



girl scouts
heart of the hudson

Overnight Outdoor Training



| | | | | |
|--|--|--|--|---|
| <p>Kingston Office 65 St. James Street Kingston, NY 12401 845-790-2326</p> | <p>Middletown Office 162 Bloomingburg Rd Middletown, NY 10940 845-236-6002</p> | <p>New City Office 211 Red Hill Road New City, NY 10956 845-638-0438</p> | <p>Pleasantville Office 2 Great Oak Lane Pleasantville, NY 10570 914-747-080</p> | <p>Poughkeepsie Office 3 Neptune Road Poughkeepsie, NY 12601 845-452-1810</p> |
|--|--|--|--|---|

Table of Contents

Page

Intro:

Girl Scout Leadership Experience – Camping taking leadership to the outdoors

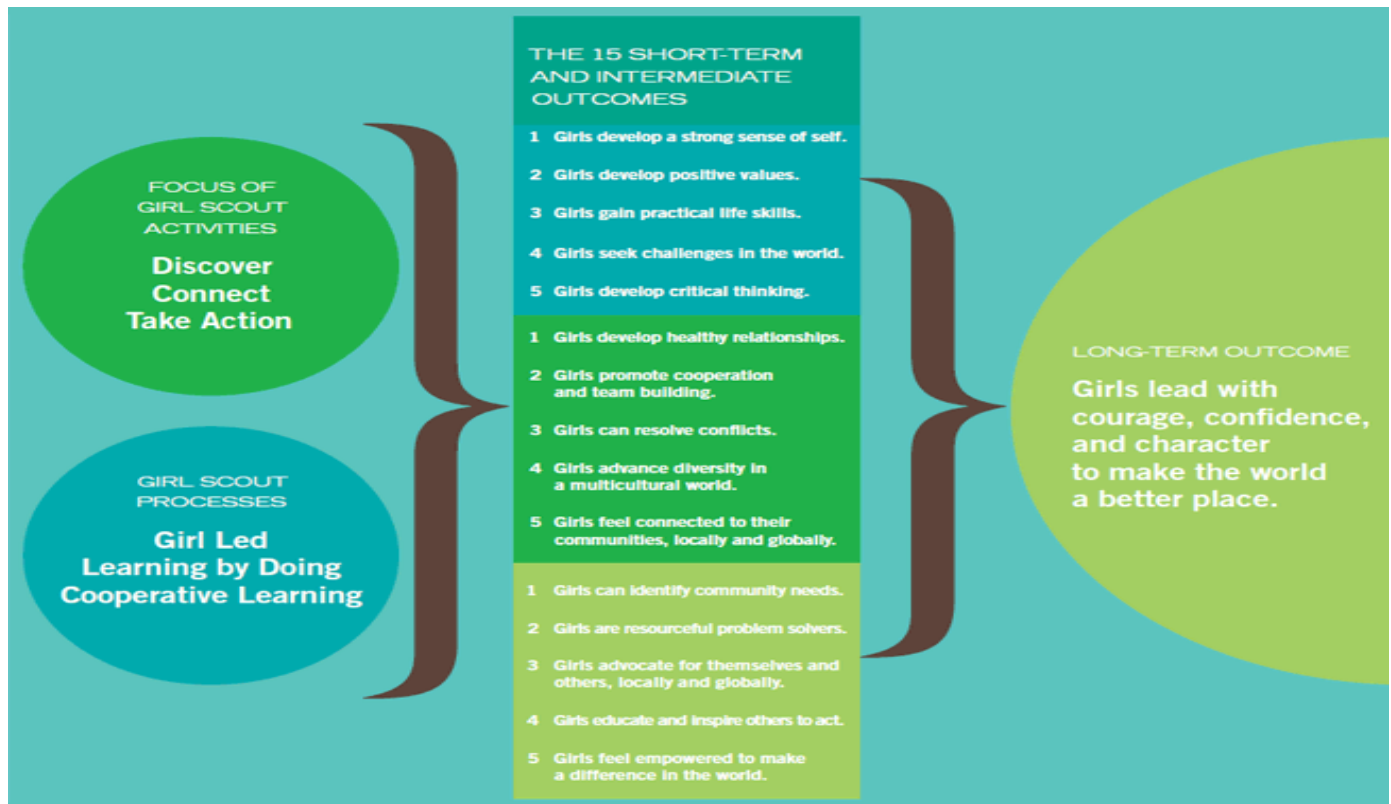
| | |
|---|---------|
| I. Troop Progression/Preparation | 4 - 9 |
| II. Site Procedures | 10 - 16 |
| III. Cooking in the Out of Doors | 17 - 33 |
| IV. Personal and Troop Equipment and Gear | 34 - 35 |
| V. Safety and Emergency Procedures | 36 - 41 |
| VI. Minimal Impact Camping | 42 - 47 |
| VII. Program and Skill Building | 48 - 61 |
| VIII. Council Forms | 62 - 75 |

Girl Scout Leadership Experience

Camping -Taking Leadership to the Outdoors

Girl Scouts has always been a leadership-driven organization for girls, adults and volunteers alike. That rich history is reflected in the Girl Scout Leadership Experience (GSLE). The Girl Scout Leadership Experience encompasses everything we know and love about Girl Scouts- **CAMP**, troops, events, patches, cookies, etc. - and enhances these elements with critical leadership processes and outcomes.

This is a visual illustration of the Girl Scout Leadership Experience, but what does that mean at camp?



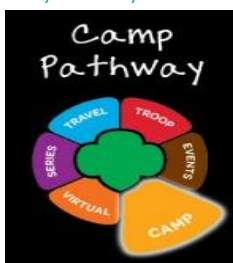
At camp, a girl will...

DISCOVER her special skills and talents, find the confidence to set challenging goals for herself and strive to live by her values. She will have the opportunity to experience and explore things that may not be available in her everyday life.

At camp, a girl will... **CONNECT** with others and with nature, which means she learns how to team up, solve conflicts, and have healthy relationships and be a steward of the environment.

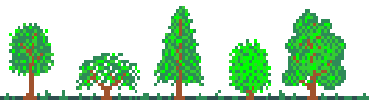
At camp, a girl will... **TAKE ACTION** and make the world a better place, learning a lot about her community and the world along the way.

Your camping experience should be **GIRL-LED**. Girls should play an active part in determining the what, where, when, how and why of their activities.



Camp is one of the GSLE flexible pathways in which girls can participate.

I. TROOP PROGRESSION/PREPARATION



Girl Readiness for Camping:

Girl Scouts need to be prepared emotionally and physically, have proven competency in skills involved, and want to go troop camping. Use these readiness indicators as a checklist to determine if each girl in your troop is ready to go camping overnight:

Emotional Readiness

* Is not afraid to be away from home and parents overnight * Wants to go * Is willing to sleep, eat, play with all girls, not just with best friends * Can cope with strange places, darkness, woods and night noises, spiders, bugs, and worms * Can manage with little or no privacy * Doesn't always have to have own way * Can function as a member of a group.

Physical Readiness (Accommodate girls with special needs)

* Does not tire quickly * Is strong enough to carry own gear, bucket of water, pot of food, armload of wood. * Has strength and coordination needed for planned activities.

Necessary Skills and Knowledge

* Can plan a simple trip * Can use a hand operated can opener, grater, peeler, paring knife * Can read and follow a recipe and a Kaper chart * Can wash dishes, clean up, and store food properly * Can build a fire and/or operate camp stove to be used * Can dress properly for the weather * Can sweep the floor and clean a toilet * Knows how to operate a flashlight * Demonstrates a concern for safety * Can follow directions satisfactorily * Has been on a series of day trips, cookouts, and sleep outs * Can pack and keep up with gear and roll and tie or stuff a sleeping bag

Behavioral Expectations

Knowing what is expected ahead of time will help the girls to behave in an appropriate way. As a troop, the girls with adult guidance should make their own behavior plan. These may include the following:

* Stay with the group, don't wander from camping area * Use the buddy system * If lost, stay where you are, and blow a whistle * Avoid contact with strangers * Report suspicious sounds, activities, or people to an adult * Follow safety rules * Do kapers on time * Respect other campers' property * Leave a place better than you found it * Make no unkind remarks * Be a friend to all.

Handling Girls' Fears

You have used a progression of experiences to enhance the troop's readiness, prepared them with skills and practiced those skills in your meeting. Some ways to deal with challenges for which the girls may not be ready:

* Create a safe, non-threatening environment * Recognize that girls come from different backgrounds * Set behavioral expectations (safety rules, no unkind remarks, all help) * Let girls know what to expect (night noises, kapers, caring for own belongings, bathroom facilities) * Plan activities to help girls get over their fears and build excitement for camping (for example: stargazing, night hikes, or a bug experience)

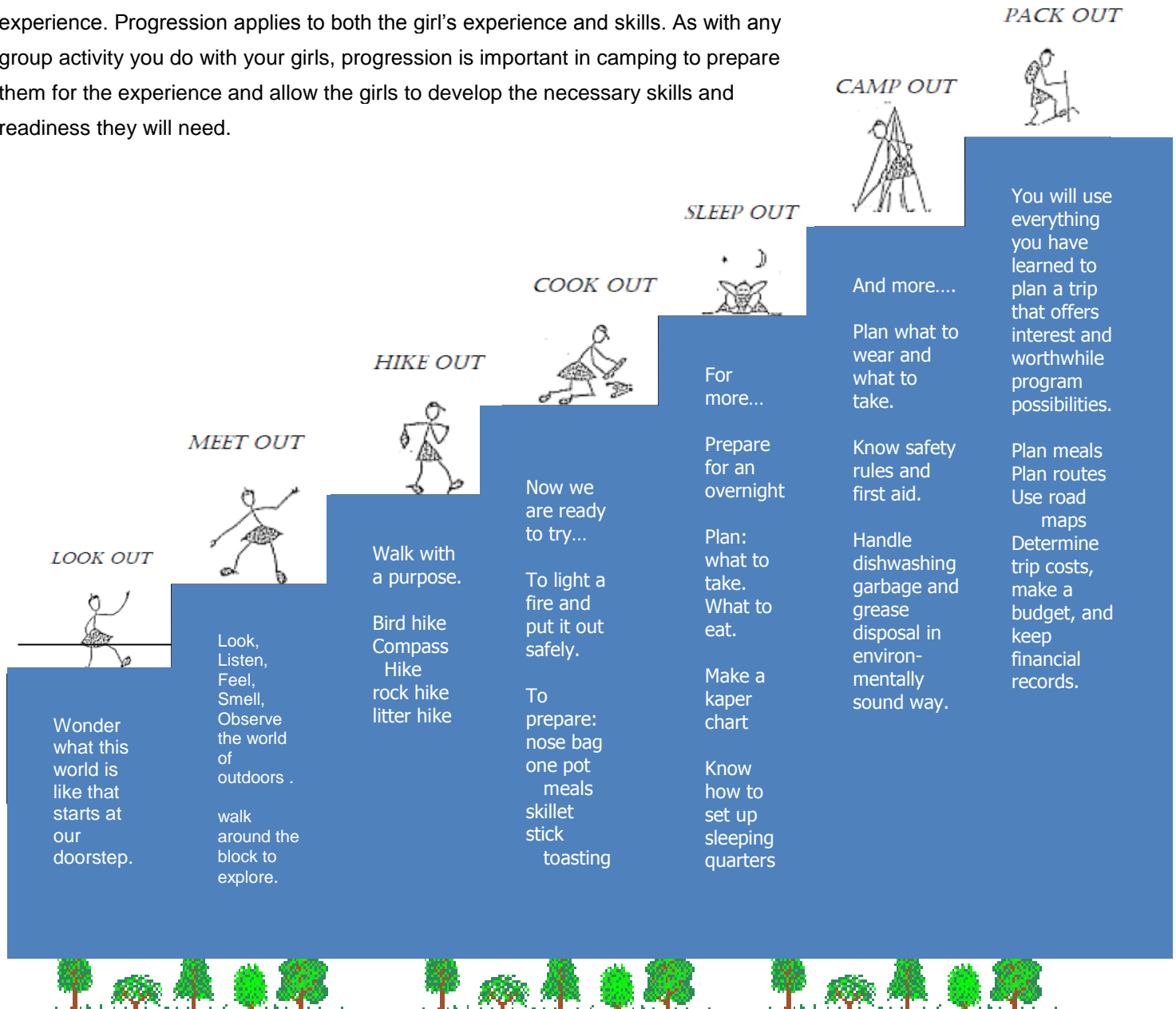
Take troop to visit camp area prior to the trip, if possible.

Progression in The Outdoors



Progression

Progression is the process of going forward and continuing development. Girls learn new skills and grow through improving current abilities and expanding their range of experience. Progression applies to both the girl's experience and skills. As with any group activity you do with your girls, progression is important in camping to prepare them for the experience and allow the girls to develop the necessary skills and readiness they will need.



Campouts don't just happen. Careful preparation results in a successful camping trip. Many things can be prepared ahead of time as part of your regular meeting time. Below is a suggested countdown.

| MEETINGS | DESCRIPTION |
|----------------|--|
| 3 Months Prior | Make Equipment: <ul style="list-style-type: none"> * Sit upons * Dunk bags * Troop First Aid kit * Box oven, Buddy Burner, Charcoal Chimney Starter * Cook and serve meals – try out recipes * Have an indoor sleep-in |
| 2 Months Prior | Learn Skills: <ul style="list-style-type: none"> * Use and care of knife, knot tying * Roll a sleeping bag * How to pack * How to dress * Make fire starters |
| 1 Month Prior | Go Outside: <ul style="list-style-type: none"> * Fire building and Cookout * Compass work, * Trail signs |
| 3 Weeks Prior | Plan For: <ul style="list-style-type: none"> * Permission slips, * Transportation * Learn new songs * Parent meeting * Plan menus |
| 2 Weeks Prior | Do: <ul style="list-style-type: none"> * Make out shopping list and distribute * Decide on equipment needed * Plan program and schedule |
| 1 Week Prior | Do: <ul style="list-style-type: none"> * Make kaper chart * Collect forms and permission slips * Food Shop with girls |

GSUSA Check points can be found in Safety Activity Checkpoints on the GSHH [website](#).

Planning and Packing:

Put the girls to work planning the event. Be sure to incorporate the 3 Keys; Discover, Connect and Take Action. It is easy for leaders to do it all, but the girls need the opportunity to develop the leadership skills that come with trip planning. They will be more responsible and more receptive to getting things done when they have been the ones to plan the activities.

The girls can plan:

- when and where to go
- what to do, what to take
- what to eat and how to purchase, store, and cook it
- kaper charts to spread the work evenly
- what behavior is acceptable (talking all night?)
- for special needs (allergies, mobility issues, dietary needs and religious preferences)
- how to pack, carry, and keep up with their own gear
- what new skills they need to learn (pitching tents, cooking methods, clean-up or spending a night outdoors away from home!)

Cross your "t's" and dot your "i's"

- Fill out necessary forms and have them approved by your Service Unit designee
- Have troop camp coordinator and first aid person at event at all times
- Have all permission slips and health history signed and copies made for leader and other adults anytime you go on an outing away from your regular meeting place you should never share girls medical records for confidentiality put information in a sealed envelope.
- Have copies of the itinerary for all parents and an emergency contact person who will start a phone chain in case of emergency
- Have an emergency plan in place prior to taking trip
- Check to see if area has cell phone service or regularly phone lines to make a call if there is an emergency
- Add extra insurance if needed for non registered members

What will you need?

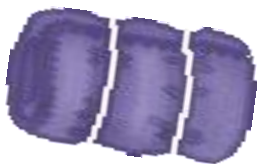
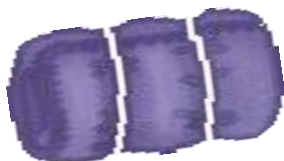
Once you've made plans for your camping trip, remember you must have a trained leader and first aider present during your camping trip. You and your troop will have to decide what you're going to need.

When planning what you'll need, consider this:

- supplies/clothing for specific activities
- time of the year/weather
- group size
- length of trip
- special tools for cooking
- keeping your food cool and away from animals
- Health and Safety equipment (permission slips, health history, first aid kit, emergency numbers)
- equipment for shelter and sleeping
- how to secure your valuables (it's better to leave them at home)
- how will you transport all these items?

Helpful Hints:










- * Always soap the outside of a pot and put extra soap where the handle meets the pot before placing it on coals. The soap will burn but washes off easily and the pot is easier to clean.
- * Cooking on coals is preferred to cooking on flames.
- * In wet weather, find dead little twigs hanging in lower branches of live trees and bushes for tinder.
- * When a ground fire is impossible, place aluminum foil on the ground to start the fire on.
- * Always have a hand washing system near the cooking area.
- * The rule of thumb for clean-up is: make sure water is heating while you are eating.
- * The rule of thumb for when a fire is out is can you place your hand over the coals for 2 minutes.
- * Never use liquid fire starter or lighter fluid to start your fire.
- * If your feet are cold, put a hat on or change into clean socks.
- * Never dispose wastewater into or near a water source. Dispose it at least 200 feet inland or away from water sources.
- * Hints about clothes at camp: Sturdy, lace shoes with socks. No sandals, flip-flops, clogs – must be a closed shoe. Dress in layers, use synthetics vs. cotton. Cotton absorbs water and sweat and takes much longer to dry. Dark colors absorb heat, light colors reflect heat.
- * To purify water: First strain through a clean cloth, then boil for 10 minutes or add 6-8 drops of common laundry bleach if water is clear. If water is not clear, add 16 drops of bleach. When adding bleach, let it stand for 30 minutes before using.
- * No candy, No IPOD or MP3 players. No battery-operated appliances except flashlights.
- * Suggestion only: No cell phones for the girls. Adults should carry their cell phone for emergency use only.
- * What to bring for fun: Board games, cards, puzzles, books, crafts.
- * Wrap/Roll your sleeping bag in a shower curtain or ground cloth (plastic) and tie off with rope to keep from damp/wet.
- * A mess kit can be plastic-wear found in the kitchen, put in a mesh bag for dunking.
- * Label all kit items with nail polish before coming to camp.












