

Outdoor Skills Council Patch Program



The Outdoor Skills Patch Program is a progressive, five-level program to help Girl Scout Daisies – Ambassadors learn and become proficient in outdoor skills. Through this patch program, girls explore leadership, build skills, and develop a deep appreciation for nature. The program is intended to supplement the existing Girl Scout program. It is not meant to replace working on Journeys, badges, or outdoor programming at camp.

Each level progresses through the following categories:

- Fire Building
- First Aid
- Knife Safety
- Knots
- Leave No Trace
- Navigation
- Outdoor Cooking
- Self-Care

Levels and Progression

Girl Scout Daisies – Ambassadors begin with Level 1 and continue sequentially at their own pace to complete levels. Girl Scouts should progress through the program according to their needs and abilities and based on the Safety Activity Checkpoint guidelines.

- [Level 1 Beginner – Daisies and up](#)
- [Level 2 Intermediate – Brownies and up](#)
- [Level 3 Advanced – Juniors and up](#)
- [Level 4 Apprentice – Cadettes and up](#)
- [Level 5 Master – Cadettes and up](#)

**Link to sections to allow them to jump within the PDF*

Training

GSU's Camping 101 training should be completed by at least one present adult prior to any outdoor experience or activity lasting one night or more.

Outdoor Skills *Council Patch Program*



General Hints

- Develop skills
 - **These activities need to be done more than once.** Many activities are similar to those included in the Proficiency Badge requirements. Badge links have been noted throughout the patch requirements. To truly master each skill, **please practice each skill repeatedly**, rather than double-dipping. In addition, make sure the girls are learning by doing, not just by listening.
- Keep the timeline flexible
 - You don't have to do a whole level in one week or one month. You can take all year with a group of Brownie Girl Scouts. With Junior Girl Scouts you might complete a whole level during a week of day camp or a weekend campout. Older girls might finish the first two levels quickly, with more time spent on Level 5. Whatever your timeline, make it work best for your group.
- Use resources
 - A variety of resources are available to help you work through these outdoor skills at www.gsutah.org/council-patch. Remember, your local community may have additional resources. People who can help you include a trained/certified camp First Aider or medical professional, older Girl Scouts, parents, neighbors, leaders of other troops, etc.
- Complete the levels as outlined
 - If girls have already learned some of the skills, it may be tempting to skip levels. However, it is important for girls to practice skills repeatedly in order to become proficient. Girls with already learned skills should progress quickly through the levels with skill reviews.

Outdoor Skills Council Patch Program



LEVEL 1: BEGINNER

All grades begin with Level 1 and proceed to the next levels depending on grade. Complete all requirements. Topics do not need to be completed in order.

Fire Building

- Learn what safety precautions to take before starting a fire. Be able to explain why hair should be tied up when working near fires. Discuss clothing worn near the fire and any necessary precautions needed.
- Be prepared to show these skills at a pretend fire and/or one started with an adult.
- Make an edible campfire.

Related Badges: Brownie Outdoor Adventurer

First Aid

- Talk about the importance of preventing accidents; for example, running can lead to skinned knees and disturbing bees can lead to getting stung.
- Learn simple first aid for cuts, insect bites (including tick bites), and skinned knees.
- Make an individual mini first aid kit and learn how to use the items in it.
- Learn what the troop/group first aid kit looks like and where it is kept.

Related Badges: Brownie First Aid, Junior First Aid

Knife Safety

- An “arc of safety” is keeping an arm’s length away from anyone or anything. Measure this arc before having a knife in hand.
- Keep safety in mind when using a cutting tool of any kind. Watch a demonstration of safety and then try it for yourself.
- Learn the importance of safety in using knives in cooking and food preparation. Cut away from your body and always use a cutting board.
- Practice using a kitchen knife (younger girls may want to start with a plastic kitchen knife).
- Use the new skills to prepare a simple meal or snack.

Knots

- An overhand knot is a stop knot. Explain how it is used. Have you already used one? Practice tying and releasing the knot.
- A square knot is used to join two ropes of about the same thickness. Practice tying and releasing the knot until you can do it fairly fast.
- Learn how to store your ropes after use to keep them untangled.

