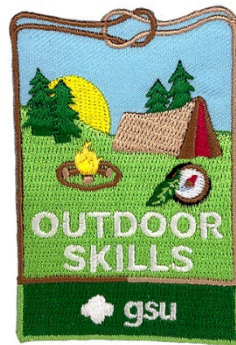


Outdoor Skills Patch Program Resources

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Fire Safety Protocols

- Walk when around the fire.
- Use designated fire rings – do not establish new fire rings/locations.
- When collecting wood, only collect dead wood from the ground.
- Always have a bucket of water and shovel at the fire ring BEFORE you start a fire.
- Everyone should have their hair pulled back and secured with a bandana, hair tie, or hat.
- Everyone should make sure that all loose-fitting clothing is taken off, all long sleeves are pulled up, all strings or anything else that would fall over the fire is tucked back.
- Everyone should be wearing closed toed shoes.
- Build a fire just big enough to do the job. Rarely do you need a roaring fire, but make one large enough to produce enough coals to cook your food.
- Make sure someone is always watching the fire and not leaving it unattended.
- Adults should be nearby when around a fire.
- When a stick goes into the fire, it should stay in the fire. We should not play with burning sticks.
- Make sure your fire is completely out before leaving. You should be able to feel no more heat from the coals.

Match Safety

- Have the wind at your back before lighting.
- Everyone else must be an arm's length away when striking a match.
- Strike the match away from you.
- Make waterproof matches by coating stick match ends with clear nail polish and allow them to dry completely before putting back into the container.

Tips for Successful Fires

- When adding wood to your fire, place it carefully. Throwing wood onto the fire causes embers to fly outside of the fire.
- Fires need oxygen to burn. Be careful when placing your wood to allow space for air to flow through branches.
- Larger sticks and logs should be added after the fire is going steadily with the smaller fuel. Thicker sticks are harder to start but will burn longer.

Putting Out a Fire

- Let the fire die down until only ashes are left. This should not be a problem if you only built a fire big enough for your needs.
- Stir the ashes with the shovel. Sprinkle water on ashes. Stir again and repeat until no more heat is felt with your hand above the coals.
- Clean up the fire circle before leaving on your last day of camp, there should be no warm coals left.

Leave No Trace Activity Ideas

Plan Ahead and Prepare

Talk about what you need in order to be prepared to go outdoors. What supplies do you need, what's the weather, do you have a back-up plan, etc. Have a "Be Prepared" show and tell or fashion show. Note which items should go with you, and what items should stay home (and why!). Example: take a first aid kit and leave flip flops at home.

Travel and Camp on Durable Surfaces

Talk about what a durable surface is. Have girls brainstorm ideas of what surfaces are durable and which ones aren't. Play a game about durable surfaces such as Surface Hopscotch.

- Durable surfaces: maintained trails, designated campsites, rock, gravel, sand, dry grasses, and snow on flat land
- Non-durable surfaces: lichen, moss, wet grasses, off-trail "social paths", flowers

Dispose of Waste Properly

Talk about what disposing of waste properly may look different in different situations. Maybe you're in bear country, and all trash must be put in bear-proof trash cans, or if you're out hiking and there's no place to go to the bathroom, what do you do? Play a trash timeline game to determine how long it takes things to decompose when littered on the ground. Make sure to also talk about how leaving "natural" things like fruit cores/peelings is not good for the animals in the area, either, even if they are natural and technically things the wildlife can eat.

Leave What You Find

Talk about the importance of not picking things up or vandalizing nature. This spans from a cool rocks to historical artifacts. Have girls create 2 pictures: one being a favorite place in nature or somewhere they'd like to visit and the second being the same place but if people took items or vandalized nature. Talk about how they would feel if they came to their favorite place to see it vandalized, or a lot of the natural landscape changed.

Minimize Campfire Impacts

How can you leave a minimum impact with fires? How do fires compare with camp stoves? Split the group in half. Have both groups make hot chocolate, but one group uses a campfire and the other uses a camp stove. Have each group compare how long it takes to prepare the hot chocolate and to clean it up.

