

Outdoor Essentials Resources Manual

PRIMARY RESOURCES

1. **Outdoor Essentials Resource Manual** –
This is your primary resource with tons of website links and CAMPING TIPS!
2. **SACs (Safety Activity Checkpoints)** –
Required safety guidelines to minimize liability.
3. **GSSA Policies & Procedures** –
Policies specific to our Council - Girl Scouts of Southern Alabama
4. **Troop Camping Pre-Course** –
Required to take girls on overnights

BEGIN HERE → <https://www.girlscoutssa.org/en/for-volunteers/volunteer-resources.html>

OTHER LINKS:

Edible Campfire <https://scoutingweb.com/wp-content/uploads/2018/01/PDF/Edible%20Fire%20Snack%20Activity.pdf>

Knife Safety <https://vimeo.com/36998822>

Knot Tying <https://www.animatedknots.com/>

OR <https://www.animatedknots.com/scouting-knots#ScrollPoint>

Leave No Trace <https://lnt.org/> or http://www.people.vcu.edu/~albest/Training/LNT_Quick.pdf

Watch Grace, our own GSSA Gold Award Girl Scout, share the principles & hand signs:

https://www.youtube.com/watch?v=llpD_QVaPZw&t=1s

Navigation

Leaf Compass <https://www.youtube.com/watch?v=eaop9Iatak8>

Shadow Stick <https://www.youtube.com/watch?v=FYnaqan8CMM>

Girl Scout Songs <https://www.scoutsongs.com/categories/girl-scout-songs.html>

<https://scoutermom.com/20382/songs-for-scouts/>

<https://songsforscouts.com/Songs/index.html> (with audio)

Ceremonies <https://scoutingweb.com/category/ceremonies/>

Safety Activity Checkpoints – Table of Contents - Camping Related Activities

Camping (p.54)

Outdoor Cooking (p.132)

First Aid (p.14)

Hiking (p.107)

Pocket Knife Safety (p.165)

Paddling Sports (p.141)

Target Sports (p.200)

Transporting Girls (p.14)

TEN ESSENTIALS

Contingency & First Aid Kit 1

"Contingencies" (someone forgot a flashlight, wet weather makes fire building difficult, etc.) are more common than emergencies. A first-aid kit supplemented with a spare flashlight, spare whistle, trail food, matches, and fire starters is your 'air bag' – essential but you hope, (like the air bag in your car), you'll never need it.



First Aid Kit Bag
+ Spare Whistle
+ Spare Flashlight
+ Trail Food
+ Matches and Fire Starters

Flashlight 2

A sturdy headlamp is better than a hand-held flashlight. LED lights (one with a brightness of 35 lumens is more than adequate) use less power and batteries last longer.



Trail Food 3

Carry a few granola bars, protein bars, trail mix, or other compact, high-energy, high nutrition food (avoid sugar-based snacks). Carry a couple of additional nutrition bars in the Contingency & First Aid Kit.



Matches & Fire Starters 4

There are any number of fire starter alternatives; many can be made at home. If you need to get a fire going in difficult circumstances, you want a proved fire starter and matches in a waterproof container.



Sun Protection 5

In direct sun in hot weather sunburn and some level of heat exhaustion are common. Staying hydrated, using sunscreen and wearing a broad-brimmed hat are important.



Whistle 6

If you become lost or separated stay put and use a whistle. Signal by blowing three blasts (a well-known emergency signal).

Spend a little more on one designed to signal over distances; cheap insurance should you need it.



Rain Gear 7

Staying warm is crucial, and it's hard to stay warm if you are wet.

Rain pants and a rain jacket are essential, Ponchos restrict movement and don't trap warmth near your body.



Water 8

An adequately sized (32 ounces), wide-mouthed rugged water bottle. In dry or hot climates carry two. Include some simple way to purify water, tablets or other chemical treatments don't take up much space.



Map & Compass 9

A simple base-plate compass is best.

Buy a reliable brand rather than a cheap knock-off, it's worth spending a bit more for an accurate compass.



Pocket Knife 10

A sturdy, well-made simple combination knife is ideal for camping.



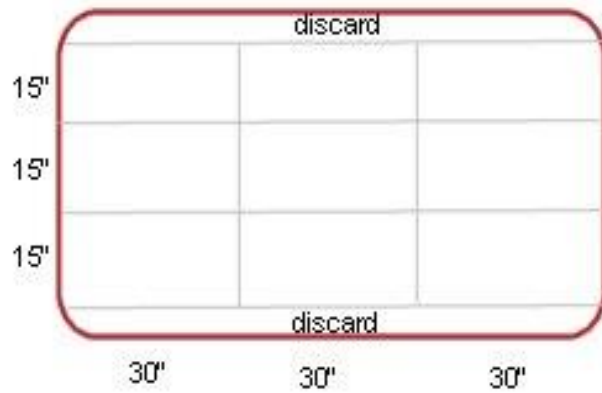
101 Uses for a Bandana

Neckerchief	Slingshot	Lampshade
Handkerchief	Home base	Muffler for alarm clock
Cool-dana (wet)	Donkey tail	Handcuffs
Bikini top	Swap	Muzzle for your dog
Babushka	Swap collector	Muzzle for your kid brother
Hairband	Berry basket	Flag football flag
Headscarf	Purse	Sit-upon
Sweatband	Watch fob	Drink cover (keep bugs out)
Bunny ears	Tie	Glove
Skimpy nightie	Keychain	Fly swatter
Diaper	Bindle	Whip
Bra	Belt	Knapsack
Bra stuffer	Pillow	Blanket
Thong-sandal	Bracelet	Curtain
Do-rag	Anklet	Car window shade
Lingerie bag	Hatband	Fire starter (dry)
Bandana shoelace	Armband	Smoke mask
Glasses cleaner	Dinner napkin	Smoke signal maker (wet)
Necklace	Utensil holder	Doorknob handle
Pocket protector	Placemat	"Occupied" signal
Washcloth	Potholder	Emergency toilet paper
Towel	Hole plug	Fish net
Book cover	Strainer	Seedling holder
Dust cloth	Coffee filter	Tie canoes together
Dishtowel	Tea strainer	Tie paddle to your wrist
Tablecloth	Cheesecloth	Trail marker
Apron	Salad spinner	Flag down a taxi
Bandana doll	Bib	Flag of surrender
Doll clothes	Bottle apron	Garden hose repair
Barbie parachute	Bandage	Radiator hose repair
Doll tent	Pressure bandage	Trailer hitch
Beanie Baby blanket	Ice pack	Car antenna decor
Wallpaper	Cold compress	Umbrella
Catnip toy	Poultice cloth	Shoeshine rag
Cat cape	Sling	Quilt square
Dog kerchief	Splint tie	Pants patch
Dog leash	Eye patch	Garbage bag
Game marker	Cowgirl accessory	Critter catcher
Racing flag	Gift wrap	Magic tricks
Bull teaser	Envelope	
Blindfold	Rolled-rag paint tool	Can you think of more??