Related Badges: Daisy Buddy Camper, Brownie Outdoor Adventurer

Outdoor Skills Council Patch Program



Leave No Trace

- Investigate the seven Leave No Trace Principles. Play a Leave No Trace game such as Surface Hopscotch, On Display, Tip Toe Through the Crypto, or other similar game.
- Decide on one thing that you could do to start practicing leaving no trace at meetings and or at home.
Related Badges: Daisy Buddy Camper, Daisy Eco Learner, Brownie Cabin Camper, Brownie Eco Friend, Junior Eco Camper

Navigation

- Using a simple map, discuss how to get from point A to point B. Where possible, follow the map for a short walk.
- Learn how to follow trailblazers, trail signs, or cairns. Learn why they are made and who makes them.
- Practice following a trail with either blazes or cairns (or both), or make your own trail for a friend to follow. (Be sure to remove your markers when you are done.)
Related Badges: Brownie Cabin Camper, Brownie Hiker

Outdoor Cooking

- Learn and establish a good habit by properly washing your hands before meal preparation.
- Prepare a no-cook meal or snack for your group. Remember to practice safety in the kitchen when using kitchen utensils.
- Plan and prepare a simple meal or snack you cook over a wood fire. This might be stick cooking, foil cooking, or a one-pot meal.
- Learn how to clean your dishes after cooking outdoors using the three-sink method.
Related Badges: Daisy Buddy Camper, Brownie Cabin Camper, Brownie Hiker, Junior Camper

Self-Care

- Demonstrate or explain how to dress for different weather situations in your area. What does it mean to dress in layers, and why is it important? Learn how to dress for a variety of outdoor excursions in different kinds of weather. Keep health and safety in mind when discussing and don't forget about sunscreen, proper shoes, sleeve length, and hats.
- Review the buddy system, and how it adds safety to trail hiking and swimming. Learn precautions to take to keep from getting lost on a hike. Learn what to do if you become lost or separated from the group.
- Practice the buddy system on a short hike or around your campsite.
Related Badges: Daisy Buddy Camper

Outdoor Skills Council Patch Program



LEVEL 2: INTERMEDIATE

Brownies and above proceed to Level 2 after completion of Level 1. Complete all requirements. Topics do not need to be completed in order.

Fire Building

- Review fire safety. Make a list of tools and equipment needed at a fire site and ensure they are nearby before starting fires. Safety equipment includes a bucket of water, a shovel, and a rake.
- Learn about the three sizes of wood used in fire building (tinder, kindling, fuel).
- Practice how to use matches. Practice lighting matches and dropping them into a pail of water before trying to light a fire.
- Build an A-frame fire, light it, and put it out safely.

Related Badges: Brownie Cabin Camper, Brownie Eco Friend, Brownie Outdoor Adventurer, Junior Camper, Junior Eco Camper

First Aid

- Learn how to handle urgent first aid issues such as allergic reactions, asthma attacks, and animal/snakebites.
- Learn how to care for burns.
- Review your troop/group's first aid kit and show how to use the items in it. Is there anything else that should be added for outdoor adventures?

Related Badges: Brownie First Aid, Junior First Aid

Knife Safety

- Review the "arc of safety" before using knives.
- Talk about how sharp knives are safer to use because they cut more easily than dull ones. It takes less effort and pressure to cut with a sharp knife, so the chances of slipping are less. If the knife does slip, the cuts are typically cleaner.
- Use a kitchen knife to learn different food cutting techniques, such as how to slice, quarter, cube, etc.
- Use the new skills to prepare a simple meal or snack.

Knots

- Learn to tie a clove hitch and round turn with two half hitches. The clove hitch is used to help hold up one end of a clothesline. This is also the knot used to start any lashing project. The round turn with two half hitches is very useful for attaching a rope to a ring, bar, or pole.
- Use the clove hitch and round turn with two half hitches to demonstrate hanging a dunk bag line.

