



CAMPING SKILLS FOR VOLUNTEERS

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Introduction

We are glad you are interested in camping with your Girl Scout Troop. Taking a group of girls into the outdoors can be exciting and fun, but also takes a fair amount of preparation and planning. The Girl Scouts of Eastern Massachusetts’ goal is to support and prepare adult volunteers to guide Girl Scouts in planning and participating in safe and enjoyable camping experiences.

Whether you are a brand new or a seasoned camper, you will soon find out that planning and carrying out a camping trip is truly a unique and rewarding experience for both the girls and volunteers. Girl Scouts of Eastern Massachusetts (GSEM) has designed volunteer learning opportunities and resource materials to help you progress with girls in the outdoors. You will begin your training by completing on-line pre-course work to assist you in the beginning of planning and to help you become familiar with keeping the girls healthy and safe on a camping trip. Then you will engage in an outdoor practicum, a hands-on training, facilitated by experienced outdoor volunteer learning facilitators. Throughout the Girl Scout year GSEM will offer additional outdoor enrichment learning sessions, like advanced outdoor cooking and outdoor activities. This packet and other supplement camping packets are available to you as resources for planning and creating the best troop camping experience possible.

To learn more about additional training and resources available go to:

<http://www.girlscoutseasternmass.org/Volunteer/>

TROOP CAMPING AS A GIRL SCOUT LEADERSHIP EXPERIENCE

Like all Girl Scout experiences, camping, whether it is in a lodge or a tent, begins by focusing on the Girl Scout Leadership Experience where girls **discover** (themselves and their values), **connect** (by caring and teaming with others), and **take action** (to improve themselves, their families, their communities and their world). When girls become completely involved in every aspect of their camping trip, from planning to implementing, girls begin to gain a deeper knowledge of themselves, develop healthy relationships, connect with living by the Girl Scout Law and have tons of FUN. This guide will help you facilitate the skills, self-reliance and knowledge girls will need to learn in order to have a positive troop camping experience.

Creating a Quality Experience

It is not just about *what* girls do, but *how* they participate in activities that creates a quality Girl Scout experience. All Girl Scout activities are built on three processes – **Girl Led, Cooperative Learning, and Learning by Doing**. These processes ensure quality and promote fun and friendship so important in Girl Scouting. Take some time to understand these processes and how to use them when planning and conducting a camping trip.

GIRL-LED

Girl-led simply means that girls are playing an active part in figuring out the “what, where, when, how and why” of their activities.

For troop camping this means:

Girls will choose if they want to go camping, where they want to go camping, what they want to eat and what they will do on their camping trip.

Girls will decide the purpose of the camping trip. The focus may be on learning new camping skills or cooking methods, doing community service on a camping property, learning more about their outdoor environment or working on a badge.

LEARNING BY DOING

Girls gain a deeper meaning and feel more accomplished when they are engaged fully in doing an activity. Throughout the learning by doing process, it is important for girls to be able to connect these experiences to their lives and apply what they have learned to their future experiences.

For troop camping you want to:

Allow time to stop and reflect on their actions and think about the activities they’ve just done. *You can prompt discussions by asking questions like: What did you think about what we just did? What was the purpose of what we just did? What will you do differently next time?*

Acknowledge their progress and celebrate small milestones to keep them encouraged. *The first time a girl lights a match is a small task, yet a milestone in her life.*

Practice outdoor progression by ensuring that each girl is ready for an activity so she can gradually build skills with confidence.

The progression chart on page 4 gives you age appropriate progression examples.

Nurture their curiosity and answer their “WHYS?”

“Why are skunks only out at night?” “Why can’t I eat snacks in the tent?”

COOPERATIVE LEARNING

Through cooperative learning, girls work together toward shared goals in an atmosphere of respect and collaboration that encourages the sharing of skills, knowledge, and learning. When girls work together and experience team work they experience a sense of belonging and commitment to the group.

For troop camping you want to:

Direct girls to help others, teach others, and not just focus on their own needs. *When cleaning up after meal time, girls should use the wash station and hang their dunk bags.*

Encourage girls to share ideas and thoughts.

Have girls discuss what foods they like to eat, how their family prepares the meal at home and how they will prepare it at camp.

Negotiate a common ground that includes everyone. Reaching consensus and seeking compromises are important life skills. *Negotiate the issue of not being in the same patrol as their best friend.*

Step Back and Let Go

As girls practice new skills and become comfortable with planning, consider “fading facilitation,” a process in which your role decreases as the girls are more prepared to increase their role. The more they do, the more confident they become. Your success is actually measured by how much you let go and let them do.

Food for Thought

Instead of asking a girl who has special dietary needs to bring her own special meal, have the troop work cooperatively to create a meal plan that suits everyone’s needs. Remind the girls to account for everyone’s dietary needs, food likes and dislikes.

INDIVIDUAL GIRL CAMPING READINESS INDICATORS

WHEN IS A GIRL READY TO GO CAMPING?

Before girls go camping, they should have had several positive experiences with the troop in the outdoors. Girl readiness means that an individual girl is prepared for a particular activity, such as going troop camping. Readiness is based on physical, emotional and social maturity, in addition to her abilities, skills and knowledge. Not all girls will be ready for a camping experience at the same time. Volunteers and parents should work together to determine a girl's readiness level.

Emotional Readiness:

- Wants to go
- Is not afraid to be away from home or parents overnight (and parents are prepared to let daughter go)
- Has spent an entire night at a friend's house, successfully
- Has been on a series of day trips, cookouts and/or has been to day or resident camp
- Is willing to sleep, eat, play with all girls, not just with best friends (does she exhibit these behaviors at troop meetings?)
- Can cope with unknowns, strange places (including bathroom), darkness (no electricity)
- Can manage with little or no privacy
- Doesn't always have to have own way, can give in graciously
- Can function as a member of a group

Physical Readiness:

- Has stamina, does not tire quickly
- Is able to transport her personal belongings (i.e., sleeping bag, pillow, and camping gear)

Has Necessary Skill/Knowledge:

- Can help plan a simple trip
- Can read or follow verbal instructions for a recipe or a kaper chart
- Has followed instructions previously and satisfactorily
- Has demonstrated (practiced) in troop meetings her ability to pack and repack personal camping supplies
- Can use or is ready to learn how to use kitchen implements, hand operated can opener, grater, peeler, paring knife, etc.
- Can wash dishes, clean kitchen/cooking area, and store food properly, or is ready to learn
- Can build a fire, or is ready to learn
- Can roll up a sleeping bag
- Knows how to operate a flashlight, camera, etc.