KAPER CHARTS:

A Kaper is a short-term job. A Kaper-Chart is a handy tool used for camping. In camping activities, it can be used to clarify which patrol is responsible for completing a specific job. It is a good idea to make the Kaper-Chart waterproof by putting it into sheet-protectors or laminating them. Be sure to rotate the Kapers so each girl in the troop has a chance to try all of the different chores. See Outdoor Education in Girl Scouting (OEGS) Page 68.

SAMPLE OF REGULAR CAMP KAPERS:

| KAPER | PATROL FRIDAY | PATROL SATURDAY | PATROL SUNDAY |
|----------|--|--|--|
| LATRINES |  |  |  |
| FIREWOOD |  |  |  |
| SHELTER |  |  |  |

SAMPLE OF MEAL TIME CAMP KAPERS:

| KAPER | PATROL FRIDAY | PATROL SATURDAY | PATROL SUNDAY |
|-----------|---|---|---|
| COOKS |  |  |  |
| HOSTESSES |  |  |  |
| CLEAN UP |  |  |  |

Be sure to involve the girls in the Kaper-Charts. Ask them what chores need to be done at camp. Have them decide what needs to be done specifically for each Kaper assigned. It's also helpful to have each detailed Kaper on a separate sheet to give to the patrol so that they are aware of the tasks that need to be completed and feel the accomplishment of performing tasks independently.

II. Site Procedures

Now that your troop is ready to spend time out doors—and go camping for a night or weekend? Girl Scouts Heart of the Hudson (GSHH) has five different camps to choose from located throughout five counties!

GSHH encompasses a beautiful part of the Hudson Valley, and staying at our different camps gives girls and leaders a chance to explore this historically significant and geographically breathtaking part of the United States—and the best part is that our camps are within an hour and half drive from most anywhere in the seven county area. For reservations, property rental fees, camp map and directions to all campsites visit GSHH website.

| CAMP | DESCRIPTION |
|---|---|
| <p>Camp Addisone Boyce 30 Mott Farm Road Tomkins Cove, NY 10986</p> | <p>Camp Addisone Boyce is located in Tomkins Cove in Rockland County, NY and is situated on 350 beautiful acres bordering the Harriman State Park System. It has both year round and seasonal opportunities to enjoy. Four cabins, stove top cooking, refrigerators. Water and bathroom facilities are in a separate building, a short walk from the cabins. Beaver Meadow is available (no water) with a winterized cabin, large playfield, latrines, and pavilion with two large outdoor fireplaces. Each cabin has a capacity of 18</p> <p>There are four units of platform tents, with unit capacities ranging from 30-42 people. Each unit also has a cabin (details found above), a sheltered eating area with picnic tables, water and a fire circle. There is a centralized washhouse with flush toilets. The tents can be reserved for use from April through mid October, overnight capacity: 214 people. There is a year round on-site camp ranger.</p> |
| <p>Camp Birch Ridge 1631 Route 211 Otisville, NY 10963</p> | <p>Camp Birch Ridge is located just seven miles from Middletown in Otisville, NY and encompasses over 70 acres of beautiful woodlands in Orange County. Its shaded hollows, winding paths and picturesque lake offer perfect sites for outdoor adventures. There is a nearby latrine. No water. One unit of seven lean-to's, (each accommodating six campers without cots), dining pavilion with picnic tables, water, a latrine and a fire circle. One unit of three platform tents (each holding eight campers without cots), a dining pavilion with picnic tables, water, a latrine and a fire circle. One yurt is available for day use. Centralized dining hall. Lake for boating and fishing. Central bathhouse with flush toilets within walking distance of the units. Overnight capacity: 100; 20 in Morrison Lodge.</p> |
| <p>Camp Ludington 136 Paine Road Holmes, NY 12531</p> | <p>Camp Ludington is a 150 acre site, located just north of Lake Carmel in Dutchess County. Its undisturbed natural beauty boasts of an extensive hiking trail that intersects with the Appalachian Trail and provides spectacular views of the surrounding area. Camp Ludington also has a lake for boating, play fields, sheltered areas for arts and crafts activities and a screened in dining hall that overlooks the lake. Camp Ludington has platform tents for spring and fall camping and is particularly appropriate for troops that have been camping before.</p> <p>Accommodations:</p> <ul style="list-style-type: none"> • Four platform tent units each with capacities of 42-45 people. • Each unit has cots and mattresses, a kitchen shelter with picnic tables and fireplaces, boating and fishing. Latrines are in each unit. • Trails for hiking <p>approximately 200 people - Camp Ludington is a rustic secluded campground for all levels of girls. Its primary use is for troop and community camping and outdoor programs.</p> |

| | |
|---|--|
| <p>Rock Hill Camp 300 Wixon Pond Road Mahopac, NY 10541</p> | <p>Rock Hill's 190 wooded acres provide the perfect setting for a variety of activities allowing you and your girls several different ways to enjoy being outdoors! In addition to a lake for boating , there are hiking trails, archery and low ropes initiative course. Facilities at Rock Hill camp include year round cabins for overnights and troop meetings, platform tents for spring and fall camping, a dining hall, shelters for arts and crafts and a ball field with a large pavilion nearby. There are three winterized cabins, each sleeping 28 with a kitchen, fireplace, flush toilets and showers. An additional winterized cabin sleeps 15 and has a kitchen, flush toilets and showers. The dining hall is also winterized and can hold 200 people for day activities.</p> <p>Accommodations: Four platform tent units each with capacities of approximately 40 people, a washhouse with flush toilets and showers, a kitchen shelter with picnic tables and fireplaces, and a fire circle. An additional platform tent unit is available with a capacity of 40 people and the same amenities as above except for a latrine and wash area rather than the washhouse. A large play field and open-air pavilion. Rock Hill is used year round for troop and community camping, troop and leader meetings, after-school programs, and special events as well as home of <u>Rock Hill Resident Camp</u> in the summer. There is a year round on-site camp ranger. Approximately 300 people</p> |
| <p>Camp Wendy 151 St. Elmo Road Walkkill, NY 12589</p> | <p>Camp Wendy has 56 acres of gentle rolling hills, winding trails, beautiful forests and a 13-acre lake nestled in the foothills of the Shawangunks in the hamlet of Walkkill, Ulster County.</p> <p>Year Round Facilities: There is a lodge for winter camping heated by electric heaters. Two units of platform tents with unit capacities ranging from 15-30. Each unit has a kitchen shelter with picnic tables, water and a fire place. There is a nearby latrine. No water. Centralized washhouse with flush toilets. Central dining hall and a low-ropes challenge course along with a large playing field.</p> <p>Camp Wendy is also the home of the <u>Girl Scouts Heart of the Hudson Archive Museum</u>.</p> <p>Overnight capacities: 60; 20 in Martin Lodge Camp Wendy is a rustic secluded campground for all levels of girls. Its primary use is for troop and service unit camping and council sponsored programs.</p> |

KITCHEN SHELTERS, PAVILLION SHELTERS:



Many shelters have picnic tables. Some contain fire areas for cooking and some contain storage for food. Supplies at camp should include: brooms, rakes, saws, and buckets. Use the shelters as a meeting place for your troop and in case of emergencies. Some shelters have electricity, most do not. The floor should be swept or raked when you arrive and when you leave. Trash cans should be clean and the lids should be securely placed on the cans. If the shelter has a sink – the counter and sink should be clean and free of debris when you leave. If there are receptacles for Recyclable goods, please be sure to use it.

PLATFORM TENTS:

When flaps are up, air circulates better and the tent is less stuffy. When flaps are down and something gets inside, it is stuck inside. All tents in the GSHH Camps have floors. Most have Cots with Mattresses.

Platform tents are not indestructible and we ask that everyone preserve these valuable resources.

Please observe these precautions:

- * Always loosen the bottom ties and the corner ties before rolling the flaps or sides of the tent.
- * Door and side flaps should always be rolled **inward**. Do not allow the flap to hang from the tapes (ties) this will tear the tapes – always roll the flap. Flaps should not be rolled unless completely dry.
- * Tie tapes in half bow so they can be untied when wet. NO KNOTS, BOWS ONLY.
- * ABSOLUTELY NO SMOKING IN TENTS.
- * ABSOLUTELY DO NOT USE CANDLE OR OPEN FLAME IN TENTS.
- * ABSOLUTELY NO FOOD, CANDY, GUM IN TENTS.
- * Never hang anything on guy ropes or tie tapes.
- * Be careful of tent walls, no writing on walls or pinning anything to the walls.
- * Keep mirrors covered. Sunlight reflected in a mirror can be hot enough to burn a tent.
- * Don't use aerosol sprays in a tent. They have chemicals which can dissolve the water-repellent treatment of the tent.
- * Don't touch the inside of a tent during a rain, capillary attraction will bring the water in.
- * Do not hang anything on the side rails, beackets, or any other part of the platform.



LATRINES, WASH-HOUSES, FLUSH TOILET SHOWER FACILITIES:

Supplies Needed:
Rubber Gloves
Sponge or wipes (separate from kitchen sponge)
Paper Towels
Toilet Paper
Small Trash Bags
Cleaning Liquid – sprays works best.



Always supervise girls when they are cleaning. Participation is the best form of support. Latrines should be cleaned when you arrive, once per day and before you leave. Sweep the latrine ceiling first, then walls, then the floors. Remove trash. Spray paper towel with cleaner and wipe seats. Dry with Paper Towel. Place dirtied paper towels into the trash bags, NEVER throw paper towels down latrine hole. Do not scrub or spray the bench around the seat, it destroys the wood.

Do not dispose of anything in latrine but human waste and toilet paper. Sanitary products must be disposed of separately, never tossed down the latrine. Keeping the lid closed is necessary to keep the smell down. Remember: “When you close the lid, it has a silent flush”.

Clean wash-stands with sponge sprayed with cleaner, then rinse. Remove trash.

Wash Houses and Flush-Toilet/Shower Facilities should be cleaned when you arrive, once per day and before you leave. Sweep all toilet stalls and floors in sink areas. Spray cleaner in toilets, use toilet brush to clean. Spray cleaner on paper towels then wipe the seats clean. Do not dispose of anything in flush toilets but human waste and toilet paper. Sanitary products must be disposed of separately.

Clean sinks and surrounding counter areas with sponge sprayed with cleaner, then rinse and dry .If you have used the showers, you must also clean each shower stall that has been used.

Do it yourself camp or emergency toilet made from a milk crate! Awesome! Just need a hook for the toilet paper. ☺



WOOD FIRE BUILDING/OUTSIDE FIRES:

SAFETY FIRST:

1. Fill your fire bucket with water
2. All Long Hair gets tied back, tucked in shirt or wear bandana
3. Remove floppy, loose clothing
4. Start with a cleaned out fire ring/circle
5. Gather wood as listed below
6. Make and maintain fire a reasonable size for the purpose it's being made
7. ALWAYS have someone tending the fire
8. Don't play with fire
9. Do not put in fire: Aerosol cans, Vines – could be poison ivy, etc., Plastic or food waste, liquid fire starters



Be sure to keep a bucket of water nearby

GATHER WOOD FOR YOUR FIRE:

1. All wood should be dry and dead! It should snap.
2. *TINDER:* Match size or smaller
KINDLING: As thick as your thumb, or smaller
FUEL: Wrist size and larger
3. Separate wood. Make a good woodpile of all three sizes



BUILD A FIRE:

1. Only build fires in established fire circles or in fire rings
2. Fire starters are always helpful
 - a. Candle kisses, pieces of candles wrapped in waxed paper
 - b. Egg Carton Fire Starters
 - c. Trench Candles
 - d. commercial fire starters (non-liquids)
3. Fire Types: A Frame, Log Cabin, Teepee



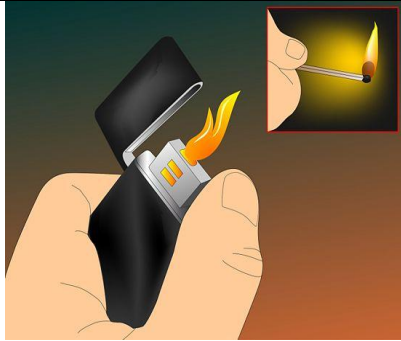
Make sure that you leave an air space under the wood. Fire needs oxygen to breathe. Start with Tinder which burns quickly and add Kindling, then Fuel to keep fire going. Most cooking is done in the coals or embers. For fire cooking you need a tall flame – a teepee fire would work best for fire cooking. Embers and coals are longer lasting for cooking. Remember to leave enough wood in a dry place for the next troop to cook a meal.

PUTTING OUT YOUR FIRE:

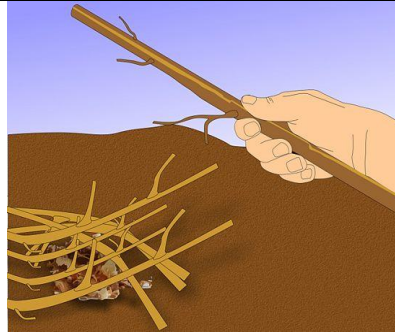
1. Sprinkle (DON'T DOUSE) with water, stir with rake, sprinkle again. Dousing fires can cause the embers to leave the fire circle. Also doused fires may leave the fire circle too wet for the next incoming troop to cook a meal.
2. Continue the above until you can put your hand on fire area, or hold your hand comfortably above the coals for 2 minutes.
3. DO NOT remove the ashes until the next day and put them into the appropriate receptacle. Be sure your fire is COMPLETELY out.
4. NEVER leave the fire unguarded, not even for a minute.
5. Unburned wood will burn again; leave unburned wood inside the fire circle for the next campers to use. DO NOT throw burned wood into the woods or areas outside the fire circle area.

Step by Step how to build a fire.

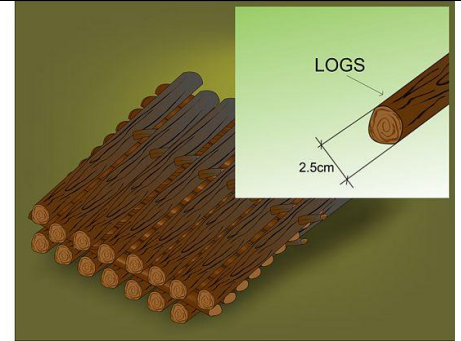
PART 1 gather what you need



1. Get an ignition source. The most obvious choice is a lighter or matches.

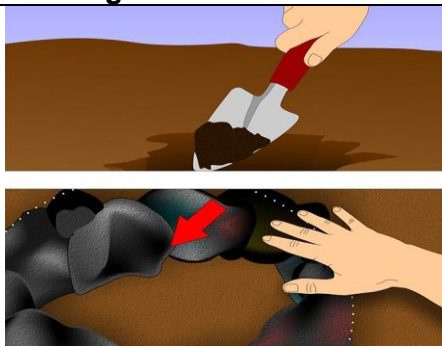


2. Gather kindling. Kindling needs a large surface to volume ratio (about 1/8" to 1/2" diameter) and more bulk than tinder so it can ignite easily, produce sustained concentrated heat and flame, and light the main fuel source.



3. Gather logs or other bulky fuel sources. Good fuels for sustained burning include dry wood that is 1" to 5" (2.5 cm to 12.5 cm) in diameter, twisted dry grasses, peat, dried animal dung and coal. Gather more fuel than you think you'll need.

PART 2 Building the Actual Fire

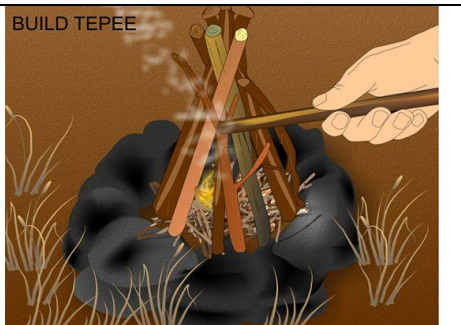


1. Clear a circular area about 4 feet (1.2 m) in diameter. Build a ring of rocks or dig a fire pit that's several inches deep using a shovel or hand trowel. Constructing a ring of stones will insulate the fire. Building a fire wall with logs or rocks will reflect the fire's heat, especially if you'll only be on one side of the fire (because otherwise the heat sent off in the other direction is wasted). If the ground is wet or covered with snow, build a platform out of green logs and cover them with a layer of earth or stones.



2. Pile kindling loosely in your fire ring or fire pit. You want your kindling close enough to ignite but spaced enough for good air circulation. Place your tinder on the pile of kindling. Light the fire with your ignition source and gradually add more kindling. Slowly blow air on the igniting fire to build heat and intensity.

Add firewood starting with the smallest sized pieces and working your way up toward large pieces. The arrangement you choose will determine the fire's longevity, how fast it burns, and how long your wood lasts.



3. Build a tepee. Arrange the tinder and a few sticks of kindling in the shape of a cone, and light them at the center. The outside logs will fall inward and feed the fire. This is the most effective of all fire arrangements. Since a flame is hottest at the tip of the fire (where the oxygen combusts into fire to create carbon dioxide) the top of the tepee is where the most intense heat will be, so if a stick is thicker at one end, be sure to place the thicker end at the top of the tepee.

Because of the tepee arrangement, wet wood and green wood will burn well. However, since very intense heat is generated by the arrangement, the fire burns through wood rather quickly.

You may want to try:

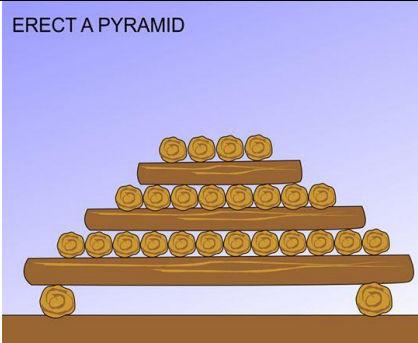
CONSTRUCT LOG CABIN



Construct a log cabin. Stack layers in alternating directions to form 4 walls in the shape of a square. Leave enough room for a tepee structure in the center, and make sure that air can circulate between the logs in your "cabin" walls. The "chimney effect" will suck air in through the bottom and let it exit through top as strong flame. If the fire seems like its not getting enough oxygen, dig small holes under the walls to allow for better air flow, or blow on the fire to reach optimal burning temperature.

