

Troop Camping 101

Participant Resource Guide



Progression in the Outdoors



Look Out

Look out the window and think about the world that starts at the doorstep.



Meet Out

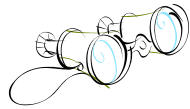
Look, listen, feel, smell, and observe.

See birds, trees, and buildings.

Listen to nature and the sounds of the city or neighborhood.

Enjoy nature games and songs.

Look for ways to protect and improve the environment.



Walk Out

Walk around the block.

Look for a food chain.

Trace neighborhood smells.

Examine a micro-habitat.

Look for tracks, trails, and traces of other living things.

Talk about solutions to pollution.

Touch trees, rocks, and plants.



Hike Out

Walk with a purpose.

Bird hike
Rock hike
Gadget hike
Metric hike
Penny hike
Color hike
Rainbow hike
Trailing hike
Hobo hike
Compass hike
Litter hike
Heritage hike



Cook Out

Now we're ready to practice some skills.

Whittle a stick or cattail.

Build and light a fire – and then put it out safely.

Try preparing food with the following:

- Nosebag
- One pot
- Skillet
- Stick
- Ember
- Reflector
- Beanhole
- Dutch Oven



Sleep Out

Prepare for an overnight in a backyard.

Make equipment: dunk bag, sit upon, camp gadgets, etc.

Tie three knots

Plan what to pack and eat.

Make a Kaper Chart

Know how to choose a good, safe camp site for sleeping outdoors.

Know how to leave the environment better than you found it.



Camp Out

Plan what to pack and wear.

Know safety and First Aid rules.

Be safe with knives, tools, and fires.

Establish a campsite with a cooking area, sanitation area, sleeping area, etc.

Pitch and strike a tent, if necessary.

Take care of garbage, dishwashing, and grease disposal in an environmentally friendly way.



Trip Out

Use everything you've learned to plan a camping trip that offers expanded program opportunities (badges, Journey requirements, etc.).

Plan meals, purchase food, and plan transportation routes.

Set up and take down a camp site in a short amount of time.

Determine trip budget and keep financial records.

Create packing list – make sure to include cooking tools, shelter, sanitation equipment, and First Aid kit.

Volunteer Essentials

Traveling with Girls

Volunteers must follow age level requirements.

Short trips to points of interest in the neighborhood-Daisies, Brownies, Juniors, Cadettes, Seniors, and Ambassadors: A walk to the nearby garden or a short ride by car or public transportation to the firehouse or courthouse is a great first step for Daisies.

Day trip-Brownies, Juniors, Cadettes, Seniors, and Ambassadors: An all-day visit to a point of historical or natural interest (bringing their own lunch) or a day-long trip to a nearby city (stopping at a restaurant for a meal)—younger girls can select locations and do much of the trip-planning, while never being too far from home.

Overnight trips-Brownies, Juniors, Cadettes, Seniors, and Ambassadors: One (or possibly two) nights away to a state or national park, historic city, or nearby city for sightseeing, staying in a hotel, motel, or campground. For Brownies, these short trips are just long enough to whet their appetites, but not so long as to generate homesickness.

Extended overnight trips-Juniors: Three or four nights camping or a stay in a hotel, motel, or hostel within Mountain West Region (Arizona, Colorado, Idaho, Nevada, Utah, and, Wyoming). Planning a trip to a large museum—and many offer unique opportunities for girls to actually spend the night on museum grounds—makes for an exciting experience for girls. **Activity Credits may not be redeemed by Juniors for an extended overnight trip.**



National trips-Cadettes, Seniors, and Ambassadors: Travel anywhere in the country, three nights or more (often lasting a week or more). Try to steer clear of trips girls might take with their families and consider those that offer some educational component—this often means no Disney and no cruises, but can incorporate some incredible cities, historic sites, and museums around the country. **GSU Activity Credits can be redeemed by Cadettes, Seniors, and Ambassadors for national trips of three nights or more.**

International trips-Cadettes, Seniors, and Ambassadors: Travel around the world, often requiring one or two years of preparation. **GSU Activity Credits can be redeemed by Cadettes, Seniors, and Ambassadors for trips of three nights or more.**

Camp Programs

Day Camp- includes girls who have, at a minimum, completed kindergarten; it typically meets for at least three consecutive days for four or more hours.

Weekend Camp- includes girls who have, at a minimum, completed kindergarten; it typically lasts for two or three days, with overnights.

Resident Camp- includes girls who have, at a minimum, completed kindergarten; it typically last three to fourteen days, with overnights. Campers live at the program site for the duration of the camp. Resident camp is typically delivered by seasonal staff during the summer season.

Daisies and Travel/Camping

At Girl Scouts of Utah, Daisies may participate in travel and camping experiences of one night or less* when **all** of the following conditions are met:

- Girl has completed Kindergarten
- Location for overnight experience is within 60 miles of home and is within GSU boundaries
- Adult volunteer to girl ratios are followed
- Girl has followed a travel and camping progression by successfully completing a field trip and day trip prior to participating in an overnight experience
- Girl demonstrates emotional and physical maturity consistent with the activity

* Daisies may participate in Council-sponsored camping events, as determined by our Camp Staff and in accordance with GSUSA policies, for a maximum of six nights.

Adult Volunteer to Girl Ratios for Events, Travel and Camping

	Events, travel, and camping: Two non-related adults (at least one of whom is female) for this number of girls	Events, travel, and camping: Plus one adult for each additional number of girls
Girl Scout Daisies (K– grade 1)	6	4
Girl Scout Brownies (grades 2–3)	12	6
Girl Scout Juniors (grades 4–5)	16	8
Girl Scout Cadettes (grades 6–8)	20	10
Girl Scout Seniors (grades 9–10)	24	12
Girl Scout Ambassadors (grades 11–12)	24	12

Troops must have a minimum of five girl members to participate in any troop trip.

Travel Approval and Training Requirements

When planning overnights through national trips (including international trips) or camping trips, adult volunteers must review Volunteer Essentials travel guidelines and follow the appropriate [Safety Activity Checkpoints](#). Paperwork must be completed and on file with council six (6) weeks prior to departure.

- 1. All adults accompanying a group/troop on trips of two or more consecutive nights must be [registered members](#) of GSUSA and must pass a GSU [criminal background check](#).*
- 2. At least one (1) accompanying adult volunteer must have completed the appropriate and required GSU and/or GSUSA trainings within the last two years.*
- 3. Separate sleeping and bathroom facilities are provided for adult males; GSU may make exceptions for girls' fathers. Unrelated males may not share sleeping quarters with girl members.*

Insurance

Groups/troops must purchase extra accident insurance:

- 1. For non-registered members to participate in a Girl Scout event.*
- 2. When traveling three or more consecutive nights.*
- 3. When traveling outside the United States*

Application for this insurance must be made with GSU at least six (6) weeks in advance of departure date. The Girl Scout Activity Accident Insurance, Basic Coverage, provides secondary coverage for accident medical expenses for members registered with GSUSA traveling to and from and participating in approved, supervised activities, including trips of two (2) nights or less. It does not duplicate medical-expense benefits collected under other programs, so after approximately \$100 in benefits have been paid under this plan, the family's medical insurance takes over. If there is no family insurance or healthcare program, a specified maximum of medical benefits is available. Neither GSU and/or GSUSA assume responsibility for insuring members' personal effects, including vehicles.

Activity Credits

Activity credits may be used toward group camping trip costs for Cadettes and older ONLY, and may only be used on trips of 3 nights or more.