Make a Sit-Upon



54" x 90" vinyl-backed table cloth





How To Make a Kaper Chart

Since the purpose of cooking-out is having fun, a successful cookout requires more organization than simply providing food to be cooked. Girls will want to help, BUT it is how they help that can make the cookout fun for all. One of the best ways to plan a cookout is by using a Kaper Chart. A carefully planned Kaper Chart divides work fairly, lets the girls know exactly which jobs are theirs, when to do them, and most importantly, how to do them. Kapers can be done by individuals or groups. Jobs can be assigned or done by chance. The job should be written out in steps, so the girl or group know exactly what is expected. And the jobs should be rotated to fairly divide the work if the jobs must be done more than once.

<p>1) LIST JOBS TO BE DONE</p> <ul style="list-style-type: none"> • shopping • cooking • dishwashing • making fires • gathering wood • getting water • disposing of garbage • setting tables • sweeping floors 	<p>2) CONSIDER NUMBER OF PEOPLE TO DO THE JOBS</p> <p>Individuals</p> <ul style="list-style-type: none"> • Mary, Jean, Kim, Jane, Matty, Amber, Jessica, Olivia <p>OR</p> <p>Patrols</p> <ul style="list-style-type: none"> • Beaver, Buttercup, Tadpoles <p>OR</p> <p>Tents</p> <ul style="list-style-type: none"> • Tent 1, Tent 2, Tent 3, etc. 								
<p>3) CONSIDER NUMBER OF MEALS</p> <p>Friday</p> <ul style="list-style-type: none"> • supper <p>Saturday</p> <ul style="list-style-type: none"> • breakfast, lunch, supper <p>Sunday</p> <ul style="list-style-type: none"> • breakfast, lunch <p>OR</p> <p>Days</p> <ul style="list-style-type: none"> • Mon-Tues-Wed-Thurs Fri-Sat 	<p>4) DIVIDE INTO "WORK-GROUPS"</p> <p>twos?</p> <p>threes?</p> <p>patrols?</p> <p>tents?</p> <p>on how?</p>								
<p>DIVIDE JOBS INTO "PACKETS TO FIT NUMBER OF WORK GROUPS"</p> <ol style="list-style-type: none"> 1) cooks-shoppers 2) fires-water-wood 3) clean-ups 4) hostesses-sweepers 5) flags, etc. 	<p>LIST WHAT EACH JOB ENTAILS INCLUDING "WHEN-WHAT-HOW"</p> <table border="1"> <thead> <tr> <th><u>Cooks</u></th> <th><u>Fire</u></th> <th><u>Clean-ups</u></th> <th><u>Hostess</u></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	<u>Cooks</u>	<u>Fire</u>	<u>Clean-ups</u>	<u>Hostess</u>				
<u>Cooks</u>	<u>Fire</u>	<u>Clean-ups</u>	<u>Hostess</u>						

Helpful Hint: Write out each job in sequence and place it in a heavy-duty Ziploc bag so it can be reused on the next cookout!



A Good Kaper Chart...

- Gives everyone a chance to help, and take responsibility
- Rotates jobs fairly so everyone gets to do and learn many skills
- Helps girls remember they need to do
- Helps girls know who is responsible for what

Kapers For a Cookout Might Include the Following:

SITE SET-UP

- Establish location of housekeeping areas.
- Direct unloading of troop equipment.
- Hang line for dunk bags.

WATER CARRIERS

- Carry to site enough water for hand washing, cooking, clean-up, drinking and fire safety.

WOODGATHERERS

- Gather tinder, kindling and fuel.

FIREBUILDERS

- Clean out fire ring, and see that fire site is clean of leaves, small twigs, etc.
- See that fire bucket is filled with water and placed nearby.
- See that only fire builders are inside fire circle.
- (Others should ask permission to enter.)
- Build fire and keep it going. Do not leave fire unattended.
- Start fires early enough to be ready for cooking on schedule.
- Put out fire: spread coals, sprinkle water, stir ashes.

HOSTESSES

- Choose and arrange eating area.
- Make centerpiece (from nature materials - but don't pick growing things or break live branches).
- Put salt, pepper, salad dressings, etc. on table.
- Replenish handwashing supplies if needed
- Ask everyone to wash hands before meal.
- Select and lead grace before eating.
- Assist in serving the meal.
- Supervise pre-wash clean-up.

COOKS

- Post the menu.
- Assemble ingredients and equipment for cooking according to recipe.
- Rinse cooking pots, pans, kitchen utensils before using
- Heat dishwater while eating
- Soap outside of pots.
- Wash hands thoroughly.
- Prepare food; cook food; return all unused
- Clean up garbage/trash as meal is cooking.
- Serve meal
- Soak inside of pots with water after food is served. Cooks may also wash the pots and utensils. Helps them remember to soak!
- Clean up cooking area; store all leftover food and equipment.

CLEAN-UP

- Hang or fasten garbage and recycling bag as first step in meal clean-up.
- After meal set up dish washing arrangement.
- Clear and clean table(s).
- Wash pots, pans, and utensils last- (after all other dishes are finished)
- Put away clean equipment and make sure housekeeping area is neat.
- Tie up garbage bags in preparation for removal.

SITE BREAKDOWN

- Remove dunk bag line.
- Pick up all litter - leave the site cleaner than you found it.
- Pack all equipment and carry to vehicles.

LEAVE NO TRACE SEVEN PRINCIPLES

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

© Leave No Trace: www.LNT.org

BATHROOM SANITATION

- * First job done on arrival and last job done before departure.
- * Items needed: broom, bucket, bleach, long handled brush, toilet paper in container, small trash bags, lunch bags.
- * Sweep floor and if needed, walls and ceiling with broom.
- * Use 2 cap fulls of bleach to 1 gallon of water for sanitizing solution. This may be put in a spray bottle for convenience (label it!!).
- * With long handled brush scrub seat and all around it.
- * Place toilet paper in containers next to each seat. Container can be coffee can, zip-lock bag, soda bottle cut down; anything water and bug proof.
- * Place trash bag and small paper sacks, for disposal of sanitary supplies, in each stall. Collect with trash when ready to go home.
- * Clean sink area. Or, if still using latrines, hang a hand-washing station wipes hand towels and trash bag nearby.

10 TENT TIPS FOR HAPPY CAMPING



Tuck the edges of your ground cloth under your tent so water dripping off the rainfly won't collect and pool underneath.

Or, buy a **FOOTPRINT**, a ground cloth made to fit the tent floor without extending beyond the fly.