Related Badges: Brownie Cabin Camper, Junior Camper

Outdoor Skills Council Patch Program



Leave No Trace

- Investigate the first three Leave No Trace Principles: Plan Ahead and Prepare, Travel and Camp on Durable Surfaces, and Dispose of Waste Properly.
- Talk about the three principles above in depth and complete activities to gain a better understanding.
- Example activities for each of the principles can be found at www.gsutah.org/council-patch.

Related Badges: Junior Eco Camper, Cadette Eco Trekker

Navigation

- Learn to recognize north, east, south, and west on a map.
- Learn to use a compass.
- Practice using a map and compass to get from point A to point B or practice using a compass to navigate through an orienteering course.

Outdoor Cooking

- Find out about food safety while camping such as packing food, storing food, etc. Create a kaper chart for cookouts.
- Create a menu for a cookout. Don't forget the basics such as oil, butter, and salt. Cook your meal using a one-pot, foil, or stick method.
- Plan and cook a simple meal, snack, or dessert using a solar oven.

Related Badges: Brownie Eco Friend, Brownie Cabin Camper, Junior Eco Camper

Self-Care

- Review how to dress for expected weather and what to bring along for the unexpected. Learn what clouds and wind mean to the weather and how you can prepare for unexpected weather.
- Talk about the 10 essentials and create a "never go without it" kit. How do different hike lengths or camping trips change what should be taken with you?

Related Badges: Brownie Cabin Camper

Outdoor Skills

Council Patch Program



LEVEL 3: ADVANCED

Juniors and above proceed to Level 3 after completion of Levels 1 and 2. Complete all requirements. Topics do not need to be completed in order.

Fire Building

- Learn how to build a log cabin fire, light it, and put it out safely.
- Learn how to use and light a propane stove or portable camp stove.
- Learn how to start a charcoal fire. It is recommended to use a charcoal chimney. Learn how to tell when the charcoal is ready for cooking and how to properly put it out.
 - **Safety Note:** Lighter fluid should be avoided. If used, it should be explicitly labeled “charcoal starters” and should never be added to a fire once it has started.

Related Badges: Junior Camper

First Aid

- Learn and demonstrate first aid for sprains, fainting, blisters, and rashes. Discuss ways to prevent these accidents.
- Learn first aid to stop bleeding.
- Select **AT LEAST ONE** of the following:
 - Practice tying a triangle bandage for an arm sling and for a scalp/forehead injury. Discuss other uses for a triangle bandage.
 - Learn to prevent and treat injuries due to weather. Learn the signs of heatstroke, frostbite, hypothermia, and hyperthermia, and how to treat them.
 - Name at least three problems campers might have to face in your area that are caused by weather conditions, altitude changes, or land and water movement. Identify warning signs of these environmental forces. Demonstrate how you can be prepared for them.

Related Badges: Cadette First Aid

Knife Safety

- Practice how to safely open, close, and pass a pocket knife. It is a good idea to practice this skill using a paper folding knife first.
- Learn how to correctly sharpen your knife and properly clean your knife. Practice these skills.
- Review the responsibilities that go along with the privilege of having a knife.
- Use pocket knives to prepare a meal or snack.

Knots

- Learn how to tie a bowline, figure-eight, and a sheet bend knot.
- Explain and demonstrate the uses for the above knots.

Related Badges: Junior Camper

Outdoor Skills Council Patch Program



Leave No Trace

- Investigate the four remaining Leave No Trace Principles: Leave What you Find, Minimize Campfire Impacts, Respect Wildlife, and Be Considerate of Other Visitors.
- Talk about the four principles above in depth and complete activities to gain a better understanding.
- Example activities for each of the principles can be found at www.gsutah.org/council-patch

Related Badges: Junior Camper, Junior Eco Camper, Cadette Eco Trekker

Navigation

- Learn the basics of using a GPS. How does a GPS know where you are? How can you find your location using a GPS and map? How can you mark points on a GPS?
- Look at different types of maps. How are different maps useful in different situations? How do you read the legend?

Related Badges: Junior Camper, Junior Geocacher

Outdoor Cooking

- Plan your meals for the trip and prepare a shopping list.
- Prepare a meal over a camp stove. Talk about how this method helps contribute to a low-impact site.
- Prepare a Dutch oven meal using a charcoal fire.
- Demonstrate methods for care, storage, and protection of food from insects, animals, and spoilage.

