



Girl Scouts of Eastern Massachusetts

Planning a Troop Camping Experience



Planning a Troop Camping Experience

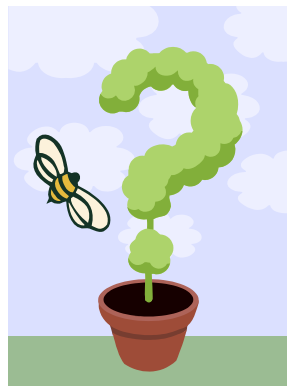
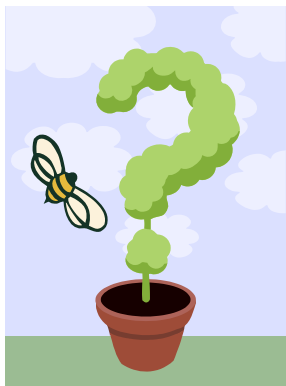
Please review the information in this module.

Remember being prepared is an important part of a GREAT outdoor leadership experience.

Complete the questions at the end of this presentation and bring your answers with you to your training session.

Planning a Troop Camping Experience

When beginning to plan an overnight outdoor camping experience, some initial questions may arise....



Initial Questions

1. How does a camping trip become an outdoor leadership experience for girls?
2. Are the girls ready for an overnight?
3. Are parents and family supportive?
4. What do the girls want from this experience?
5. How do we (adults/girls) begin to plan?
6. How do we (adults) prepare the girls for a responsible outdoor adventure?



Module Outcomes

At the end of this module you will be able to:

- Identify how a camping trip becomes an outdoor leadership experience for girls
- Determine the readiness of the girls and parents for an overnight camping experience
- Involve the girls in the planning of the camping experience
- Create an environmentally friendly camping experience—i.e., Leave No Trace

Are the Girls Ready?

Do an assessment

- of each individual girl
- of the overall troop



The following 5 slides provide information on “Girl Readiness Indicators” to help you make an informed assessment. When assessing girl readiness, consider ways to adapt your camping experience to enable girls of various physical, emotional and cognitive abilities to participate.

Girl Readiness Indicators

Girl Readiness Indicators help us determine if a girl and/or a troop is prepared to plan a camping experience

- Emotional Stability
- Demonstrated Knowledge and Skills
- Physical Stamina

Emotional Stability

Girl Readiness Indicators

- She wants to go.
- She is not afraid to be away from home or parents overnight.
- She is willing to sleep, eat, and play with *all* girls, not just her best friends.
- She is able to cope with unknowns, strange places (including bathrooms), darkness (no electricity).
- She is able to manage with limited privacy.
- She can function as a member of a group (can compromise and share).
- She has been on a number of day trips, cookouts, or attended day camp.

Demonstrated Knowledge & Skills

Girl Readiness Indicators

- She has helped plan a simple trip.
- She can read and follow a recipe or kaper chart.
- She can make a bed or set up a sleeping bag.
- She knows how to operate a flashlight and/or camera
- She knows or is ready to learn outdoor living skills:
 - Use of kitchen utensils (grater, peeler, pairing knife, etc.)
 - Washing dishes, meal preparation and clean up, food storage
 - Laying and lighting a fire
- She has packed and repacked personal camping supplies (practiced at home or in a troop meeting).

Physical Stamina

Girl Readiness Indicators

- She does not tire quickly and can be involved in after-dinner activities.
- She is able to transport her personal belongings (i.e., sleeping bag, pillow, and camping gear)
- She is able to assist with kapers (i.e., gather firewood, carry a pot of food or a bucket of water, sweep a tent, etc.).

Are the Parents and Family Ready?

Hold a parent and family meeting to:

- Inform them of the trip and the girls' desires
 - Explain goals and possible activities
 - Explain your training and the Girl Scout safety guidelines
- Assess their level of support
 - Are they excited for their girls?
 - Are they willing/wanting to volunteer?
 - Are they confident in your leadership?
 - Are there any concerns about girl readiness?
 - Do these concerns gel with your own experience of the girl(s)?

Are the Parents and Family Ready?

Don't forget to gain permission from the family

- For their girl's participation in camping and other activities related to the trip
- To have a troop volunteer assist the girl(s) with any prescription and/or over-the-counter medications.