This arrangement is best for cooking food, because the square shape creates uniform heat. You can place food on top of the stack for a while if you use larger, green pieces of wood at the top.

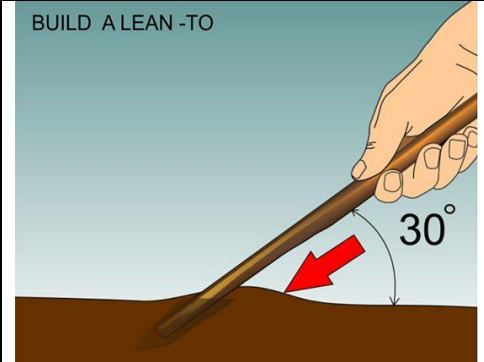
ERECT A PYRAMID



Erect a pyramid. Place 2 small logs or branches on the ground so that they're parallel to each other. Then, put a solid layer of small logs or branches on top of them in a perpendicular direction. Add 3 or 4 more layers, each time alternating the direction, and each layer being smaller than the one before.

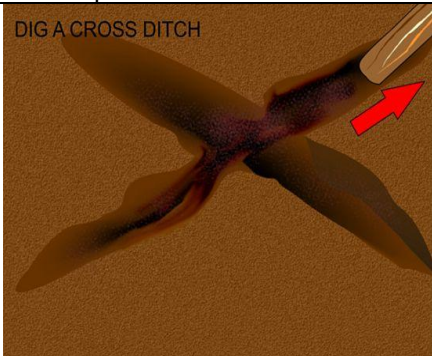
Light the *top* of the pyramid on fire, and the flame will naturally travel down toward the base.

BUILD A LEAN-TO



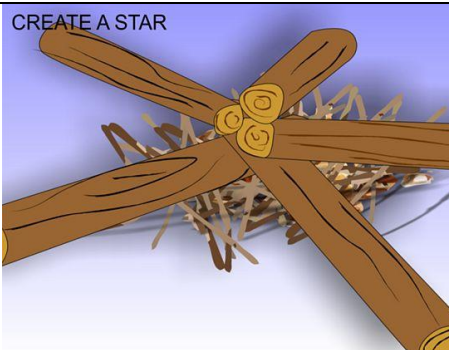
Build a lean-to. Push a green stick into the ground at a 30-degree angle with its tip pointing in the direction of the wind. Put tinder underneath and lean sticks of kindling against the main stick. Light the tinder and add more kindling as needed.

DIG A CROSS DITCH



Dig a cross ditch. Scratch a cross in the ground that's 12" (30 cm) in diameter. Make it 3" (7.5 cm) deep, and place a big wad of tinder in the middle. Build a pyramid out of kindling over the tinder. The ditch will allow air to flow through and feed the fire.

CREATE A STAR

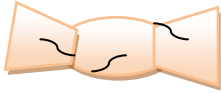


Create a star. With this arrangement, you can push the logs inward to increase heat, and pull them out to decrease heat. This method is particularly helpful if you're trying to conserve fuel.

FIRE STARTERS

Fire Starters come in handy when camping in the outdoors. Make ahead of time in a troop meeting and take with you in case there is wet wood or a limited supply of tinder available.

Fire Kiss



Fire Kiss -

Use old candles, paraffin wax chips, or wood shavings. Place material in a square piece of wax paper and twist ends.

Egg Carton



Egg Carton -

Use only cardboard egg cartons. Fill the cartons with wood shavings, sawdust or lint from a dryer. Melt old candles crayons or paraffin wax and pour over the carton. When dry, they will pop out and are ready to use.

Trench Candle



Trench Candle

Roll several sheets of newspaper into a roll. It is not a good idea to use comics or colored paper. Tie with a series of strings about three inches apart. Leave long string ends so they can be dipped. With a sharp knife or saw, cut roll into pieces about halfway between each string. Soak pieces in melted paraffin wax and hang dry.

CAUTION!!!

When melting candles, crayons, or paraffin wax, it should be done in a metal can. The metal can should be placed inside a pot of water. **USE LOW HEAT!!** Never leave pot unattended while it is on the stove. Always have an adult supervising at the stove.

Matches can also be waterproofed by dipping the tips in melted paraffin wax. Keep matches in a water proof container.

FIRE MAKING MATERIALS – FIREWOODS INSTRUCTION SHEET:

| 1. FIRE STARTERS | 2. TINDER | 3. KINDLING | 3. FUEL |
|---|--|---|--|
| <p>MATCHES: Kitchen size is best. Waterproof with paraffin, nail polish, or shellac cut 50-50 with alcohol.</p> <p>FLINT AND STEEL: Any stone containing quartz is good. For steel, use back of knife, blade or file with burr ground off.</p> <p>FIRE BY FRICTION: Cottonwood, cedar, elm or basswood for board and spindle.</p> <p>BURNING GLASS: Magnifying glass or lens of binoculars or camera.</p> | <p>GRASS: Fine, dry-up off the ground.</p> <p>WEED TOPS: Goldenrod, aster, etc.</p> <p>DRY LEAVES: Still on the tree.</p> <p>FINE TWIGS: Tinder from standing trees.</p> <p>BARK: Cedar or birch or palmetto-picked from dead standing trees with your fingernails.</p> <p>BIRD NESTS: From last season</p> <p>MOUSE NESTS: Any season.</p> | <p>TWIGS: Dead, dry, from standing trees.</p> <p>WEED STEMS: Medium and heavy stems.</p> <p>SPLIT WOOD: Always good as long as it is:</p> <ol style="list-style-type: none"> 1. Dry 2. Split fine enough 3. More than you think you need. | <p>WOOD: Any size. Better split it if your log is more than 3 inches in diameter.</p> <p>CHARCOAL: In “natural” sticks or pressed briquettes.</p> <p>COAL: Soft or hard.</p> <p>Gasoline: NEVER use!</p> |



Dry leaves



Cattails



Tree Bark

Finding good tinder is one of the most important steps in building a fire. Tinder needs to be dry, flammable, and safe to ignite.

Dry Leaves are a good fire starter. **Cattails** are common throughout Europe and America, they are found near swamps, ponds, and other areas with still slow moving water. To extract it, go in the fall to an area where cattails grow and find a brown sausage shaped item on the cattail. Take this off and break it open, and the stuff inside is great tinder. **Tree Bark**. Is plentiful in forests, and tend to stay relatively dry even in wet or snowy weather. Be sure to break the bark into as many long, thin pieces as possible to increase the area that can be ignited. Be sure it's dry and not rotten.

FIREWOODS:

CAMPFIRE QUALITIES OF VARIOUS WOODS:

| WOOD | FIRE RATING: | | | VALUE AS: | | |
|---------------------|--------------|-------------|--------|-----------|------|--------------|
| | Green | Dead & Dry | Tinder | Kindling | Fuel | REMARKS: |
| HARDWOODS: | | | | | | |
| Hickory | Very Good | Excellent | | | X | "Best" |
| Oak - White | | Very Good | | X | X | |
| Oak - Black | | Excellent | | Twigs | X | Fine Coals |
| Oak - Red | Poor | Good | | Twigs | X | |
| Ash - White | Very Good | Good | | Twigs | X | |
| Dogwood | | Very Good | | | X | |
| Beech | Fair | Good | | Twigs | X | |
| Sugar Maple | Fair | Very Good | | Twigs | X | |
| Elm - American | | Fairly Good | | Twigs | X | |
| Cherry | | Fairly Good | | | X | |
| Birch - Yellow | Very Good | Good | Bark | X | X | |
| Birch - White | Poor to Fair | Good | Bark | X | X | |
| Cottonwood | | Very Good | | Twigs | X | |
| Sycamore | No Good | Fairly Good | | | X | |
| | | | | | | |
| SOFTWOODS: | | | | | | |
| Pine - White | No Good | Fairly Good | | X | X | Soot |
| Pine - Norway | | Fairly Good | | X | | Soot |
| Pine - Pitch | | Fairly Good | | X | | Full of Soot |
| Balsam Fir | No Good | Fair | | Twigs | | Crackler |
| Spruce | | Fairly Good | Twigs | X | X | Crackler |
| Hemlock | | Fairly Good | Twigs | X | Bark | Spitfire |
| Cedar - Red | | Fairly Good | Bark | X | | Spitfire |
| Cedar - Arbor Vitae | | Good | Bark | X | | Spitfire |
| Tamarack | No Good | Fairly Good | | X | X | Spitfire |
| Maple - Red | Fair | Good | | X | X | |
| Tulip | No Good | Fair | | X | X | |
| Poplar | Poor | Very Good | Bark | X | X | No Coals |
| Sassafras | No Good | Fair | | Twigs | X | Spitfire |

FEMALE/MALE LEADERSHIP STANDARDS AND PROCEDURES:

The female role model is essential to fulfilling the purpose of Girl Scouting. Each Girl Scout troop or group should have at least one female adult leader. When men volunteer in troop/group leadership roles, they do so as co-leaders or assistant leaders with female leaders.

See Safety Activity Checkpoints; Group Camping

Ensure the safety of sleeping areas. Separate sleeping and bathroom facilities are provided for adult males; many councils make exceptions for girls' fathers. Ensure the following:

- Each participant has her own bed. Parent/guardian permission must be obtained if girls are to share a bed.
- Adults and girls never share a bed.
- It is not mandatory that an adult sleep in the sleeping area (tent, cabin, or designated area) with the girls. If an adult female does share the sleeping area, there should always be two unrelated adult females present.

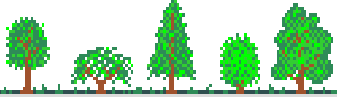
During family or "He and Me" events (in which girls share sleeping accommodations with males), ensure the details are clearly explained in parent/guardian permission slip.

As Girl Scouts, we must respect the feelings and values of our diverse membership as well as conform to ethical and legal requirements. All leaders are expected to maintain high moral standards as established by custom, Girl Scouting and traditional values.

During activities with both female and male leadership, the following procedures should be followed:

| SITUATIONS: | GUIDELINES: |
|-------------------------------------|---|
| SLEEPING ACCOMODATIONS | <p>Separate sleeping facilities are required for female and male leaders. Married couples may share the same quarters if appropriate facilities are available.</p> <p>Fathers or male guardians may share accommodations with their daughters provided there are no other girls present and provided there are available accommodations for them to sleep alone. Otherwise, males will share sleeping quarters.</p> |
| PRIVACY | <p>Adult leaders need to respect the privacy of the girls in situations such as changing clothes or taking showers and intrude only when required by health and safety. Leaders also need to protect their own privacy in similar situations.</p> |
| SHOWER AND TOILET FACILITIES | <p>In places where separate shower or latrine facilities are not available with both males and females present, times should be scheduled and posted for showers. The buddy system should be in place for latrine use with one buddy posted outside the entrance, or "Occupied" and "Unoccupied" signs or inside door latches used.</p> |

III. Cooking In The Out Of Doors



COOKING PROGRESSION:



NO COOKING



ONE POT MEAL



SIMPLE STICK



FOIL COOKING



SKILLET AND WOK



DUTCH OVEN



REFLECTOR OVEN



PROPANE STOVE

RECIPES AND INSTRUCTIONS:

“We learn from experience” is never truer than when applied to outdoor cooking. For a Brownie to gain from her outdoor cooking experience, she must be allowed to work with simple recipes she can prepare and complete with a minimum of adult help. Leaders need to realize that girls have little or no kitchen skills. Like all phases of Girl Scout program, cooking is a progressive experience and should be within the girls’ capabilities while still offering a challenge. Encourage them to try new activities as well as new foods.

It will take young or inexperienced girls most of a morning to gather wood, lay and light a fire, prepare and cook food. It will also take them a long time to clean up. Be sure to allow enough time.

Menus are an important part of camping and should be planned by the girls with help from their leaders. While this is an opportunity for girls to choose what they want, the meals should be balanced. Guide the girls’ choices to ensure variety of ingredients and methods of cooking, including their favorites while introducing something new.

ALWAYS BEGIN EVERY COOKING ACTIVITY WITH HAND WASHING AND SAFETY REMINDERS!

STRESS THE IMPORTANCE OF CLEAN HANDS IN ANY FOOD PREPARATION.



Nose Bag Lunches:

This is a Girl Scout term for a lunch that you can carry. You can carry your own personal nose bag in a bandana, plastic bag, brown bag, or day pack. Try to provide a balanced meal...protein sandwich, vegetable munchies, a thirst quencher (beverage or fruit) and a dessert. Pack heavy things on the bottom, light ones on the top. Avoid “squishy” things that will ooze and/or leak. Be aware of the weather and things that will melt. Potato chips tend to have a low survival rate!



Did you know? The saying nose bag came from a grain bag hung under the nose of a horse when he is fed on the job.

ONE POT RECIPES



One pot meals are a must for beginners. Girls can produce a hot, tasty meal with a minimum of talent and clean-up. This type of cooking is just what the name implies – the total main course is cooked in one pot. Start by cooking Campfire Stew, also known as Hunter’s Stew, or try the Vegetarian Chili on page 189 in the Junior Handbook. More advanced cooks rely on one pot meals for good eating with quick clean-up so they can spend more time on program and less on kitchen chores. Experiment – make up new combinations. All you need is meat or beans, filler such as rice or pasta, and something liquid such as soup, tomato sauce, broth or even water.

The One Pot Master Recipe: Serves 16 – 20

| | |
|------------------------------------|--------------------|
| 4 lbs lean ground beef (or turkey) | 4 cans tomato soup |
| 3 TBS dried or fresh onions | Salt and Pepper |

Brown the meat. Add onions and soup.

Then add ONE of the following combinations to make:

American Chop Suey – 5 cans of spaghetti
Spanish Rice – 1 15oz package minute rice (cooked separately)
Pasta Beef – 1 LB any kind pasta (cooked separately)
Hunter’s Stew – 5 cans vegetable soup

Chicken and Dumplings: Serves 6 – 8

| | | | |
|------------------------|--------------------------------|------------------------------|----------|
| 5-6 lbs. Chicken parts | Oil | 1 Medium Onion, chopped | Bisquick |
| Water | ½ lb vegetables of your choice | Salt, Pepper & Garlic Powder | |

Brown chicken in oil in foil roasting pan or Dutch oven. Add onion, vegetables, seasonings and ½ cup or so of water. Cover tightly and cook over coals 30 to 40 minutes. While it’s cooking, make dumpling mix according to Bisquick box directions. When chicken is almost done, drop dumplings on top and cook 20 to 30 minutes more. If more liquid is needed add it before putting the dumplings on top.

Tetrazini: Serves 12

| | |
|-----------------------------|---|
| 4 cans of chicken or turkey | 2 cans of cream of mushroom (or celery) soup |
| 2 Cans Water | 4 packages of Ramen Noodles (break up in package) |
| 1 Can Peas | |

Heat soup and water until well blended. Bring to a boil and add the noodles, stirring continuously to separate (about 3 minutes). Add 2 of the 4 flavor packets, canned meat and peas. Heat until warm.

MASTER PLAN FOR A ONE-POT MEAL
 (For 10 little people or 8 regular size people)



Choose 1 item from each column. Cook the meat and add remaining items in order of cooking time. Add salt, pepper, and other seasonings of your choice.

| MEATS | STARCH | VEGETABLE | SOUPS |
|---------------------------------------|---------------------------------------|-------------------------|---|
| 2 LBS HAMBURGER | 2 CUPS RICE WITH 4 CUPS WATER | 1 CAN OR BOX OF FROZEN: | 2 CANS OF: |
| 1-1/2 LBS HAM CUT IN CHUNKS | 12-16 OZ NOODLES | • PEAS | *CREAM OF ANYTHING |
| 2 LBS CHICKEN CUT IN PIECES | POTATOES | • CARROTS | *CHICKEN NOODLE |
| 1-2 HOT DOGS PER PERSON CUT IN PIECES | CHOW MEIN NOODLES ADDED AFTER COOKING | • MIXED VEGETABLES | *BROTH |
| | 12-16 OZ SPAGHETTI | • BAKED BEANS | *TOMATO |
| | | | *VEGETABLE |
| | | | (add water to give you desired consistency) |

Add to the menu fresh, raw vegetables of the girls' choice: carrots, celery, broccoli, etc. Be sure to have good bread (with butter) and beverage. Remember dessert!

Make more than you think the girls will eat. They get hungry in the out-of-doors. Take extra food and plenty of nutritious snacks.

Simple Stick Cooking:



Stick cooking has been a favorite for generations of Girl Scouts. Green sticks cut in the woods have been used in the past with no regard for the environmental impact of this action. We suggest that stick cookery to be done on appropriate size dowels, pointed on one end and soaked in water for 5 to 10 minutes before use – OR have the girls bring their green sticks from home.



S'Mores:

Marshmallows

Milk Chocolate Bars

Graham Crackers

Place 2 squares of chocolate on $\frac{1}{2}$ graham cracker. Roast a marshmallow on a green stick over the fire. Put the marshmallow on the top of the chocolate and top with the other half of the graham cracker.



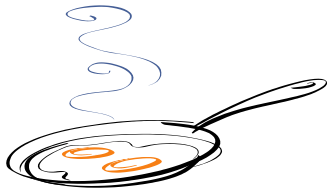
Singing Apples:

1 Apple per person

Cinnamon and Sugar

Place apple on a sturdy, green stick. Hold over the fire until the apple “sings”. Remove from fire and eat CAREFULLY. The inside of the apple will be hot and soft. Can be rolled or sprinkled with cinnamon and sugar.