NO STAKES?

If you have stuff sacks handy, fill them with rocks and attach to the guylines. At the beach? Fill the sacks with sand and bury them.



Many tents have

TWO GROMMETS

at the corner stake-out tabs. Poles normally fit snugly in the outer grommets when you set up the tent. When wet, the tabs can stretch and allow the walls to droop. Move the poles to the inner grommets to restore the nice taut pitch.

TAUT-LINE HITCH



Loop the guyline around a tent stake. Bring the end under and over the tight line and twice through the loop you just made. Then, again, bring the end of the rope under, over and through the new loop you formed, and slide up on the line until the knot holds.



On **SNOW**, anchor your tent by burying a trekking pole or ice axe "deadman" style. Tie into the center of the pole or axe, then bury it so that the line and stake form a "T". Be sure to bury several feet deep or they can melt out.



TRAVEL LIGHT!

Carry just the poles, fly and footprint. This setup won't fend off mosquitoes, but it's cool and airy—and with the room you save in your pack, you'll be able to bring along your tiny designer canine.



OUTWIT MOSQUITOES!

(Wait, do mosquitoes have wits?) Anyway, in breezy weather, face your tent door into the wind.



The buggers will be hiding on the downwind side of the tent to keep from being blown away, so your clever scheme will prevent them from following you in!

Always dry out your tent before packing to prevent smelly **MILDEW!** Too late? It's possible to remove the odor by soaking the tent in a tubful of water and MiraZyme®, or similar product, and hanging it out of direct sunlight to dry completely.

TENT
IN
HERE



SHOCK-CORDED POLES

Don't shock the cords, man! Collapse poles starting in the middle, not the ends. And flinging poles like light sabers? Fail!



Each time you put your tent back in its stuff sack, **FOLD** it differently, or simply stuff it in. This helps prevent creases that can wear out the waterproof coatings.



TENT CARE

TRAINER'S NOTES

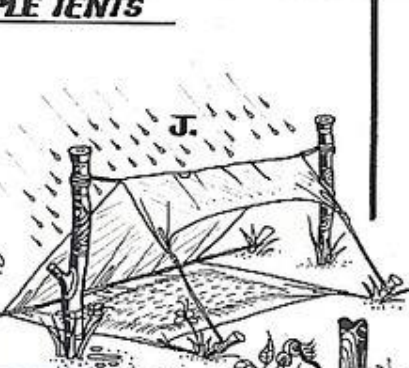
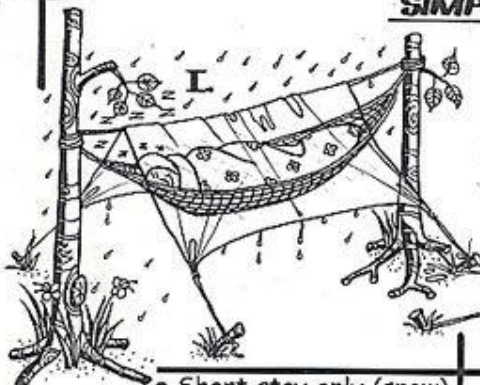
TENT CARE / KITCHEN FLY

- * Directions for putting up and taking down and storing tent should be included.
- * Tie the tent flap tapes with a half-bow so they can be untied when wet.
- * Do not hang anything on the tent tie-down ropes. This pulls the tent out of line.
- * Roll walls and flaps down to prevent water from catching in the roll when it rains.
- * Never touch the inside of a tent during a rain as this causes the canvas or nylon to leak.
- * Do not use insect sprays or other kinds of sprays inside or near a tent. The chemicals can dissolve the water repellent treatment. Insect repellent can be purchased as a pump spray, a roll-on, or as a lotion.
- * Do not use candles, kerosene lamps, portable cookstoves or anything with an open flame inside a tent. Do not set up a kitchen fly over a wood fire.
- * Do not store food inside a tent.
- * Tents must be flame-resistant and not made of plastic.
- * Sweep the inside floors before storing. Sweep debris off outside to prevent damage.

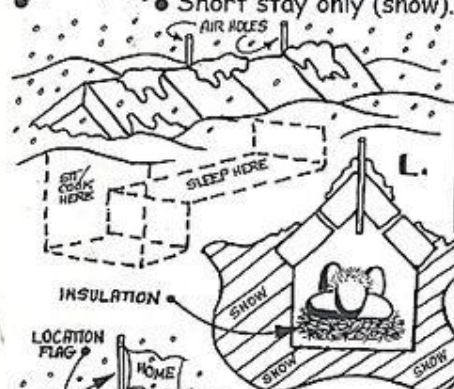
HOW TO MAKE SHELTERS IN SURVIVAL SITUATIONS

Obtaining The Basic Essentials Of Life From Nature

SIMPLE TENTS



• Short stay only (snow).



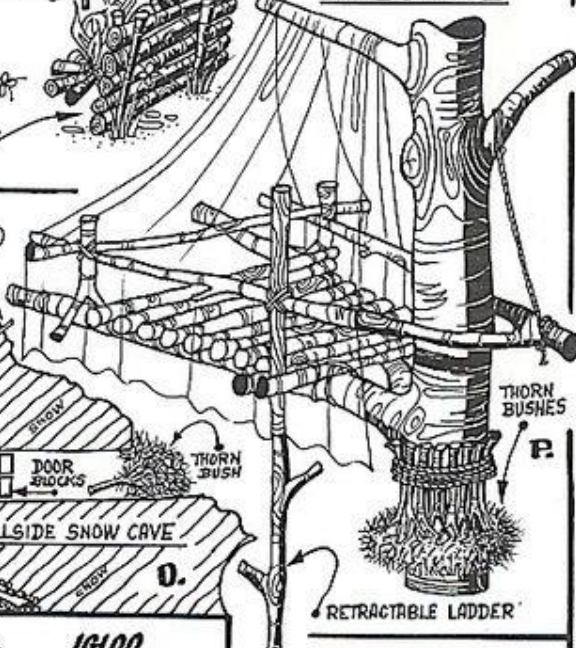
LEAN TO
(COVER FRAME
WITH LEAVES)