Respect Wildlife

What does it mean to respect wildlife? After discussing your ideas, talk about what you can do to keep animals safe while you're camping. Create a video, share a story, make a poster, or more to share with your family and friends. Talk about the "rule of thumb." If you can't cover the animal with your thumb when your arm is extended, you are likely too close – animals are wild, and need space for them and you to be safe!

Be Considerate of Other Visitors

Everyone wants to have a great time in nature, how do we make sure to keep everyone's experience enjoyable? Have girls each pick a different outdoor activity and write 3-5 things about why they love doing that activity. Does anything overlap? Does anything contradict? Make sure to consider things like noise, how much space your group is taking up, taking turns at viewpoints/attractions.

Knot Tying Resources

AnimatedKnots.com has diagrams/animated images that show steps of various knots. They have categories of different types of knots that each of the five levels of GSU's Outdoor Skills Patch program mentions.

Level 1 – overhand and square knot are under the “basic” knots section.

Level 2 – the half hitch is in the “basic” section, while the clove hitch is under “boating.”

Level 3 – the bowline knot is under “boating”, the figure 8 is under “climbing”, and the sheet bend is under “basic.”

Level 4 – at this level, no specific knots are noted, the participants just need to pick at least 5 new knots to learn.

Level 5 – lashing can be found from the “All Knots” dropdown. The list is alphabetical, and has multiple different types listed.

There are many YouTube videos that show more detailed examples of tying all of the knots above – feel free to utilize things beyond Animated Knots.

Using a Knife

Opening & Closing Knives

- Always use both hands to open a folding knife.
- Keep fingers on the sides of the knife.
- When closing, keep fingers to the side and refrain from wrapping fingers around the handle into which the blade will be inserted.
- Always open and close a knife slowly and intentionally.
- Keep the knife closed when not in use or when being carried.
- Close the knife before passing it to someone.

Caring for Knives

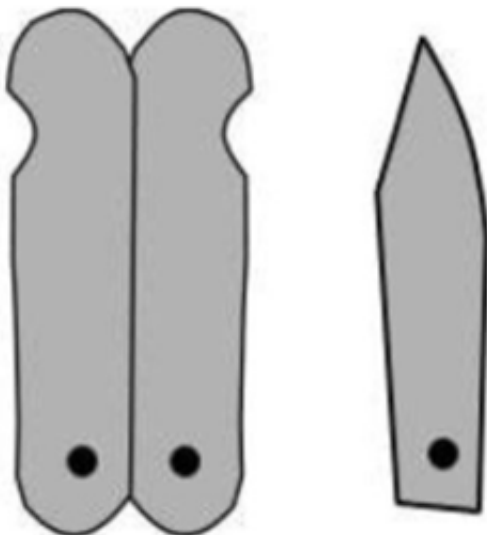
- Keep knives dry and off the ground.
- Keep knives away from dirt and sand.
- Keep knives away from open flames and extreme heat.
- Do not use your knife to pry things open, to hammer, or to “chop” on wood.
- Use your knife appropriately to cut, scrape, or whittle wood, food, or rope and not on rocks or metal.
- Carefully clean your knife when you’re done using it.

Knife Etiquette

- Knives should not be used to deface or disfigure any property, plant, or animals.
- Knives are not toys and should not be shown, waved, or thrown in jest or in a threatening manner.

Knife Use

- Maintain a “safety circle.”
- Hold knife by its handle. Do not place your thumb or finger on the blade.
- Use only a sharp knife. Dull knives are dangerous.
- Keep a firm grip on the handle.
- When scraping or whittling, use “pushing” strokes away from your body rather than toward.
- Do not throw your knife.
- Before walking or running, put your knife down or close it and put it away.
- Close a knife before passing it to someone. If the knife does not close, hold the dull edge of the blade with the sharp edge facing the ground. Offer the handle to the intended receiver. The receiver should acknowledge that she or he has received it and has a grip on it by saying, “Thank you.”