Related Badges: Junior Eco Camper, Cadette Primitive Camper

Self-Care

- List personal equipment and group equipment for a two-night campout. Be prepared for changes in the weather.
- Find out where there is safe drinking water and if there is water that is unsafe for drinking. Learn about methods of purifying water and practice at least one.

Related Badges: Cadette Primitive Camper

Outdoor Skills Council Patch Program



LEVEL 4: APPRENTICE

Cadettes and above proceed to Level 4 after completion of Levels 1, 2, and 3. Complete all requirements. Topics do not need to be completed in order.

Fire Building

- Practice fire building so you can reach the level of skill and confidence that only comes from doing it yourself a number of times. Think about what the fire will be used for so you can decide what kind of fire to build and how large it needs to be.
- Fires can be for cooking, for warmth, or to set the mood of the evening, especially if you are planning on singing around it. Research different fire frames, talk about the best uses for each, and any specific safety information. Experiment with a variety of frame options.
- For an added challenge, see if you are able to start a one match fire.

First Aid

- Learn how to use everyday objects to make splints. Research how to use common materials to make splints, then practice making splints using some of these items. Notice which objects are easiest to make into splints and which ones are the hardest.
- Learn how to care for sudden illnesses such as seizures, strokes, diabetic emergencies, and fainting.
- Learn the signs and symptoms of shock and how to treat shock.

Related Badges: Cadette First Aid, Senior First Aid

Knife Safety

- Working with your safety circle, practice whittling or carving something, such as a soap sculpture, fuzz stick, or use a whittling block.
- When using a knife, always use “pushing” strokes away from your body. Never cut towards you. Do not “saw” with a knife.

Knots

- Research other knots that will be helpful on your outdoor adventures and their different uses. Learn **AT LEAST FIVE** new knots through your research.
- To get you started, maybe you’ll learn the quick release knot if you’re going horseback riding, or you could learn the cleat hitch for boating.

Related Badges: Cadette Primitive Camper

Outdoor Skills

Council Patch Program



Leave No Trace

- Enhance your Leave No Trace knowledge. Select **AT LEAST ONE** of the following.
 - Teach Leave No Trace to younger girls.
 - Discuss the difference between high and low-impact campsites. What can you do to practice low-impact camping? Make a plan for your next camping trip.
 - Learn about the magical number (200) when we talk about Leave No Trace. Discuss the importance of 200 feet when it comes to your campsite, cooking area, and cathole choice. Learn how far 200 feet is and how to count paces to measure 200 feet while you are outdoors.

Navigation

- Find east by using the sun and knowing the time of day. Show where north, south, and west are.
- Learn how to estimate distance without using manufactured tools. Measure 100 yards by pacing and find the average length of your pace.
- Learn how to read a topographical map. Trace out a hiking route on a topographical map. Describe what you would see along the way by visualizing the terrain from the map symbols and decide where you'll take rest breaks based on the topography.

Related Badges: Cadette Eco Trekker, Senior Adventure Camper

Outdoor Cooking

- Review the different methods for water purification that are available. Demonstrate purifying water for drinking and cooking; include ways that will make water safe from giardia. Research portable water filters/purifiers. What is the best method for your group to use?
- Make dehydrated food. Research food dehydration and practice doing it prior to your trip. Once you find something you like, make enough for everyone for your next outdoor adventure.
- Research other outdoor cooking methods or food strategies to use. Maybe you create a meal using a large tin can or an ultra-lightweight meal. Cook two meals using these new techniques/strategies.

Related Badges: Cadette Eco Trekker, Cadette Primitive Camper

Self-Care

- Discuss and demonstrate appropriate toilet practices for the environment(s) that you will be camping in. Research how toilet practices would be different in at least two other environments. Be sure to cover feminine hygiene in the outdoors as well.
- Learn what to do if you become too hot or too cold while in the outdoors. How can you get back to a comfortable temperature without the benefit of indoor amenities?
- You should always carry the 10 essentials items you learned about in Level 2, but what happens when you find yourself in need of an emergency shelter? Build an emergency shelter using things found in nature and what you have on your outdoor adventure (besides a tent). Be sure to practice Leave No Trace and put everything back in nature when done.