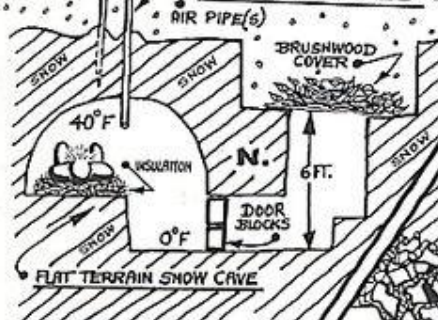
TEPEE



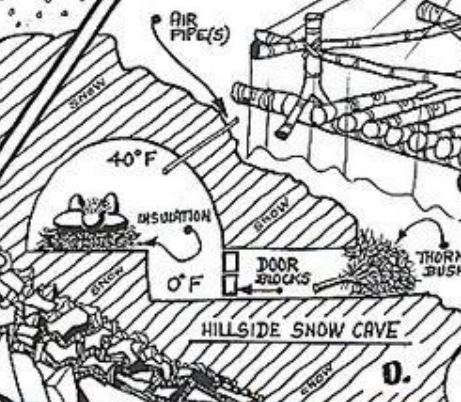
TREE HOUSE



SNOW HOUSES



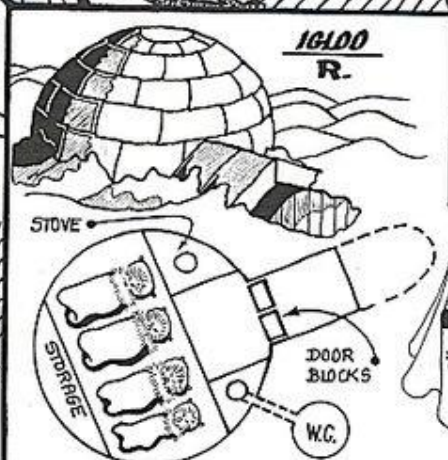
FLAT TERRAIN SNOW CAVE



HILLSIDE SNOW CAVE



NATURAL SNOW CAVE
(formed by snow fall).



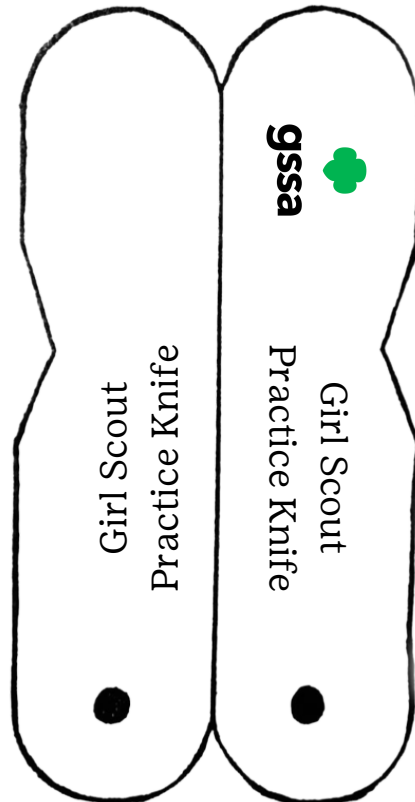
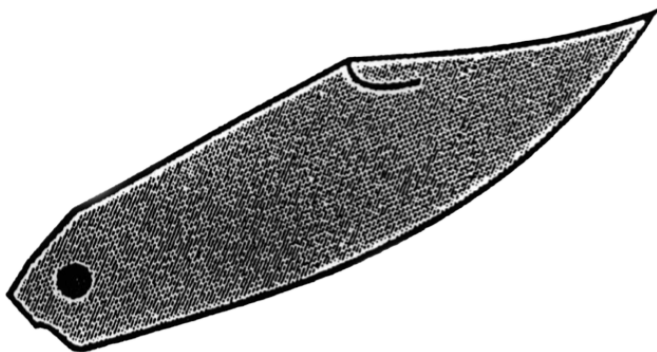


Paper Knife

TO MAKE A PAPER JACKKNIFE

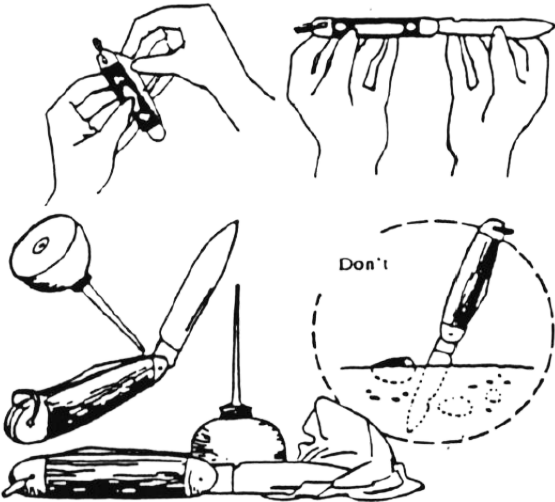
- Heavy cardboard, cut to pattern
- Paper fastener (brad)
- Scissors
- Hole punch

1. Using heavy paper or cardboard, cut both patterns out
2. Punch small holes where indicated
3. Fold case in half
4. Put the "blade" inside the "case" and fasten with a paper fastener (brad)





How to Handle and Care For a Knife

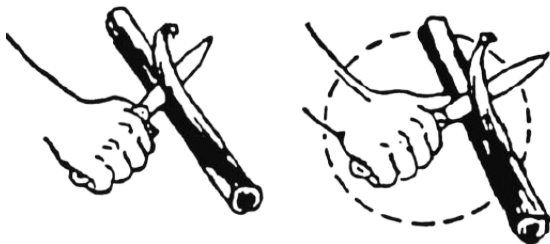


TO OPEN

Put your thumbnail in the slot of the blade. Keep your fingers away from the cutting edge. Pull the blade all the way open.

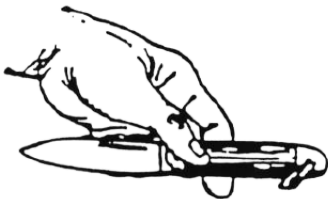
TO CLEAN

Drop machine oil on hinge, work blade a few times. Hold cleaning cloth at the back of the blade, not the cutting edge. Wipe carefully across the whole blade.



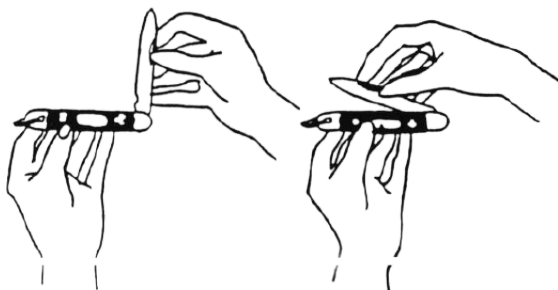
TO USE

Hold the handle with your whole hand. Always cut away from yourself. Keep at least an arm's length away from anyone else. This is called the "arc of safety."



TO PASS

If the knife cannot be closed, the person handing should hold the knife by the blade, passing the handle to the other person, who should say, "thank you," to indicate to the passer that she has a firm grip on the handle.



TO CLOSE

Hold the handle with one hand with the cutting side of the knife upward. Push the blade with the fingers of the other hand. The knife will close halfway. Push the blade again. The knife will snap shut.