Camping as a Girl Scout Leadership Experience

Every thing girls do in Girl Scouting can help build leadership skills and abilities. Planning for camping and being away from home and with peers are fantastic opportunities to let girls take the lead.

Be sure to incorporate one or more of the **three keys to leadership** in planning for and going on your camping trip.

Discover – girls learn about themselves and their values

Connect – girls care about, inspire and team with others

Take Action – girls act to make the world a better place



Camping as a Girl Scout Leadership Experience

The **three processes** (or how girls do activities) are crucial to building leadership skills and abilities. In Girl Scouting, girls should participate in activities that are:

Girl-led. Girls determine the “what, where, when, how and why” of their activities.

Learning-by-doing. Activities are hands-on and the girls are engaged in cycles of action to reinforce the learning of concepts and skills.

Cooperative Learning. Girls work together toward a common goal, sharing knowledge and skills.

Camping as a Girl Scout Leadership Experience

When the camping experience involves Discover, Connect and Take Action activities that are girl-led involve learning-by doing and cooperative learning, girls achieve desired leadership outcomes.

You may see girls develop leadership skills while they:

- Gain practical life skills** (packing own bags, learning to live with what was forgotten)
- Develop healthy relationships** (by working as a team to complete cooking and cleanup kapers)
- Feel empowered to make a difference in the world** (by becoming an environmental steward or helping to solve an outdoor concern or issue)

To learn more about the Girl Scout Leadership Experience, attend Leadership Essentials. Register: www.girlscoutseasternmass.org/Volunteer

Plan For Success

- ❑ **Clarify** expectations (with adults and girls)
- ❑ **Involve** the girls at all stages of planning
- ❑ **Recruit** and utilize additional volunteers
- ❑ **Create**
 - ❑ an activity plan
 - ❑ a menu plan and shopping list
 - ❑ a kaper chart

Clarify Expectations

Establish behavior and responsibility expectations:

- Troop volunteer expectations of girls and family
- Family expectations of girls and volunteers
- Girls' expectations of family, volunteers, and program activities

Group agreements can help clarify expectations for everyone.

Clarifying Expectations

- ❑ **Set guidelines for troop volunteers going camping**
 - ❑ They are role models for the girls (Actions and words have an impact. Safety rules apply to them as well, they respect the Girl Scout no-smoking policy, etc.)
 - ❑ They are available for all girls on the trip—not simply their own daughter.
 - ❑ Men must have sleeping quarters and bathrooms separate from the girls
 - ❑ Men must respect and maintain the privacy of the girls (e.g., should not be around when girls are changing into pajamas or bathing suits, etc.)

- ❑ **Sensitive issues require honest and confidential communication**

Carsickness	Sleepwalking	Night terrors
Bed wetting	Allergies	Dietary restrictions
Menstrual cycle		

Planning Responsibilities of the Troop Volunteer

- ❑ Involve girls in all aspects of planning
- ❑ Investigate council facilities
 - ❑ What type of camping will you be doing: Lodge or tent/cabin?
 - ❑ What type of cooking facilities are available?
 - ❑ What kind of bathroom facilities are available?
 - ❑ What type of Girl Scout programming is available?
- ❑ Make a short list based on the girls' interests and site availability.
- ❑ Take trainings at least 6 weeks prior to an outdoor overnight. (Leadership Essentials; First Aid; Camping Skills Training.)
 - ❑ *Note: Troop Camper and First Aider must be two different adults.*
- ❑ Network with other volunteers and council staff for ideas and to support your planning.
- ❑ Make reservation and review reservation confirmations.
- ❑ Inform families of plans.
- ❑ Complete necessary permission forms for council and families.

Involve the Girls

Reinforce the Girl Scout Leadership Experience

- ❑ Discuss overnight with troop and gather ideas.
- ❑ Discover what activities interest the girls.
- ❑ Sift through ideas and help the girls prioritize their choices.
- ❑ Encourage them to find links to Journeys and Badges.
- ❑ Review health and safety guidelines; create with the girls a Safety Group Agreement.
- ❑ Practice skills needed for the trip.