Handle

Blade

Directions for Making a Paper Knife

1. Cut the handle and blade shapes as shown on the left. The handle is all one piece. The shapes don't have to be exact. Make them the size of a real pocketknife.
2. Punch holes in the cardboard where indicated by the black dots.
3. Fold the handle along the center line.
4. Insert the blade into the handle, aligning the hole in the blade with the holes in the handle. Remember to orient the blade so that it is facing the same direction as it would in an actual knife.
5. Use a brass fastener to attach the blade to the handle.

Outdoor Cooking Recipes

Dutch Oven Monkey Bread (Entrée)

Prep Time = 10 minutes

Cook Time = 35 minutes

Ingredients

- 2 rolls of Pillsbury biscuits
- 3 tablespoon cinnamon
- ½ cup sugar
- 1 stick butter, melted
- ½ cup brown sugar

Instructions

1. Spray Dutch oven with cooking spray. Line the oven with foil and coat with cooking spray.
2. Chop biscuits into quarters. Mix sugar and cinnamon in plastic bag, drop each quarter in bag, and shake to coat well.
3. Place the mixture in the Dutch oven.
4. In a separate pan, melt the butter and pour over biscuits.
5. Bake at 350 degrees for 35 minutes. Check around 30 minutes to see if the dough is done.

Foil Dinner (Entrée)

- Recipe feeds 4 people.

Prep Time = 15 minutes

Preheat Time = 20 minutes

Cook Time = 25 minutes

Ingredients

- ½ lb. precooked ground hamburger meat or precooked grilled chicken strips
- ½ can of mixed vegetables, or chopped fresh veggies
- 2 boiled potatoes (frozen French fries work as well)
- ½ can of cream of mushroom or cream of chicken soup
- Shredded cheese
- spices and seasonings

Instructions

1. Mix together the above ingredients with spices and condiments to your heart's content.
2. Place the mixture on the center of a sheet of foil and wrap in a tent pack. When placing your ingredients on the sheet of foil, always put the meat on the bottom as it takes the longest to cook.
3. Make a Flat Pack out of Foil.
 - a. The flat pack is best for foods like meat where you're looking for more browning than steaming.
 - b. Place the food in the middle of the sheet of foil. If you needed to mix the ingredients up, do so in a separate bowl before transferring it to the foil.
 - c. Tear off a sheet of heavy-duty foil that is about twice as long as the food you'll be wrapping. Make sure to measure large enough to where you can wrap the edges to make folds that seal the food inside the tin foil.

- d. Bring the long sides to the center and crease them together, making tight folds until the foil is flat next to the food.
 - e. Tightly roll up the shorter sides until they meet the food.
4. Place on hot coals for 25 minutes. Cooking times will vary based on how hot the fire is and the kind of food in the packet. Err on the side of cooking it too long. Flip the packets over a few times during cooking, and open it to check on how the food is progressing from time to time.

Gold Rush Dutch Oven Peach Cobbler (Dessert)

- Serves 16

Prep Time = 15 minutes

Cook Time = 45 minutes

Ingredients

- 3 21 oz. Peach Filling Containers
- 2 10 oz. Crisp Topping Mixes
- 3 sticks of butter, sliced or 60 individually wrapped pads of butter

Instructions

1. Warm 16 coals in fire for 15 minutes.
2. Line the Dutch oven with foil and coat with cooking spray or butter.
3. Add peach pie filling in the Dutch oven.
4. Add crisp topping mix in the Dutch oven.
5. Line the entire top of the crisp topping mix with butter or pads of butter.
6. Place the Dutch oven lid on top.
7. Put Dutch oven on top of 8 coals in the fire ring. Then put 8 coals on top of the Dutch oven.
8. Bake at 350 degrees for 45 minutes or until peaches are bubbling and topping is golden brown.
9. Use lid lifter to check peach cobbler and remove Dutch oven from fire ring. Place hot Dutch oven on a non-flammable surface. Stir and serve.