Skillet and Wok:



This method is similar to one pot cooking and should be done over a hot, even fire about the same size as the bottom of your pan. The food being cooked will require constant attention. Hot mitts are a necessity.

SKILLET RECIPES:

Sloppy Joes:

Serves 4

1 lb Lean Ground Beef 1 Package Sloppy Joe Seasoning Tomato Sauce
Hamburger Rolls

Brown beef in skillet. Add seasoning, tomato sauce and water as per package instructions. Buns can be warmed in foil or in a reflector oven.

French Toast:

Serves 4 – 6

2 eggs 1 tsp. Vanilla 1 Cup Milk 2 TBS sugar
8-10 slices bread Margarine or Oil

Mix everything except margarine and bread together in bowl. Heat margarine or oil in skillet. Dip bread in mixture and fry till golden brown on both sides. Serve with warm syrup, jelly or confectioner's sugar.

California Egg Crackle: Serves 8

12 eggs Diced bacon $\frac{3}{4}$ cup cheese cracker crumbs
 $\frac{1}{2}$ cup Milk Salt and Pepper to taste

Fry diced bacon. Drain excess grease. Mix eggs and milk together well. Put in pan and cook till done. Sprinkle with cheese cracker crumbs.



Dutch oven:

We call lots of pots Dutch ovens. They're the ones with three legs on the bottom, designed to sit above some coals, and have a lid with a rim around the outside edge to keep the coals on top from falling off. They're made with two kinds of material: aluminum or cast iron.

Cooking Made Easy:

You can cook anything in a Dutch oven that you can cook in your kitchen oven at home. To avoid serving "burnt offerings," though, follow the simple "Rule of Three."

Take the diameter of the oven (12 inches, for example) and subtract three ($12-3=9$) for the number of coals to place below the oven and add three ($12+3=15$) for the number of coals to place on the lid. This creates a temperature of about 325 degrees.

To increase the temperature by 25 degrees, place one coal on top of the oven and one below it (see the accompanying chart). But weather will have an effect. If it's hot, the oven will cook faster; if it's cold, it will cook slower. Wind also dramatically affects the results of Dutch oven cooking. Also influencing the result: the way you position the charcoal briquettes.

Make a ring of coals about the diameter of the oven's bottom, placing one coal in the center. Set the oven on top of the coals and evenly place coals around the outside edge of the lid, with two coals in the center and one on each side of the handle. Some Dutch oven cooks disagree about placing coals in the center. I prefer it. Experiment and see what works best for you.

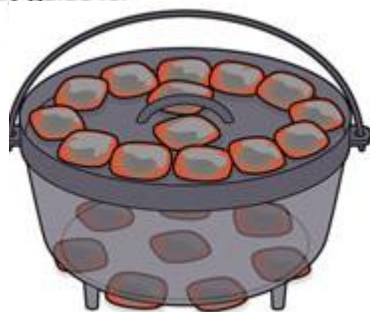
Hint: If you can smell your food cooking, you'd better check it regardless of the time suggested by the recipe. It's probably done.

Watch out when you lift the lid to check your food. I've seen many a dish spiced with "camp pepper" (ash) when folks try to lift the lid with a claw hammer, pliers, or some kind of fancy lever. The best lid lifter ever invented is the Mair Dutch Oven Lifter (mairdutchovenlifter.com). It gives you control of the lid like it was your bare hand.

Cleaning: Dutch ovens are typically cleaned with boiling water and a brush and no or minimal soap. After the oven has been dried it should be given a thin coating of vegetable oil to prevent rusting.

HERE'S HOW TO TURN UP THE HEAT

This simple formula will bring your Dutch oven to the correct temperature for baking without fail. It all depends on the number of charcoal briquettes you set on top of the lid and below the oven. Tear out this handy guide for future reference.



| 12-INCH DUTCH OVEN | | |
|--------------------|-----|--------|
| TEMP. °F | TOP | BOTTOM |
| 300° | 14 | 8 |
| 325° | 15 | 9 |
| 350° | 16 | 10 |
| 375° | 17 | 11 |
| 400° | 18 | 12 |
| 425° | 19 | 13 |
| 450° | 20 | 14 |
| 500° | 21 | 15 |

DUTCH OVEN RECIPES

Peach Cobbler:

2 Cans Peach Pie Filling 2 Boxes Jiffy Cake Mix
1 Can Sliced Peaches 1 Stick Margarine

Mix peaches in a Dutch Oven. Cover with unmixed cake mix and sliced butter on top. Cover with foil and put top on Dutch Oven. Place in hot coals, carefully placing coals on the top as well.

Chicken Enchilada's:

2 Boneless, skinless chicken breasts, cooked 1 Cup Salsa
1 Cup Sour Cream 1 Can Cream of Chicken Soup
10-12 Tortillas 1 Cup Shredded Cheddar Cheese

Mix chicken, soup, sour cream, and salsa in saucepan on medium heat until hot, stirring constantly. Spoon mixture onto tortillas and roll. Place in Dutch Oven, sprinkle with cheese. Bake for 30 minutes at 350 degrees.

Simple Stroganoff:

2 Lbs. Round Steak 3 TBS Flour 1 Large Onion, sliced
Salt & Pepper to taste 1 Can Cream of Mushroom Soup
1 Cup Sour Cream

Cut steak into thin strips. Dip in the flour and brown in small amount of cooking oil. Add onions, salt and pepper and soup. Cook in 350 degree coals until tender. Add sour cream and heat through. Serve over pasta.

Ham Balls:

2 Lbs. Ground Ham 2 Lbs. Ground Sirloin 2 cups Ground Graham Crackers
1-1/2 Cup Milk 2 Eggs

Mix above together and make into balls.

Sauce:

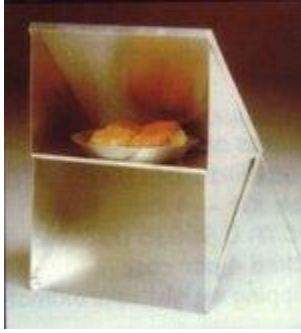
1 Can Tomato Soup 1-1/2 Cup Brown Sugar ½ Cup Vinegar

Stir together. Make into 1 inch round balls. Put balls into Dutch Oven, bake for 30 minutes at 350 degrees. Pour on sauce and cook for another 30 minutes.

Dump Cake:

1 Box White Cake Mix (or yellow) Butter
1 Can Apple Pie filling or other flavor Brown Sugar

Preheat coal. Dump 1 stick of butter in bottom of Dutch Oven, sprinkle with brown sugar over butter. Dump cake mix on top of brown sugar, then pie filling. Place some coal on top of Dutch Oven lid and place the rest under. Bake for 40 minutes or until bubbly. Let cool before eating.



Reflector Oven:

This is a more advanced type of cooking. Anything you can cook in your oven at home you can do in a reflector oven outdoors or in the cabins. A reflector oven is usually made of shiny aluminum. It's designed so heat from a fire reflects on both the top and bottom of a shelf in the middle. Keep your oven bright and shiny so it will be efficient.

The fire for a reflector oven should have flames instead of the coals recommended for most cooking. Reflector ovens offer several advantages over Dutch ovens. For one thing, the sheet-metal (usually aluminum) reflector oven is lightweight and collapsible.

It is compact when folded and weighs a mere few pounds. It easily fits in a backpack and requires less than a minute to assemble or disassemble.



Heat for a reflector oven is controlled by moving the oven nearer or farther from the flames. You can watch your food through the open front, and avoid having it scorch or burn. Place food on a pan or piece of foil that fits the shelf of the reflector oven, and position the oven near the fire. Knowing just where to place the oven so it heats to the right temperature is the key to good cooking? An oven thermometer on the food shelf helps.

Carry two thick potholders or heavy gloves for moving the oven and handling the food. Most reflector ovens also have a back flap that can be opened to check the food. You can search on line for how to make a reflector oven this site http://scoutmaster.typepad.com/my_weblog/2006/09/reflector_ovens.html sells complete ovens. They aren't cheap, but I don't know what the materials will cost to make one yourself. Sometimes, it's just cheaper to buy one!

REFLECTOR OVEN RECIPES

Caramel Biscuits: Makes 10 biscuits – serves 5 or less

1 Package Refrigerator biscuits

¼ Cup Brown Sugar

2 TBS Margarine

Melt margarine over coals in a round pie or cake pan. Add brown sugar and stir until dissolved. Place biscuits in mixture and then turn over until coated. Bake in reflector oven until done. Check occasionally and turn the pan if necessary.

English Muffin Pizzas: Serves 6 as a snack

6 English Muffins

1 Jar Pizza Sauce

1 LB Mozzarella Cheese

Split muffins and spread with sauce and sprinkle with cheese. Place in reflector oven and cook till cheese melts. Check and turn as needed. Try using pita breads for a thinner crust. Add toppings if desired.

Cheese-Garlic Biscuits

2 cups Bisquick baking mix

2/3-cup milk

1/2-cup shredded cheddar cheese

1/2 cup margarine or butter, melted

1/4-teaspoon garlic powder

Mix Bisquick, milk and cheese until a soft dough forms. Beat vigorously 30 seconds. Drop dough by spoonfuls onto a sheet of lightly greased aluminum foil cut to fit the shelf of your reflector oven. Bake 8-10 minutes or till golden brown. Mix margarine and garlic powder; brush over tops of warm biscuits.

Little Pizzas

English muffins

Pizza sauce

Grated mozzarella cheese

Your favorite pizza toppings

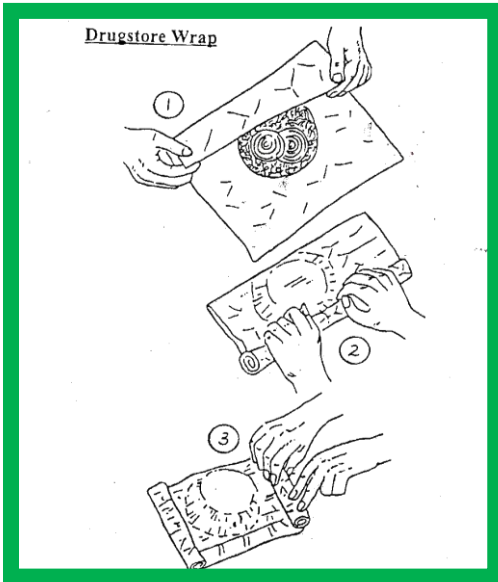
Lightly brown muffins in the reflector oven. Spread pizza sauce on each half. Crown with cheese and your favorite toppings. Heat on foil until the cheese is bubbly.

Foil Cooking:



Use two layers of heavy-duty aluminum foil. Foil should be large enough to go around food and allow for crimping of edges in a tight seal. This will help keep the steam and juices in. You will need a shallow bed of glowing coals that will last the length of time necessary for cooking.

Here is a standard Drugstore Wrap to use with your heavy duty aluminum foil:



| FOOD | TIME IN COALS |
|----------------|---------------|
| Hamburger | 8-12 minutes |
| Chicken Pieces | 20-30 minutes |
| Wieners | 5-10 minutes |
| Pork Chops | 30-40 minutes |
| Carrots | 15-20 minutes |
| Ears of Corn | 6-10 minutes |
| Whole Potatoes | 45-60 minutes |
| Potato slices | 10-15 minutes |
| Whole Apples | 20-30 minutes |

FOIL COOKING RECIPES

Foil Dinner:

Layer thin slices of onion, potato and carrots then meat and another layer of carrots, potato and onion. Season with butter, salt and pepper. Wrap with “drugstore” fold. Cook over hot coals, turning at least twice.

Baked Apples:

Core apple. Place on square of foil. Fill hole with 1 TBL of raisins, 1 TBL of brown sugar and a dash of cinnamon. Candy red-hots also make a good filling. Wrap foil around apple and bake in coals for 20 minutes.

Banana Boats:

1 Banana Per Person ¼ Chocolate Bar per person Mini-Marshmallows

Pull back one strip of the banana peel, leaving it intact at one end. With a spoon, scoop out a portion of the banana like a canoe. Stuff the chocolate pieces and the mini-marshmallows into the canoe. Close the banana back up with the piece of pulled back and wrap securely with foil. Lay in the coals until the chocolate and marshmallows melt, turning at least once. 5 to 10 minutes. For variety try Banana Barges – fill the canoe with chocolate bits, nuts, crushed pineapple and strawberry jam and top with mini-marshmallows – tastes like a banana split without the ice cream.

Propane Stove:



A Propane Stove can be used just like your stove at home. You can cook anything on your propane stove that you would cook in a home environment. There are many styles you can purchase. The two here illustrated are Coleman stoves. The first one illustrated is an electronic ignition system – no matches are needed. It ignites in all weather but is a little more costly. The second featured here is a Coleman match light grill which can be purchased for as little as \$30.00. Both stoves uses 16.4 oz disposable propane cylinder and burns 2 hours at maximum setting.

A few tips and tricks will ensure that your stove works when you need it and that it lasts for years.

Stove Cleaning: First and foremost, try your absolute best to keep your stove clean. Sometimes it's difficult when you're out camping and don't have a lot of water, but at the very least, clean off any food particles and grease as soon as you can. If you have a meal that boils over and gets food in the burner, clean it out as soon as the stove cools. Unless otherwise noted, camping and backpacking stoves can be cleaned with warm water and dish soap. Try to avoid harsher cleaning solutions. If your camp stove is made of metal, such as stainless steel (without paint), green and copper scrub sponges are a good way to get hardened food and grime off. Make sure to rinse and then dry the stove so that the extra water doesn't become rust.

Stove Hose and Pipe Cleaning: Many backpacking stoves come with a cleaning kit that has a piece resembling a miniature pipe cleaner. Follow the instructions with your particular stove. Many clogging problems can be cured by taking apart the stove, blowing the dust out of it, and putting it back together.

Storing Camp Stoves: It's important to remember that although camp stoves are pretty durable, they have somewhat fragile parts. Don't put your stove away after a trip until it is clean and *dry*. Additionally, it must be detached from the fuel source. In order to avoid getting extra dirt and grime in the stove, store it in a bag of some sort. On big camp stoves, never let the hoses drag in the dirt and use a cap to cover the ends. Dirt can clog the pipes and be the reason you don't have hot drinks or a warm meal. When storing the stove and fuel, keep them away from your food. Every so often, fuel leaks and you don't want it anywhere near your pasta!

Before You Go: After being stored for a while, stoves can malfunction, even if you did everything properly. It's much easier to problem solve and clean your stove in the front country, so set it up, light it, and see if all the burners work before you go. Cooking camp recipes in the backcountry is one of the most fun parts of camping, backpacking and wilderness adventures, but only if your stove is properly working.

Propane Gas Grill Safety Tips. Propane Grill Do's. • Always use the grill outdoors in a well-ventilated area. Always follow all the manufacturer's instructions. Leave a sufficient space between the grill and eaves and overhangs. Never leave the grill on and unattended. Always remain present when the grill is in use. Only use a grill on a level surface. Keep children away from grills. The appropriate way to light a gas grill is to open the lid and light the match or grill lighter and then turn on the gas burners. When you are finished cooking, turn off the propane cylinder valve then turn off the burners. Make sure the grill is cool before storing it.

Box Oven: This is an inexpensive, portable oven that will bake just like your oven at home. It is fun to make.



Supplies needed:

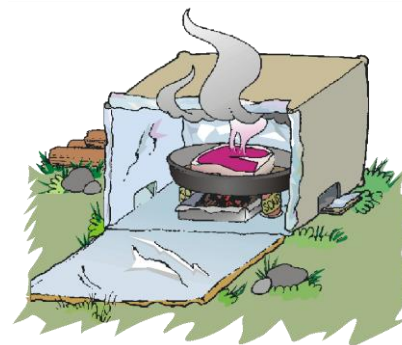
- Cardboard box
- Heavy duty aluminum foil
- Duct tape
- Metallic tape
- Glue (such as Elmer's)
- (4) 1/4" diameter threaded rods, each About 1" longer than the length of the box
- (16) nuts and (16) washers to fit threaded rod
- Box cutter
- 2 pie tins
- Charcoal chimney
- Charcoal
- Oven mitts
- Heavy duty tongs
- Aluminum pan for food
- Oven thermometer (optional)
- Clear turkey roasting bag (optional)

Time to complete: 1-2 hrs

Instructions:

- Get a cardboard box. A copy paper box that held ten reams of 8 1/2" x 11" copy paper works well. You should be able to get one free from an office supply store or take one home from the office.
- Tape the lid onto the box using duct tape. This will form the back wall of the oven.
- Cut along two short sides and one long side of the bottom of the box to make the box door. The "hinge" of the door will be on the bottom of the oven.
- Cut a vent hole, about 1 1/2" x 3/4", at the base of the box on either side.
- Line the inside of the box completely with heavy duty aluminum foil, holding the foil in place with glue. Overlap foil pieces. Use metal tape to secure the overlapping edges. Wrap excess foil around to the outside of the box and glue in place. Do not leave any cardboard exposed on the inside of the box. This could cause the box to ignite.
- Cover the outside of the box with heavy duty aluminum foil, holding the foil in place with glue. Use metallic duct tape to tape down all edges. Tape around the vent openings.

BOX OVEN RECIPES:



There aren't many recipes here, because you can use this box oven to cook anything from any other cookbook that can be cooked in an oven!

Monkey Bread:

6 Cans of refrigerated raw biscuits Cinnamon
Sugar 2 Sticks butter or margarine Chopped Nuts (optional)

Separate biscuits, cut into quarters and roll into small balls, dip the balls into the butter, roll in cinnamon and sugar. Dip in nuts. Put biscuit balls into a bunt pan. Pour any remaining butter into the pan. Cook in box oven at 350 degrees for at least 40 minutes. Let Cool. Then everyone sits around and picks at the bread like a bunch of monkeys!

Peachy Yums:

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 melted, 5-10 minutes.