Knife Safety

TRAINER'S NOTES

1. Do not walk around with an open knife.
2. Teach the “arc” of safety circle, staying one arm’s length away from everyone, before using a knife.
3. Hold the knife with the whole hand.
4. Always cut away from the body.
5. Close the knife before passing it.
6. If it’s a paring or kitchen knife that does not close, grasp the knife blade along the dull (back) edge and pass the handle to the other person.
The person receiving the knife always says “thank you” to indicate they have a hold of the knife.
Say “you’re welcome” to let that person know you are releasing it.
7. The BEST way to pass a knife is to lay it down and allow the other person to pick it up.
8. When whittling, do not cut green sticks or carve on trees.
9. Keep your knife sharpened.
10. All sharp tools must be sheathed when they are not in use. A sheath is a cover, whether it’s the original cover or simply a homemade cardboard and duct tape version that protects one from a sharp edge or point.

CAMP SAW SAFETY

- * A camp saw is the right tool for most outdoor woodcutting. Bow saws have curved metal frames that hold their blades in place. The blades of folding saws close into their handles much like the blades of a pocketknife.
- * Saw teeth are needle-sharp. Treat every saw with the same respect you give your pocketknife. Close folding saws when not in use. Bow saw blades can be protected with a sheath made from garden hose, foam fun noodle or pipe insulation.
- * When using a camp saw, brace the wood to be cut against a solid support. Use long, smooth strokes that let the weight of the saw pull the blade into the wood.
- * When cutting a dead branch from a tree, make an undercut first, then saw from the top down. This prevents the falling branch from stripping the bark. Cut next to the tree to prevent dangerous points sticking out. Cut saplings level with the ground so there are no stumps for someone to trip over.
- * Saw blades may be sharpened with small triangle files. Be sure to wear gloves to prevent injury. With the file, follow the shape of each tooth. Sharpen one side of the saw, and then the other side.



Knots you need to know!

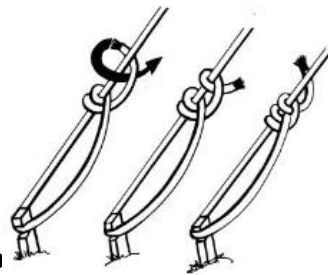


Square Knot Square Knot

Fisherman's Knot



Clove Hitch



Taut-Line



Bowline



Bowline

KNOTS

TRAINER'S NOTES

Square Knot - Used to join two ends or two ropes of the same thickness.

Hold one end in each hand. "Right over left, then left over right, makes a knot, nice and tight."

Fisherman's knot - Used to join two ends or join two ropes. It's adjustable.

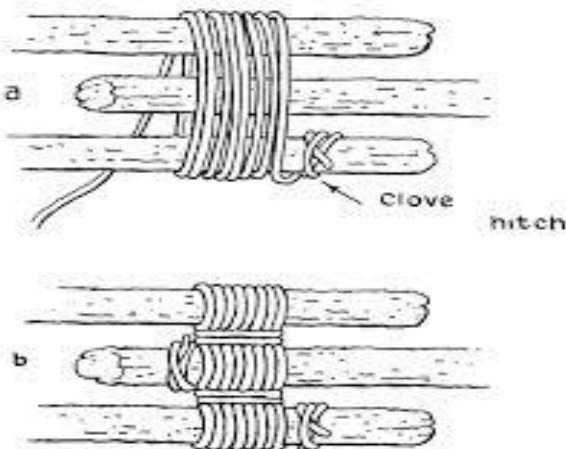
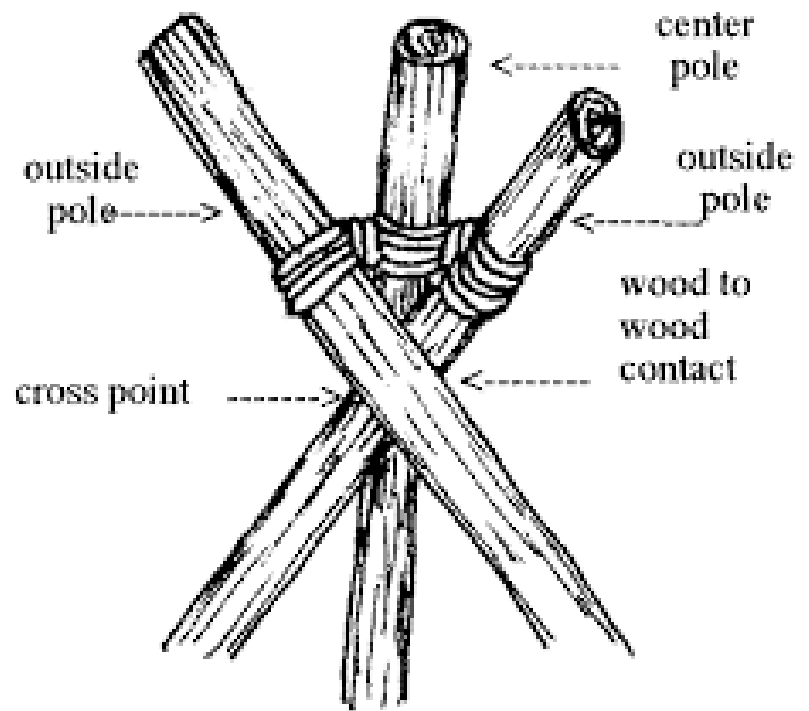
Bowline - The "rescuer's knot" because it won't slip or tighten. Can be tied one-handed.

Clove Hitch - Used to fasten one end of a rope around a post or tree.