Girl Scout Camping Trip Guidelines

- ✓ Consult *Safety Activity Checkpoints* for Group Camping *and* for every activity you will be doing with girls while camping.
 - Examples: outdoor cooking, arts & crafts, orienteering, hiking, etc.
- ✓ **Volunteers:** All adults participating in the camping trip *must* be registered members, completed a volunteer application and passed a criminal background check
- ✓ Tagalongs are not allowed on Girl Scout camping trips
- ✓ **Transportation:** Each driver must be 21 years old, hold a valid driver's license, and follow all state and federal laws.
 - Each driver may not drive more than 6 hours in one day, with rest breaks every two hours
 - Only drive in daylight hours (including relief drivers).
 - All vehicles must be registered, insured, and follow state and federal laws.
 - Caravanning is not allowed. Each driver must have information about the route and destination and cell phone numbers of other drivers.
 - Each passenger must have his/her own seat belt.
 - Use of 15 (or more) passenger vans is not allowed.
 - If a group is traveling in one vehicle, there must be at least two unrelated, approved adult volunteers in the vehicle. One adult must be female and the girl-volunteer ratios must be followed.
 - If a group is traveling in more than one vehicle, the entire group must consist of at least two unrelated, approved adult volunteers, one of whom is female, and the girl-volunteer ratios must be followed.
- ✓ **Sleeping Arrangements:**
 - Separate sleeping and bathroom facilities are provided for adult males.
 - Each girl has her own bed. Parent/guardian permission must be obtained if girls are to share a bed and there is a maximum of two people in a double, queen, or king size bed.
 - Only one person may sleep in a single, twin size bed.
 - Adults and girls may only share a bed if they are mother and daughter.
 - Adults do not need to sleep in the same tent, cabin, or designated area with girls. If an adult female shares a tent, cabin, or designated area with girls, there should always be at least two unrelated adult females present.
- ✓ **First Aider** must be present (must be CPR/First Aid/AED certified through a recognized organization such as the American Red Cross, American Heart Association, National Safety Council, EMP America).



- ✓ **Medication:** The First Aider is responsible for making sure all over-the-counter and prescription medications are dispensed correctly. Parents/Guardians need to complete a Medication Log form for any girl that will require medication during the camping trip and all medications must be in their original containers and prescription medications must have the girl's name printed on the label.
- ✓ **First Aid Kit:** make sure it is waterproof and check expiration dates and batteries regularly.
- ✓ **Emergencies**
 - Council emergency number – **801-483-3413**
 - An emergency involves a fatality, near-fatality, potential media attention, or an incident that brings a Girl Scouts of Utah policy into question.
 - If a Girl Scout member has an accident (not an emergency), fill out the "Accident Report" (found at www.gsutah.org under Forms) and give it to a GSU representative as soon as possible.
 - The CEO, Board Chair, and Director of Marketing and Communications are the only GSU council representatives who speak with the media regarding Girl Scout issues.
- ✓ Always use the **Buddy System**! Girls paired together should be of equal ability.
- ✓ **Lost girls**
 - Each person should carry a whistle and blast it three times in emergency situations. Three blasts is the universal distress signal. Do not hang the whistle around the neck; attach it to a belt buckle or backpack.
- ✓ **Evacuations:** Always have an emergency plan!
 - Establish an emergency signal ahead of time
 - Test the emergency signal after arriving at camp
 - Make sure to always use the buddy system
 - Know how many campers (girls and adults) will be at the site and keep a list of names
 - Know emergency procedures for the area you will be occupying (parks, campsites, Council camps, etc.).
- ✓ **Forms:** Make sure to have parents/guardians fill out and sign any permission forms, health logs, medication forms, and emergency contact information forms prior to camping. Take necessary forms with you on the trip in a waterproof container.
- ✓ **Budgeting**
 - Create a detailed budget for all food, materials, and equipment well in advance so that girls can work toward money-earning goals. Make sure to involve girls in the budgeting process.
 - Check *Volunteer Essentials* Chapter 5 for guidelines about money-earning and good uses of Girl Scout funds.

Council Approval

- ✓ Application required for all trips 2 nights or more
- ✓ Online application at www.gsutah.org under Forms (type in *Travel* and click on the *Travel* page – scroll to the *Troop Travel Application*)
 - You will need itinerary, group roster, training completed (with dates), destination, and First Aider's name ready for the application.
- ✓ Training:
 - Troop Camping 101
 - 2 year certification
 - Required for *any* troop/group taking Girl Scouts camping
 - Wilderness First Aid:
 - Required for anyone taking Girl Scouts camping more than 30 minutes from Emergency Medical Systems
 - Adult Outdoor Education Conference: An overnight conference held periodically to provide volunteers with more in-depth practice of outdoor skills

Potential Locations for Troop Camping

Choose a site that meets safety requirements and the interests of girls. Are Biffys and fire pits provided? Are there trails for day hikes or Forest Service tours? Is there water nearby? Is it accessible in case of an emergency?

- Backyards
- Public parks
- Girl Scouts of Utah Campsites (Camp Cloud Rim & Trefoil Ranch)
- American Fork office backyard (city regulations will not permit sleeping indoors)
- National Forest Service campgrounds
- State campgrounds
- Primitive sites
- Private property – with permission from owner



Planning your Camping Trip

The Great Outdoors is a natural learning environment! Use Girl Scout programs, such as Journeys and Badges, to engage girls in the Girl Scout Leadership Experience (remember Girl Led, Learning by Doing, and Cooperative Learning!) and learn new life skills. With the girls, look through the Journeys and Badges before you plan your camping trip to decide which ones you'd like to incorporate into your outdoor experience. In addition, do activities outdoors that you could not do otherwise with your troop. Explore the area, go on a nature walk, do some geocaching, or take a sunrise hike. Make sure to balance these activities with plenty of time for girls to just enjoy nature and relax. Don't forget the good times around the campfire! Songs, skits, roasting marshmallows, and many other activities are some of the girls' favorite memories about camping. Here are some tips to keep in mind:

- All planning should be GIRL-LED! Girls decide:
 - Where
 - Food & cooking
 - What to do
- Incorporate BADGES and JOURNEYS:
 - Girl's Guide to Girl Scouting:
 - ❖ National Proficiency Badge Categories for outdoors (see chart in GGtGS):
 - Naturalist
 - Performance
 - Storytelling
 - Outdoors
 - Adventure
 - Journeys:
 - ❖ 3 themes:
 - It's your world – change it!
 - It's your planet – love it!
 - It's your story – tell it!
 - ❖ Each journey incorporates different activities that lead the girls through learning experiences and personal growth. These activities can be adapted and substituted with outdoor activities that achieve the same learning goals.
 - ❖ REMEMBER REFLECTION! That is what Journeys are all about!
- Make sure you meet the requirements found in SAFETY ACTIVITY CHECKPOINTS for EACH AND EVERY activity that you do.
 - Does your activity require a certified instructor?
 - Have you planned for including any girls with disabilities?
- Incorporate GIRL SCOUT TRADITIONS:
 - Campfire traditions: songs, ceremonies, story-telling, s'mores, etc.
 - Outdoor crafts
 - Swaps
- Preparing for Weather and Other Contingencies:
 - Make sure to check the weather, and keep checking right up until you leave for your trip.
 - Prepare rainy-day activities that can be done if it rains.

- If you are worried about rain, choose a camp site that has established shelters, such as a pavilion, or bring the necessary equipment for setting up group shelters.

Below is a sample six week planning guide with topics you can use in your troop meetings to prepare the girls, and yourself, for your upcoming camping trip.

Week One Topics

1. **Camp Courtesy:** How to behave while camping, respect for fellow troop members and their belongings, and common courtesy for those who may be camping near your troop.
2. **Outdoor Manners:** The importance of safety, the do's and don'ts of outdoor behavior (i.e. running at camp, wearing close-toed shoes around the campsite, voice level, etc.), and why Girl Scouts follow these rules.
3. **Camp Attire:** What is and isn't appropriate to wear while camping. Consider holding an "Outdoor Fashion Show" where the girls demonstrate their knowledge of proper outdoor clothing and gear.
4. **Plan your adventures:** Talk about the purpose of your camping trip and what you would like to achieve on this camping trip (e.g. going on a nature walk, finishing a badge, learning to set up a tent, cooking outdoors, etc.).
5. **Include Program Pieces:** Make a list of badges or portions of a Journey that could be accomplished during a camping experience. Narrow down which ones the girls would like to work on or complete during the course of your trip.
6. **Choose Activities:** Once you've compiled the list, let your girls decide which they want to do most, and vote on their choices. Once you've narrowed it down to the activities you have time for, make a plan of when you will do the activities.
7. **Plan Troop Finances:** This is very important. Make sure your girls are in on this planning because it helps them learn how to budget for their own activities.