Gravy

- Adapted from a 1936 book of Old West recipes
- Serves 8

Prep Time = 10 minutes

Cook Time = 5 minutes

Ingredients

- 2 tablespoons pork or bacon grease
- 4 cups milk
- ½ cup milk
- 2 eggs
- 4 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon pepper

Instructions

1. Put pot on grate over the fire pit.

2. Heat the grease and 3 cups of milk in the pot.
3. Mix the flour and remaining cup of cold milk in a bowl until the mixture is smooth.
4. Slowly pour the flour mixture into the hot grease mixture over the fire, stirring constantly until the mixture thickens. (Please use a spoon or whisk with a long handle and an oven mitt to stir.)
5. Season with salt and pepper.
6. Pour over entrée.

Oregon Trail Potato Cakes (Appetizer)

- Serves 8

Prep Time = 5 minutes

Preheat Time = 10 minutes

Cook Time = 3 minutes

Ingredients

- 6 medium potatoes
- 2 teaspoons salt
- ½ cup milk
- 2 eggs
- 1 cup flour
- shortening

Instructions

1. Wash and peel potatoes, then grate them medium fine.
2. Combine with salt, milk, eggs, and flour.
3. Drop mixture by spoonful in to hot shortening in cast iron skillet.
4. Fry until golden brown on both sides.

Pie Iron Apple Turnover (Dessert)

- Serves 1

Prep Time = 2 minutes

Cook Time = 3 minutes

Ingredients

- 1/16 stick of butter
- 1 Pillsbury dough square
- 1 serving of apple pie filling
- 1 teaspoon of brown sugar
- ½ pinch of cinnamon

Instructions

1. Line pie iron with foil and spray with butter.
2. Place 1 Pillsbury dough square in one iron.
3. Top half of dough square with a mixture of apple pie filling, brown sugar, and cinnamon.
4. Fold other half of square on top of mixture to create a triangular turnover.
5. Place other iron on top and cook for about 3 minutes.

Renaissance Beef Barley Soup (Appetizer)

- Serves 20

Prep Time = 25 minutes (especially if beef roast needs to cook)

Cook Time = 45 minutes

Ingredients

- 5 lbs. beef roast, precooked and diced
- 2 lbs. carrots, chopped
- 25 beef bouillon cubes
- 1 lb. barley
- 1 onion, diced
- 1 ½ gallons water

Instructions

1. Combine all ingredients in soup pot.
2. Put pot on grate over the firepit.
3. Cover pot and bring to a boil.
4. Move pot away from flame and place on one side of the grate over the firepit. Let soup simmer until carrots are soft and barley has cooked.

Omelet-in-a-Bag

- Recipe feeds 1 person.

Prep Time = 5 minutes

Cook Time = 13 minutes

Ingredients

- 2 eggs
- 1 tablespoon of water
- Cheese, shredded
- Ham, diced
- Cooked bacon, chopped
- Cooked sausage, crumbled
- Tomatoes, diced
- Bell peppers, diced
- Onion, chopped
- Mushrooms, sliced

Optional Toppings

- Salt
- Pepper
- Sour cream
- Salsa
- Avocado
- Guacamole

Instructions

1. Bring a large pot of water to a boil (appx. 2/3 full)
2. While waiting for the water to boil, crack eggs into a Ziploc heavy-duty, large (at least quart-sized) freezer bag and add 1 tablespoon of water.
3. Seal and shake, smash, squish the bag - whatever you can do to get the eggs really mixed up.
4. Add any remaining ingredients you would like, press as much air out of the bag as you can, and seal tightly.
5. Smoosh the ingredients around a little bit to get an even distribution.
6. Place bags (up to 6) in the boiling water and cook for 13 minutes (adding 1-2 minutes per additional egg if people want bigger omelets).

7. Cooking times vary depending on elevation - check your eggs every few minutes. Once they are no longer runny and feel like they are set, they are ready!
8. Make sure the tops of the bag don't hang out over the edge of the pot, especially if you are doing it over a fire-- you don't want the plastic to melt.
9. Carefully remove the bags from the water. When you open the bag, the omelet should easily slide onto the plate.
10. Top with any additional toppings and enjoy!