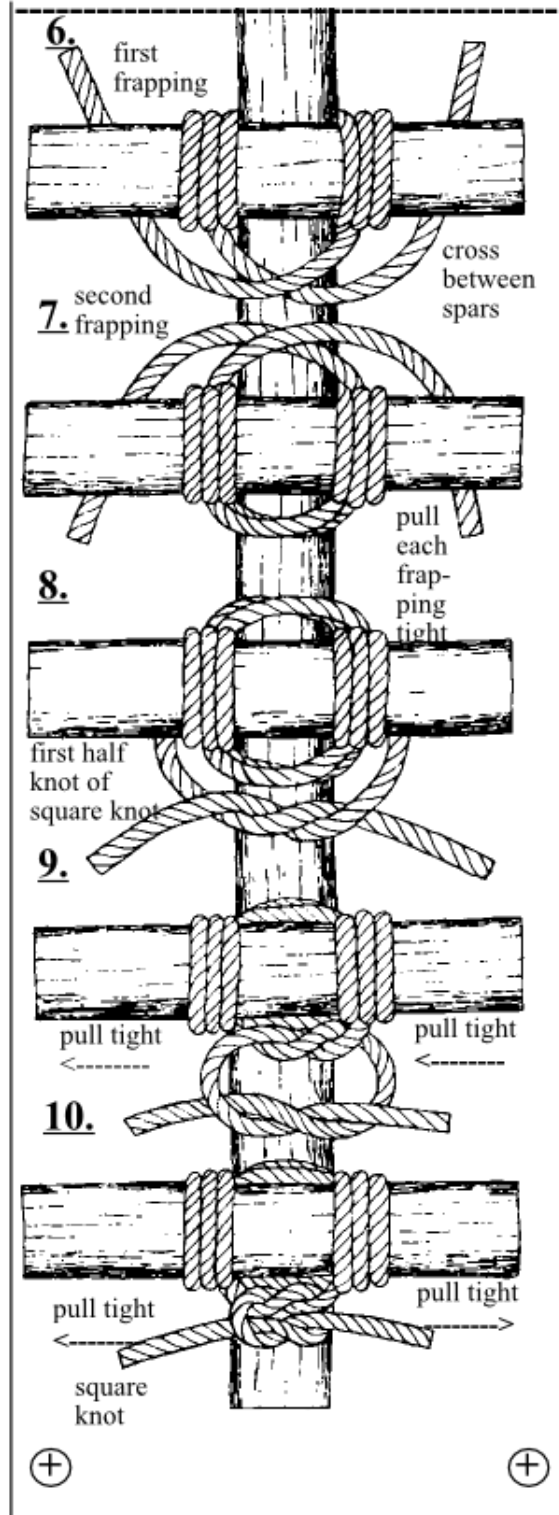
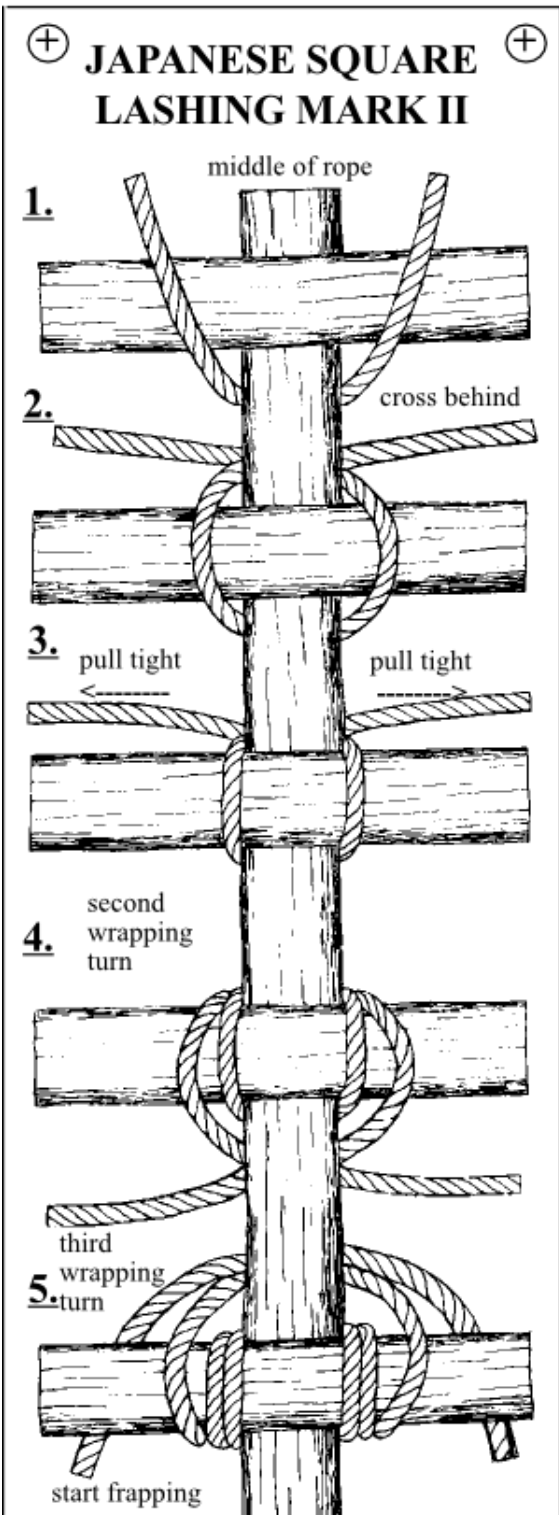
Taut-Line Hitch - Adjustable. Used on the other end of a drip-line and to tighten tent

lines.

Tripod Lashing



Square Lashing



Three-Bucket Dishwashing Method



- ▶ Scrape off food
- ▶ Polish with paper towel/napkin
- ▶ Wash in warm soapy water
- ▶ Place in mesh “dunk” bag
- ▶ Rinse by dunking in warm water
- ▶ Dunk in sanitizing solution
- ▶ Hang on drip-line to dry



Dishwashing

TRAINER'S NOTES

- * Soaping pots and pans: For quick clean-up, smear a thin film of liquid dish soap on the outside of the pot BEFORE using it over an open fire. After the meal, soot will wash away easily.

- * Keep the dishwater clean as long as possible by washing the least dirty items such as personal paper plates, cups & utensils first, the pots & pans last.

- * Scrape all remaining food debris into a trash bag and wipe away food and oils with a paper towel so wash water stays clean longer.

- * Use 3-buckets or dish pans for washing.
 - The first bucket contains warm, soapy water (small amount of soap).
 - The second bucket contains clean rinse water (any temperature). Place dishes in net mesh bag between second and third bucket.
 - The third bucket contains either hot water OR cool water with a sanitizing solution (one cap full of bleach to 1 gallon of water).

- * Hang mesh (dunk) bags on clothesline to air dry. If clothesline is put up for the dunk bags, sure sure that it is away from dust and areas where someone might walk into it.

- * Filter used dishwater (gray water) through dead grass/pine straw, a paper towel, a fine screen, or perhaps a colander to remove solid food particles and place the food debris in the trash.

- * At an established site, use a sink or a wastewater dumping area to dispose of dishwater after it has been filtered.

Edible Fire

Here's the tastiest way to learn basic fire building

Supplies Needed:

small paper plate (outer fire ring that is cleared of debris)
mini-marshmallows, cheerios (inner fire ring)
cup with drink (water for burns or to sprinkle on embers)
toasted coconut (tinder)
chow mein noodles or small pretzel sticks (kindling)
large pretzel sticks or tootsie rolls (fuel)
red hot candies or candy corn (flames)

Place your bucket of water (cup) near your fire ring (plate).

Arrange rocks (mini-marshmallows) to make an inner fire ring (center of your plate).

The inner fire ring is a boundary. Fire will be inside the inner fire ring.

Fire-tenders or cooks will be outside of that.

The "four feet rule" – Only 4 feet should ever be near the fire ring (the plate).