Please note that exceptions, provisions and accommodations can be made for girls with physical, emotional and cognitive challenges.

PROGRESSION IN THE OUTDOORS

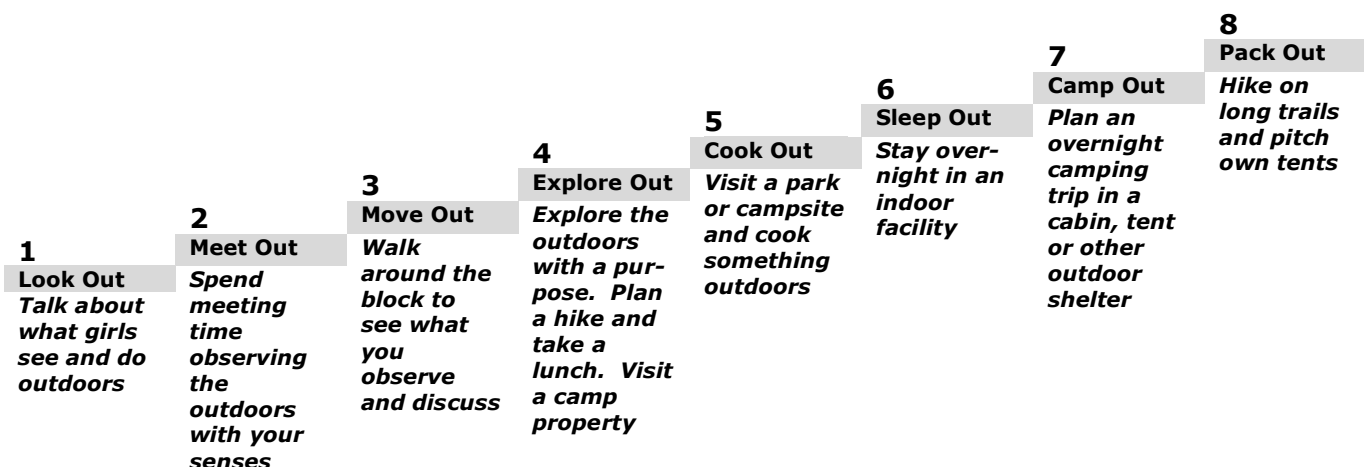
Progression in the outdoors means that a girl learns simple camping skills and participates in introductory outdoor activities before going on an actual overnight camping trip. Activities provided in a progressive manner increases the rate of a girl's success to discover, connect and take action.

Troop Volunteer Team's Role in Facilitating Outdoor Progression

- Create an environment where each girl feels comfortable with outdoor activities by engaging girls in progressive outdoor activities, like going outdoors at a meeting, then a hike, day trip to a camp then an overnight.
- Create a secure and safe environment where girls feel free from physical as well as social harm. Do not allow teasing or bullying at troop meetings.
- Introduce simple tasks to gain confidence and move towards more difficult or highly skilled activities. Practice cutting with plastic knives before using a real knife.
- Allow a girl to learn at her own comfort and skill level. If she is part of the fire building team and is fearful to light a match, let her gather wood instead.
- Offer experiences that will test the limits of her skills. Encourage a girl who is usually shy to be an assistant patrol leader.
- Challenge without pushing girls to learn new skills and develop a sense of accomplishment. Practice packing bags; make it fun. Play a game, for example: "Do you see what I see." Say to the girls, "I see in my bag 4 pairs of socks. Do you see four pairs of socks in your bag?" Then have the girl pick something in her bag and repeat, "Do you see what I see. I have..."
- Remember practice makes perfect. Have the girls practice new skills to develop confidence and competency. Practice rolling up sleeping bags at a troop meeting.
- Allow girls to learn from their shortcomings and mistakes. Many times we learn more from our mistakes than we do from our successes. If they forget to pack a pillow, how can they improvise, by using clothing.
- Teach girls activities that are age and skill level appropriate. Refer to the progression chart on page 4.

Suggested Steps for Progression in the Outdoors

Follow these steps over a period of time to ensure girls are emotionally and physically prepared to spend time camping.



LEVEL APPROPRIATE PROGRESSION IN THE OUTDOORS

Progression is important to achieve positive outcomes in The Girl Scout Leadership Experience. As girls move up in Girl Scout levels, so do their skills. Try not to pack too many new skills into one experience. Spread the learning of outdoor skills across numerous outdoor adventures allowing girls to develop a stronger leadership experience. Each camping trip should offer girls the opportunity to develop her courage, confidence and character.