Breakfast Burrito (Foil Breakfast)

- Recipe feeds 4 people.

Prep Time = 10 minutes

Cook Time = 15 minutes

Ingredients

- 1 lb. bulk breakfast pork sausage
- 16 Eggs
- Salsa
- Shredded cheese
- 8 Tortillas
- Shredded hashbrowns
- Vegetables (optional)

Instructions

1. In a large saucepan/skillet on the grate over a campfire, brown the sausage.
2. Beat the eggs in a bowl. Once mixed, pour the eggs into the saucepan/skillet.
3. Cook the eggs with the sausage until cooked. (About 4 minutes)
4. Put the egg/sausage mixture, salsa, shredded cheese, and string hashbrowns on the tortilla and roll it into a burrito.
5. Wrap the burrito in foil and place it in the hot coals next to the fire. Let cook for 10-15 minutes or until heated through.

Bullseyes (Foil Dessert)

- Recipe feeds 1 person.

Cook Time = 2 minutes

Ingredients

- Cake donut
- Large marshmallow
- 6-8 chocolate chips
- Fruit slices (optional)
- Peanut butter (optional)
- Ice cream topping (optional)

Instructions

1. Place cake donut on one sheet of foil.
2. Put one large marshmallow and chocolate chips inside hole.
3. Wrap in foil and place in fire ring for about 2 minutes.
4. Get Creative: Choose other options to embellish your bullseye dessert like fresh fruit, peanut butter, and ice cream toppings.

Dutch Oven Lasagna (One-pot Meal)

- Recipe feeds 4 people.

Prep and Pre-Cook Time = 25 minutes

Preheat Time = 20 minutes

Cook Time = 60 minutes

Ingredients

- 1 ½ pound of lean ground beef
- 1 large jar of spaghetti sauce
- 9 oz shredded mozzarella
- 3 eggs
- 2 ¼ cup ricotta
- ¼ cup grated Parmesan cheese
- 13 pre-cooked lasagna noodles
- 1 ½ teaspoon Italian seasoning
- 1 sprinkle of garlic salt
- ¾ cup of hot water

Instructions

5. Line the Dutch oven and lid with foil.
6. Preheat the Dutch oven by setting in the coals for about 20 minutes.
7. Boil the lasagna noodles in a pot until cooked, then drain.
8. Brown the ground beef in a skillet, then drain.
9. Add the spaghetti sauce to the ground beef.
10. In a bowl, mix the ricotta, Parmesan, and mozzarella cheese with eggs, garlic salt, and Italian seasoning.
11. Break up some of the pre-cooked lasagna noodles and put them in the bottom of the Dutch oven.
12. Spread about 1/3 of the meat mixture over the noodles.
13. Spread 1/2 of the cheese mixture over the meat mixture.
14. Break up five noodles and place over the top of the preceding layers.
15. Repeat layering with the meat and cheese mixtures over the noodles.
16. Break up the remaining noodles and place over the cheese mixture.
17. Spread the remaining meat mixture over the noodles.
18. Pour the hot water all around the edges of the oven.
19. Place the lid on the oven and bake one hour or until done. Check frequently.

Friendship Stew (One-pot Meal)

- Recipe feeds 4 people.

Prep Time = 2 minutes

Cook Time = 25 minutes

Ingredients

- 1 pound of ground beef
- 1 can mixed vegetables, drained
- 1 can condensed tomato soup, undiluted
- 1 can vegetable beef soup, undiluted
- ¼ cup water
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon pepper

Instructions

1. In a large saucepan on the grate over the campfire, brown the beef.
2. Drain the beef.
3. Put the ground beef and all other ingredients into a pot on the grate over the campfire and mix well.
4. With the lid, cover the pot and cook for 15 minutes or until heated through, stirring occasionally.

Italian Campfire Flatbread Pizza (Foil Dinner)

- Recipe feeds 1 person.