Outdoor Skills Council Patch Program



LEVEL 5: MASTER

Cadettes and above proceed to Level 5 after completion of Levels 1, 2, 3, and 4. Complete all requirements. Topics do not need to be completed in order.

Fire Building

- Practice starting a campfire using non-traditional methods. Methods could include steel & flint, using a mirror/magnifying glass, or bow drill. Try at least 2 different methods.
- Teach fire building to younger Girl Scouts.

Related Badges: Ambassador Survival Camper

First Aid

- Take a first aid hike with your group to demonstrate the first aid skills you have learned. As you are taking a hike, have girls take turns acting out different injuries/illnesses that could happen while other girls respond to the incident. Aim for at least 20 incidents on your hike.
- Select **ONE** of the following:
 - Become First Aid/CPR certified if you have not done so already.
 - Take a Wilderness First Aid course

Related Badges: Cadette Primitive Camper, Senior First Aid, Senior Trail Adventure, Ambassador First Aid

Knife Safety

- Learn how to hold, carry, pass, and use a bow saw and hatchet safely. Learn how to safely store and care for them.
- Put your new skills to work. You might split larger pieces of wood into kindling for a campfire or help clear wood or brush from trails or campsites.

Related Badges: Cadette Primitive Camper

Knots

- Select **AT LEAST ONE** of the following:
 - Make one item with lashing to be used at your campsite; for example, a flagpole, table, or towel rack. After completion, use Leave No Trace for your lashing item(s).
 - Build a knot board to be used for display and teaching, showing the knots you have learned. Label each knot and include directions for completing it.

Related Badges: Ambassador Survival Camper

Outdoor Skills Council Patch Program



Leave No Trace

- Enhance your Leave No Trace knowledge. Select **AT LEAST TWO** of the following that you have not done previously.
 - Teach Leave No Trace to younger girls.
 - Compare Leave No Trace principles that are specific to at least three specific areas. Examples include winter, river corridors, rock climbing, front country, etc.
 - Learn how to constructively offer suggestions against negative habits such as playing loud music, carving names in trees, feeding wildlife, picking a wildflower, and having your dog off leash.

Related Badges: Cadette Eco Trekker, Senior Adventure Camper, Senior Adventurer

Navigation

- Find your way using only landmarks and the sun. Research different methods for navigation, then practice your skills with a buddy. You don't want to actually get lost though; always bring a map, compass, and cell phone for back up.
- Teach younger girls navigation skills. Examples include how to use a compass, how to use a GPS, or how to read a map.

Related Badges: Ambassador Survival Camper

Outdoor Cooking

- Plan at least six meals you can cook while camping. Try to use 2-3 different types of cooking, including minimal impact cooking techniques. Create a plan for your garbage, recycling, and protecting food from wildlife.
- Teach younger girls how to cook using one of the following methods: stick cooking, foil cooking, or Dutch oven.

Related Badges: Ambassador Survival Camper

Self-Care

- Create an emergency plan for a camping trip. Include evacuation procedures, first aid, and individual and group supplies for a two night primitive trip. Reevaluate your first aid kits. Repack/update if needed. Include a plan B.
- Create a communication plan. Look into cell service in the area you will be camping. If you are camping for several days, think about how you will charge your battery if you don't have access to electricity, or have a plan B for how you will communicate with others outside of your group in case of an emergency. Do you need any extra gear? Have emergency contact numbers with you at all times.

Related Badges: Ambassador Survival Camper

Outdoor Skills Council Patch Program



LEADERS TRACKING SHEET

Outdoor Skill Level 1 2 3 4 5

Track your Girl Scouts' progress through the Outdoor Skills Patch Program. We recommend having a separate sheet for each level, if you have girls in multiple levels in your group. Boxes may be checked off upon completion for skills and notes entered for badge work.

Girl Name	Fire Building	First Aid	Knife Safety	Knots	Leave No Trace	Navigation	Outdoor Cooking	Self-Care	Badge Notes