

## Short and Snappy – Sleep-In



**Objective:** To introduce tools and tips to use at a Sleep-In, or indoor overnighter, in order to prepare girls for their first troop outdoor overnight experience.

**Length:** 20 minutes

**Materials Needed:** Positive attitudes

### Information to Share (spend 10 minutes on this section)

As part of your progression, the best way to get girls comfortable with sleeping away from home and prepare for a camping trip is to have a Sleep-In, or indoor overnighter. Such an event can be used as a time to plan and prepare for a camping trip, to learn outdoor skills while in a safe, indoor environment, and to assess the readiness of the girls before taking them on an outdoor overnight adventure.

Here are some tips and ideas for your Sleep-In:

1. Make the girls' personal packing list similar to what it will be for the outdoor trip. Do not allow them to bring unnecessary items that take up extra space in transport or that might distract from group activities.
2. Make Sit-upons. Sit-upons are personal seats or cushions that are usually waterproof. They are designed to keep girls dry and comfortable when sitting outside. This is a great craft activity that will provide the girls with a homemade tool that they can bring on the camping trip.
3. Take Troop Camping 101 training first. You will learn outdoor skills that the girls can practice at their Sleep-In.
4. Practice the outdoor skills that girls will be using when camping. This includes setting up tents, tying knots, cooking, knife safety, and outdoor dish washing.
5. Monitor girls closely for homesickness, teamwork, and maturity. Be prepared to handle homesick situations and be able assess each girl's readiness for an outdoor, overnight adventure.
6. Do teambuilding games and activities. This is a great opportunity to bring girls closer together and get them working as a team, before the stakes are even higher. Check out our council Songs and Games training and the Teambuilding Short and Snappy for ideas.
7. Use the time for girl-planning. By the time they get to their Sleep-In, they will have practiced meal planning and budgeting (by planning the sleep-in). Have them sharpen their planning skills by planning their meals and activities for the future camping trip. Provide them with the guidance they need while letting them lead the planning.
8. Follow a Kaper chart. Girls should be accustomed to Kapers from troop meetings. Here is your opportunity to introduce larger responsibilities, such as cooking, washing, etc. By the time you take your girls outside, they will feel comfortable with such responsibilities, even when in a new, outdoor environment.

### Activity (spend 10 minutes on this section)

Have a group discussion where you ask participants to share their experiences in preparing for outdoor overnighters:

1. Who did an indoor overnight first?
2. What did they learn?
3. How did they assess and respond to readiness indicators?
4. What kinds of activities did they do with girls to prepare them for overnighing outside?