Prep Time = 10 minutes

Cook Time = 10 minutes

Ingredients

- 1 flatbread per person (focaccia, naan, or pita)
- ¼ cup mozzarella cheese, grated
- ¼ cup cheddar cheese, grated
- 1/3 cup onions, chopped (optional)
- 1/3 cup green pepper, chopped (optional)
- Other pizza toppings (optional)
- 15 ounce can tomato sauce
- 6 ounce can tomato paste
- 1.5 teaspoon dried minced garlic
- 1 teaspoon ground paprika
- 1 tablespoon ground oregano

Instructions

1. Put flatbread on the foil. You'll need enough foil so that when you wrap the flatbread pizza, it won't lie flat against the top of the pizza or your cheese and sauce will stick.
2. Spread your homemade pizza sauce over the top.
3. Add on your cheeses and then your chopped onions and green peppers. (Adding meat is a great option but will take longer to cook and must be carefully monitored.)
4. Fold the foil back over the flatbread, covering it completely. (If you used enough foil, you should be able to make something of a pyramid shape to keep it from falling onto your pizza. Just pinch the top together to keep it in place.)
5. Place the foil flatbread pizza on the grate above the campfire, and let it cook for approximately 10 minutes until the cheese is melted to your satisfaction.

Pad Thai (Backpacking Stove)

- Recipe feeds 6 people.

Prep Time = 10 minutes

Cook Time = 20 minutes

Ingredients

- Thai Kitchen stir-fry rice noodles
- Water
- Thai Kitchen Pad Thai Sauce (8 oz jar)
- La Choy can of bean sprouts
- 2 eggs
- ¼ cup peanuts, crushed
- 12.5 oz can of chicken
- Green onions
- Cooking spray
- Sriracha sauce

Instructions

1. First, spray cooking pot with cooking spray or add a little oil and scramble the eggs. Crack them in the pot and stir until fully cooked (about 5 minutes). Once you've done that, remove them from the pot and put them on a plate or bowl. They'll be added back in later.
2. Fill another cooking pot about half full of water and bring to a boil.
3. Add the rice noodles to the water and turn the flame to medium.
4. Once noodles are cooked, drain them very carefully.
5. Open your bean sprouts and chicken and drain them.
6. Turn stove flame to low and add Pad Thai sauce, bean sprouts, peanuts, and canned chicken then cook until heated through. Stir constantly so that it heats evenly.
7. Add the eggs back into the recipe and stir.
8. Dish onto plates or bowls. Sprinkle with chopped green onions and Sriracha sauce and enjoy.

Pancakes (Propane Stove)

- Recipe feeds 6 people.

Prep Time = 5 minutes

Cook Time = 25 minutes

Ingredients

- 1 cup flour
- 1/3 cup powdered milk
- 1 cup of water
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 egg
- 6 teaspoons of butter + butter for serving
- Cooking spray
- Syrup

Instructions

1. Combine the flour, powdered milk, baking powder, and salt in a bowl.
2. Add the water and egg to the dry ingredients.
3. Whisk the ingredients to combine, making sure to not over mix.
4. Heat a skillet over your camp stove over medium low heat.
5. Add a teaspoon of butter or cooking spray to the skillet and swirl to coat the pan.
6. Pour 1/3 cup of the pancake batter into the center of the skillet and cook for a few minutes until the top begins to bubble and the edges have set (about 2-3 minutes).
7. Using a spatula, flip the pancake and cook the other side until golden.
8. Repeat with the rest of the batter, adding butter or cooking spray into the skillet for each pancake as needed.
9. Serve with butter and syrup.

Box Oven Cookies

Prep Time = 15 minutes

Preheat Time = 20 minutes

Cook Time = 9 minutes

Ingredients

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-oz. pkg.) semi-sweet chocolate chips

Instructions

1. Preheat the Box Oven: Let the charcoal (seven 50-degree coals) burn for 20 minutes.
2. Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon on to other cardboard flaps wrapped in foil; these are your makeshift cookie sheets.
3. Pop the cookies in your cardboard box oven using your makeshift cookie sheets. Place on the metal rack.
4. Check on your cookies often.