Week Two:

1. **Knots:** Go over the different knots and how you will use them while camping.
2. **Pocket Knife:** Go over the importance of knife safety and how to properly use knives while you are camping. Try to bring the same knives you will use on your trip for them to practice on, *but first have them learn on a paper or plastic knife!*
3. **Girl Scout's Own: Explain what this is to your girls, and why you do it.** (don't know what this is... look it up)
4. **Make a Troop Kaper Chart:** Have your girls help make a chart of the kapers they will do while camping, then put them in a chart that you can take with you on your trip.



Week Three:

1. **First-Aid Rules:** Go over first-aid and the rules that your girls will need to know in case of an emergency.
2. **Fires:** Explain the safety rules involved with campfires and when you will be using a fire. If your girls will be helping build the fire, show them the different types of fires they can build and which will be most effective you're your trip.
3. **Buddy System:** Explain to your girls the buddy system, and that it is absolutely necessary when camping if you are going to be away from the group. (Truddies are okay too!)
4. **Equipment:** With your troop go over what everyone will need to pack for this journey, and then send them home with a list.

Week Four:

1. **Songs:** Learn some new songs that you can sing while camping. These are especially useful if you are going hiking because they help the girls stay engaged with the group.
2. **Review Camp Rules:** Go over the camp rules you discussed in the first week's meeting. Make sure the girls understand them and can remember them.
3. **Prepare First-Aid Kit:** Let your girls decide what needs to go into the first aid kit. (If they are forgetting something important like sanitary wipes then make sure you pack it in later.)
4. **Menus and Shopping List:** Discuss what you would like to eat and decide on a meal plan. Also make a list of the food you will need to buy and how much of it you will need.

Week Five:

1. **Plan Equipment List:** With your girls, make a list of all of the supplies you will need on your trip.
2. **Camp Rules:** Go over these, once again with your girls. However, this time, let them tell you what they are and why we have them.

Week Six:

1. **Collect Permission Slips:** Make sure you have all of their emergency information as well, if not, collect this information at the same time.

Reminders: Remind your girls of appropriate clothing, fire rules, first-aid rules, and camp regulations

Selecting a Site

Try to choose a site that has already been heavily used to reduce impact. Keep the following in mind when looking for a good campsite:

- Choose level ground 100-150 feet from the water source or trail.
- In the summer, choose a site that will get sun in the morning and shade in the afternoon.
- Avoid dry creek beds, which are susceptible to flash floods.
- Choose a site clear of any dead overhanging branches.
- Areas with pine needles or dead leaves provide extra cushion for sleeping. Do not remove the ground cover (unless there are big rocks!).
- If mosquitos or flies are a problem, try to choose a site away from water.
- Avoid camping in fragile areas – areas with wet soil, above the timberline, on the tundra, or in mountain meadows.

Requirements of a Girl Scout Campsite

- Adequate water supply, certified safe by government or private laboratory
- Biffys with hand-washing facilities nearby (if possible).
- Provision for proper disposal of garbage (or bring it home).
- Shelter from inclement weather.
- Fire-fighting equipment nearby.
- One-story buildings preferred (if you are in a building). If using upper story, make sure there are two or more exits.
- A bed for each person (if beds are used).
- Sufficient area for activities.
- Notify local law enforcement and fire protection agencies if area is remote.

Basic Camping Skills



Leave No Trace

Girl Scouts strive for minimal impact outdoor experiences and follow Leave No Trace principles. For more information, visit www.lnt.org.

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

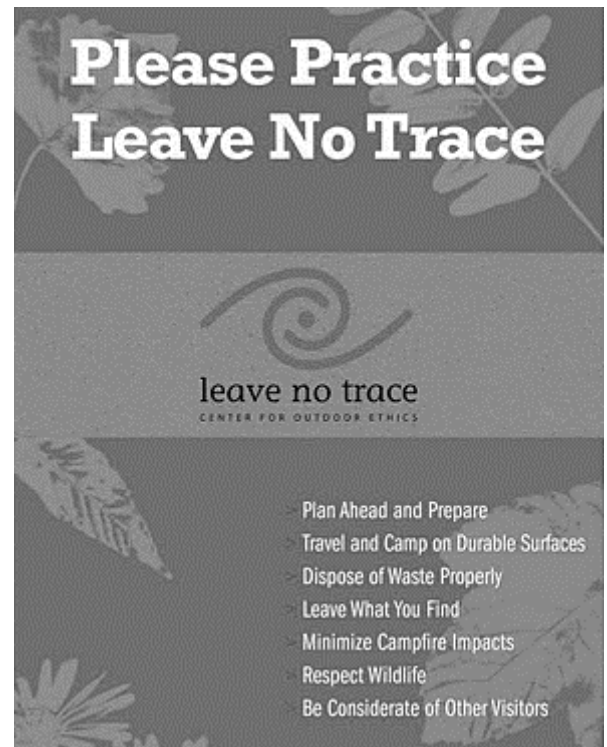
- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
 - In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
 - In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.



Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

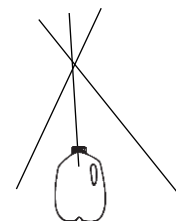
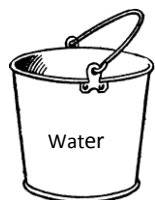
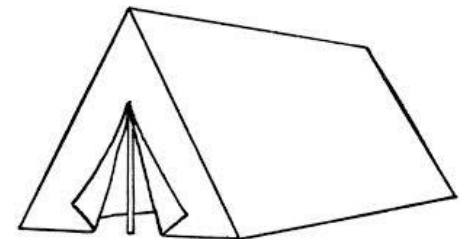
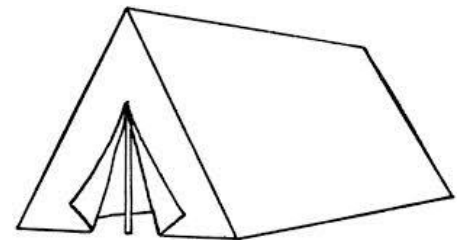
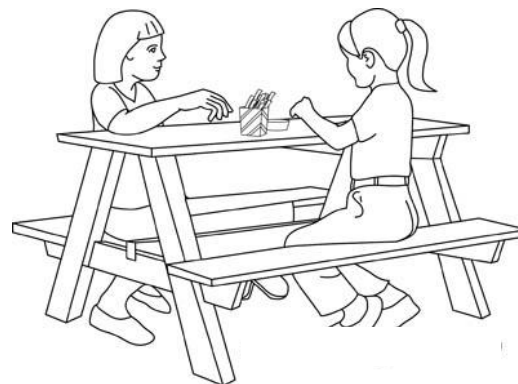
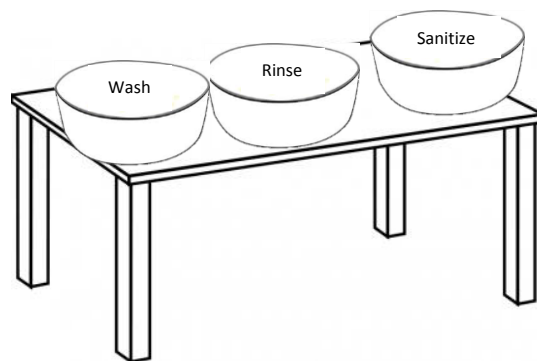
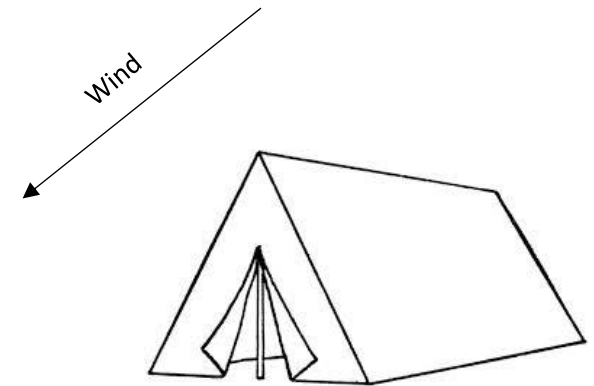
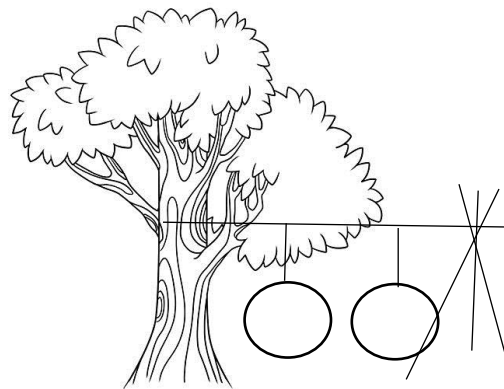
Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