	<u>Daisy Girl Scout</u>	<u>Brownie Girl Scout</u>	<u>Junior Girl Scout</u>	<u>Cadette, Senior and Ambassador Girl Scouts</u>
Walks And Hikes	<p>Learn safety rules: stay together, use buddy system and stay on walking path</p> <p>Learn what to wear</p> <p>Learn to recognize poison ivy and ticks</p> <p>Take a walk near meeting place</p> <p>Visit a nearby park or camp</p>	<p>Learn safety rules: buddy system and staying together</p> <p>Learn good outdoor manners</p> <p>Learn to dress for the weather</p> <p>Learn to recognize poison ivy and ticks</p> <p>Follow a trail at a park or a camp (max 2 miles round trip)</p>	<p>Review safety rules</p> <p>Review what to wear</p> <p>Review plants and animals to avoid</p> <p>Take a half day hike carrying the items for a meal</p> <p>Take an all day hike (max 8 miles round trip)</p>	<p>Learn safety rules for extended hikes</p> <p>Know how to dress for weather</p> <p>Plan and go on an all day hike carrying items for two meals</p> <p>Backpack: Plan routes, meals, equipment</p>
Find Your Way	<p>Walk around a neighborhood recognizing area</p> <p>Draw a large dimensional map of the neighborhood</p>	<p>Learn Trail Signs</p> <p>Practice laying and following trails</p> <p>Learn N,S,E,W on a compass</p>	<p>Learn and practice trail signs</p> <p>Find directions by sun and stars</p> <p>Learn to pace</p> <p>Make a simple sketch map</p> <p>Advance Skills: Use compass to find degree leadings</p> <p>Use a compass to give directions</p>	<p>Use trail signs</p> <p>Practice finding directions from sun and stars</p> <p>Use a compass to find degree readings</p> <p>Orient a topographical map</p> <p>Learn to use a compass with a map to determine direction distances and terrain</p>
Eating Outdoors	<p>Take a snack on a hike</p> <p>Help clean up</p>	<p>Take a snack on a hike</p> <p>Take a brown bag lunch on a hike</p> <p>Make a one pot meal like Brownie stew</p> <p>Try simple stick cooking: marshmallow, hot dogs</p> <p>Learn to wash and sanitize dishes</p>	<p>Learn about four basic food groups</p> <p>Plan and cook simple meals: One Pot, aluminum foil, stick cooking</p> <p>Learn to wash and sanitize dishes</p> <p>Advanced: Box Cooking</p>	<p>Plan and cook meals that take more preparation or cooking time</p> <p>Learn to bake in a box oven</p> <p>Learn about foods for backpacking</p> <p>Learn about survival foods</p>
Fires And Fuels	<p>As a troop meeting activity, make an edible fire snack.</p>	<p>Learn fire safety rules</p> <p>Know different types of firewood</p> <p>Learn how to light a match</p>	<p>Review safety rules</p> <p>Learn to make fire starters</p> <p>Know how to light a match</p> <p>Build and extinguish fire</p> <p>Build a charcoal fire</p> <p>Learn safety around propane camp stoves</p>	<p>Wood fires: Build and use different types of firewood</p> <p>Build, use and extinguish charcoal fires</p> <p>Learn to use propane stoves safely</p>
Using Tools	<p>Learn to use:</p> <p>broom</p> <p>hammer</p> <p>scissors</p> <p>flashlight</p>	<p>Learn first aid for cuts</p> <p>Learn how to use: Vegetable peeler, paring knife, one man saw, shovel, flashlight</p> <p>Learn pocket knife safety with paper knife: Open, close, hold, cut away</p>	<p>Know how to safely use: Can opener, one man saw, two man saw, saw horse</p> <p>Pocket Knife: Use, clean, pass, sharpen, whittle a point</p>	<p>Pocket knife: Review skills and whittle</p>
Gear And Shelter	<p>Take care of coats, hats, mittens</p> <p>Sleep at home in a sleeping bag</p>	<p>Learn how to roll sleeping bag</p> <p>Camp out in a building in town or at camp</p> <p>Help decide what things to take camping</p> <p>Camp out in a tent at a Girl Scout camp</p>	<p>Help decide what equipment to take camping</p> <p>Camp out in a building</p> <p>Learn care of platform tents</p> <p>Camp in a tent unit at a Girl Scout Camp for 2 days</p>	<p>Know how to take care of platform tents</p> <p>Camp out in tent units</p> <p>Learn how to pitch, use and store a small tent and kitchen fly</p> <p>Learn to take down and pack a tent</p>
Knots	<p>Learn to tie shoes</p>	<p>Know how to tie shoes</p> <p>Learn square knot</p>	<p>Learn to tie and use: Clove hitch, bowline, double hitch and square knot</p>	<p>Practice tying and using knots</p> <p>Learn lashing skills</p>

STAYING SAFE AND BEING PREPARED

Being prepared is the safest and smartest way to prevent accidents and handle emergencies. Safety requires having a plan that adults and girls work on together.

Volunteer Essentials and the Safety Activity Checkpoints provide volunteers with procedures, practices and guidelines to maintain a safe Girl Scout program and to protect the well-being of every Girl Scout. You can find these documents posted on the Girl Scouts of Eastern Massachusetts website. Click on the links below to review these documents. Pay special attention to the following information:

[Volunteer Essentials](#)

Chapter Four: Safety Wise

[Safety Activity Checkpoints](#)

Camping Activities

Group Camping
Outdoor Cooking
Hiking
Orienteering

Water Sports

Canoeing
Fishing
Kayaking
Row boating
Swimming
Tubing

Land Sports

Archery
Challenge Courses
Geocaching

Create a Safety Plan

Both girls and adults should clearly understand the importance of planning for security and safety. Plans and precautions are an important part of the camping experience and should never be regarded lightly.

Involve the girls:

- Talk with them about general safety issues
- Work on safety awards as preparation for the trip
- Have the girls review the troop safety checklist to ensure all health and safety issues have been covered
- Create a troop Health and Safety group agreement
- Review the health and safety group agreement upon arrival at the site. Know all exits out of the building or site. Practice an emergency drill as soon as practical on arrival.

Use a Group Agreement

Establishing a health and safety group agreement with both girls and adults will give the troop ownership to care for themselves and others.

Troop Safety Check List

- All girls have turned in completed permission forms
- We have checked *Safety Wise* for appropriate adult to girl ratio
- A certified First Aid and CPR adult volunteer is coming on the trip and that is their primary role
- At least one registered volunteer has taken the appropriate camping training
- A two- or four-person buddy system has been set up and reviewed with the girls
- The troop First Aid kit has been checked and packed (Refer to pages 38-39 in *Safety Wise*)
- Each vehicle transporting girls has a First Aid kit and a copy of the permission form for each girl
- We have medical history of all adults on the trip in sealed envelopes (only to be used in emergencies)
- The girls have packed their own sunscreen and bug spray
- We are aware of medical conditions of girls in troop and how to care for them
- Written permission was given by parents/guardians to assist the girls with taking medications
- Any medications are in original containers and are in the care of the First Aider
- A home contact person has been established in case of an emergency and has the facility's phone # where we are camping and the council emergency number
- Have council emergency contact info and insurance form with the troop
- We know where the nearest hospital or emergency facility is located
- Reviewed emergency plans and safety systems with girls and their families in the case of situations, such as weather, injury, fire or intruders
- We have checked and reviewed *Safety Wise* Standards for all activities planned
- We have a lifeguard and the appropriate number of watchers according to *Safety Wise* for aquatic activities
- We turned in our troop trip forms to the Service Unit Coordinator or Membership Specialist

COEXISTING WITH YOUR OUTDOOR NEIGHBORS

Neighbors on two legs: Remember to be a sister to every Girl Scout. Most often, other camping areas are close by and sometimes camping areas are shared. Remember to be respectful to each other and friendly.

When camping, you are not alone. The troop is actually visiting the home of other living things, such as plants and animals. Teach the girls to be respectful and aware of their outdoor surrounding.

YOU MAY ENCOUNTER ANIMALS AT OR AROUND THE CAMPSITE AND YOU SHOULD TEACH THE GIRLS TO BE SAFE AND RESPECTFUL.

