

# Overnight Indoor Training

## 1. Overview of Overnights pg 3

## 2. Planning and Steps to Readiness pg 4-14

Safety Wise Scavenger Hunt

Travel Readiness

Parents/Guardians Meeting

Organization

Meeting Planning Calendar

Transportation

Personal Equipment List

Leader's Checklist

Kaper Charts

Program Charts

## 3. Health and Safety pgs 15-21

Supervision

Traveler Safety Tips

Ratios Adult/Child

Sleeping arrangements Male staff

First Aid Kit

Weather Safety

Buddy System

Fire Drills

Emergency Procedures & first Aid for Troops

Emergency Crisis Procedures

## 4. Forms and the Reservation Process pgs. 22-36

Adult Health Form

Girl Health Form

Permission Slip

Trip/Activity Notification

GSHH Troop Camping Application

Troop Camping Participant List

Troop Camping Specialty Personnel

Accident Incident Report

Girl ID

Money Earning Activity Permission

Participant List for Traveling

Adult Volunteer Agreement Form

Overnight Agreement

## 5. Program pgs 37-49

Fireless Foods

Edible Fire

Age Level Characteristics

Games (Aardvark & Baboon; Crossed/Uncrossed; Slap, Clap, Snap; Flashlight Fun; Progressive Story)

Outdoor Activities (Hiking; Outdoor Behavior; Town or City Behavior; Take a Hike; Ceremonies-Scout's Own)

## 6. Evaluation of Trip pg 50

# Overnight Outdoor Training

- I. Troop Progression/Preparation** pgs. 2-7
- Girl Readiness for camping
  - Progression in Out of Doors
  - Troop Preparation
  - Planning & Packing
  - Helpful Hints
  - Kaper Charts
- II. Site Procedures** 8-16
- GSHH Camps and descriptions
  - Platform Tents
  - Latrines, Wash Houses, flush Toilet/Shower Facilities
  - Kitchen Shelters, Pavilion Shelters
  - First Aid Kit
  - Woodburning Stoves & Fireplaces
  - Wood Fire Building/Outside Fires
  - Fire Starters
  - Firewoods
  - Female/Male Leadership Standards & Procedures
- III. Cooking in the Out of Doors** 17-33
- Cooking Progression
  - Recipes & Instructions
  - Nose Bag Lunches
  - One Pot Meals
  - Master Plan for a One Pot Meal
  - Simple Stick Cooking
  - Skillet & Wok
  - Dutch Oven
  - Reflector Oven
  - Foil Cooking
  - Vagabond Stove & Buddy Burner
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  - Box Oven
  - Cleaning Up in the Out of Doors
  - Food Storage
  - Songs of Thanks
- IV. Personal and Troop Equipment and Gear** 34-35
- Layers
  - Fabric Choices
  - Shirts & Pants
  - Shoes & Socks
  - Raingear
  - Hats
  - Odds & Ends

|   |       |
|---|-------|
| <b>II. Safety and Emergency Procedures</b>  | 36-41 |
| First Aid   |       |
| Dehydration   |       |
| Sunburn & Windburn  |       |
| Burn Care   |       |
| Heat related Illness  |       |
| Hypothermia   |       |
| Frost Bite & Heat Stroke  |       |
| Bites & Stings  |       |
| Emergency Procedures & First Aid for Troops   |       |
| Emergency Crisis Procedures   |       |
| Fire Drills   |       |
| Thunderstorms   |       |
| <b>III. Minimal Impact Camping</b>  | 42-47 |
| 10 Skills   |       |
| Leave No Trace 7 Principles   |       |
| Plan Ahead & Prepare  |       |
| Travel & Camp on Durable Surfaces   |       |
| Dispose of Waste Properly   |       |
| Minimize Campfire Impact  |       |
| Respect Wildlife  |       |
| Be Considerate of Other Visitors  |       |
| <b>IV. Program and Skill Building</b>   | 48-61 |
| Knots (Clove & Square)  |       |
| Flag Ceremonies   |       |
| Compass   |       |
| Jackknife   |       |
| Hiking & Trail Signs  |       |
| Ceremonies - Camp Girl Scouts Own   |       |
| Games - Scavenger Hunt, Paint Chip Game, Nature Game, Grok-a-Rok,                               |       |
| Bandana - 57 Uses & Bandana Buddies   |       |
| Songs - Girl Scouts Together, Gloop-Gloop, Barges, Whene'er You Make a Promise, Rise Up O Flame |       |
| Outdoor Try-Its & Badges  |       |
| Building Skills & Program   |       |
| <b>V. Council Forms</b>   | 62-76 |
| Adult Health  |       |
| Girl Health   |       |
| Parent Permission   |       |
| Trip/ Activity Notification   |       |
| Troop Camping Application   |       |
| Troop Camping Participation List  |       |
| Accident/Incident Report  |       |
| Girl ID   |       |
| Money Earning Activity Permission   |       |
| Participant List for Traveling Troops   |       |
| Adult Volunteer Agreement Form  |       |

# Cabin Camping at CAB

## 1. Troop Progression/Preparation

Review OOT pgs. 2-7  
G/A Planning & Packing  
Review Meal Planning w/Troop \*  
Special Equipment for season (WW2 Gear List)\*  
WW2 Cabin Mom handout \*

## 2. Site Procedures

Review OOT pgs. 8-16  
Water Sources  
Woodburning Stoves & Fireplaces \*  
    Wood, Screen, Gloves  
    Tools - Fire Broom, Rake, Shovels, Pails, Ash Bucket  
Wood Fire Building/Outside Fires  
Cabin waste water set up (Inside Bucket & Grease Filter Outside)  
Brushing teeth in winter  
See CAB Procedures FIRES pg. 5  
See CAB Procedures HOUSEKEEPING & SANITATION pg 5-6

## 3. Cooking in the Cabin

Review OOT pgs. 17-33  
Meal Planning, Shopping, Equipment  
Electric Cooktop Cooking  
Fireplace Cooking  
Woodburning Stove Cooking

## 4. Personal and Troop Equipment and Gear

Review OOT pgs. 34-35  
See CAB Procedures EQUIPMENT-CABIN pg. 5  
Dressing for the Weather \*

## 5. Safety and Emergency Procedures

Review OOT pgs. 36-41  
See CAB Procedures pg. 2  
Winter First Aid \*

## 6. Minimal Impact Camping

Review OOT pgs. 42-47

## 7. Program and Skill Building

More Jackknife \*  
Hatchet & Saw \*  
More Knots \*  
Lashing - God's Eye \*  
Sit-Upons \*  
Beware! - Bears, Snakes, Poison Ivy, etc.\*  
More Compass  
More Hiking & Trail Signs  
More Maps & CAB Trails \*  
More Games - Kim's Game\*

## 8. Council Forms

OOT pgs. 62-76    No new forms for Cabin Camping at CAB