Setting up Camp

Four Main Functions of a Campsite

1. **Place to Cook:** Stoves must be on a steady surface. If you are cooking by fire, clear around an open fire area and make an orderly woodpile (bring wood with you if at all possible). Have a shovel and full water/sand buckets handy for putting the fire out when you are done.
2. **Places to Sleep:** Pitch the tents on ground slightly higher than the surrounding area so that water will drain away from the tent if there is a storm. Keep sleeping bags rolled up when not in use to keep out bugs and snakes. *ABOSLUTELY NO FOOD IS ALLOWED IN THE TENTS.* This will attract ants and other animals.
3. **Places to Store Food:** It is best to keep the food in an ice chest, car, or food cache raised high in the trees. If you can't keep perishables cold at this site, plan meals with dehydrated foods.
4. **Place to be Safe:** Use the Buddy System ALWAYS. Check the site for hazards (cliffs, poison oak, etc.) and discuss boundaries in which the girls may wander, arrange an emergency signal or whistle that, when heard, all girls know when to return to you.



Tents

There are many types, shapes, and sizes of tents that you may use. Familiarize yourself with the tent you plan to use before you go camping. Make sure to count all ropes, poles, stakes, and tent pieces to ensure that you have all of them *before you leave home*.



Pitching (Putting Up) a tent:

- Clear the ground of all visible sharp objects.
- Pitch with the back of the tent to the wind.
- Pitch upwind from the fire area.
- All tents should be pitched on a waterproof ground cloth (tarp).
- Do not walk on tents while pitching.
- Stake the four corners first.
- Keep the tents together in one area, but don't crowd.
- Mark stakes and ropes so they are visible day and night (Do not use foil). Strips of white trash bags work well.

Using a tent:

- When opening the doors and windows, roll the flaps under, not up.
- Do not hang anything on the tent ropes or pin anything in the tents.
- Do not spray aerosol spray in or near tent (deodorant, hair, insect, etc.).

Striking (taking down) a tent:

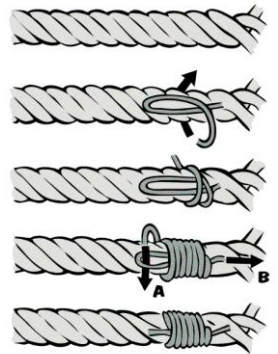
- Remove the safety markers from all stakes and lines.
- Do not strike a damp tent (if you must, set it up and dry it as soon as possible).
- Sweep inside before striking.
- Close all openings before taking down the poles.
- Leave the corner stakes in the ground until ready to fold and roll.
- Sweep off the tent as you fold and roll.
- Clean dirt off the stakes before packing.
- Recount all ropes, stakes and poles before packing.
- Pack tents as you would like to receive them.

Knots

Knots can be used to set up or secure tents, dock a boat, or put up a clothesline. There are over 8,000 different knots! Below are a few examples of common knots as well as some activities to do with girls to learn more about knots. Look for knot-tying videos on YouTube for extra assistance.

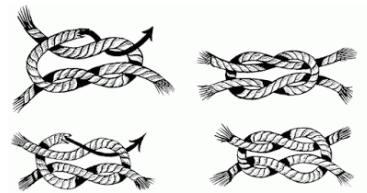
Whipping: Keeps rope ends from unraveling.

To Tie: To make the whipping, a fine yarn, carpet thread or kite string may be used. Place the end of the yarn at the end of the rope and then laying a loop along the rope wind the yarn tightly around both loop and rope, thus binding them together. Wind to a distance roughly equal to the diameter of the rope being whipped. Finish by putting the winding end B through the loop -- then pulling end A tight, until the loop is drawn back out of sight. Both ends are then cut short to make a neat finish.



Square Knot: A universal knot that unties easily when either free end is pulled.

To Tie: Pass the left over the right, then around and up. Pass the right end over the left, then around and up. Pull tight.



Clove Hitch: A quick, simple method of fastening a rope around a post or a tree.

To Tie: Bring the working end of the rope around the post. Cross over the standing line around the post again. Push the end under the second turn so it lies between the rope and the pole. Tighten by pulling on both ends.



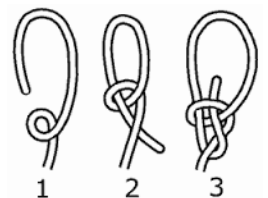
Taut-Line Hitch: Used on the end of tent or tarp lines to make an adjustable loop around stakes.

To Tie: (1) Wrap the working end around the standing end. (2) Make 2 or 3 wraps. (3) Bring the end up and around the rope again. (4) Tighten.



Bowline: A loop that never jams or slips.

To Tie: Make an overhand loop with the end held toward you. Pass the end up through the loop, then up behind the standing part -- then down through the loop again. Draw up tight.



Sheepshank: Used for shortening rope, especially where both ends are fast, as they can be readily made in the center of a tied rope.

To Tie: View online videos for easiest instructions



KNOT GAMES

Knot Relay

Equipment: One rope for each girl about three feet long

Formation: Patrols in circles. Each girl is numbered

Procedure: Decide on a knot for each round of the game. At signal, the number one player runs around the circle and returns to her place. She must then tie the knot correctly. She passes the rope to the player on her left, who must untie the knot before starting around the circle. Each player takes a turn until the rope has come back to the number one player and she has untied the knot.

Finish: The first patrol to finish wins.

Cats Tails

Equipment: 20 - 30 pieces of heavy string, each piece six inches in length

Formation: Troop divided into three or four teams

Procedure: Hide all but three or four pieces of string. Each team chooses a "cat", who is given one of the extra pieces of string. At a given signal, all players except the "cats" scatter to find the hidden strings. As a girl finds one, she takes it to her "cat" and ties it with a square knot to the last piece of string the "cat" holds.

Finish: The team with the longest tail of strings with correctly tied knots wins.

Test of Strength

Equipment: One rope for each girl, about three feet long

Formation: All girls in a circle

Procedure: Players sit in a circle holding their ropes. Each girl ties one end of her rope with a square knot to the rope of the girl on her left. When all knots are tied, lift the rope over your heads and down to the middle of your back. At a signal, lean back hard against the rope circle. (If any of the square knots isn't tied correctly, you'll fall over backwards). Try this game making the knots behind your back instead in front, or tie them with your eyes shut.

Finish: The team with the longest tail of strings with correctly tied knots wins.

Simon Says Knots

Equipment: One rope for each girl about three feet long

Procedure: Each player holds a rope. Every time "Simon says" to tie a certain knot, each player must do it. If the command doesn't start with "Simon says", players do nothing. A player misses if she ties the knot incorrectly, ties the wrong knot, or ties one at the wrong time. After three misses, a player is out.

Blindfold Test

See how fast you can tie a certain knot when you have your eyes shut or are blindfolded.

47 Rings

Equipment: One rope for each girl, about three feet long.

Formation: Patrols in circles

Procedures: Each girl holds her own rope.

On signal, each takes one end of it, and one end of her right hand neighbor's rope and ties them together with a square knot, thus making a ring.

Finish: The first patrol to put the ring on the floor and step into it wins.

Clove-Hitch Race

Equipment: One rope for each girl, about three feet long

Formation: Patrols in lines. One player from each team stands about ten feet in front of her line to act as post.