- Girls should be reminded not to pack gum, candy or snacks or scented products in their gear to avoid unwanted visitors in their tents and on them. Mosquitoes and bees are attracted to sweet scents and mice will even nibble on a bar of soap.
- Sleeping bags should be rolled up during the day, to avoid having critters cuddling up with you at night.
- Garbage should be removed from the site whenever you are leaving the camping area and at night.
- All food should be sealed up tight. Raccoons can flip an unsecured lid and chipmunks and mice get into the tiniest openings. Store food indoors or in a car overnight if possible.
- Store food away from the sleeping areas.
- Careful cleanup of camping area will keep unwanted insects and animals away.
- Make girls aware that they may hear the animals moving around at night. Keep a flashlight handy. It is fun, not a scary thing, to watch the night visitors.
- If they encounter a skunk, keep calm and don't make any sudden movements and the skunk will soon go on its way.
- Campers should not attempt to pick up or pet any wild animal because of the possibility of rabies.
- Campers should just observe and not disturb even small living creatures like insects, frogs and birds. Remind girls they would not want someone to come and remove them or disturb them in their home.
- Girls are curious; when they see a hole in the ground or tree remind them to just look and keep a safe distance.

PRACTICE LEAVE-NO TRACE @ PRINCIPLES IN YOUR OUTDOOR ENVIRONMENT

- Stay within camping area boundaries and on marked trails to avoid disturbing vegetation and animal homes.
- Minimize your use of disposable products, such as disposable plates and cups, plastic wrap.
- Police and keep the areas you use clean and trash free.
- Do not break or cut branches from living trees for firewood; instead pick up dry, dead branches from the ground.
- Bring your own wood fuel logs. Large logs in nature can be an apartment complex for insects. Don't burn down their home.
- Do not dispose of bleach or soapy water in the woods or natural camping area; dump or flush in toilet, sink, or latrine.
- Use biodegradable soaps and cleaning agents.
- Girls' voices are often enough to frighten a critter from its home, never mind a boom box.
- When observing things like rocks, wood or moss, return them to where you found them.
- Girls like to collect treasures; instead teach them to observe, take photographs, sketch or write to preserve the memories of the trip.

TEACH GIRLS HOW TO IDENTIFY POISONOUS PLANTS, LIKE POISON SUMAC, IVY AND OAK

Identifying Poison Ivy

- A climbing shrub
- Grows chiefly along roads, paths and fences
- Has three leaves which vary in length from 1 to 4 inches
- Leaf color may be glossy green or reddish brown depending on the season
- Has a waxy white fruit, which looks like mistletoe

What does it look like?



Poison Ivy, the most common of the three plants, is characterized by three or five serrated-edge, pointed leaflets. These leaves assume bright colors in the fall, turning yellow then red.

Identifying Poison Sumac

- Appears as a shrub or small tree
- Found mainly in swampy areas
- Leaves are divided into groups of 7-13, arranged in pairs, with one on the tip
- Leaves are 3 to 4 inches long and usually a bit orange in color
- Bears same fruit as poison ivy



Poison Sumac has seven to 13 staggered leaflets with one on the tip of the plant. Mainly found in the eastern U.S., poison sumac grows in peat bogs and swamps as a shrub or a small tree. The large allergen-containing fruit is red and grows between the leaf and the branch.

Identifying Poison Oak

- Low growing shrub
- Has three leaves which look like oak tree leaves
- Bears same fruit as poison ivy

All three plants contain the same oily sap, which infects the entire plant. The Sap is transmitted by direct contact with a plant or contact with an animal or object that has had direct contact.



Poison Oak has three oak-like leaves and grows as a low shrub in the eastern U.S. and as both low and high shrubs in the western U.S., where it is most prevalent. Poison oak produces whitish flowers from August to November that dry but may remain on the plant for many months.

Symptoms of Contact

- Burning and itching sensation
- A rash develops and swelling begins
- Small blisters may appear, which later burst and release fluid

Treatment and Prevention

- Wash area with soap and water
- Change clothing that may have come in contact with plant; wash clothing right away if possible
- Cool, wet dressing or cold compress will help reduce discomfort
- Commercially available products such as Calamine lotion will help
- In severe cases, seek medical advice
- Wearing closed in shoes and socks to keep your ankles and feet from getting exposed to poisonous plants

PREVENT MOSQUITO AND TICK BITES

- Wear hat or bandana, long sleeved polo shirt or jacket, socks, pants tucked into socks.
- Apply mosquito repellent to clothing to protect from ticks and other insects. Remember, girls apply their own.
- On return from any walks and before going to sleep at night, check each person and her clothing for ticks.
- If a tick is found attached to a person, follow first aid procedures for removal and keep the tick in a baggie.

PLANNING A CAMPING TRIP

The planning process for a camping trip is just as important as the camping trip itself. Planning for the camping trip completely engages girls in the Girl Scout Leadership Experience processes of girl-led, learning by doing and cooperative learning. Camping trip planning is an important part of progression in developing the keys to leadership.

Girl Scout Leadership Experience Goals:

A Girl Scout will **discover** practical life skills and confidence to prepare for a camping trip.

A Girl Scout will **connect** with other troop members by working cooperatively as a team member in planning meals, activities and for equipment needed.

Girls enjoy experiences that they select and plan, but they sometimes need helpful suggestions and resources to guide them along. As girls gain experience, they can do more, and the trained adult should do less. Here are some guidelines to help make the planning process more girl-led, learning by doing and create a cooperative learning environment:

Recognize the amount of time needed for planning, at least 6-8 wks before the scheduled camping trip:

It will take more time for the girls to plan something than it would for the volunteer team. Girl Scouting is about empowering the girls to lead, do things themselves and work cooperatively together.

Sometimes things will not go as planned: Part of experiential learning is teaching the girls to be good decision-makers and allowing them to fail in a safe environment. Many times we learn more from our mistakes than we do from our successes. Use this opportunity to help the girls figure out what could be done differently during planning that would allow for success. Then let them try out their ideas.

Take into account the typical girl development levels in the troop as you guide decision making:

First to third grade girls may need to be given choices in order to make decisions. Girls in fourth grade and up will be able to generate and narrow down their own ideas but may need your help to focus and remember deadlines. Instead of giving them ideas to choose from, provide them with resources to research and investigate their options.

Be sure all girls get a chance to be part of the planning: Sometimes more outgoing girls take over the decision making process. Have each person give an idea for the planning or have girls work in pairs or small groups to discuss planning. Allow every troop member's voice to be heard.

Honor the Girl Scouts' commitment to pluralism: A camping trip or an outdoor experience that offers many opportunities to create a pluralistic environment.