That could be two people or, when roasting marshmallows, it could be four people who each have just one foot close to the fire ring. Never stand on the rocks.

TINDER, KINDLING and FUEL

Place a small pile of TINDER (toasted coconut) in the middle of the fire ring.

Tinder is match-stick size (smaller than your finger) small sticks, pine needles, wood shavings and fire-starter kisses that will light quickly.

Carefully lay a few sticks of KINDLING (chow mein noodles, small pretzel sticks) on/near your tinder. Kindling is pencil-size (smaller than your wrist) sticks that will "build" the fire so it will light the bigger logs. Don't smother the fire with too much; more can be added later.

Place pieces of FUEL (the large pretzel sticks, tootsie rolls). Fuel is larger than your arm and these wooden logs make good coals for cooking and ceremonial fires. You can lay the fuel, or logs, in any arrangement. The letter "A" is an easy fire lay for beginners.

Place a few "red hots" and/or pieces of candy corn near your tinder to represent flames.

NOW IT CAN BE CONSUMED!

Making Fire-Starters

For a safe and simple way to melt wax for making fire-starters, warm the wax in a crock pot set on low or you could use a hand-waxing unit. It may take several hours to melt the wax so plan-ahead or allow an adult to warm the wax on a stove and pour it into the crock pot to keep it warm.

Fire-Starter Kisses:

Let campers who have been trained in knife safety, use a pocketknife to shave very thin layers of paraffin off of old taper candles or blocks of paraffin canning wax. Place about a tablespoon of finely shaved wax, sawdust, or wood shavings into a 3" square piece of waxed paper, roll, then twist the top to look like a candy kiss.

Egg Carton Fire Starters:

Use cardboard egg cartons or cupcake liners filled with sawdust, wood shavings, shredded paper or lint, then pour melted paraffin wax on top.

Trench Candles:

Roll a sheet of newspaper tightly (pencil-size),

Use a piece of kite-string to tie the rolled paper every 3-4 inches.

Leave the string several inches long.

Use scissors to cut the rolled newspaper every 3-4 inches between the knotted string.

Holding the string, dip the rolled paper segments into melted paraffin and set aside to harden.

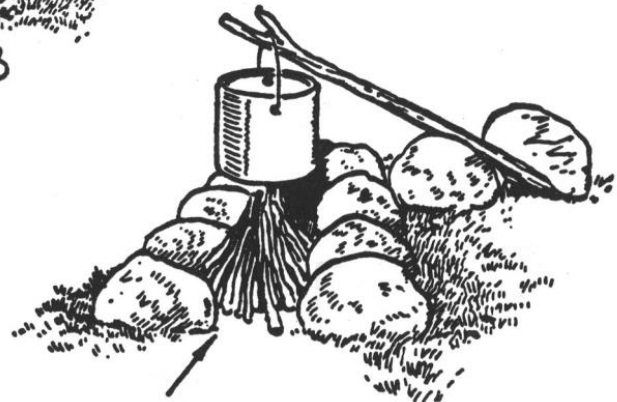


Types of Cooking Fires

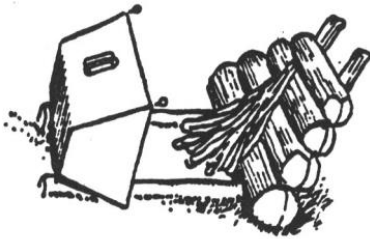
APPENDIX A—TYPES OF FIRES



Hunter-Trapper Fire



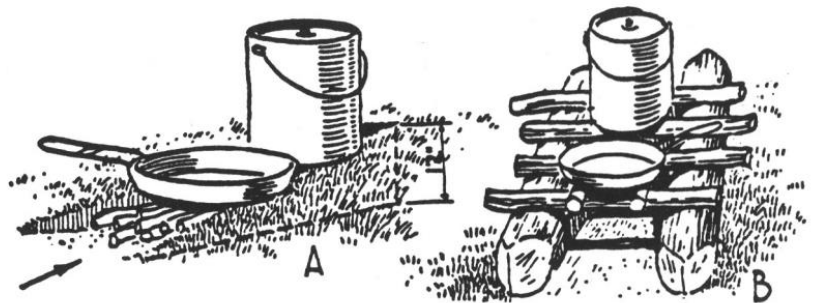
Stone Hunter-Trapper Fire



Reflector Fire



Three-Stone Fire for a Quick Lunch



The Trench Fire and the Trench Hunter-Trapper



Fire Building Basics

TRAINER'S NOTES

FIRE BUILDING (Charcoal or Wood)

- Environmental concerns are the reason cooking is recommended on propane stoves and charcoal fires. We try to limit wood fires to ceremonial campfires and emergency cooking requirements. Limit wood supplies to downed wood (dead/fall).

Prepare fire circle:

1. Rake leaves and debris away.
2. Use shovel to remove cold charcoal and ashes. Never shovel out the ash to dispose of at the end of the campfire.
3. Fill bucket with water, locate nearest rake, shovel, and fire extinguisher.
4. If ground is wet or if you wish to contain your fire to a small area use a metal roasting pan or double layer of aluminum foil as a base.

Prepare the fire:

Wood - make your base with tinder and kindling and have an available source of fuel (more wood) nearby.

- Tinder is smaller than your finger.
- Kindling is larger than your thumb.
- Fuel is larger than your wrist.
- Fire starters should be used with tinder or kindling.
- charcoal or pieces of commercial fire logs, make great fire starters.

Charcoal - place fire starter(s) in base of chimney (may be a coffee can with both ends cut off and ventilation holes around top and bottom edges), then add charcoal to top of can.

Light with a match, a lighter or other flame source.

Once lit, at least one adult must always remain at the fire circle, until the fire is extinguished. Also once lit, behavior must be controlled within the fire circle. Coals are ready for cooking use once the top layer begins to turn gray. Spread evenly with rake or tongs.

Remember:

"Edible Fire" is a good tool to teach fire building, at meetings.

Extinguishing a fire:

- When finished, allow fire to burn down to ashes if time permits.
- If not, extinguish by carefully sprinkling with water and raking through the ashes. (Sprinkle can is made by poking holes in the bottom of can.)
- Soak large pieces in water for at least 3 minutes.
- **Never** return partially burned wood to the woodpile. Lay it to the side of the fire circle.
- Never use water on a fireplace fire. The water may crack the stones.