Procedure: On signal, the first girl in each patrol ties a clove hitch around the arm of the post. No. 2 ties clove hitch around the leg of No. 1, etc. The patrol leader inspects the knots of another patrol when finished and reports the number of knots tied correctly.

Clothes-Line Race

Equipment: One rope for each patrol, at least 10 feet long.

Formation: Patrols in line.

Procedure: A clothes-line is stretched loosely about ten feet in front of each line. On signal the first girl in each line runs to the line and takes up the slack with a sheep-shank. Each following girl must untie and then re-tie the knot.

Finish: The first patrol to finish wins.

What is it?

Equipment: Four ropes for each patrol, about three feet long.

Formation: Patrols in line. One judge for each patrol.

Procedure: The judge has the four ropes, each tied into a different knot. The players are blindfolded. The leader takes one of the knots to the first line to have her identify it by touch.

Finish: If she names it correctly, it scores one point for the patrol. The judge then takes other knots to others in the line until all have played. The patrol naming the most knots wins.

Life-Line Race

Equipment: One rope for each girl, about three feet long

Formation: Patrols in line. One member of each sitting on the floor facing her patrol about 10 ft. in front of it.

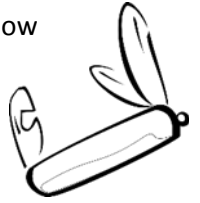
Procedure: Each girl holds a rope. The leader tells a story about a troop of Girl Scouts on a hike by the river. All at once screams are heard. A girl is seen struggling beyond her depth in the water. What would the Girl Scouts do? Why, take off their belts and ties and make a life-line! Give them one minute to learn how they would do this. At signal, each patrol makes a line by tying together various ropes that they have collected. They throw it to the victim who must catch it and be pulled to safety.

Finish: Patrol making the first rescue and using all correct knots wins.

Knives

Jackknife

The most common knife a Girl Scout will use is a Jackknife. Before a girl uses a knife, she needs to know what it does, how to clean it, hold it, sharpen it, handle it safely, and what to do with it when it is not in use.



To open: Put the knife in one hand. Insert the thumbnail of the other hand in the slot. Carefully pull the blade up halfway, then firmly grip the blunt edge of the blade and pull until the blade reaches the open position.

To close: Hold the back edge of the blade. Push until nearly closed. Firmly grip the blunt edge of the blade and close the knife.

To hold: Hold the handle firmly with your hold hand. Always push the knife away from you. No not place your thumb on the blade.

To pass: If you are using your jackknife, close it before you pass it. If you are using a knife that cannot be closed, such as a kitchen knife, grasp the blade along the dull edge and pass the handle to the other person. Do not let go until they say "Thank you." In this way you have control of the sharp edge of the knife. Keep your jackknife in your pocket when you are not using it, or make a lanyard of macramé and hang your knife from your belt. Never hang a knife around your neck!

To use: Hold the handle with your whole hand. Always cut away from yourself. Keep at least an arm's length (in all directions) away from anyone else. This is the **Arc of Safety**. Whittle only while sitting down and NEVER WALK WITH AN OPEN KNIFE!

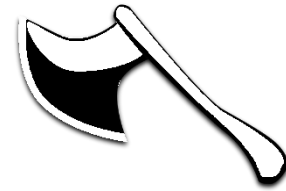
Whittling a point: Shape the stick by cutting off little chips of wood, one at a time. Do not try to cut off big pieces. Cut slowly so your knife will not slip.

To clean: Keep your knife clean and dry. Hold the cleaning cloth at the back of the blade, away from the cutting edge. Wipe carefully across the whole blade. Oil the hinge with machine oil. Never clean the blade by rubbing it in dirt or sand. This dulls the blade and makes the knife hard to open and close.

To sharpen: A sharp knife is safer and more useful than a dull one. Learn how to keep your knife sharp with a sharpening stone (a whetstone, Arkansas stone, or carborundum). Put a few drops of oil on the stone. Hold the stone in one hand and the open knife in the other. Keep your fingertips below the top edge of the sharpening stone. Lay the flat side of the knife blade in the flat surface of the stone. Lift the back edge (dull edge) of the blade slightly up off the stone (about 15°). Move the blade over the sharpening stone in small circles as if you were trying to shave very thin slices off of the stone. Turn the blade over and sharpen the other side.

Hatches and Axes

To carry: Hold the blade down and tilted away from the body. Have your hand closed entirely around the handle and near the head of the hatchet. Always have complete control when carrying.



To store: Set blade into chopping block between uses or put sheath over hatchet or axe head. Bring inside at night to avoid rust from dampness and hang up. Oil if rust appears. Clean as directed to preserve blade.

To pass: Hold the head flat, blade tilted away to the side, handle toward the receiver. The receiver should slide her hand up the handle to within a couple inches of the head until she has a balance of the weight. Don't let go until the receiver has full control of the tool. Receiver says "Thank you." Then Passer lets go.

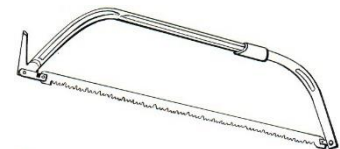
To use: Before using the hatchet, make sure area is clear and safe around you within an arm's reach (bubble of safety or safety circle). When teaching beginners to split kindling, place the blade on the end of the piece of wood to be split. Pound both (together) on the chopping block. The weight of the hatchet head will be driven blade first, into the wood and it will split using this pound motion. Practice all Safety Rules when using hatchet or axe. When more experienced, hold the hatchet back on the handle, not close to the head. Use a firm grip with the thumb over the fingers. Bring the hatchet up with arm and wrist motion and let it fall partly by its own weight, but with complete control to set the blade. Then pound on chopping block or log until it splits.

To clean: Put a drop of oil on the blade and rub with a cloth. Rub with steel wool to remove rust, then wipe with cloth.

To sharpen: Use a whetstone starting with coarse side and finishing off with fine side. Hold the hatchet by the head with the blade upward. Move the stone in rotation on the blade, not the hatchet. Do both sides of blade. To sharpen an axe, brace the blade against a log and use a metal file.

Bow Saw

To carry: Hold the middle of the bow handle, blade toward the ground.



To store: Cover the blade with a piece of old hose, slit and fitted to cover saw teeth. A cardboard sheath will also work. Keep it off the ground when not in use. Hang it on a nail to store.

To use: Put limb or log to be cut in a saw horse or over a log. The section to be sawed off extends outside the sawhorse or log so the down pressure does not bind the blade. Pull, don't push, your side of the bow saw when sawing with a partner. Let the teeth do the cutting with an easy back and forth motion.

Maul (Sledgehammer) and Splitting Wedge

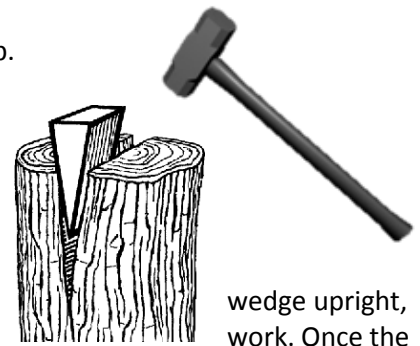
To carry: Because these tools are heavy, secure them with a firm grip.

To store: Hang the maul over two nails when not in use. Store the wedge in a dry place. Oil lightly if rust appears. Always clean tools before storing.

To use: Place log piece upright on a firm surface. Look for drying cracks and set blade of wedge into a crack if possible. Holding the strike with easy taps, letting the weight of the maul head do the work. Once the wedge is set, strike more firmly until split. Avoid setting the wedge where knots are visible. Knots make splitting difficult. Always stand with feet apart, ready to move quickly if log falls over or wedge falls. Steady the log piece with your second hand when possible. Cut many pie-shaped pieces out of one log round. Never leave your tools on the ground.

To sharpen: Use a bench grinder or grinding wheel to remove chips and make a good cutting edge. Grind to a 15 - 20° angle at the blade. A bigger angle makes the wedge hard to get started.

Helpful Hint: Spray painting the maul, and especially the wedge, bright red makes them easier to see in the woodlands. They are not so apt to be lost and left behind.