Sausage balls:

1 lb sausage
3 cups bisquick
1 8 oz jar Cheese Whiz or shredded cheese

Combine sausage (cooked), bisquick and cheese; shape into balls. Bake in preheated 300 degree oven for 25 minutes or until lightly browned.

How to start your charcoals:



Start coals in a fire or in a pie pan or in a charcoal starter or charcoal chimney. Do NOT start the coals inside the box oven. Shovel the hot coals into a pie pan (double the pie pans).

Use directions on charcoal packages to see how long they will need to heat up. Once they have finished heating, each charcoal briquette will be approximately 25 degrees. Most baked goods cook between 325 and 425 degrees. Please follow chart below to determine how many charcoal briquettes are needed for your baking purposes. See Step 8 for chart.

STEP 1



Light your briquettes with the matches or a lighter (it will probably take a few matches. Be sure that each briquette burns).

STEP 2



Let the briquettes burn for a while

STEP 3



Until they look like this! Then you're ready to go.

STEP 4



With your tongs, pick up the hot plate of charcoal.

STEP 5



And slide it carefully between your wire shelves onto the bottom of your box.

STEP 6



Carefully..

STEP 7



There! Use the tongs to straighten out the charcoals and spread them out a bit.

STEP 8

Bake **Number of Charcoals**

| | |
|-------------|-------------------------------|
| 325 degrees | 13 Charcoal briquettes |
| 350 degrees | 14 Charcoal briquettes |
| 375 degrees | 15 Charcoal briquettes |
| 400 degrees | 16 Charcoal briquettes |
| 425 degrees | 17 Charcoal briquettes |



How to make a charcoal starter:

Lighting charcoal briquettes without lighter fluid is easy with a homemade Charcoal Chimney. While you can easily buy one of these things for under \$15 at your local mega-store this one can be built for practically free. If you are going to be using a Dutch Oven, a charcoal starter is a must. In our council troops are not allowed to use liquid charcoal starter. This is a good way to get those coals going. Be careful when building this project wear gloves to reduce risk of getting cut.

Materials Needed:

1 #10 tin can (coffee can) or 3 lb can; 1 can opener; 1 church key; 2 Wire coat hangers; 1 drill with a 1/8" drill bit; 1 pair of diagonal cutters; 1 pair of needle nose pliers

Step 1: Opening the Can



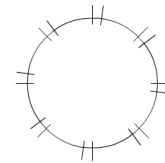
With the can opener remove both ends to form a basic chimney

Step 2 making the vent holes



Using the church key make a series of triangular holes on one side of the can separated by about 2 inches (this side will be referred to as the bottom)

Step 3 the holes for the mesh



Drill two sets of eight holes about 3 inches from the bottom of the can with about 3/4 of an inch separating the 2 holes in each set.

Drill 4 holes for handle

Step 4: Making a Wire Mesh



Open the coat hangers and straighten with the pliers. Cut the coat hanger into (12) 8 inch pieces using the diagonal cutters With the pliers form a hook at one end of each of the 12 pieces of wire about 3/4" in diameter Thread the straight end of the wire through the can to its opposite hole making sure to thread the hook end into its corresponding hole Insert the hook into the hole nearest it and using the pliers, on the inside of the can bend the wire so that it cannot be removed from the can. Repeat the inserting process for all the holes, you may have to drill additional holes and place additional wires to make a tighter mesh depending on the size of charcoal you plan to use.

Making the Handle: For the handle drill 2 sets of two holes, one set at the top of the can and another near the mesh. Drill the sets vertically take the remainder of the coat hanger and fasten it in the same manner done when creating the mesh And there you have it one Charcoal Chimney for the price of a few Band-Aids. It's not the prettiest thing but it does work.

Light Chimney: Crumple a full sheet of newspaper, and then loosely roll it up into a tube. Even though claimed not to anymore, newspaper paper still has chemicals in it, including print paint (used to be lots of lead in it), which should be safe to burn, since soybean ink is used. you might find paper towels much more "health friendly" and porous, thus holding more oil in them, for the purpose.

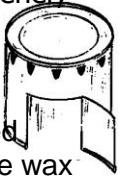
Form the tube into a donut shape in the bottom of your chimney starter. Make sure that pieces of the paper stick out of each of the four bottom holes as wicks. **Place 15-20 pieces of charcoal into your chimney starter** light paper

Light the paper in SEVERAL places from underneath your chimney starter.

Coals should be ready in about 20 minutes. When briquettes are ready, remove the tongs and place where needed. Fire gloves should be worn.



Vagabond Stove and Buddy Burner: To make vagabond stove you need a one gallon (#10) tin can (get from school cafeteria/restaurant), tin snips, punch can opener, gloves, cut out a 4 X 4 opening. Next, using the punch opener, punch two or three holes on sides on top of can for air holes.



To make a buddy burner you need to gather: a clean tuna can, a piece of corrugated cardboard, a bunch of candle stubs, and a soup can or something similar to melt the wax in so you don't get wax on your cookware.. **Please note:** Most aluminum cans are now fully lined with plastics and other coatings (to prevent botulism) when the coatings burned can be TOXIC.

One solution is to toss the tuna can on an outdoor fire—and step away—and let the lining burn off. The charcoal will scrub off the can, and then you can go ahead make your BB. Since the buddy burners are used outdoors, the tiny amount of burning plastic that might occur in the use of a lined can is going to be much of a health threat. The cardboard doesn't burn down much and the flame stays at the top of the can, so once that upper ring of exposed liner burns, you shouldn't get any more fumes. So if you have a buddy burner that you made before you learned about this horrible plastic lining business, it's your choice if you want to still use it. But yes, if you can find tins of different sorts that are not plastic lined, by all means it would be better to use those. Instead of a tuna can use large empty candy tins, there is no plastic coating on the inside and they have a lid that is handy for extinguishing the burner and keeping any soot off the other stuff in your pack.



Cut the cardboard into strips as wide as the can is deep. Cut across the corrugation, across the ridges, so that when you look at the edge of the strip you see the open channels. Capiche? You are going to coil the cardboard in the can, so you will need maybe 3 or 4 feet of cardboard. One Amazon mailer made 3 BB's here at Survive LA. Roll your strips up like a sweet roll and tuck them into the can. It does not have to be tight, but you do want to fill it up.

Pile your candle stubs next to the tuna can to get a sense of how much you need. The wax soaks into the cardboard, so you always seem to need more than you expect. Don't worry about the wicks, dust, soot, those little metal things—the purity of your wax doesn't matter.



Melt the wax. If you melt your candle stubs over direct heat the wax will burst into flame if it gets too hot. Therefore it is safest and best to use a double boiler set up. Now, if you own a double boiler you probably don't want to coat it with wax, so use a tin can to hold the wax, and place the can in a saucepan of simmering water. Here we balance the can on a metal cookie cutter to keep it off the bottom of the saucepan.



When the wax melts it will liberate bits of old wick. Fish these out first and tuck one or two or three between the cardboard layers to help with lighting the burner. Then pour the hot wax slowly into the can. It will fill up fast, and then the wax level will sink as the cardboard soaks up the wax. Keep adding wax—you want to be sure the can is absolutely full of wax and the cardboard completely saturated.

To light the BB, light the wicks and turn the can up on its side so that the cardboard catches fire too. The cardboard is a huge wick. That inferno effect is what you want. Control your flame by making a damper out of a piece of aluminum foil folded into a long rectangle three or four layers thick and as wide as the can, but much longer so that you can use the excess as a handle. Slide the foil back and forth to expose or repress the flame as needed. To recharge the BB, place chunks of wax on top of the BB while it is burning. The wax will melt down and refuel it. The wax will always burn at a lower temperature than the cardboard, so the cardboard should last a long time it should burn for 1 1/2 to 2 hours.

Caution: Do not touch the stove – it will get VERY hot!

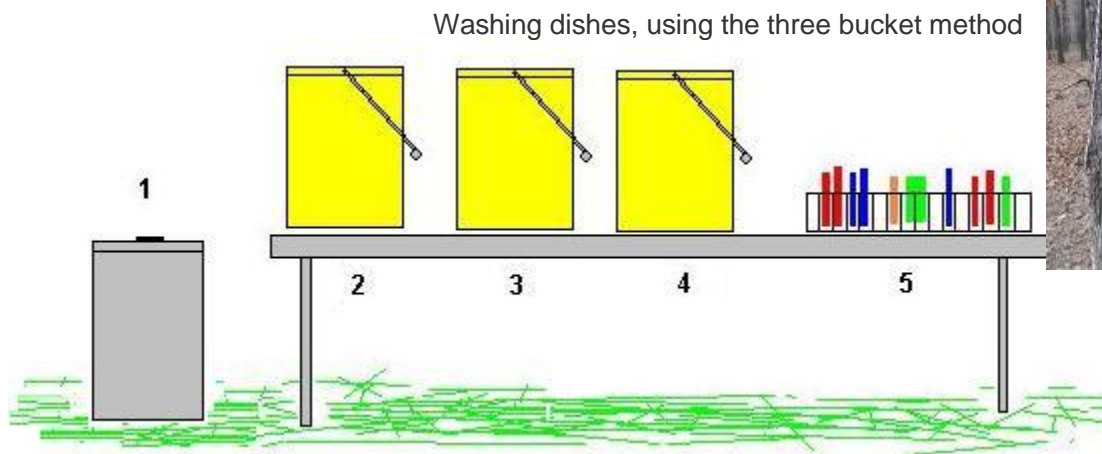


Here is a helpful chart for planning quantities:

| PLANNING QUANTITIES FOR CAMP | INSTRUCTION |
|------------------------------|--|
| Chopped Meat | 1 LB for 4-5 Girls |
| Chicken | 2 pieces Fried 4 girls per roasted chicken 3-4 oz per girl |
| Bacon | 2-4 slices per serving, 10-12 slices per pound |
| Sausage | 1 LB for 4 or 5 girls |
| Hot Dogs | 2 per Girl |
| Eggs | 2 per Girl |
| Cream Cheese | 2 oz per girl |
| Dry Cereal | 3 oz per Girl |
| Macaroni | 3 oz per Girl |
| Spaghetti | 3 oz per Girl |
| 1 Cup Uncooked Rice/Macaroni | = 2 Cups Cooked |
| 1 Cup Uncooked Noodles | = 1-1/4 Cups Cooked |
| 1 TBL | = 3 tsp |
| 1 Cup | = 16 TBL or 8 oz |
| 1 Quart | = 4 Cups or 32 oz |
| 2 Pints | = 1 Quart |
| 4 Quarts | = 1 Gallon |
| 8 Pints | = 1 Gallon |
| 1 LB | = 16 oz |
| 1 Stick Butter or Margarine | = 1/2 Cup or 8 oz |



Cleaning up outdoors:



1. **Trash Can:** Scrape off your dishes over the trash can.
2. **Wash Bucket:** Wash your dishes in the soapy water bucket. Warm water makes it a little easier to get the dishes clean so while you are eating start warming a pot of water, cold water works too. Do not use water that's so hot you have to worry about scalding your fingers. There should be just enough dish detergent to form soapsuds on top of the water. If the water looks murky or doesn't have soapsuds, it's time to replace the wash water.
3. **Rinse Bucket:** Dip your dishes in the clear rinse water to get the soapy water off. Rinse water should look clear and clean. When the water looks soapy, it's time to replace the rinse water. Warm water is more effective for rinsing off soap, but cold water works too.
4. **Sanitizer Bucket:** Dip your dishes in the sanitizer for 30 seconds. The water in this bucket must contain one tablespoon of bleach for each gallon of water. Be careful not to splash it on your clothes or in your eyes. If the sanitizer looks soapy, you need to replace both the sanitizer and rinse water. Do not use hot water--bleach decomposes rapidly in hot water.
5. **Drying Rack:** Hang dunk bags to air dry or place your dishes in the drying rack and allow them to air dry. Don't worry about the bleach--as the water dries, the bleach breaks down into salt and most of the salt will fall off your dishes. After the dishes have dried, you can use a dish towel to wipe off any remaining salt residue. Do not rinse off the sanitizer or wipe the dishes before they are dry. The sanitizer is more effective when given time to air dry.

Ideally, your water buckets should be emptied into a drain connected to a sanitary sewer or septic system. If your camp doesn't have such a drain, pour your buckets out at a location that won't leave a muddy mess in places where people walk. You may want to pour the wash bucket through a strainer or over a cheese cloth or paper towel to remove the larger, more visible solids. Do not pour out your buckets near open water. There should be a buffer of at least 100 yards of wooded or grass-covered land between your dumping area and open water. Also bear in mind that insects and small animals will be attracted to the food residue left by your wash water. Is it far enough away for your fellow campers to feel comfortable?

Chlorine bleach, the same stuff you buy at the supermarket for laundry, is the best sanitizer for washing dishes with warm or room temperature water (75 to 120 degrees fahrenheit). Most laundry bleaches contain a solution of three to six percent sodium hypochlorite, providing a chlorine concentration of about 200 parts per million when a tablespoon of bleach is mixed with a gallon of water. Wash pots and heavy dirty stuff last. Pots and pans will clean much easier if you remember to soap the outside with liquid soap before putting them on the fire.

FOOD STORAGE:

Camping meals are meant to be enjoyed without the worry of food spoilage or being a tasty treat for local animal population.

What is the number one issue in food storage safety? Avoiding spoilage! This means providing adequate cooling for perishable foods.

- When camping, take two coolers – one for perishable foods, one for drinks and snacks.
- Keep lids closed as much as possible to retain cooling.
- A drink cooler will be opened more often than one containing food.
- Invest in a quality cooler.
- Replenish ice as necessary. Blocks of ice last longer than cubed or crushed ice.
- Food safety experts recommend using freezer ice packs or frozen jugs of water because they drip less. Loose ice can melt, then drip and possibly transfer contaminants from one food to another.
- Keep food wrapped or enclosed in containers to avoid having it sitting in water at bottom of cooler.

Separate raw food from cooked food. Place raw meat and poultry in sealed containers and pack them at the bottom of the cooler to keep juices from dripping on to other food.

Freezing foods ahead of time will extend their storage life and decrease the need for replenishing ice. (This is very useful for chicken, which should be eaten the first day or two, because it spoils faster than other meats.) Many recipes can be prepared ahead of time, frozen and then finalized at the campsite.

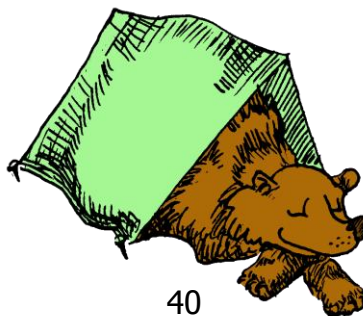
Keep coolers in the coolest part of a vehicle when traveling. Keep coolers out of the sun at the campsite.

Repackage foods at home to get rid of extra packaging materials.

Never store food in tents. It will attract wildlife – everything from snakes to raccoons to bears. Sealing foods in air-tight containers will help minimize smells. Scented articles such as soap, sunscreen, hairspray, and toothpaste also attract animals. Store these items the same way you do food, in sealed containers. Never leave food unattended at your campsite, and always dispose of all garbage properly.



Bears are wild and their behavior is sometimes unpredictable. Treat all bears with caution, and keep food stored so as not to attract them. Special bear-proof lockers are available in such places as national parks. If your campsite has special bear-proof storage, use it. The illustration of the hanging camp cupboard can be purchased at a camping store or online.



Blessings:

For Health and Strength

For Health and Strength and Daily food, we praise the name Oh, Lord.

God Our Father

(Tune: Frere Jacques)

God our Father (repeat)

Once Again (repeat)

We will Ask Your Blessing (repeat)

Ah Amen (repeat)

LOVELY TREAT

(Tune: This Old Man)

Bread and jam, Bread and jam,

I am grateful, yes I am

I thank you kindly for the food I eat.

Thank you for this lovely treat.

Bless This Food

(Tune: Edelweiss)

Bless our food, bless our friends,

Come O Lord and sit with us.

May our lives grow in peace,

May your wisdom surround us.

Friendship and love, may they bloom and grow,

Bloom and grow forever.

Bless our food, bless our friends,

Come O Lord and sit with us.



Allelu

Allelu, allelu, allelu, alleluia,

Praise Ye The Lord.

Allelu, allelu, allelu, alleluia,

Praise Ye The Lord.

Praise Ye the Lord, Alleluia,

Praise Ye the Lord, Alleluia,

Praise Ye the Lord, Alleluia,

Praise Ye The Lord!

Please note: There is a spiritual foundation to the Girl Scout movement. However, since Girl Scouting is for all girls, those whose beliefs may be better expressed by a word or phrase other than "God or Lord" may substitute that word or phrase when they say the Girl Scout Promise, prayer or song.

IV. Personal and Troop Equipment and Gear



Remember that all girls should be responsible for carrying their own gear. It should be waterproof and well marked. For a first time camp trip, have a troop meeting where the girls come packed and review what is good and practice carrying the gear around the meeting place.

Troop Gear List: Outdoor Education in Girl Scouting, pages 166 – 167

Personal Gear List: Outdoor Education in Girl Scouting, pages 168 – 169

Make sure you have the right clothing.

- Check the weather forecast before you go.
- Bring appropriate clothing for all planned activities.
- Bring clothing for unexpected weather changes.

"Think Layers"

- A base layer, warm layer and weatherproof layer are the basic clothing layers.
- Dress in layers rather than in a single heavy coat. Put on or take off layers as your temperature changes. Sweat soaked clothes lose insulation value.
- Pay attention to what the girls are wearing. They often ignore the warning signs of getting chilled until they are thoroughly cold and will then have a hard time getting warm again.
- Whenever possible, use clothes the girls already have.

Fabric Choices

- Cotton can be worn in warm weather. However, it won't keep you warm if it gets wet. Make sure all campers have a warm jacket or sweater and rain gear with them.
- Warm layers should be of wool, fleece or a synthetic such as polypropylene. Many girls have fleece jackets and pants for sports activities.
- Nylon wind pants make a good outer layer.
- Check second-hand stores for warm garments.

