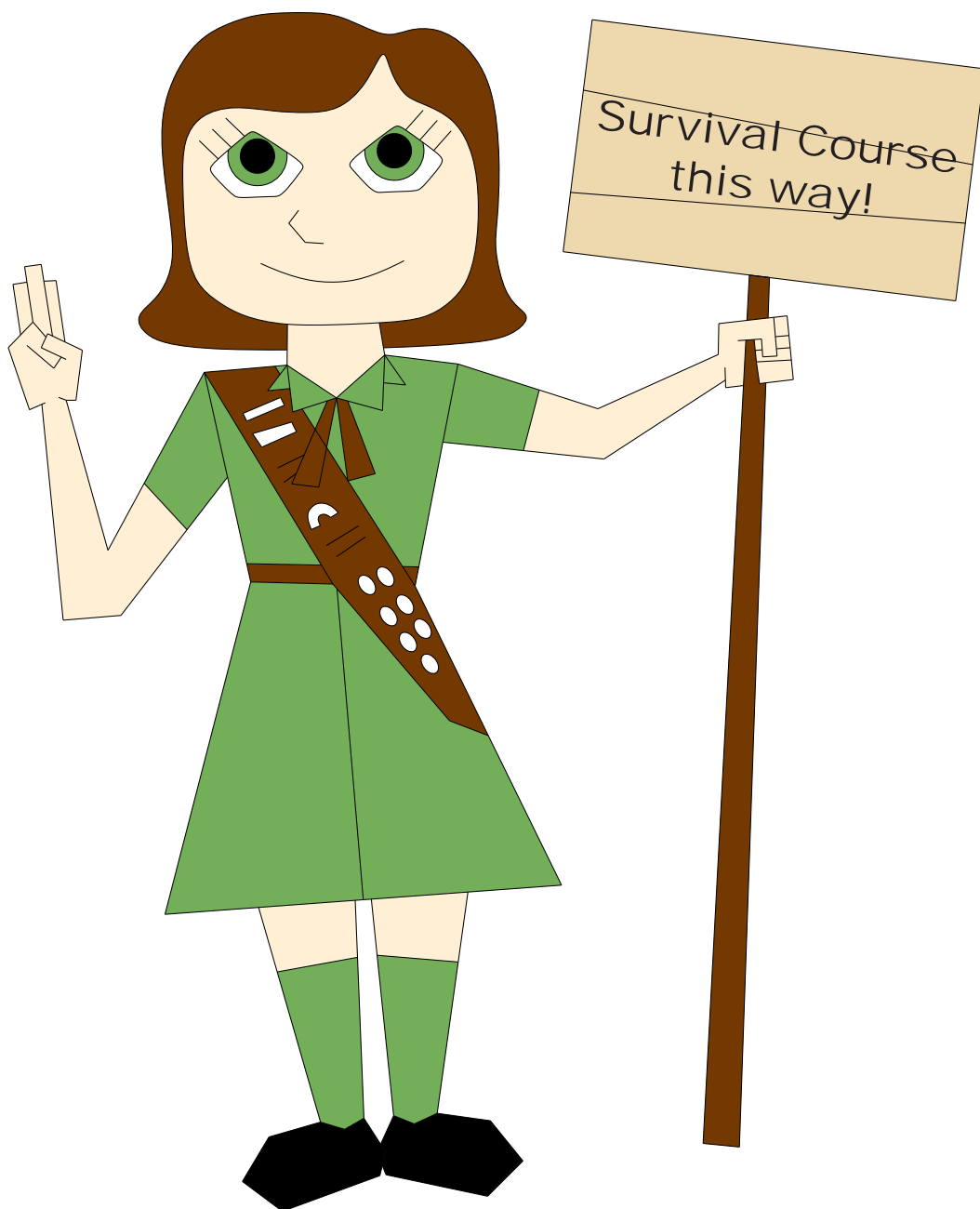
If the injury is minor, clean it with soap and water and apply an antibiotic ointment such as Neosporin to prevent infection. Dress the wound with sterile bandage and replace the dressing frequently. It is prudent to keep a close eye on the wound for several days to prevent an onset of an infection for any debris that may have lodged itself deep in the wound. If you notice persistent redness or puffiness or if the wound starts to ooze pus, have the victim consult a doctor right away.

Slivers and Splinters

(This information is for Progression Patch completion only. All first aid is provided by the Day Camp Nurse or designated camp First Aider.)

- Wash the affected area with soap and water.
- Sterilize a pair of tweezers with alcohol or in a flame.
- Gently pull the sliver out with the tweezers. If the sliver is deeply embedded in the skin, you will need to fully expose the end of the sliver first. To expose the sliver, slit the skin over the end of the sliver using a sterilized needle or the tip of a razor. Lift up the end of the sliver with the needle or razor, then grasp the sliver firmly with the tweezers. Pull the sliver out at the same angle it went in the skin.
- Seek medical assistance if the sliver does not come out easily or if it is a fishhook or an object with a barb. Individual should also see your doctor if the sliver was deeply embedded.

Survival Skills



Various Shelters Using Tarps



Tips for Packing Your Backpack Comfortably

Organize your gear into logical groups and stuff sacks. When small items are packed loosely they tend to poke you in weird ways, shift position as you hike and get lost quickly in camp.

Put your sleeping bag on the bottom. This provides a soft cushion for your other gear to ride on top of. It works like a shock absorber to reduce the impact on your shoulders and hips.