Fold



Fold

Fires

Wood fires may be used where burning wood is permitted, when the danger of fire is low, or in emergencies for cooking, warmth or signaling. Check local weather and air pollution conditions before using wood fires.

Equipment:

1. **Firewood:** Three different types of wood
 - a. **Tinder:** Flares up when you touch it with a lighted match. Paper, dry bark, dead weed tops, and twigs that are thinner than your pinky finger.
 - b. **Kindling:** Small, dead, and downed branches. They should snap easily when you bend them and should be only the width of your thumb.
 - c. **Fuel:** Large logs that will take the longest to catch fire, and burn the longest. If at all possible, bring your own fuel so as to avoid damaging the area around your campsite.
2. **Fire Starters:** Options for starting a fire.
 - a. **Matches:** Waterproof matches stored in a metal container.
 - b. **Candle Kisses:** Pieces of candle wax or paraffin in twists in a 3" x 3" piece of waxed paper.
 - c. **Terry Strips:** Pieces of terry cloth soaked in melted wax.
 - d. **Trench Candles:** Newspaper rolled, tied, sliced, and soaked in wax.
 - e. **Sawdust Eggs:** Cardboard egg cartons half-filled with sawdust, wood shaving or lint, covered with melted wax.
 - f. **Charcoal Eggs:** Pieces of charcoal in cardboard egg carton covered with melted wax.
3. **Rake, Shovel, Bucket, and Water to put out fire**

To Build a Fire:

1. **Find a Fire Area:** Locate an area 10 feet from the nearest brush or tree. There should be no branches above the fire area. Clear a 10 foot circle of dry leaves, grass, twigs, pine needles, etc., and make sure to place the fire on dirt.
2. **Make a Woodpile:** Make sure you place this woodpile outside of the ten foot circle around your fire area and cover it with a tarp so that it will not get too wet if it rains.
3. **Clean Out The Fireplace:** This includes taking out any greenery that may have fallen into it, or any logs or wood you may not need. DO NOT take out the charcoal pieces if they are left by another party. Leave those in and they will heat up to help fuel your fire.
4. **Check your supplies:** You should have the following on hand:
 - a. A big handful of tinder
 - b. A double handful of kindling
 - c. What fuel you will need



5. **Start a Foundation Fire:** Do not make the fire bigger than you need. That wastes wood and makes putting it out much harder.

- 1) Kneel with wind at your back; take two small sticks of kindling and place to form an angle in fireplace with the open end facing into the wind. Place a third stick across the first two to form an "A". This is your prop for the tinder.
- 2) Pile a good bit of tinder against the crossbar, but do it lightly so that air can flow through the pile. Be sure all of the pieces touch each other. Leave a small tunnel at the bottom for the match. REMEMBER: Fire needs air to burn. Flames burn up. Only material in the path of the fire will burn.
- 3) Strike match, tipping down, so flame catches on wood (cup match in hand, if necessary). When well lighted, stick flame in air space, putting flame under the center of the pile of tinder. If match goes out, use it as extra tinder. Blow gently at base of fire if necessary.
- 4) As flame catches and begins to spread, add bits of tinder, placing gently over flame until there is a brisk fire. Then begin to add pieces of kindling, one by one, placing lightly where flame is best; starting with small pieces, gradually adding bigger pieces to form a teepee shape. Do not make any sudden changes in size of wood used; add pieces that are just a bit larger than those already burning, until you are using thumb sized sticks. Have a good supply of kindling at hand; it burns surprisingly quick. REMEMBER: Build gradually. Keep fire compact, each piece of wood touching other pieces for most of its length. When fire is going well begin to add fuel in graduating size, building into the kind of fire you will need.



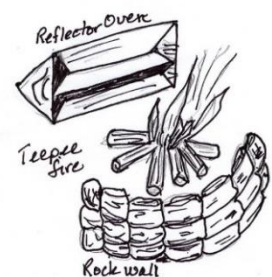
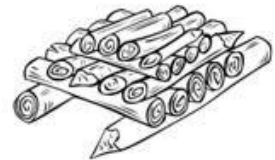
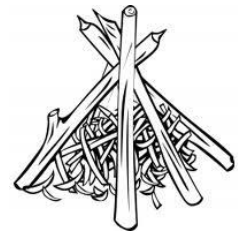
6. **Put out the fire:**

- Remember: A fire is not out until ground under it is cold to the touch.
- Stir the embers with a metal rake, turning over any remaining large logs.
- SPRINKLE water on the embers while continuing to stir, or splash water out of a bucket or hose. Do not pour water directly from the bucket onto the fire. Continue stirring and sprinkling until no live embers remain. Again turn over any remaining logs.

- Rake ground thoroughly, and continue adding water until ground is cold and you can place your hands near the ashes for at least 30 seconds. There should not be any smoke or steam rising from the ashes.
- After a few minutes double-check your work. Is the ground still cold?
- Put away the rake, shovel, and bucket.
- Do not remove burnt wood from the fire circle. You may spread logs to the edges, but never stack burnt wood back in the woodpile.
- When breaking camp, if you have collected wood, scatter it back into the place you got it from. If you brought wood, make sure to take it home with you.

Types of fires:

- Teepee Fire:** A quick, hot fire for boiling water. Start with a foundation fire and continue building fuel in teepee formation, keeping it tall and not wide.
- Crisscross or Log Cabin Fire:** A solid fire that will burn to coals or produce a long-burning fire. Start with a foundation fire and add fuel to make a crisscross of sticks. Put thick sticks at the bottom after the foundation fire is burning well. Put lighter sticks across.
- Reflector Fire:** Best for steady baking, planking, etc. Start with a foundation fire and build it into a high crisscross fire, but against a rock wall or reflector of logs. The reflectors should be placed across from each other so that heat will be reflected into each other.



*To help girls prepare for fire-building, you may want to have them practice by building an edible fire out of pretzels, coconut, Red Hots or candy corn, and marshmallows. It also makes a great snack!



Stoves & Lanterns

Concerns for conservation and the environment have caused the Girl Scouts to reconsider the use of stoves in Girl Scout activities. The new, lightweight, portable stoves used by backpackers are perfectly acceptable, highly recommended, and preferred over the use of wood.

The size and type of stove selected will depend on your location, the readiness of girls to use the stove, the number of people being fed, the number and sizes of pots available, and the type of fuel.

Stove Selection

Make sure you select a stove that:

- Is designed for use at an established camp site and is easily transported.
- Is easy and safe for the age level of the girls using it.
- Uses a fuel that is readily obtained.
- Will start without priming.
- Has a base wider than the pot surface so it will not tip easily.
- Is designed for easy assembly and has a minimum of connecting parts
- Is easy to clean
- Provides air space between the flame and pot.
- Is built to keep the fuel tank from overheating.
- Will function in below-freezing temperatures or altitudes above 6,000 feet.



Fuel Selection

There are several possible types of fuels to consider:

- **Propane:** This is one of the safest and most efficient stoves. It is available in most sporting goods stores and a one pound tank will burn for four to six hours. Propane is dependable at high altitudes and in freezing temperatures.
- **Butane:** These also come in pressurized tanks and will burn up to three or four hours. This is excellent at above freezing temperatures, but is not recommended for mountain trip where the temperatures have potential to dip below freezing. These are also available in most sporting goods stores.
- **Kerosene:** It is available everywhere and only costs pennies per hour to operate. It is less volatile and burns hotter than gasoline, but it is heavy, smokes, smells, and is hard to start.
- **Sterno:** Safe to use, relatively inexpensive, but has a low heating power. It takes more fuel to cook your meal than the other types of fuels.
- **Alcohol:** This burns cool but produces only as much heat as kerosene. It is not a petroleum product and can be put out with water. It is expensive and is usually not available in rural places.
- **Gasoline:** Gasoline performs better than the other fuels in cold weather and heats to boiling in the shortest time. Some gasoline stoves must be primed to pre-warm the burner. This is a highly volatile fuel and you must use great care.
- **Blended Fuel:** A blend of propane and butane.