Shirts and Pants

- Leave tank tops, halter tops, crop tops and short shorts at home. Exposed shoulders or midribs can easily get sunburned or bitten by insects!
- Long sleeves and long pants will help protect you from insects, poison ivy, or brambles.
- Shorts can be worn in warm weather, but beware of sunburn.
- Clothing should be loose enough to allow easy movement.

Shoes and Socks

- To prevent cuts, scrapes, blisters and general discomfort, closed-toe shoes and socks must always be worn for outdoor activities. Check that socks do not have holes in them.
- Sneakers are appropriate for most outdoor activities.
- Flip-flops and sandals are not allowed for outdoor activities.
- Shoes should be broken in before going on long hikes.
- For an extended hike, wool or polypropylene socks are best.

Raingear

- Each person should always have a waterproof layer with her.
- An emergency waterproof layer can be a garbage sack with holes cut for the head and arms.

Hats

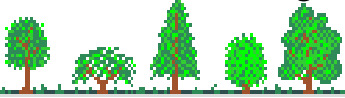
- In cool weather, pack a warm knit hat. Sleeping in it will even help keep your feet warm!
- During the summer, bring a hat with a brim. You'll appreciate the shade and the protection from sunburn.

Odds and Ends

- Gloves or mittens are good for cool mornings.
- Sunglasses are recommended on sunny days.
- A bandanna is a very useful clothing item. Its uses range from handkerchief to pot holder to blindfold to belt.
- **Loose, floppy or synthetic clothing is not to be worn around stoves or fires** or around any moving parts (such as playground equipment or bikes).

Please consult *Safety Activity Checkpoints-Group Camping*.

V. Safety and Emergency Procedures



FIRST AID KIT:

Be sure to assemble prior to trip a well-stocked first-aid kit that is always accessible. See page 84 of (OEGS) for items in First Aid Kit.






FIRST AID:

Each group camping needs a certified First Aid trained adult volunteer. See volunteer essentials for accepted organizations. The following information is good, practical information and the types of situations listed below may occur when troop camping. Leader should review all the girl's medical history and check the troop's First Aid Kit supplies before a camping event. All medication should be in the original container with written instructions from the parent. There is extended information on First Aid in the Outdoor Education in Girl Scouting pages 83-100 and in your level handbooks.

| CONDITION | DESCRIPTION |
|----------------------|--|
| DEHYDRATION | Dehydration is a condition in which a person's body water content falls to dangerously low levels. Even in the cold winter months our bodies still require water. We lose water through sweating, breathing and urination. Cold, dry air can cause rapid dehydration, especially if it is sunny and windy outside. Dehydration makes you more susceptible to hypothermia. The cold weather tends to suppress our thirst. We may have to force ourselves to drink water regularly because our bodies will not remind us to. See page 85 of the OEGS for symptoms and treatment. |
| SUNBURN AND WINDBURN | <p>Protecting the skin with sunscreen can prevent sunburn. Wearing a hat is important. Sunburn is an inflammation of the skin caused by over exposure to the sun. The sun's ultraviolet rays destroy cells in the outer layer of skin and damage tiny blood vessels beneath the skin. Sunburned skin turns red and is tender. In severe cases it may blister. Calamine lotion or an aloe crème will soothe the pain and aid in healing. It is important to protect the skin from further exposure to the sun. If blistering occurs, do not break the blisters! Cover them with a dry bandage. Apply antibiotic ointment if the blisters break.</p> <p>Windburn is an inflammation of the skin caused by overexposure to wind. The wind draws the moisture and oil from the skin causing it to become chapped. Wind burned skin appears reddened, chapped and tender. It usually occurs on the face. If the lips are wind burned, they may become cracked. Windburn can be soothed with calamine lotion or aloe crème. To protect the skin from windburn, cover the face as much as possible and apply and emollient such as petroleum jelly where it is exposed.</p> |

| CONDITION | DESCRIPTION |
|---|---|
| <p style="text-align: center;">BURN CARE</p> | <p>First make sure the scene is safe to enter. To care for a burn follow these basic steps. First, stop the source of the burning. For example, you may have to put out flames that have caught clothing, stop drop and roll. Next, use water to cool the burned area. Don't use ice except on minor burns, such as a burned finger from a hot pot. After cooling the burned area for several minutes, cover the burn with dry clean dressings to help prevent infection. Bandage loosely. For minor burns with blisters that aren't bad enough to need medical care, wash the area with soap and water. Keep it clean. Put on an antibiotic ointment. Watch for signs of infection. Call EMS if you are not sure if the burn is serious or not.</p> |
| <p style="text-align: center;">HEAT RELATED ILLNESS</p> | <p>Heat cramps, heat exhaustion and heat stroke are conditions caused by over exposure to heat. Heat cramps are painful muscle spasms. They usually occur in the legs and abdomen. Think of them as a warning of a possible heat related emergency. To care for heat cramps have the victim rest in a cool place. Give cool water. Usually rest and fluids are all a person needs to recover. Heat exhaustion is more severe. Its signals include cool, moist, pale or flushed skin. Heat stroke is the least common but most severe. It occurs when the signals of heat exhaustion are ignored. The signals of heat stroke include red, hot, dry skin; changes in consciousness, rapid weak pulse and rapid, shallow breathing. Get the victim out of the heat. Loosen clothing and apply cool, wet cloths, If the victim is conscious give 4 ounces of water every 15 minutes. Do not hesitate to call EMS.</p> |
| <p style="text-align: center;">HYPOTHERMIA</p> | <p>Hypothermia is a life threatening condition. It is a fall in body temperature to below 95 degrees Fahrenheit caused by prolonged exposure to extreme cold, swimming in cold water or wearing wet or damp clothing in cold weather. Hypothermia causes drowsiness, lowers breathing and heart rates and may lead to unconsciousness and death if not treated. See page 85 of the OEGS for signs, symptoms, and water immersion hypothermia. A mild case of hypothermia (victim is alert, responsive and shivering) will usually respond to treatment and the hypothermia is reversed. In moderate cases, you must seek medical attention ASAP. Call EMS or if necessary, transport the victim to the nearest medical facility.</p> |
| <p style="text-align: center;">FROSTBITE AND HEAT STROKE</p> | <p>See pages 88-89 in <u>Outdoor Education in Girl Scouting</u></p> |

FIRST AID BITES AND STINGS:

| INSECT BITES  | SPIDER OR SCORPION BITES  | MARINE LIFE STINGS  | SNAKE BITES  | ANIMAL BITES  |
|---|---|--|---|--|
| <p>SIGNALS: Stinger may be present. Pain. Swelling. Possible Allergic reaction.</p> | <p>SIGNALS: Bite mark. Swelling. Pain. Nausea and vomiting. Difficulty breathing or swallowing.</p> | <p>SIGNALS: Possible marks. Pain. Swelling. Possible allergic reaction.</p> | <p>SIGNALS: Bite mark. Pain.</p> | <p>SIGNALS: Bite Mark. Bleeding.</p> |
| <p>CARE: Remove stinger. Scrape it away or use tweezers. Wash wound. Cover. Apply a cold pack. Watch for signals of allergic reaction.</p> | <p>CARE: Wash wound. Apply a cold pack. Get medical care to receive antivenin if necessary. Call local emergency number, if necessary.</p> | <p>CARE: If jellyfish – soak area in vinegar. If stingray – soak area in no scalding hot water until pain goes away. Clean and bandage wound. Call emergency number if necessary.</p> | <p>CARE: Wash wound. Keep bitten part still and lower than the heart. Call local emergency number if necessary.</p> | <p>CARE: If bleeding is minor – wash wound. Control bleeding. Apply antibiotic ointment. Cover; get medical attention if wound bleeds severely or if you suspect animal has rabies. Call local emergency number and/or animal control personnel.</p> |

Emergency Procedures and First-Aid for Troops:

Minor Accidents or Non-Life threatening Emergencies

The Certified First Aider in charge:

1. Gives priority attention to the injured.
2. Administers appropriate first aid.
3. Calls parent, guardian, and/or spouse.
4. If necessary, transports to doctor/hospital for treatment.
5. Completes accident report and insurance form, sends to GSHH office within 24 hours.

Meeting Places

1. Know procedures for getting medical assistance (i.e., telephone numbers of parents, hospital, ambulance and police must be readily available).
2. A First Aid Kit must be at the site and contents reviewed and updated periodically. See *guidelines* for content list.
3. Emergency evacuation from the troop meeting place in case of fire or natural disaster should be discussed and practiced.

Troop Trips

1. Notify your consultant or designated team member and/or appropriate GSHH staff of your plans.
2. Know location of phones/emergency services along route.
3. Leave a copy of troop roster with phone numbers and trip itinerary with an "Emergency Contact", an adult remaining at home, and available by phone for the duration of the trip.
4. Bring a first aid kit which includes:
 - a. Signed Parent Permission slip for each girl
 - b. Adult and Girl Health Examination Record.
 - c. GSUSA Insurance Form and GSHH Accident Report.
 - d. Copy of emergency crisis procedures
5. Each girl has a completed GSHH "ID" card someplace on her person i.e., on a lanyard around her neck, in her pocket, pinned to her clothing. Be certain information is not visible to the general public but it available in an emergency situation.

Accident/Incident Report

1. As soon as possible, telephone your GSHH Regional Office/staff to give a verbal report.
2. Complete the Accident/Incident Report with all details of emergency/accident including description of emergency/accident, time, location, actions taken, results of actions taken, addresses and phone numbers of witnesses.
3. Send report immediately to your GSHH Regional Office. (This will help to protect you as well as the Council in any legal action).
4. For insurance payment, parents will be contacted by GSHH.

Extended Trip and Medical Insurance

1. All individuals transporting children must be over the age of 21, have a current driver's license, and have personal vehicle insurance.
2. Non-member insurance and additional insurance for trips longer than two nights must be purchased. Make requests two weeks in advance of the trip/event by contacting your GSHH regional office.

Make sure you read over *Safety Activity Checkpoints* for the activity you will be doing on the trip

Emergency Crisis Procedure - Serious Accident, Major Emergency, or Fatality

Definition:

A major accident or illness that is life-threatening or requires hospitalization is considered an emergency crisis.

However, other incidents such as an automobile accident involving Girl Scout members, but not resulting in serious injuries, or an outbreak of food poisoning, must be considered major emergencies because they may become newsworthy events.

All media (press, radio, TV) inquiries and those from unauthorized persons shall be referred to the CEO or her designee.

Adults and girls will make no statement to media or unauthorized persons. If persistent, continue to repeat the statement below.

*"I do not have all the facts;
I am not in a position to answer
any questions.*

*Thank you for sharing our
concern.*

*Please contact the CEO at
Girl Scouts Heart of the Hudson."*

**Copy this page with emergency card
and place in troop's first aid kit.**

Immediate Response

- 1. Remain calm, think clearly.**
- 2. Call emergency services or police.**
If police are required, do not disturb the scene.
Always contact police if there is a fatality.
- 3. Call GSHH emergency number listed on the emergency card below (distributed separately from this publication). This person will then contact parent(s)/guardian(s)/spouse(s) of victim(s).**
- 4. Give priority care to the injured.**
- 5. Appoint a person to care for non-victims.**
- 6. Assemble accident report information and take statements from all witnesses.**

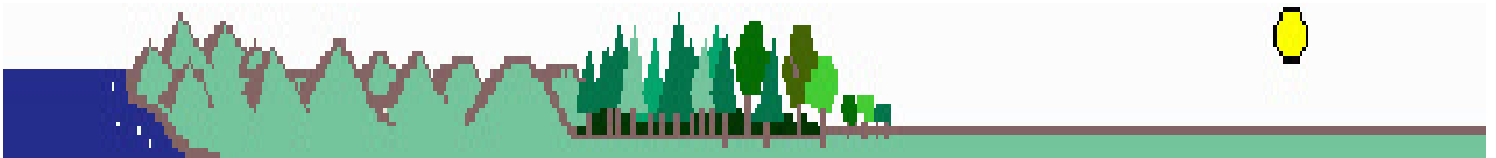

girl scouts
heart of the hudson

*Emergency Number
(845) 558-9436*

Girl Scouts Heart of the Hudson, Inc.

FIRE DRILLS:

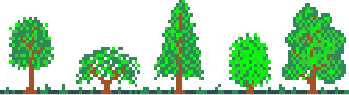
- Discuss and review with your girls the proper procedures to follow in the event of a fire drill at camp
- Have your own signal for assembling the girls in your troop
- Use the buddy system at all times
- Familiarize yourself and the girls with the fire escape route
- In the event of a fire drill or fire:
 - Assemble your troop as quickly as possible. Be sure everyone is accounted for
 - Following the fire escape route, take your troop to the designated location.
 - Report to the person in charge and follow all instructions
 - Alert the ranger/camp director CALL 911 in case of real fire



TIPS FOR COPING WITH THUNDERSTORMS:

- Don't wait for the first nearby lightening strike before taking cover. When thunderstorms approach move to a safe location. If at all possible stay indoors away from windows or open doors.
- At any waterfront, get out of the water at the first sign of a thunderstorm and take shelter
- If you are in a boat, head for shore when you first see a storm approach and go into a shelter. If you can't make shore, crouch down in the middle of the boat.
- If hiking, get off the hilltops. Avoid lone trees and buildings. Stay out of small sheds. Keep your distance from metal frames, pipes and railroad tracks. Get into a ravine, canyon or cave or next to the foot of a cliff, if possible. It is wise to crouch in the open, away from trees or pick a thick grove of uniform height trees rather than tall isolated trees.

VI. Minimal Impact Camping



Minimal impact is an important way of living for Girl Scouts. We think about the way we affect our environment before we act, and as a result, we do the least possible damage to the environment. Minimal impact skills are actions we take to live with the environment, and can be practiced anywhere. This concept of “minimal impact” or “no trace” camping encourages each person to leave no evidence of her camping experience.

Some of the minimal impact skills to be practiced while camping at any of GSHH campsites – or any established camping site – include the following:

1. Stay on Marked Trails
2. Wear light weight sneakers or walking shoes rather than heavy boots with lug soles.
3. On wet, muddy trails, remain on the trail rather than starting a new one, even if it is drier or easier hiking.
4. Keep the site as natural as possible. Don't sweep or rake the ground.
5. Always build your fire in established fire circles or in a spot where fires have been constructed before. Build the smallest possible fire.
6. Wash dishes in biodegradable soap.
7. Leave flowers, rocks, and other natural features undisturbed.
8. When leaving a site, challenge the girls to leave it better than the way that they found it.





Have you taken a seashell from the shore? A pinecone from the forest? Left an apple core behind? No big deal, right? Now imagine hundreds, thousands, potentially millions of outdoor visitors all doing the same. Different story. So how do we teach Girl Scouts to respect and appreciate the natural environment? By leading "leave no trace" outdoor experiences, educating girls in the hows and whys of minimal impact outdoor adventures, and respecting the natural environment ourselves.

Leave No Trace is an awareness and an attitude—not a set of rules and regulations. It applies to your backyard or Local Park as much as the back country. You would never think of trampling your neighbor's flowers, putting soap in your drinking water, or carving your name on your garage door. When you visit other natural environments, the same principles apply.

In 2006, GSUSA partnered with Leave No Trace to make these ethics part of Girl Scouting. As Girl Scouts, we want to leave a place looking better than we find it and don't want to disturb other people around us. These things are considered in Leave No Trace ethics.
Be Considerate of Other Visitors

- **Plan Ahead and Prepare**

Planning ahead is doing all those things that help you enjoy your outdoor activity, keep you out of trouble, and keep you off the six o'clock news! Some level of planning is needed for every activity. Planning helps ensure safety of the group, reduces the chances of needing rescue, prepares the girls for a fun outdoor experience and prepares the girls to "leave no trace."

Preparations include but are not limited to:

- making reservations
- checking on facilities at the site
- checking on restrictions or regulations for the site, including group size allowed
- preparing the proper food, clothing and equipment for the outing
- getting permission slips and checking health forms
- getting approval from your council office
- checking weather forecasts
- preparing an emergency plan

When planning an activity or choosing a location, you need to consider the skill level of your girls. Select destinations that match the goals, skills, and abilities of the girls. Check with the land managers of the area where you are going. They can answer your questions and may have helpful ideas about where to go or what to do. Ask about regulations, permits, reservations, group size or other restrictions, and any hazards such as hunting being permitted in the area.

- **Travel and Camp on Durable Surfaces**

Generally, Girl Scouts use established trails and campgrounds. The big exception is when backpacking, but that's another class.

When hiking, stay on trails.

Avoid taking shortcuts or cutting switchbacks because they cause erosion.

It's best to go through a mud puddle rather than making a new trail on the edge.

If you go off a trail, try to keep to durable surfaces such as rocks, sand, gravel, leaves, and pine straw.

When camping, if there is a tent pad, use it. If not, look for a location with a durable surface or a previously impacted (disturbed) area. Good surface choices include gravel, pine straw, dirt, leaves and short grass.

Don't make a new site. Don't cut plants, move large rocks, or rake the site. Moving small branches and pine cones is okay. Replace anything you move.
Unless sites are designated near the water or a trail, choose a location at least 200 feet from water sources and from any trails.
Locate your camp kitchen either on the most durable surface or in an impacted area.
Keep to footpaths or sidewalks when going to bathrooms, faucets, etc.

- **Dispose of Waste Properly**

You've probably heard the saying "Pack it In, Pack It Out". This applies even to day trips in the out-of-doors.

- **Cooking and Clean-up**

- Repackage foods to reduce the number of containers and reduce waste.

- Bring reusable water bottles rather than purchased bottled water (cheaper too!)

- Carry out **all** garbage and food scraps, even orange skins and apple cores.

- When washing dishes, either dispose of water at the place designated by the campground or disperse it in a wide area at least 200 feet away from any water source. Make sure all food scraps are removed from the water before disposing of it.