- When choosing dates for your camping trip, be conscious of dates of religious holidays for all troop members and try to avoid conflicts with religious observances.
- Singing grace before meals is a Girl Scout tradition. Consider the religious practices of the girls and the spiritual words in the song when choosing graces. Modify the wording to make the grace comfortable for all. The phrase "Lord we thank thee" can be changed to "We are thankful."
- When planning a campfire, Girl Scouts' Own or other ceremonies encourage the girls to recognize and be sensitive to the variety of family life, religious beliefs and cultural heritages of all troop members. If Girl Scout programming includes readings, songs, pictures, etc., they should be inclusive to all.
- When meal planning, guide girls to consider religious restrictions, health conditions, food allergies and/or food preferences when making food choices, but do not point out or make a girl feel uncomfortable.

Work in Patrols

The patrol system allows you to split the girls into smaller groups to help manage planning or tasks more easily. These could be their regular patrols or new groups.

Girls can help plan what to pack, what to eat, what jobs they will do, and what activities they will do. Refer back to the progression chart on pg 4 for appropriate age level patrol duties.

What is Pluralism:

Pluralism is a system with individuals or groups differing in background, experiences, and culture that allows for the development of a common tradition while preserving each groups' right to maintain its cultural heritage. Pluralism is a process involving mutually respectful relationships.

Safety Wise pg 154

WHERE DO WE BEGIN?

Begin by asking these questions:

- Where will we be staying?
- What will we be doing?
- What will we be eating?
- What do we need to bring?
- Who is responsible for what?
- What will the trip cost?

Where will we be staying?

Girl Scout camp properties usually have a variety of facilities and campsites. Pick the site that best fits the needs and outdoor skill level of the troop. Research what kitchen and bathroom facilities, camp equipment and Girl Scout program activities are available at the GSEM properties.

GSEM camping shelters are divided into three categories:

- **Lodge:** A building that is winterized, with kitchen amenities and bathroom facilities.
- **Tents:** Open air structures, meaning bugs can freely fly in. (Including platform tents, Tent-A-Lo's and open air cabins)
- **Cabins:** Closed spaces that are not winterized, with no amenities or bathroom facilities. (A troop staying in a cabin would need to attend Troop Camping Skills *TENT* training)

Consider planning a day trip to one of the GSEM camp properties before reserving your camp site or lodge. Take time to explore and become familiar with the property. Check out the lodging/camping facilities and maybe try out a GSEM program offered at the property. Girls will feel less afraid of the unknown if they become familiar with where they will be sleeping out. You can learn more about Girl Scout of Eastern Massachusetts properties by going to <http://www.girlscoutseasternmass.org/programs/troop-camping.html>.

What will we be doing?

The troop should work together to choose extra activities. It may be a hike, a craft, games, badge work, swimming, or boating. Whatever it is, the girls should have a choice and help plan the activities.

The volunteer team should always have some quick back-up games or time fillers for unexpected downtime. Doing nothing or being bored should not be an option. Have girls plan options for things to do, like gimp, games, reading a book, etc.

As girls take the lead and choose their activities, supply them with resources:

- Have activity and game books available for them to look at
- Have a meeting with activity samplers where they try a few activities or do a piece of a badge and then decide if it is something they would like to do on a camping trip.
- Encourage girls to share activities that they enjoy. Ask girls to share some of the outdoor activities they do at home with their friends and family.

Discuss with the girls when you will need activities planned or as option time throughout the day. What activities will you do at what time?

- Before and after meals
- In the middle of the day
- Campfire games, skits and activities
- Nighttime activities

Make sure the girls add any activity supplies that are needed to the troop supply list.

Option Time

Instead of free time or downtime, call it "option time." Have the girls agree upon different activities or time fillers they can choose as optional activities when time allows, such as waiting for a meal to finish cooking or finishing a planned activity early.

WHAT WILL WE BE EATING?

Meal planning for the outdoors is based on the increasing skill level of the girls.

Basic: Planning simple meals that do not require cooking (fireless foods).

Experienced: Cooking only one time for the meal (soup or dessert) is the next step in progression.

Advanced: Cooking all of the items on the menu is the most difficult and time-consuming meal for the girls to prepare.

Choosing a Cooking Method

Cooking in the outdoors is done in a progressive manner based on the comfort, interest, knowledge and skill level of the girls and volunteers. Meals can be cooked using various utensils or a variety of heat sources. Some meals can be cooked entirely in one pot. Other cooking methods are stick, aluminum foil, a box oven or a Dutch oven. Some cooking methods require a wood fire, propane or charcoal.

Progressive Cooking Methods in the Outdoors

No Cook Meals: Requires no cooking utensils or source of heat.

Example: Nosebag Lunch (Sandwich, carrots or celery, a fruit, a dessert and a drink in a brown bag).

One-pot Meal: Easy one-pot meals are great for inexperienced outdoor cooks and fire builders. Everything needed for the main course gets cooked in one pot over an open flame. For easy cleanup, coat the outside of the pot (bottom and sides) with dish soap before it is put over the fire. This prevents black soot from building up on the pot.

Examples: stews, soups, and chili.

Stick Cooking: Stick cooking requires more time to build the fire, so that items can be roasted over coals, not flames.

Examples: hot dogs, kabobs, doughboys, and marshmallows.

Foil Cooking: No pots, pans, or plates to cleanup when a meal is cooked in a foil packet. Wrap ingredients in a double thickness of heavy-duty foil and place on hot coals. Use tongs and oven mitts to remove when done.

Examples: corn, foil dinners, and banana boats.

Skillet Cooking: Charcoal produces more even heat, which is the key to successful skillet cooking.

Examples: pancakes, French toast, and hamburgers.

Box Oven/Dutch Oven: Almost anything baked in a home oven can be baked in an outdoor oven. One charcoal briquette equals about 25 degrees of heat for a Dutch oven, or 30-50 degrees of heat, depending on the size of a box oven.

Examples: pizza, biscuits, and cookies. Dutch ovens may also be used to roast chicken and meats.

Spit Cooking: Get a good fire going and set up a spit over it. Make sure to turn your food often.

Examples: meats, chicken, and fish.

Trick Cooking: Use the natural skin of certain fruits, or common household products such as paper bags, to cook.

Examples: baked apples, mini-cake in orange shell, and eggs in paper bag.

Ask the group:

- How much time will we have to cook each meal? (*Stick cooking and one pot meals are often the quickest.*) Plan on at least 2 hours to prepare and cook most meals if using fire or charcoal.
- How does the time of year affect meal planning? (*If it is fall or spring you will want more hot meals.*)
- How much experience do the girls and volunteers have in cooking out? (*Don't forget to use progression in outdoor cooking just as in any other Girl Scout activity. Start simple then progress to more challenging cooking methods.*)
- What cooking methods will be used? (*If it is the first time girls will be cooking outdoors, volunteers may want to choose the cooking method and let the girls create the menu.*)

Meal Planning in Patrols

Have patrols plan one of the meals and snacks with healthy and balanced choices. Remind girls to be inclusive and keep in mind individual food allergies, religious observances, food likes and dislikes. Once the groups have planned each meal/snack, the troop should create a complete menu so everyone knows what each meal and snack will be.