Planning for Your Camping Trip

Activities should be girl-led, learning-by-doing and involve cooperative learning.

With your support, girls should:

- Plan and schedule the activities for the trip
- Decide on menus and cooking methods
- Plan for troop & personal gear that will be needed
- Make Kaper charts for:
 - Camp setup/cleanup
 - Meal planning and cleanup

Be sure to remind them to:

- Allow plenty of time for food prep and clean up by the girls
- Include free time and time to work on Journeys/Badges
- Have alternate plans in case of inclement weather

Menu Planning with Girls

With your support, girls should:

- Consider food allergies, religious and/or dietary restrictions
- Keep menus and meal preparation simple and try new foods
 - Use outdoor cookbooks and recipes as resources
 - Decide on outdoor cooking methods
 - Link to Journey/Badge activities
- Make a grocery and equipment list!
- Plan and go on the pre-camping shopping trip

Sample Overnight Schedule

- 3:00 Arrive at Camp
- 3:15-3:45 Set up Troop Gear
- 3:45-4:15 Set up Personal Gear
- 4:15-4:30 Opening Ceremony
- 4:30-5:30 Prepare Dinner
- 5:30-7:00 Eat and Clean Up
- 7:00-8:00 Free Time / Badgework
- 8:00- Bedtime Evening Program
 - » Campfire
 - » Skits
 - » Songs
 - » Night Hike
- 7:00 am-7:30 Make Breakfast
- 7:30-8:30 Eat and Clean up
- 9:00-10:00 Nature/Craft Activity
- 10:00-11:00 Badgework/ Free Time
- 11:00-11:30 Portion Prepare Lunch while rest Pack Personal Gear
- 11:30-12:00 Eat Lunch
- 12:00-12:30 Portion Clean Up rest Personal Gear
- 12:30-1:00 Pack Troop Gear
- 1:00-2:00 Closing Ceremony and Verbal Evaluation of Planning and Weekend



Leave No Trace



The Leave No Trace (LNT) Center for Outdoor Ethics is an educational, nonprofit organization dedicated to the responsible enjoyment of the outdoors by all people, worldwide.

Girl Scouts promotes and follows the Seven Principles of LNT. On the next 3 slides you will learn the principles so that you can incorporate them into your camping experience.

For the full LNT Principles, visit <http://www.lnt.org/programs/principles.php>

7 Principles of Leave No Trace

1. PLAN AHEAD AND PREPARE

- ◆ Prepare for extreme weather, hazards, and emergencies.
- ◆ Schedule your trip to avoid times of high use.
- ◆ Repackage food to minimize waste.

2. TRAVEL AND CAMP ON DURABLE SURFACES

- ◆ Use established camping areas, and stay on trails, even when wet or muddy.
- ◆ Focus activity where vegetation is absent.

3. DISPOSE OF WASTE PROPERLY

- ♦ Pack it in, pack it out.
- ♦ Inspect your campsite for trash and spills (and clean up) before you leave.

4. LEAVE WHAT YOU FIND

- ♦ Leave rocks, plants, etc. as you find them.
- ♦ Do not build structures or dig trenches.

5. MINIMIZE CAMPFIRE IMPACTS

- ♦ Use only established fire circles, where permitted.
- ♦ Burn only as much as you need.
- ♦ Burn all wood and coals, and put out campfires completely.

7 Principles of Leave No Trace

6. RESPECT WILDLIFE

- ♦ Observe wildlife from a distance. Do not follow or approach wild animals.
- ♦ Never feed wild animals. Protect wildlife and your food by securely storing supplies and trash.

7. BE CONSIDERATE OF OTHER VISITORS

- ♦ Respect other visitors and protect the quality of their experience.
- ♦ Let nature's sounds prevail. Avoid making loud noises and keep your voice volume to a minimum.
- ♦ Leave radios and other electronic devices at home.

Questions for Home Study

1. List 3 readiness indicators that girls need to demonstrate before an outdoor overnight.
2. Name and describe 2 L-N-T principles.
3. Identify 3 leadership skills that girls can develop during their camp experience.
4. What are some ways you can clarify expectations with girls and adults?
5. What specific trainings do troop volunteers need to have in order to lead a camping experience?