- **Human Waste**

- Properly dispose of human waste to avoid water contamination.

- Use toilets or outhouses if provided.

- On day hikes away from toilet facilities, take a trowel with you and dig a cat hole (a small hole dug 6 inches deep in which feces is buried. Choose a location at least 200 feet away from water and trails).

- Pack out all toilet tissue and sanitary supplies. If sealed inside two sealable bags, these won't smell.

- They can then be disposed of properly when returning to the trailhead.

- Holes do not need to be dug for urine, but toilet paper should still be carried out.

- **Leave What You Find**

This principle can be a difficult one to apply for youngsters. Everyone wants to take home that special rock or to pick just one flower. However, if everyone picks a flower, soon there will be none left for others to enjoy.

You should plan ways for the girls to remember the experience. For example, take photos or sketch a flower.

Leaving natural objects of beauty or interest is especially important. Objects such as antlers add to the interest of the outdoors.

Removing historical objects is illegal. Many old home sites exist in this area. While it is okay to explore them, avoid causing damage or removing any objects.

Minimize site alterations. Don't construct furniture from branches or rocks.

Avoid damaging trees by cutting branches or hammering in a nail.

The one exception to leaving what you find: Trash. Take home all you can find!

- **Minimize Campfire Impacts**

Fires and the outdoors go together. While no longer needed for cooking or warmth, a campfire is still very much part of Girl Scout camping. However, be sure to consider how to lessen the impact of any fires you have.

- **Cooking**

- With the use of camp stoves, it is no longer necessary to have a fire for cooking. Cooking on a stove is faster, cleaner, and more reliable than cooking on a fire; most camp cooking should be done on a stove.

- **Campfires**

- When you have a campfire, use an existing fire ring.

- Bring your own firewood. Most campgrounds are heavily used and firewood may be difficult to find.

- Check with the camp grounds prior to your trip.

- Check for restrictions on fire building (fire danger or air pollution concerns).

- Keep your fire small and allow it to burn completely to ash.

Put fires out with water. Scatter the cold ashes or dispose of them in a metal trash can. Never throw trash of any kind in the fire. Foil and cans don't burn. Paper can cause embers that fly out of the fireplace. Burning plastics and styrofoam can emit toxic fumes.

Collecting Firewood

If collecting firewood, use wood that is "dead, down, and dinky," about 1 inch across or smaller. Both standing and fallen trees provide bird and animal shelter and should be left in place. Leave branches on trees.

Gather wood over a wide area to avoid depleting the supply in the immediate campsite area.

Afterwards, scatter any unused wood.

Instead of having a campfire every night, spend an evening without one. Listen to the noises, take a night hike, or look at the stars.

- **Respect Wildlife**

"Look at that cute squirrel!" "Can I go pet the deer?" Or even better, "Take a photo of me next to the bear!" Have you heard any of those?

When outdoors, your actions can disturb wildlife. In extreme cases, you can cause an animal to abandon its young or to attack you to protect its young. While most wildlife adapt to humans, it's best to learn about wildlife by watching quietly.

Observe animals through binoculars. If you notice an animal reacting to you, for instance, by looking up or moving away, you are too close and should move away yourself.

Travel quietly and in small groups. Do not follow animals or force them to flee.

Allow animals an easy access to water by camping at least 200 feet from water sources.

Feeding animals is not recommended.

Animals sometimes carry diseases such as rabies. If you find a sick or injured animal or one which is behaving abnormally, leave it alone. Notify a game warden or ranger.

Make sure animals can't get into your food. Animals that have become accustomed to humans can become a nuisance and may have to be relocated or destroyed.

If food storage rules are followed, bears are not a big problem when camping. If a bear does come into the campground, retreat and notify a ranger or the campground manager.

- **Be Considerate of Other Visitors**

Girl Scouts promise to be considerate. Not only are we there to enjoy the outdoors but so are other people. There are many ways that a group can minimize its social impact on an area:

Travel in small groups, go in the off-season or during the week when possible, and avoid holiday weekends.

Be courteous when you meet other groups on the trail. Yield the right of way to other hikers and to all horse riders.

Take rest breaks off the main trail.

Let nature's sounds prevail. Try not to be too noisy in campgrounds and maintain quiet hours so other campers can sleep.

Leave radios and CD players at home.

Choose colors that blend into the background. Bright colors attract the eye and may make an area seem more crowded.

If you are concerned about being able to spot your girls in an emergency, have each one carry a red bandanna or carry a white or orange trash bag (which can double for emergency shelter/rain gear) rather than wear brightly colored shirts or jackets.

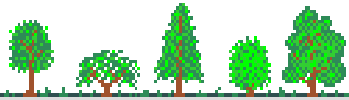
Respect both public and private property. Leave gates as you found them. Don't leave any signs that you have passed through.

Pick up trash when you see it.

Be courteous when you meet other visitors.

Make Leave No Trace part of your outdoor experience, part of your attitude, and part of your life!

VII. Program and Skill Building

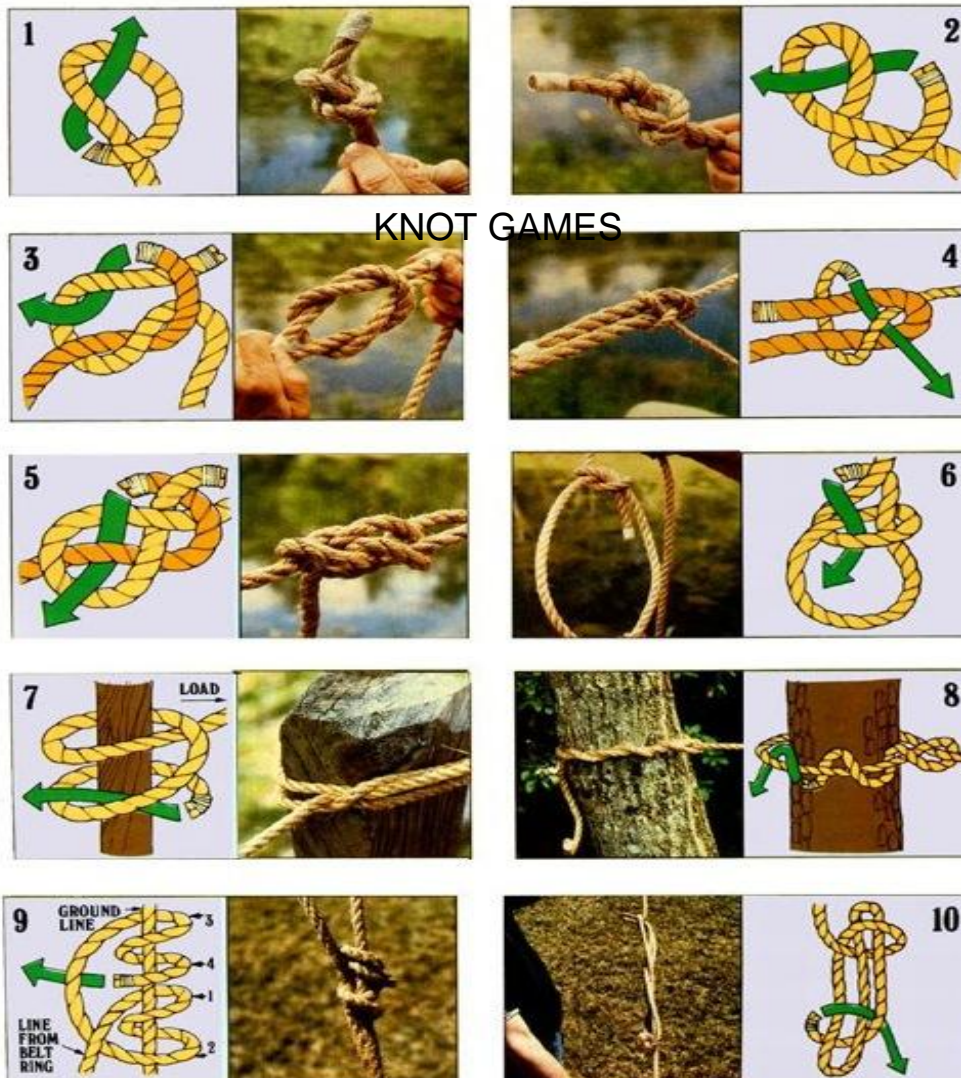


Camping is a great time for Program and Skill Building.

The following pages are helpful ideas for skill building while you are troop camping. For more info, see pages 42-48 in your OEGS.

Here's a guide on how to tie 10 useful knots:

1. Overhand Knot
2. Figure-eight Knot
3. Reef (Square) Knot
4. Sheet (Becket) Bend
5. Carrick Bend
6. Bowline
7. Clove Hitch
8. Timber Hitch
9. Taut-line Hitch
10. Sheepshank





After teaching girls how to make knots, here are some game ideas to make knots fun!

RINGS:

Have the patrols get into circles (each girl has a rope). On signal, each one takes one end of her rope and one end of her right-hand neighbor's rope and ties them together with a square knot, thus making a ring. The first patrol to put the ring on the floor and step into it wins!

CLOVE HITCH RACE:

Patrols line up in rows, first player has a rope. One person from each team stands about ten feet in front of her row and acts as post and judge. On the signal, the first girl from the patrol runs to the post and ties a clove hitch around her arm. If the knot is correct she unties it, returns to the row and touches off the next player, who repeats the play. The patrol who finishes first, wins!

TIE AND RUN:

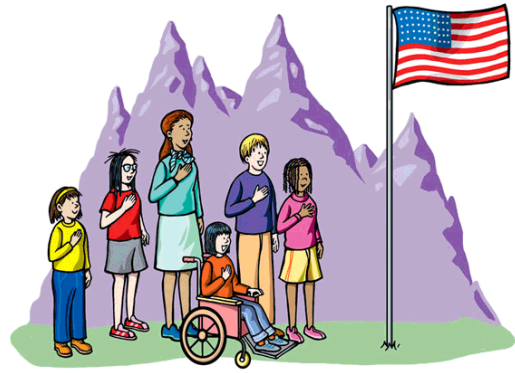
All players are in a large circle, each has a rope. A girl is chosen who then steps outside the circle, touches another girl and calls out the name of a knot. They run in opposite directions around the outside of the circle, each tying the knot. Try to tie the knot correctly before returning to their place. The one back with correct knot scores a point. The other then touches another player and the game is repeated.

PARCEL RELAY:

Line up patrols in single file, each group with paper and string and some assorted articles to wrap up. On the word "go" the articles are wrapped and tied by the front player (or front two players) and then tossed from player to player to the rear player. The team whose parcel arrives first at the end of the row, with the knot correctly tied and still a presentable parcel, wins!



Outdoor Flag Ceremony:



1. Practice raising the flag several times before doing this in front of a group.
2. When fastening the flag to a flagpole, be sure all clips on the rope are down and ready to be used. Guards take their places, standing some distance from the pole, holding properly folded flags, while others take their places in horseshoe formation.
3. Following the same commands given for an indoor ceremony, the color bearer carries a folded American flag, hands it to the color guard, and loosens the rope.
4. She then attaches the top of the flag to the first clip, and begins unfolding the flag until the second corner is free. She attaches the second corner.
5. As the flag is raised, it should be unfolded. The flag is then raised briskly.
6. The rope is secured and the guard steps back into place. The saluting of the flag and the Pledge of Allegiance occur here.
7. To retire the colors, the same commands are given. The color bearer unties the rope and lowers the flag smoothly and slowly. The guard in back and to her left steps forward and catches the flag as it is lowered so it will not touch the ground. She passes it back to the other three guards, with blue field toward the flagpole.
8. The bearer unhooks the flag, fastens the rope to the pole, and steps back into place at attention. The other guards fold the flag properly into a triangle. During this entire procedure, Girl Scouts in the formation give the 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.
9. After the flag is folded, the guard hands it to the bearer, who holds it with the point away from her. The Girl Scout caller says "Color guard, dismissed," then "Girl Scouts, dismissed."

Flag Ceremony Commands:

"Girl Scouts, attention." Used to announce that the flag ceremony is to begin.

"Color guard, advance." This signals the color guard to advance with the flags, or advance to pick up the flags.

"Color guard, post the colors." This directs the color guard to place the flag in flag standards, or to attach the grommets to a flag pole rope.

"Color guard, honor your flag." The color guard salutes the American flag.

"Please join us in saying the Pledge of Allegiance." (Followed by an appropriate song, quotation or poem, if so desired.)

OR

"Color guard, honor your flag." The color guard salutes the American flag.

"Color guard, retire the colors." This asks the color guard to remove the flag from standards, or to lower the flag, detach from the rope, and fold prior to being dismissed.

"Color guard, dismissed." The color guard leaves in formation, with or without the flag.

"Girl Scouts, dismissed." Girls may leave in formation or be at ease where they have been standing.

Patriotic Songs:

The Star-Spangled Banner

Oh, say can you see by the dawn's early light
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars through the perilous fight,
O'er the ramparts we watched were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there
Oh, say does the star-spangled banner yet wave
O'er the land of the free and the home of the brave?

America (My Country 'tis of Thee)

My Country 'tis of thee,
Sweet land of liberty,
Of thee I sing
Land where my father's died!
Land of the pilgrims' pride!
From every mountainside
Let freedom ring!

Our Fathers' God, to Thee,
Author of liberty,
To thee we sing
Long may our land be bright
With freedom's holy light,
Protect us by thy might,
Great God, our King

Flag-Folding Procedures:

The traditional method of folding the flag is as follows:

(A) Straighten out the flag to full length and fold lengthwise once.



A)



(B) Fold it lengthwise a second time to meet the open edge, making sure that the union of stars on the blue field remains outward in full view. (A large flag may have to be folded lengthwise a third time.)

B)



(C) A triangular fold is then started by bringing the striped corner of the folded edge to the open edge.

C)



(D) The outer point is then turned inward, parallel with the open edge, to form a second triangle.

D)



(E) The diagonal or triangular folding is continued toward the blue union until the end is reached, with only the blue showing and the form being that of a cocked (three-corner) hat.



E)



COMPASS:

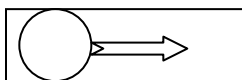
For Compass use and determination distances, see pages 103 to 105 in Outdoor Education in Girl Scouting.



Instructions for basic Compass Use:

Always hold compass level and against your body (chest level)

Direction of travel arrow should be facing away from you. Arrow is found on the rectangular base plate.



Make sure no nearby metals (zippers, watches, poles, iron deposits) are throwing off the magnetic field of the compass.

Turn the circular housing to the bearing (number of degrees) requested.

Now turn your BODY until the needle (inside the housing) lines up with NORTH.

The needle always points north, you have to move your body until the compass is in alignment. Then you will be facing the correct bearing.

EXAMPLE:

Given the bearing of 220, first you hold the compass correctly.

Then, turn the housing until 200 lines up with the direction of travel arrow (the direction you want to travel)

Now turn your BODY until the needle lines up with or "points" north.

The compass is now magnetically accurate and you are facing 220 away from north.

Before walking the requested distance, look for a landmark and head for it. DO NOT keep looking at your compass.

In order to practice bearings, we are going to set up the perimeter of a campsite:

1. Take the bearing of 305 degrees, walk 50 feet (use your pace!). Set first peg.
2. Take a bearing of 35 degrees, walk 50 feet set second peg.
3. Take a bearing of 125 degrees, walk 50 feet set next peg.
4. Take a bearing of 215 degrees, walk 50 feet, you should back at the beginning.



JACKKNIFE also known as a large pocket knife:

Using a Jackknife is a camping skill that Girl Scouts should learn. See pages 46-48 in OEGS.

One of the best ways for girls to learn about knife safety and knife handling is to make a paper knife with which they can practice without fear of accidents. Below are instructions for making the knives.

Materials needed:

- a. Gold construction paper for the blade
- b. Cardboard or poster board for the sides of the knife
- c. Brads
- d. Scissors

How to:

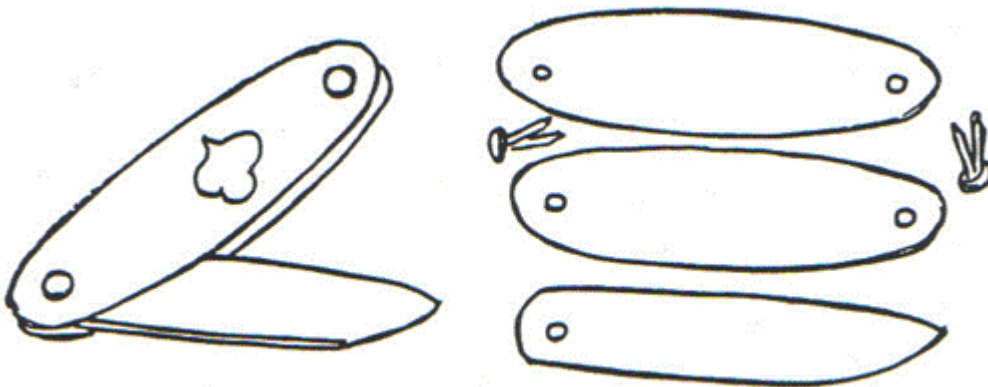
Cut the sides of the paper knife from the cardboard or poster board. Sides are 4 inches long and about 1 inch wide. The girls can round the edges as shown in the illustration. Cut the blade from the gold construction paper.

The blade should be about 3 1/2 inches long and shaped as shown in the illustration below. Insert the blade in one end of the knife and brad together to enable the knife to be opened and closed. Use the other brad to secure the other end of the paper knife.

Girls can draw a Girl Scout trefoil on one side of their knife and put their name on the other. Once the knives have been made, the troop can form a large circle and practice using a knife safety circle with their knives.

Safety circle: Holding tool in hand, stretch the arms out to the side, up, and to the front. No one else can be within arm's reach in any direction while you are using a sharp tool!