Once the meal is planned each patrol should create a list of all of the ingredients and amounts needed for each meal/snack and the equipment needed to cook the meal. Then have the troop work together to compile their lists into one grocery shopping list.

Plan to take at least one patrol to the grocery store to buy food supplies.

When purchasing food supplies, check the number of servings listed on packaged foods.

Food Prepping and Packing

Girls should be involved in doing the packing and preparation of the food. Here are some helpful hints to teach girls to be organized and prepared:

- Smart packing makes meal prep and cleanup much easier and helps cut down on the amount of trash and leftovers.
- Decide on what items could be prepped or cooked ahead of time. Have the girls prepare them. This is an opportunity to practice with kitchen tools.
- Bag and label prepared food by day and which meal/snack it is for.
- Pre-measure portions to make cooking easier and pre-mix ingredients that can be stored together (granola and powdered milk, for instance) to save space and time.
- Write down the cooking instructions you need for each meal, then slip the notes into the right meal bag or tape them onto the front.

The Price is Right

The troop can learn about ingredients, quantities, nutrition and price by taking a field trip to the grocery store, bringing in a grocery flyer or playing the quantity or *Price is Right* game with canned goods at a troop meeting.

Food Quantity Chart

FOOD	UNIT	AVERAGE SERVINGS
MEATS		
Hot dogs	1 lb.	8-10 franks
Sausage-link	1 lb.	16 small
Bacon	1 lb.	22-25 slices
Hamburger	1 lb.	4-5
Bologna	1 lb.	10-12 slices
DAIRY PRODUCTS		
Milk	¼ gallon	8 servings
Ice Cream	¼ gallon	10-12 servings
Butter	¼ lb.	12 servings
Cheese	8 oz.	8 slices
BREADS & CEREALS		
Family loaf	1 lb. 8 oz.	22 slices
Italian loaf	1 loaf	8 servings
Rice	1 cup (raw)	6 servings
Spaghetti-noodles	1 lb.	8-10 servings
STAPLES		
Marshmallows	1 lb.	102 pieces
Saltines	1 lb.	144
Grahams	1lb.	60
Bisquick	20 oz. pkg.	4 cups (12 people)
Sugar	1 lb.	2 1/3 cups
Flour	1 lb.	4 cups
Crisco	1lb.	2 cups
CANNED GOODS		
Pineapple Slices	large can	10 slices
Kidney beans	1 lb. 14 oz. can	6-7 servings
Baked beans	1 lb. 14 oz. can	6-7 servings
Peanut Butter	13 oz. jar	24 sandwiches
Jelly	16 oz. jar	24 sandwiches
Tuna Fish	7 oz. can	4 sandwiches
VEGETABLES		
Carrots	1 lb. pkg.	sticks for 15-20
Celery	1 bunch	sticks for 15-20
Onions	1 lb.	3 cupfuls (chopped)
Potatoes	1 lb.	4 servings

WHAT DO WE NEED TO BRING?

Planning Group Equipment and Suggested Packing Lists

Girls can help plan what to bring for their trip. Break girls into four patrols, and then have each patrol work on a packing list for one of these four areas: Personal equipment, group equipment, first aid and activities.

Once the groups have made their plans, they should share their lists and ideas with the rest of the group so everyone is aware of what to pack.

A copy of the personal packing list should go home with the camp trip permission slip.

Personal Gear

Girls and adults should label everything. Remember, no glass, no extra snacks (including gum) and leave the electronics at home. Pack clothing in zip-loc bags inside backpack. Backpack can be lined with trash bag for further waterproofing.

- Sleeping bag and pillow (optional) packed in waterproof bag. (A zippered pillowcase filled with clothes can substitute for a pillow.)
- Mess kit (bowl, plate, cup, knife, fork, and spoon) with dunk bag
- Water Bottle
- Flashlight with extra bulb and batteries
- Toiletries: soap, toothbrush, toothpaste, comb, chap stick, towel, wash cloth and other items
- Sun/rain hat (*bandanas make great camp head gear as well*)
- Pajamas
- Sweatshirt, sweater or fleece
- Sturdy shoes (shoes that do not have slippery sole, no open toes, or heels)
- Warm jacket, hat, gloves, or mittens (wool or fleece best)
- Rain gear – boots, waterproof raincoat, pants (cloth raincoats are usually only mildly water repellent)
- Bandana
- Rubber band or tie for hair
- Insect repellent: cream or liquid, NO SPRAY (harmful to tent canvas)
- Sunscreen

Bring enough for your stay:

- Long pants and shorts: (pack for season and prepare for shift in weather).
- Shirts or T-shirts
- Socks and underwear – at least 2 extra pairs of socks (*Wool or synthetic*)
- Long underwear if expecting cold weather

Optional items for special activities:

- Jackknife (if trained or skill to be taught)
- Compass
- Camera and film
- Old sneakers, swimsuit – if swimming or boating

*Avoid bringing family heirlooms or things of value.

Dress for the weather

Spend time teaching girls why it is important to be prepared to pack and wear certain items.

Remember cotton and denim stay cold when wet and acts like a wick. Cotton soaks up water very quickly, creeps up the fabric and remains wet. Therefore, it is better to wear wool or synthetic fabrics, like nylon, fleece, or acrylic.

Group Equipment

Some GSEM properties may have limited camping supplies. Check your confirmation or with a site manager when you reserve the property to know what is available and what the troop needs to bring.

Cooking

- Pots and pans (also baking pans if needed)
- Kettle or coffee pot
- Water/juice pitcher
- Pot holders
- Utensils
- Three dish pans
- Other supplies needed for meals and snacks as planned

Fire Building

- Water bucket, rake, and shovel (if not provided)
- Matches (in waterproof container)
- Charcoal (if needed)
- Firewood (if not provided at site)

General Supplies

- First Aid Kit (*Have a patrol be responsible for checking the content and expiration dates*)
- Health histories and permissions for each girl
- Toilet paper and paper towels
- Sanitizing tabs or bleach (original container)
- Disposable gloves, dishwashing gloves
- Trash bags
- Steel wool pads
- Dishwashing liquid
- Tablecloths
- Aluminum foil
- Food storage bags for leftovers and storage
- Salt, pepper, sugar, and other seasonings
- Portable cooler if refrigerator is not available
- Other supplies such as stove, lantern, and propane fuel, as needed

Program supplies

- Create a list

PLEASE NO STYROFOAM CUPS OR PLATES!
Please leave electronics (cell phones, MP3's, Game Boys, etc. at home)

PLANNING CAMPING KAPERS

Who is responsible for what?