Stove Efficiency

Various factors will affect a stove's efficiency:

- **Pot lid:** Food cooks faster in a covered pot.
- **Amount of fuel:** A full fuel tank is more efficient.
- **Altitude:** High altitudes can reduce fuel performance and increases cooking time.
- **Temperature:** In cold weather, insulate the stove by using closed cell foam insulation under the base of the stove (you can purchase at camping supply stores).
- **Wind:** Wind can cool the cooking pot by blowing the flame, which increases cooking time. Use a wind shield when necessary.
- **Type of food:** Large pieces of food take longer to cook and require more fuel.
- **Distance between flame and pot:** The closer the flame to the pot, the faster the food will cook.
- **Size of flame:** Size of the flame should match the pot.
- **Heat of flame:** The hotter the flame, the more quickly the food will cook. The flame is blue to white when at its hottest.

Stove Safety

- Always read and become familiar with the operating instructions of the stove you choose to use.
- Test the stove before taking it on a trip. Practice replacing parts and know the proper tools to use.
- An adult must always supervise the use of any stove for proper use and operation.
- Keep all stove parts clean and unclogged.
- Use on a level surface away from foot traffic.
- Do not refuel a liquid fuel stove in the cooking area. Carry it away from flammable equipment and the cooking area before refueling.
- Refuel after the stove has cooled down. Never open a refillable fuel tank while the stove is ignited.
- Use a funnel to transfer the fuel from the container to the stove.
- **Never** put an empty fuel canister in a fire – it will explode!
- **Never** cook inside a tent.
- **Never** leave a lighted stove unattended.
- Tie back long hair, roll up loose sleeves, and do not wear clothing with dangling ends near an open flame. Clothing made of natural fibers are the safest around flames.

Lantern Selection

- Purchase a reputable brand & follow all instructions in operating manual.
- Try it out before you leave home to become familiar with its operation.



Lantern Safety


- Never use in an enclosed area (especially a tent) and never leave a lit lantern unattended.
- Keep away from flammable materials, heat sources, and shrubs. Secure on a level surface.
- Never operate without a mantle or with a damaged mantle.

Outdoor Cooking

Check *Safety Activity Checkpoints* for safety requirements, tips, and planning for outdoor cooking.

Progression in Outdoor Cooking

Cooking follows a similar progression to other outdoor skills. Start simple and work your way up to more sophisticated meals. This is a girl-led activity, so make sure girls are involved in the planning and cooking practices.

- 
- Nosebag: Sandwiches, walking salad, GORP, fruit and vegetables, etc.
 - One Pot: Soups, stews, spaghetti, goulash, etc.
 - Skillet: French toast, hamburger, pancakes, tacos, fried eggs and bacon, etc.
 - Stick: Hot dog, steak, kabobs, pork chop, ham, breadsticks, pigs in a blanket, corn on the cob, etc.
 - Ember/Foil: Steak, banana boats, hamburger, French fries, baked apples, baked potatoes, etc.
 - Reflector: corn pone, cakes, pies, biscuits, etc.
 - Beanhole/Dutch Oven: Beans, potatoes, porridge, chicken, fish, vegetables, potatoes, corn, cake, etc.



Tips for success

- Allow sufficient time – charcoal is slow.
- Provide recipes for girls in step-by-step form.
- Be aware of the number of utensils it takes to prepare a dish. They will all have to be washed.
- Heat enough dishwater for cleanup.
- Food cooks and water boils faster in a pan/pot with a lid.
- Plan menus to fit the location, weather, and how much stove and preparation space you will have.
- Be aware of transportation space – items like canned drinks are heavy and bulky to transport long distances.
- Think about refrigeration.
- Don't spend your entire campout cooking. Until the girls become skilled, keep menus simple. Use partially prepared foods and as many shortcuts as you can manage.
- Involve the girls in planning the menus and take into account food restrictions. Once everyone has agreed upon the menu, "YUK!" is not acceptable.
- Encourage girls to try new and different food and cooking methods. "One-new-dish-at-each-campout" is a good practice to follow.
- Make sure to master fire-building skills before attempting outdoor cooking over a fire.

*Check the internet, Pinterest, other council websites, and scouting blogs for easy outdoor recipes for all age-levels.

Dishwashing & Sanitation

A few things to remember:

- Dishes are NEVER washed under a water faucet or bathroom sink; it wastes water and is not disposed of properly.
- One complete dish wash set-up is needed for every 10-12 people.
- Each girl washes her own dishes.

Dishwashing

Set-Up:

- 3 dish pans or large buckets
- Rubber spatula
- Dish brush (not a mop sponge)
- Biodegradable dish soap (Ivory, Palmolive)
- Bleach (optional & only a small amount)
- Strainer (or dish towel)



At The Table:

- Scrape the dishes, using a rubber spatula to remove all food from the plates.
- Wipe the dishes and silverware clean with your napkin before taking to dishwashing station.

Washing:

- **Wash** using hot, soapy water, and biodegradable soap; strain excess food particles from the water and put them in the garbage.
- Use a dish brush, not a mop sponge.
- If water is too hot, use silverware rather than cold water to cool it.
- **Rinse** using warm or cold water to remove soap.
- Rinse water may need changing if it becomes soapy.
- **Sanitize** by putting dishes in dunk bag (a nylon drawstring bag large enough to hold one person's eating gear).
- Immerse the dunk bag in cold bleach water (1 teaspoon bleach per gallon of water).
- Drain bag well over water.
- Air dry—hang dunk bag to dry; never towel dry.
- When dry, store away from dust to keep dishes clean.
- Cooking equipment—wash, rinse, sanitize, cover, and drip dry.

Dishwater Disposal:

- Hot water, regular detergent, and bleach *kill plant life*.
- Follow site regulations for disposal.
- Strain the dishwater before disposal.
- Dispose at least 200 feet from any water source.
- If possible, dig a small hole or spread out over ground.

Grease:

- Clearly mark a covered can for grease; take this home for proper disposal.

Garbage Disposal

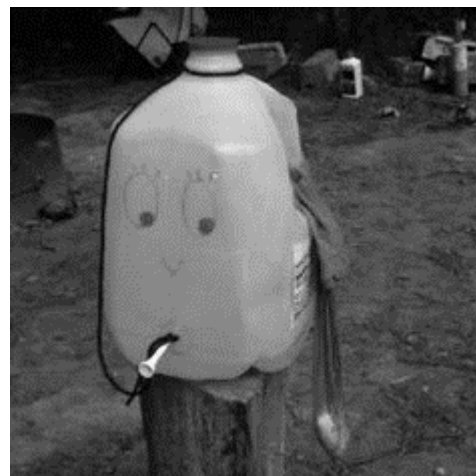
- If garbage pickup service is available, dispose trash in provided receptacles, otherwise carry it out.
- Sanitize items that can be recycled.
- Always flatten cans, cartons, etc. to save space.
- Burn paper products, if allowed.
- Always close trash bags at night; place it in a covered trash can or bin if possible.

Hand Washing

Set-Up:

If hand washing sinks are not provided, you can make a simple hand washing unit using a jug of water with a wooden dowel or twig, a nylon with soap in it (or soap on a rope), and a place to hang the soap and/or water. You can also provide hand sanitizer as extra germ protection.

- Two set-ups for every 10-12 people.
- Place one in the kitchen area and one near the Biffys (bathrooms,) if needed.
- Use biodegradable soap.
- Follow site regulations for disposal of water.



Biffys (Restrooms):

- Make sure catholes are at least 200 feet from the nearest water source, camp, and trails. Dig hole 6-8 inches deep and 4-6 inches wide. Cover with natural materials.
- Make sure to pack out any toilet paper or waste.
- Have a large plastic bag for used toilet paper.

*Making your own biffy is only necessary if there is not another at your campsite.

Foodborne Illness

Foodborne illness is much more likely to happen when camping than when at home. This is because refrigeration and cooking temperatures are more difficult to control. Additionally, keeping things clean is more challenging without the convenience of indoor bathrooms and kitchens.