Spread a little lipstick along the "cutting edge" of the paper knife. If the user gets lipstick on their fingers while opening or closing the knife, it shows that they may have had their fingers in a dangerous spot and could have cut themselves if they had been using a real knife.



HIKING:

HIKING HOW TO'S:

“Let no one say and say it to your shame that all was beauty here until you came.”



PLAN AHEAD: If possible hike the trail before you take your girls. Go with someone who is familiar with the trail and use a map or GPS if possible. Plan your route carefully; study the terrain and distances and make sure your girls are able to handle the hike.

PRE-HIKE PREPARATION: Eat sensibly and get a good night's sleep. Check the weather before you leave.

TRAIL FOOD: A trail lunch should be high in energy, moist in content, easily digested (not too fatty) and not too large in quantity. Example: a non-salty sandwich, celery or carrot sticks, an orange and a candy bar. Trail snacks such as fruit, candy, or “Bird Seed” (a mixture of nuts, candy, cold cereal, and dried fruit) are also recommended.

CLOTHING: Wear several layers of loose fitting, comfortable clothes, and dress according to the weather/season. Carry a poncho or rain jacket and hat in case of rain. A sturdy, comfortable ankle high walking shoe or boot is recommended to provide ankle support and prevent trail erosion. Smooth or leather-soled shoes will be slippery.

Wear 2 pair of socks for padding, skin comfort and insulation. A sock liner made of fabric designed to wick away moisture and an outer one of wool or cotton, depending upon the season, will absorb sweat and keep your feet dry and warm. Make sure your footwear is not too tight – it will cause blisters. A plastic bag under the sock combination will keep your feet dry (and warm) when trails are wet, muddy, or snow covered.

EQUIPMENT FOR LONGER DAY TRIPS:

Each person should use a day pack to carry the following:

- Map, guidebook and compass
- Extra socks
- Windbreaker with Hood
- First Aid Kit
- Matches in waterproof Container
- Toilet paper in a plastic bag
- Small plastic bags to dispose of used TP
- Large plastic bag for litter
- Plastic Water Bottle (1 quart)
- Flashlight, extra batteries and bulb
- Poncho (or large garbage bag)
- Insect Trail lunch, snack
- Repellent
- Emergency Blanket
- Jackknife (pocket knife)
- Whistle

Trail Signs:

There is a split in the trail. Which way to go? You know in a flash by the rocks in a row!

When you want to tell another patrol which way to go in the woods or fields you can leave a message. You can use sticks or stones and yarn or tags to tell them where to go next.

Stone or stick messages are easy to make and will not blow away. Tags or pieces of yarn make good trail markers. Tie to trees or bunches of grass. Place each trail marker in sight of the next one. The last person on the trail collects all the markers.

| | | |
|--|--|---|
|  <p>Keep Going</p> |  <p>Go this way</p> |  <p>Go ten steps this way</p> |
|  <p>Danger</p> |  <p>Stop go the other way</p> |  <p>Split your group half go left - half go right</p> |
|  <p>Camp is this way</p> |  <p>Turn around go back</p> |  <p>Wait here for next directions</p> |
|  <p>End of the trail I have gone home</p> |  <p>Long grass</p> |  <p>Tie grass for marker</p> |

CEREMONIES:

Ceremonies are an integral part of Girl Scouting. The out-of-doors is a natural and logical place for adding the spark and inspiration of a ceremony to Girl Scout program.

Outdoor Ceremonies: Ceremonies at Camp

The girls should participate in the planning so that the ceremony results from a real girl/adult partnership. With good planning and preparation, all ceremonies can be meaningful, inspirational and worthwhile.

What Makes a Good Girl Scouts' Own?

First, it should have a central idea to give it unity. Sometimes Girl Scouts choose some aspect of the Promise or one or all parts of the Law as a theme. A special occasion, like camping can be the making of a good theme for a Girl Scout Own, the countless aspects of nature lay around such as the sun and the moon the stars waiting to be used in a Girl Scouts' Own. It simply means careful planning by the girls themselves, with the aid of their leaders to come up with a theme. They may decide to use one way, or a variety of ways to present the theme: dramatization, solo or choral singing, solo or choral reading, musical interludes, and background music. Participation by all is desirable but not mandatory. An attitude of quietness will make a more meaningful experience for all involved.

Girl Scouts' Own Ceremony for the outdoors.

“Trees”

Reader: Let's imagine that we are in a great forest. The clearing through which all Girl Scouts must enter is our ethical code. All who enter must make the Girl Scout Promise and Law. But, once inside, we find many trees along the paths, all of which lead to a way of life on which we can build a wholesome future. In Girl Scouting, we are able to help all girls take these trails.

Girl 1: Reads Joyce Kilmer's poem, "Trees."

I think that I shall never see
A poem lovely as a tree.
A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;
A tree that looks at God all day,
And lifts her leafy arms to pray;
A tree that may in summer wear
A nest of robins in her hair;
Upon whose bosom snow has lain;
Who intimately lives with rain.
Poems are made by fools like me,
But only God can make a tree.

Girl 2: I am the Oak Tree—as sturdy and long-lived as I, so is a Girl Scouts' honor.

Girl 3: I am the Holly Tree—constantly green and holding tight to my leaves as a Girl Scout is ever loyal.

Girl 4: I am a Birch Tree—with my bark and my wood, I am useful and help others as every Girl Scout does.

Girl 5: I am a Linden Tree—My heart shaped leaves are like the hearts of Girl Scouts who are friends to all and sisters to each other.

Girl 6: I am the Aspen Tree—My leaves softly whisper, “Courtesy is consideration and caring” as every Girl Scout knows.

Girl 7: I am the Elm Tree—sheltering the little folk of the woods in my gracious branches and roots, I am a friend to animals, and I use resources wisely so as to make the world a better place..

Girl 8: I am the Poplar Tree—tall and straight as a soldier who respects authority, as does every Girl Scout.

Girl 9: I am the Hickory Tree—tough of wood, I keep my nuts stored in strong, tight cases—reminding us that Girl Scouts are strong and courageous.

Girl 10: I am the Dogwood Tree—In spring, I stand clean and beautiful, as do Girl Scouts, who respect themselves and others and are responsible for what they say and do.

All: (The Conservation Pledge) I give my pledge as an American to save and faithfully defend from waste the natural resources of my country—its soil and minerals, its forests, waters, and wildlife.

At this point, a song such as “This Land is Your Land” may be sung.

| | |
|---|---|
| <p>THIS LAND IS YOUR LAND <i>words and music by Woody Guthrie</i></p> <p>Chorus:</p> <p>This land is your land, this land is my land From California, to the New York Island From the redwood forest, to the gulf stream waters This land was made for you and me</p> <p>As I was walking a ribbon of highway I saw above me an endless skyway I saw below me a golden valley This land was made for you and me</p> <p>Chorus</p> <p>I've roamed and rambled and I've followed my footsteps To the sparkling sands of her diamond deserts And all around me a voice was sounding This land was made for you and me</p> <p>Chorus</p> <p>The sun comes shining as I was strolling The wheat fields waving and the dust clouds rolling The fog was lifting a voice come chanting This land was made for you and me</p> | <p>Chorus</p> <p>As I was walkin' - I saw a sign there And that sign said - no tress passin' But on the other side it didn't say nothin! Now that side was made for you and me!</p> <p>Chorus</p> <p>In the squares of the city - In the shadow of the steeple Near the relief office - I see my people And some are grumblin' and some are wonderin' If this land's still made for you and me.</p> <p>Chorus (2x)</p> |
|---|---|

CEREMONIES CON'T:

Theme: Camp Memories

(On the caution side to prevent accidental forest fires) I RECOMMEND USING FLASH LIGHTS NOT CANDLES or use battery operated candles.

Supplies: One flash light for each reader

Reader#1: "As I light my candle , I am remembering the many experiences I have had at camp. The colors in the flame of a campfire, the smell of burning wood, food, song, laughter, friendship, the satisfaction of giving, receiving, and sharing. Memories are precious things."

Reader#2: "I light my candle in memory of the cookouts, good food, and the games and skits we had."

Reader#3: "I light my candle in memory of all the new interests we have explored and all of the things we have learned."

Reader#4: "I light my candle in memory of the wonderful time we had sleeping out under the stars and listening to the night sounds."

All sing a song of their choice.

Leader: "I light my candle in memory of all the girls who have been here this weekend, the friendships made, the good sportsmanship displayed, and the respect they have shown for their camp. It is our wish that we will all return another time."

Reader#6: "I light my candle in memory of all the fun we had with our leaders And what a great job they did for us."

Reader#7: "Let us carry these memories with us until we return to camp next time."

Once given the opportunity to be creative and to plan their own ceremonies, girls will be able to create the kinds of celebrations they will remember for a long time.

GAMES:

Games are a part of the fun, the learning and the adventure of Girl Scout Camping. Game playing helps to keep the troop or group together by providing exercise, relaxation and a needed change of pace from other activities at camp.

Scavenger Hunt

Game can be played individually or in teams. Each girl or team is given the list below. They start out at the same time to find all the items. The first girl or team back with all the items is the winner!

- 3 Pine Cones – any size
- 3 Different Colored small rocks
- 1 piece of grass longer than your hand
- 1 twig in the shape of a Y
- 1 feather
- 5 different leaves (leaves that have already fallen)
- 1 acorn
- 1 Tree Pattern rubbing

Remember, after the game is over, everyone should return their findings back to the woods.

Paint Chip Game:

Any size group – Brownies to Cadettes
Equipment – paint samples from a paint or hardware store
Give each person a paint sample. Have them match their color either inside or outside. Give them a set time and then stop and share what you have found. Great while hiking!

Nature Game:

Any size group – Brownie to Cadettes
Place 20 nature objects on the ground. Teams study objects for three minutes, trying to memorize them. Then each team sets out to duplicate the objects by finding the same things. The team that finds the most duplicates in 20 minutes wins the game!

Grok A Rock:

Any size group – Brownie to Cadettes
Have each person find a small rock and grok it (get to know all the features of how your rock feels) Have everyone form a circle and put their hands behind them. Pass out the rocks so that each person gets a different rock. Pass the rocks behind you. When you get your rock, hold it in front of you with one hand, leaving one hand behind you to continue passing the other rocks. Stop when everyone thinks they have their rock.

Be sure to put the rocks back where you found them. Variations: Use leaves, pine cones, or any set of objects.



Bandana Crafts:



Anna Bandanna as their constant companion.

Supplies

One Bandanna

Instructions

Roll two opposite edges of the bandanna together to form a scroll. Twist the scroll in the middle. Make one complete twist. Fold the top half toward you, just above the twist. Let the front (top) half of the scroll unroll a little. Turn the bandanna over. Pull the arms out, away from the middle. Turn the bandanna over. Pull the arms out, away from the middle. Tie the arms in a half knot around the waist. This completes Anna Bandanna.

Table Setting: Here are some fun ideas using bandana's to dress up the picnic table. Have everyone place their bandana on the table as illustrated. You can also decorate the table by making bandana floral centerpieces or make candy filled bandana favors ahead of time for everyone to take home. You could put the girls names on them and use as place settings.



Sit upon: This sit-upon fits into a girl's pocket, ready to fill with grasses and leaves whenever a soft place to sit is needed.

What you'll need:

Two large bandanas
Embroidery floss or yarn
Embroidery needle
Adhesive Velcro tab
Soft grasses, leaves or moss



How to make it:

Place one bandana on top of the other and stitch them together on three sides. On the open side, attach a Velcro tab to make a simple closure (experienced sewers might like to make a basic button-and-hole closure instead).

To fill the pillow, gather the softest grasses, dead leaves and moss you can find, carefully broken into pieces small enough that they won't pierce the fabric. No woods nearby? Backyard grass clippings (preferably dried) work well.

At day's end, just shake out the filling and fold up the sit-upon for the next day's adventures

Songs:

Girl Scouts Together

Girl Scouts together, that is our song
Winding the old trails, rocky and long
Learning our motto, living our creed
harbor
Girl Scouts together in every good deed

Girl Scouts together, happy are we
Friendly to neighbors, far o'er the sea
Faithful to country, loyal to home
Known as true Girl Scouts wherever we roam

This Pretty Planet

This pretty planet
Spinning through space
You're a garden, you're a
You're a holy place
Golden sun coming down
Gentle blue giant
Spin us around
All through the night
Safe till the morning

Gloop Gloop

Gloop Gloop went the little green frog one day, Gloop gloop went the little green frog
Gloop Gloop went the little green frog one day, And they all went gloop gloop glop!
But.....we all know frogs go La di la di da., La di la di da, La di la di da,
We all know frogs to La di la di da, they don't go Gloop Gloop glop!

Barges

Out of my window looking in the night, I can see the barges flickering light
Silently flows the river to the sea, and the barges to go silently.

Chorus: Barges, I would like to go with you
I would like to sail the ocean blue
Barges, have you treasures in your hold?
Do you fight with pirates brave and bold?

Out of my window looking in the night, I can see the barges flickering light
Starboard shines green and port is glowing red
You can seem them flickering far ahead.

When'er You make A Promise

When'er you make a promise,
Consider well its importance
And when made, engrave it
Upon your heart

Rise Up Oh Flame

Rise Up Oh Flame
By thy light glowing
Show to us beauty, vision and joy

Building Skills and Program:

Activities for evening and/or inclement weather; refer to program possibilities in the OEGS pages 66 and 67.

During inclement weather, the most important thing to remember is that the girls respond to weather according to the leaders' reaction to it. There are some advantages to an occasional rainy day. The girls slow down and have an opportunity and an interest in trying camp craft skills. Rainy weather provides a whole new outdoor setting to observe, provided the girls bring rain clothes for hiking.

- Compose a patrol or troop yell, song symbol, slogan, etc.
- Learn new songs and sing the old
- Work on nature scrap books
- Make candy or popcorn, or serve tea or toast marshmallows
- Play nosebag dramatics
- Plan a woodland party and entertain another unit
- Hold discussions
- Read or tell stories
- Folk dances and singing games
- Practice camp craft skills such as knots, lashing, etc.
- Work on arts and crafts
- Whittle or carve objects
- Hold spelling bee or nature quiz program
- Read or write outdoor poetry
- Write a dramatic production and plan to produce it
- Make camping equipment such as trench candles or waterproof matches
- Study weather, make weather flags
- Sharpen knives, axes, etc
- Instruct and practice First Aid
- Slicker Hike
- Scavenger Hunt
- Build a fire in the rain
- Hike to look for water erosion and to see where the water goes
- Mud Olympics
- Board games, cards, etc. (these should always come to camp outs)
- Backwards Day, wear and do everything backwards
- Splash Hike
- Weird Meals, silent supper, 1 utensil meal, etc
- Riddles, jokes, tongue twisters, Charades
- Skits or impromptu talent show
- Plan and carry out a Scouts Own
- Bring your Handbook, there are lots of ideas in there – Use them!
- Service Project

VIII. Council Forms

Girl Scouts Heart of the Hudson, Inc.

Be sure to have the following forms completed and approved before you go on your overnight. Go to the GSHH website for forms.

- Parent permission slip
- Trip/activity Notification form
- Accident/Incident Report
- Request for Additional Insurance
- Adult and Girl Health History forms
- Troop Camping Application for GSHH campgrounds

Please note: There must be an adult certified in first aid and CPR present at each activity.
Additional Safety Considerations:

Boating requires a Lifeguard with current CPR for the Professional Rescuer and Waterfront Certification, plus an adult with documented experience in the specific type of boating or Small Craft Safety certification.

Swimming requires a Lifeguard (18+) with current CPR for the Professional Rescuer. (LG must have Waterfront certification for camps with lakes.) Each girl must be swim tested by a (21+) Water Safety Instructor. Consult Safety Activity Checkpoints for girl to Lifeguard and watcher ratios.

Low Ropes requires a certified low ropes facilitator. Consult Safety Activity Checkpoints for girl to instructor ratios.

Archery requires a certified archery instructor. Consult Safety Activity Checkpoints for girl to instructor ratios.

You will be asked to furnish the names and copies certifications of the above personnel with your completion paperwork.

APPROVALS:

In accordance with the council's camping procedures, I verify that the adults attending will have taken the training necessary for this camping event.

Name of adult with First Aid/CPR: _____

Certification or documentation attached

Name of adult with Overnight Outdoor Training: _____

Certification or documentation attached

Signature of Troop Leader _____ Date _____

Approved Declined Initial _____ Date _____

Reasons for declining: Application Incomplete Certifications Not Attached

Requested facilities not available Other: _____

Troop Camping Participant List

Service Unit: _____ Troop #: _____

Leader: _____

Address/City/Zip: _____

E-mail address: _____

Phone: day _____ eve _____ mobile _____

Camp: _____ Camping dates: _____ Assigned Camp Area: _____

| G A | Name: | Emergency Contact | <i>Relationship</i> | Phone # where emergency contact can be reached |
|--------|-------|-------------------|---------------------|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |



Girl Scouts Heart of the Hudson

ADULT VOLUNTEER AGREEMENT FORM

This form is to be read and signed by all adults attending the trip—whether you are a leader or a parent.

I agree to the following:

- The use of alcohol or drugs will not be tolerated and the usage at any time during the event may result in expulsion from the event. Also, I will refrain from smoking in the presence of the girls.
- Provide adult supervision of the girls at all times unless otherwise indicated by the trip leader.
- Remember that not only is it important for my daughter to have enjoyable time, other girls in the troop needs my attention and guidance as well.
- Work with the Trip Leader and the volunteers assisting on the trip before and during the trip.
- Respect the places and people we visit.
- Be responsible for my own equipment.
- Follow GSUSA and GSHH safety rules and regulations.
- See that all appropriate forms are completed by girls and parent/guardian and returned by the due dates.
- Carry out “adult only” tasks (i.e. serving of hot food, escorting girls to health center, bus supervision, etc.)
- Understand that if I am asked to leave due to misconduct, travel arrangements will be my own expense.

Name: _____

Signature: _____ Date: _____