KAPERS

Before going on an overnight trip, girls should learn about the division of work that needs to be done for an overnight. Kapers is a Girl Scout word for "jobs." The girls design a kaper chart which lists jobs for meal times along with the patrol that is responsible.

First time campers should have an explanation of what each kaper entails:

- **Fire builders** gather wood, lay the fire, and help the adult get the fire going. Assist with adding kindling and fuel to keep the fire going. Assist extinguishing the fire when the meal is done.
- **Food preparers** wash, cut, peel and place food in pots or pans.
- **Hostesses** choose an eating area, set and decorate the table and lead Girl Scout grace. They can also serve appetizers and drinks while cooks are busy with main meal. They clean up between courses and put away uneaten food.
- **Cooks** stir, turn and cook food over fire or stove and bring the meal to the table. Clean up work area and repack unused food.
- **Clean up crew** puts water on to heat for dishwashing, wipes down tables before and after meal, washes the group pots, pans and utensils. They also set up the 3 step dishwashing stations (dishwashing station instructions on pg 19). Secure trash. Each girl should wash her own plates and utensils.

All girls on the overnight should be responsible for caring and cleaning up personal items, keeping their area or tent clean and keeping trash picked up.

Making a Kaper Chart

A Kaper chart gives each girl a visual detailing who is responsible for what and how they will work cooperatively. Make the chart large enough so it can be seen. Make it durable and weatherproof—just in case. Post the kaper chart where it can be referenced easily. It is a good idea to list duties for each kaper with the kaper chart, and include menus for meal kapers. This will help eliminate any confusion about what is expected.

KAPER CHART					
MEALS	FIRE BUILDERS	FOOD PREPARERS	HOSTESSES	COOKS	CLEAN UP
FRIDAY DINNER		foxes	hawks	eagles	rabbits
SATURDAY BREAKFAST	foxes	hawks	eagles	rabbits	raccoons
SATURDAY LUNCH	hawks	eagles	rabbits	raccoons	foxes
SATURDAY DINNER	eagles	rabbits	raccoons	foxes	hawks
SUNDAY BREAKFAST	rabbits	raccoons	foxes	hawks	eagles

Girl Scout Graces

When eating a meal with your Girl Scout troop, it is tradition to stop and reflect how thankful you are for the food you are about to eat. Grace is a Kaper of the Girl Scout Hostesses. The Hostesses choose which grace they would like to lead before the troop eats their meal. If it is a new Grace for the troop the Hostesses may sing it first to teach the rest of the girls. Then, in unison, the other girls and volunteers repeat them. Only after grace is done, may people begin to eat. Remember to be respectful to religious beliefs of all troop members when choosing a grace and modify the words if needed. Here are a few graces to choose from.

JOHNNY APPLE SEED

The Lord is good to me,
And so I thank the Lord,
For giving me the things I need.
The sun, the rain, and the apple seed.
The Lord is good to me.

MORNING IS HERE

Morning is here, the board is spread,
Thanks be to God, who gives us bread.
(morning, noontime, snack time, evening, etc.)

NATURE'S THANKS (spoken)

The eagle gives thanks for the mountains
The fish gives thanks for the sea.
We give thanks for the goodness
And for what we're about to receive.

WE ARE THANKFUL (tune – Ain't She Sweet)

We are thankful, we are thankful
For our food, for our food.
And our many blessings, and our many blessings.
We thank you, we thank you.
**Can be sung as a round*

THANK YOU (to the tune of Twinkle, Twinkle Little Star)

Thank you for the food we eat
Thank you for new friends we meet.
Thank you for Girl Scouting days
As we learn in fun-filled ways.
May we always try to do
As we promised, duty true.

INDIAN SILENT GRACE

In the Future (point forward)
As in the Past (point backward)
May the Great Spirit (both hands up)
Give us Abundance (arms outstretched)
And Love (cross arms on chest)

ADAMS FAMILY

Da da da dum, da da da dum.
Da da da dum, da da da dum, da da dum.
It's thanks that we are giving,
For this food we need for living.
The food that we are sharing,
In the Girl Scout family.
REPEAT da da da dum

WHAT WILL THE TRIP COST?

When planning a camping trip, the troop will need to take into consideration site fees, any program fees for activities such as rock climbing or boating, and costs of supplies and groceries. Part of the Girl Scout Leadership Experience is learning life skills, budgeting, being thrifty and living within the troop's means.

The troop should be setting goals during the GSEM product sales and it is a good practice to incorporate the troop camping trip as part of the troop's goals.

For meal expenses: Figure out with the girls the number of meals and snacks that you will need for your trip. Then figure the amount of money needed for food. Estimate \$3.00 per person, per meal, and \$1.00 per person, per snack.

For equipment and supplies expense: Go through the packing list and see what needs to be purchased. Before going to a retail store, see if you can borrow any equipment from council, another troop or even troop members' families. Consider going to yard-sales to get great deals.

For activity supplies: Research what each GSEM property has to offer free and/or what the cost for certain programs may be at each GSEM property. Use as many supplies for craft and badge work activities that you already have on hand and again ask to borrow from other troops or troop family members or shop at yard sales.

FIRE BUILDING AND FIRE SAFETY

Steps to building and using a wood fire

- Teach safety procedures
- Use only GSEM fire pits and rings on GSEM properties
- Collect the right type of wood, see instructions below
- Build a foundation fire, see page 18
- Build it into the right type of fire you need (*only making the fire as high as needed*)
- Extinguish the fire properly, follow camp site instructions
- Dispose of ashes (*please check with your site confirmation or property manager for proper disposal*)

Safety Procedures

- Before lighting the fire always have a bucket of water next to the fire
- Clear fire area 10' back of any leaves, pine needles, etc.
- Teach participants how to correctly light matches
- Use the fire for cooking or campfire. Never play with the fire.
- Tie long hair back, avoid wearing dangling or loose clothing/accessories
- Maintain discipline around fire site
- Never leave a fire unattended
- Anytime everyone leaves the site the fire must be completely extinguished
- Fires are only started with matches – never with gasoline, kerosene, etc.