Pack large heavy items horizontally across the whole width of the pack so the weight is equally distributed. Put the heaviest items (such as food) closest to your center of gravity (middle of your back).

Carry water bottles in the side pockets (one on each side). If you use a hydration bladder carry it in your pack's hydration sleeve or lay it horizontally across the middle of the pack.

If your shelter has poles pack them separately in a side pocket secured with a compression strap. Stuff the tent body loose into the bottom of your pack or in the external mesh pocket.

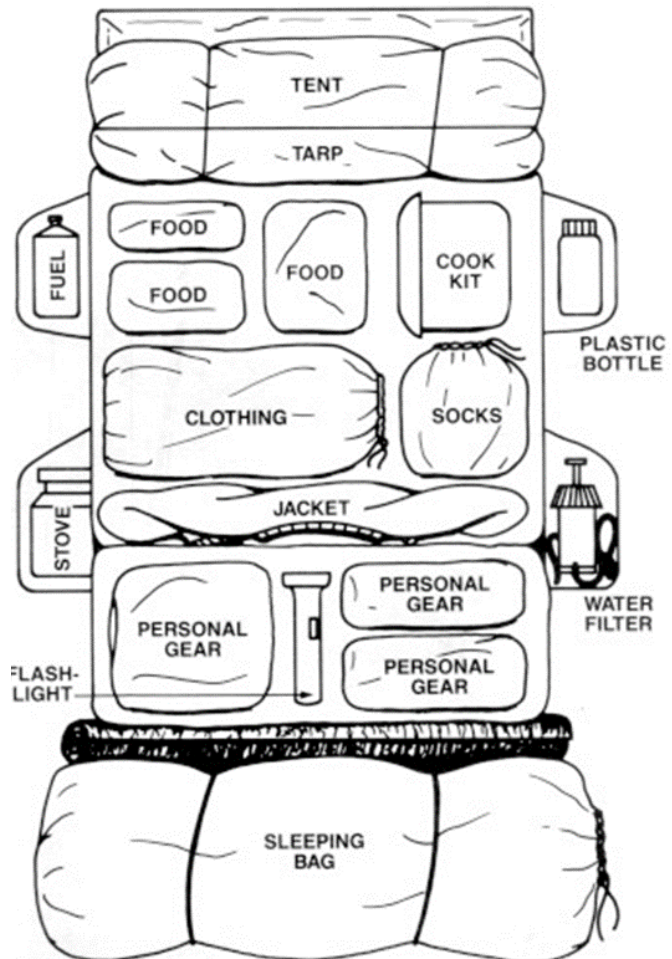
Keep items you'll use often during the day (such as snacks, maps, camera) where you can grab them without taking off your pack, like in hip-belt pockets or side pockets.

Keep spare clothes near the top of your pack where you can get to them throughout the day without unpacking other gear.

Don't leave areas of empty space in your pack. Fill nooks and crannies to give the pack structure and prevent gear from shifting as you walk. Use compression straps to cinch everything down tightly. Your fully loaded pack should not sag, lean or bend.

How to Purify Water by Boiling It

By bringing water to a rapid boil for ten minutes, you will successfully kill off any little critters in the water that would do you harm. It's a little more work than filtering, but requires no extra gear. If your food is coming by way of freeze dried dehydrated packets such as Mountain House or Backpackers Pantry, you're going to be boiling water anyway, so increase the amount for some surplus to drink later. Boiled water does tend to taste very flat, so freshen up the taste by stirring or shaking the water to get some oxygen back into it.



Forms, Forms, Forms!



Outdoor Experience Patch Progression Program

The Outdoor Experience Progression Program was devised to help make going outdoors an experience for continual learning and growth. The plan is designed to give you a GUIDE on how to plan outdoor experience and progressions with your troop.

Complete all activities in the Beginner to build a foundation. All levels requires that the camper complete all activities for each category. Use good judgment when completing the plan.

The Outdoor Experience Progression Patch Program is designed to allow a camper to earn one progression patch per year. The more advanced levels may take two years to complete.

To earn the patch, please fill out the bottom portion below and mail along with payment to: Patch Program, #4 Ginger Creek Pkwy, Glen Carbon, IL 62034

Troop # _____ Service Unit: _____

Troop Leader: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ E-mail: _____

GS Grade Level: _____ Number of girls in troop: _____

Number of Main Patches (Level One): _____ x \$2.00 = _____

Number of progressions:

Beginner (Level Two) _____ x \$1.50 = _____

Adventurer (Level Three) _____ x \$1.50 = _____

Intermediate Camper (Level Four) _____ x \$1.50 = _____

Outdoor Explorer (Level Five) _____ x \$1.50 = _____

Expert Camper (Level Six) _____ x \$1.50 = _____

Master of the Outdoors (Level Seven) _____ x \$1.50 = _____

TOTAL= _____

Payment:

Check enclosed # _____ Amount \$ _____

____ Mastercard

____ Visa

____ Discover

Card Number: _____ Exp. Date: _____

Amount \$ _____ Signature: _____

Level One: Main Patch

All girls will earn the Main Patch first

Level Two: Beginner

To be earned after the Main Patch

Level Three: Adventurer

To be earned after the Beginner Patch

Level Four: Intermediate Camper

To be earned after the Adventurer Patch

Level Five: Outdoor Explorer

To be earned after the Intermediate Camper Patch

Level Six: Expert Camper

To be earned after the Outdoor Explorer Patch

Level Seven: Master of the Outdoors

To be earned after the Expert Camper