Pay attention to the following things to avoid foodborne illness when camping:

➤ **Wash Hands and Surfaces Often**

- Wash your hands with warm, soapy water before handling food and after using the bathroom.
- Make sure there is a source of potable (safe drinking) water. If not, bring water for preparation and cleaning.

➤ **Don't Cross-Contaminate**

- When packing the cooler chest for an outing, wrap raw meats securely; avoid raw meat juices from coming in contact with ready-to-eat food.
- Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.

➤ **Cook to Safe Temperatures**

- Food is safely cooked when it is heated for a long enough time and at a high enough temperature to kill harmful bacteria that cause foodborne illness.
- Take your food thermometer along. Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that meats are cooked thoroughly.
- Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F, as measured with a food thermometer, before removing meat from the heat source.
- For safety and quality, allow meat to rest for at least three minutes before carving or consuming.
- Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer.
- Cook all poultry to a safe minimum internal temperature of 165 °F as measured with a food thermometer.
- Cook meat and poultry completely at the picnic site. **Partial cooking of food ahead of time allows bacteria to survive and multiply to the point that subsequent cooking cannot destroy them.**

➤ **Refrigerate Promptly**

- Holding food at an unsafe temperature is a prime cause of foodborne illness. Keep cold food cold!
- Cold refrigerated perishable food like luncheon meats, cooked meats, chicken, and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water.

- Consider packing canned beverages in one cooler and perishable food in another cooler because the beverage cooler will probably be opened frequently.
 - Keep the cooler in the coolest part of the car, and place in the shade or shelter, out of the sun, whenever possible.
 - Preserve the cold temperature of the cooler by replenishing the ice as soon as it starts melting.
 - If a cooler chest is not an option, consider taking fruits, vegetables, hard cheeses, canned or dried meats, dried cereal, bread, peanut butter, crackers, and a bottle of refreshing beverage.
 - Take-out food: If you don't plan to eat take-out food within 2 hours of purchase, plan ahead and chill the food in your refrigerator before packing for your outing.
- **Leftovers**
- Food left out of refrigeration for more than 2 hours may not be safe to eat. Above 90 °F, food should not be left out over 1 hour.



*Taken from the USDA Food and Safety Inspection Service, accessed October 26, 2016

(<http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/foodborne-illness-and-disease/foodborne-illness-peaks-in-summer/>)



Other Things to Keep in Mind:

These tips will help everyone to have an enjoyable outdoor experience.

1. Make a **troop agreement** for your camping trip. Have the girls decide on the items that will be included and make sure to have all girls, parents/guardians, and troop leaders sign it so that everyone agrees to the rules set for the camping trip.
2. Use **Kaper Charts** to fairly divide up responsibilities and give all girls an opportunity to learn different skills.
3. **Girl-Led!** As much as possible, let girls lead by helping to plan the itinerary, budget, packing list, etc. While at camp, allow girls to lead particular activities and make choices about what they would like to do and learn. This will make it *their* camping experience and they will be far less likely to complain.
4. Nature is a perfect place for those most moments of personal **reflection**. Allow the girls an opportunity to enjoy their surroundings and share their thoughts with the group, if desired.
5. Dealing with **homesickness**:
 - Practice time away from home prior to your camping trip
 - Provide detailed information about the camping experience
 - Visiting campsite in advance
 - Talk about it! Teach your girls coping strategies.
 - Provide reassurance
 - Normalize homesickness by dispelling the myths:
 - It only happens to little kids
 - If you feel homesick, there is something wrong with you
 - Homesickness is something to be ashamed of
 - Some campers think if they are homesick it means they should go home immediately.
 - Assign a “Homesick Buddy – a friend each girl should turn to first when she is starting to feel homesick.



Check your knowledge! Self-Quiz

1. What is the name of the safety manual you should consult for all activities you do with girls, even when camping?
2. How many girls must participate in any troop trip/camping trip?
3. Under what circumstances can Daisies go camping?
4. Name at least three requirements for transporting girls.
5. How can you be prepared for girls who may become lost?
6. What are two possible locations for troop camping?
7. When must an application for Troop Camping be turned in to Council?
8. How far in advance should an application be submitted?
9. Where can you find this application?
10. What are two activities you can include in a Troop Camping trip that you wouldn't be able to do at your regular meeting place?
11. How can you help the girls prepare, in advance, for possible homesickness?
12. Who should ALWAYS be involved in planning a Troop Camping experience?
13. What is one of the NEVERs of using a camping stove?
14. What are the three types of firewood you need to build a fire?
15. Demonstrate how to pass a knife safely.
16. Which knot is a simple, quick method of fastening a rope around a tree or post?
17. Describe progression in outdoor cooking
18. How can a Team Agreement be useful in a Troop Camping experience?
19. How can you incorporate "reflection" into a troop camping experience?
20. What does "Leave No Trace" mean?
21. How can you follow a progression of outdoor experiences with girls?
22. What are the four main things you want to look for in a potential campsite?

Answers:

1. *Safety Activity Checkpoints*
2. *5*
3. *Answers:*
 - a. *Completed Kindergarten*
 - b. *Location is within 60 miles of home*
 - c. *Adult to girl ratios followed*
 - d. *Girl has followed progression of outdoor experiences*
 - e. *Girl demonstrates physical and emotional maturity consistent with the experience*
4. *Answers:*
 - a. *Driver must be at least 21 years old*
 - b. *Use of 15 passenger vans is prohibited*
 - c. *Each passenger must have own seat belt*
 - d. *Driver must have valid license*
 - e. *Driver must be an approved Girl Scout volunteer*
 - f. *Only drive in daylight hours*
 - g. *Each driver may not drive more than 6 hours in one day, with rest breaks every two hours*
 - h. *If traveling in one vehicle, there must be at least two unrelated, approved adult volunteers (one must be female).*
 - i. *If traveling in more than one vehicle, entire group must consist of at least two unrelated, approved adult volunteers (one must be female).*
5. *Have each girl carry a whistle and blow three times if lost.*
6. *Answers:*
 - a. *Backyards*
 - b. *Public parks*
 - c. *Council-owned camps*
 - d. *State campgrounds*
 - e. *National Forest campgrounds*
 - f. *Private property – with permission*
 - g. *American Fork office backyard*
7. *2 nights or more*
8. *At least 6 weeks before the camping trip*
9. *www.gsutah.org under Volunteers and Travel*
10. *Possible answers:*
 - a. *Campfire*
 - b. *Hikes*
 - c. *Geocaching*
 - d. *Stargazing*
 - e. *Outdoor cooking*

- f. Journeys and badges*
 - g. Learning outdoor skills (e.g. knives, etc)*
 - h. Leave no trace*
- 11. Answer:
 - a. Visit campsite in advance*
 - b. Talk about it!*
 - c. Assign a "Homesick Buddy"*
 - d. Provide lots of detailed information about the planned camping trip*
 - e. Practice*
- 12. *The Girl! Remember to make it Girl-Led!*
- 13. Possible Answer:
 - a. Never put an empty fuel canister in a fire.*
 - b. Never cook inside a tent.*
 - c. Never leave a lighted stove unattended*
- 14. Answer:
 - a. Tinder*
 - b. Kindling*
 - c. Fuel*
- 15. *Practice using the guidelines in this resource guide*
- 16. *Clove hitch*
- 17. Possible answer:

Start with simple to plan and implement meals, such as sandwiches and GORP, and progress to more sophisticated practices, like Skillet or Dutch Oven cooking, once girls have demonstrated competency and maturity in their cooking skills.
- 18. *All girls and adults will decide on the "rules" of the trip and will be invested in abiding by those rules. It will help to prevent some issues from happening in the first place*
- 19. *Allow the girls time to themselves to enjoy nature and think about their experience*
- 20. *We strive for minimal impact outdoor experiences where we leave the environment as we found it (or better!)*
- 21. Answer:
 - a. Look Out*
 - b. Meet Out*
 - c. Walk Out*
 - d. Hike Out*
 - e. Cook Out*
 - f. Sleep Out*
 - g. Camp Out*
 - h. Trip Out*
- 22. Answer:
 - a. Place to cook*
 - b. Place to sleep*
 - c. Place to Store Food*
 - d. Potential hazards*