Choosing a Site

- Use an already established fire ring
- Show sensitivity to the environment by preserving the natural beauty of the site; making economic use of wood; burning only garbage that can be entirely consumed by the fire. Do NOT burn paper, which can spark and throw ashes from the fire. Properly dispose of ashes and partially burned wood.

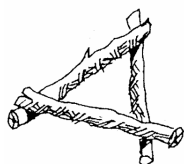
Wood Collecting

A wood fire needs three types of fire material:

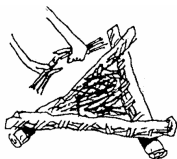
- Tinder: small, no thicker than a match. It burns as it is touched by the match. Use small twigs or wood shavings.
- Kindling: sticks and twigs just bigger than tinder up to pieces as large as your thumb and from 6 to 12 inches long.
- Fuel: the larger wood that keeps your fire burning – pieces that are just bigger than kindling up to good size logs.
- Dry wood burns best. Dry wood snaps and burns.
- Wood that bends and does not snap is green and will only burn in a hot fire.
- Wood that crumbles is rotten. Rotten wood will just smolder and smoke without giving off any heat.
- Softwood works well for starting fires or for quick, hot fires. It burns quickly and needs constant refueling. The wood does not leave good coals. Softwood is produced from trees, which grow quickly such as pine, spruce, aspen, etc.
- Hardwood burns slowly and leaves good coals. Hardwood needs a hot fire to begin burning but will burn well for a long time. Hardwood comes from trees that grow slowly such as oaks, maples, ash, etc.
- Gather three times as much wood as you think you will need. Make sure the girls gather tinder, kindling and fuel.

FOUNDATION FIRE

A foundation fire is made of kindling and tinder and its job is to make enough heat to get the fuel burning. You will need about four handfuls of tinder and four handfuls of kindling. Start with an 'A' frame fire:



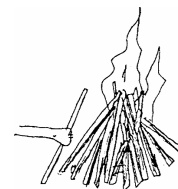
Assemble the A Frame



Place firestarter/tinder inside the A; arrange so air can get under tinder.



Hold match under cross piece until tinder lights.



Place sticks in the form of a tepee

The match lights the tinder, the tinder lights the kindling and the kindling lights the fuel.

- Kneel with your back to the wind. Make an "A" with three pieces of kindling.
- Lay pieces of tinder on the triangle of the "A." Leave a tunnel at the center and bottom to insert the match.
- Hold the match steady beneath the tinder until the flame burns through the tinder, and flame burns upward.
- Place additional tinder and kindling onto fire. Place wood so there is a small amount of air around each piece but close enough so one piece of burning wood will light those next to it.
- When kindling is burning, begin adding fuel, larger dry wood.

Make the fire only as large as you need to meet your cooking needs. Avoid large flames above rim of fire pit.

FIRE STARTERS

Fire starters are highly flammable materials that ignite at the touch of a match.

Hot Kisses- stubs of candles wrapped in wax paper

"Egg and Cupcake" Fire Starters-

Use a cardboard egg carton or muffin tin lined with cupcake liners.

Fill halfway with sawdust, wood shavings and/or dryer lint.

Pour melted paraffin or candle ends into each compartment until each space is full. (Wax should be melted in a double boiler and poured with adult supervision.)

Paraffin/candle stubs should always be melted in a container that will never be used for food preparation. Place container in a pot of water on the stove. Use low heat. Keep a lid handy to smother vapors that may catch fire. NEVER pour melted paraffin down the sink drain because it clogs the drain.

STAYING HEALTHY - SANITATION AND FOOD HANDLING

Set up Hand Washing Stations:

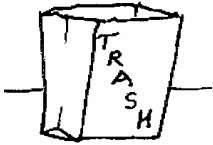

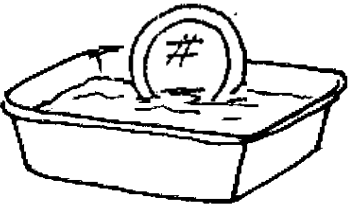
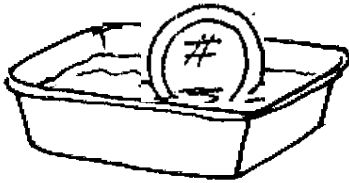
- Set up hand washing stations at bathrooms and in kitchen area. Use established facilities at council sites.
- Keep areas clean and stocked with soap/sanitizers.

Dish Washing Station:

DISH WASHING LINE

3-step process

Do not wash dishes in washhouses!

	<p>Girls use napkins/paper towel to scrape garbage into the trash bag</p>	
<p>STEP ONE</p> <p>Wash dishes in hot (at least 100°F) sudsy water</p>	<p>STEP TWO</p> <p>Use clean water for rinse (Change water when it gets very greasy or dirty).</p>	<p>STEP THREE</p> <p>Put capful of bleach or sanitizing tablet into hot (75° or higher) rinse water to sanitize dishes.</p>
		
<p>Put clean dishes into individual dunk bags. Dunk bags should be hung on a line to air-dry until the next meal.</p>		

- The preferred sanitizer is sanitizing tablets, but if you cannot find sanitizing tablets use 1 tsp of bleach to 2 gallons of water.
- Dump waste solutions properly down the drains or down the toilet.
- **DO NOT DUMP** grey water in composting latrines or in the woods.
- If there are too many food particles in the buckets, strain before dumping down the sink to avoid clogging pipes.
- **DO NOT DISPOSE** of any grease in drain systems.

FOOD HANDLING

All groups using GSEM kitchen facilities must follow these procedures:

- Use only clean and sanitized utensils and equipment (or plastic/paper ware)
- Clean and sanitize, with a mild bleach and water solution, all surfaces used during the preparation of food
- Minimize the time that foods remain in the "temperature danger zone" (40° – 140°F)
- Keep hot food warm and covered with plastic wrap until just prior to service
- Keep cold food refrigerated or on ice until just prior to service
- Cover left-over food with plastic wrap and refrigerate or store in a manner proper to the food item

GLOSSARY OF GIRL SCOUT CAMPING TERMS

Dunk Bag – A mesh bag with a string. After washing mess kits, dishes are placed into the dunk bag and hung on a clothesline to air dry.

Group Agreement – A brainstormed list of agreements about how the group members will behave and respect each other in different situations. The group agreement should be posted and followed.

Kaper Chart – A chart that lists the jobs that need to be done and the people who will do them.

Mess Kit – A non-breakable dinner set, made of metal or plastic, consisting of a plate, bowl, cup, fork, spoon and knife.

Patrol – A group of no more than eight girls, with a girl leader; usually a subdivision of a Girl Scout group.