Fire Making Materials and Firewoods

1. Fire Starters	2. Tinder	3. Kindling	4. Fuel
<p>MATCHES Kitchen-sized are best. Waterproof with paraffin nail polish, or shellac cut 50- 50 with alcohol</p> <p>FLINT AND STEEL Any stone containing quartz is good. For steel, use the back of knife blade or file with burr ground off</p> <p>FIRE BY FRICTION Cottonwood, cedar, elm, or basswood for boards and spindle</p> <p>BURNING GLASS Magnifying glass or lens of binoculars or camera</p> <p>BATTERY & STEEL WOOL Use a small 9-volt battery with a small amount of steel wool.</p> <p>MAGNESIUM Scrape a small amount of magnesium from block and ignite with sparks from flint.</p> <p>PAPER</p> <p>CANDLE</p> <p>PARAFFIN AND PAPER OR STRING</p> <p>COMMERCIAL STARTERS</p>	<p>GRASS Fine. dry-off the ground.</p> <p>WEED TOPS Goldenrod, aster, etc.</p> <p>DRY LEAVES Still on trees or off ground</p> <p>FINE TWIGS Small dead branches from dead limbs or downed trees</p> <p>BARK Cedar or birch or palmetto - picked from dead standing trees</p> <p>BIRD NESTS From last season</p> <p>MOUSE NESTS Any season</p> <p>FAT PINE Full of pitch</p> <p>FINE SHAVINGS Of dry wood</p>	<p>TWIGS Small. dead, dry twigs from dead or downed trees.</p> <p>WEED STEMS Medium and heavy stems</p> <p>SPLIT WOOD Always good as long as it is: a. Dry b. Split finely enough c. More than you think you need</p>	<p>WOOD Any size. Better split it if your log is more than 3 inches in diameter</p> <p>CHARCOAL In natural sticks or pressed briquettes.</p> <p>COAL Soft or hard</p> <p style="text-align: center;">NEVER USE PETROLEUM PRODUCTS OR GASOLINE!</p>

FIREWOODS

Campfire Qualities of Various Woods

WOOD	FIRE RATING		VALUE AS:			REMARKS
	Green	Dead and	Tinder	Kindling	Fuel	
<i>HARDWOODS</i>						
Hickory	Very Good	Excellent		X	X	Best
Oak - white		Very Good		Twigs	X	
Oak - black		Excellent		Twigs	X	Fine coals
Oak - red	Poor	Good			X	
Ash - white	Very Good	Good			X	
Dogwood		Very Good			X	
Beech	Fair	Good		Twigs	X	
Sugar Maple	Fair	Very Good		Twigs	X	
Elm- American		Fairly Good		Twigs	X	
Cherry		Fair to Good			X	
Birch-yellow	Very Good	Good	Bark	X	X	
Birch-white	Poor to Fair	Good	Bark	X	X	
Ironwood		Very Good		Twigs	X	
Sycamore	No Good	Fair to Good				
<i>SOFTWOODS</i>						
Pine - white	No Good	Fairly Good		X	X	Soot
Pine - Norway		Fairly Good		X		Soot
Pine - pitch		Fairly Good		X		Full of Soot
Balsam fir	No Good	Fair to Good		Twigs		Crackler
Spruce		Fair	Twigs	X	X	Crackler
Hemlock		Fair to Good	Twigs	X	Bark	Spitfire
Cedar - red		Fairly Good	Bark	X		Spitfire
Cedar-arbor vitae						
Tamarack	No Good	Fair to Good		X	X	Spitfire
Maple - red	Fair	Good		X	X	
Tulip	No Good	Fair		X	X	
Poplar (general)	Poor	Very Good	Bark	X	X	No Coals
Sassafras	No Good	Fair		Twigs	X	Spitfire

Foil Cooking

The Flat Pack

The flat pack is best for foods like meat where you're looking for more browning than steaming.

1. Place the food in the middle of the sheet of foil. If you needed to mix the ingredients up, do so in a separate bowl before transferring it to the foil.
2. Tear off a sheet of heavy-duty foil that is about twice as long as the food you'll be wrapping. It's better to overestimate the length than place your food on it, start wrapping it up, and realize you don't have enough foil to keep everything in and make your folds.



3. Bring the long sides together in the center and crease them together, making tight folds until the foil is flat next to the food.

4. Tightly roll up the shorter sides until they meet the food.



Foil Dinners

How to make tin foil dinners

At home

- Prepare your ingredients.
- Spread out a piece of foil.
- Place the ingredients in the middle of the foil.



- Continue adding ingredients in layers.



- Seal the edges of the foil securely.



Food Safety

TRAINER'S NOTES

FOOD STORAGE AND PREPARATION

- * Cold food must be kept cold, hot foods must be kept hot.
- * Pack plenty of ice in coolers with not too much empty space.
- * Do not store meats with other cold food items.
Place meats (which produce juices) in a separate cooler.
- * Store canned foods and dry goods in animal-proof containers (old coolers, storage totes).
- * Make sure girls have clean hands and a good circle of safety.
- * A table cloth or towel may be needed to provide a clean work surface.
- * Make sure all bits and scraps are removed when finished.
- * Do not attract animals by storing food in tents.
- * Be extremely mindful of cross-contaminating foods during food preparation. Prepare foods to be eaten raw before handling foods needing to be cooked.
- * Use care in handling and using raw eggs and meats.
Do not cut vegetables on the same board as meats or use the same utensils.
- * Be sure to thoroughly cook foods containing eggs and meats.

EMERGENCY PROCEDURES

TRAINER'S NOTES

Before a place is visited, participants must learn about and be prepared for potential emergencies and disasters.

When a warning of an impending emergency is issued, cancel activity planned for that area.

If an activity is already in progress, take measures to safeguard the girls.

Plans for shelter and evacuation should be known to all, posted, and practiced in advance.

Basic First Aid is a program option for girls at all levels.

Troop Camping Supply Tote

Food Prep:

- mixing bowls
- scissors
- big spoon
- ladle
- skillet spatula
- rubber spatula
- vegetable peeler
- paring knives (3)
- extra knife, fork, spoons (2 ea.)
- can opener
- measuring cups & spoons
- tongs
- pliers
- drink pitcher
- oil
- salt & pepper
- paper plates or cutting board (for food prep surface)
- dish towels
- dish clothes
- hot gloves
- tablecloth

Paper or Plastic, etc.

Use a small box to stand this stuff on end to make it easier to find and put away.

- foil
- wax paper
- Ziploc-type food bags
- garbage bags
- paper towels
- toilet paper

Clean-up:

- liquid clorox (quart bottle)
- liquid dishsoap
- handsoap dispenser
- SOS-type steel wool pads
- non-abrasive cleansers and pad (shower cleaning)
- roll of twine
- hammer
- clothes pins
- whisk broom (for tent sweeping)

Firestarters:

- matches
- paraffin wax

Everything else:

(this stuff won't fit into the camp tote)

- first aid kit
- charcoal
- dutch oven
- pots and pans
- dishwashing buckets (3)
- 5-gal water bottle
- food and drink coolers
- folding grill grate
- coffee pot
- marshmallow skewers

Dutch Oven Care

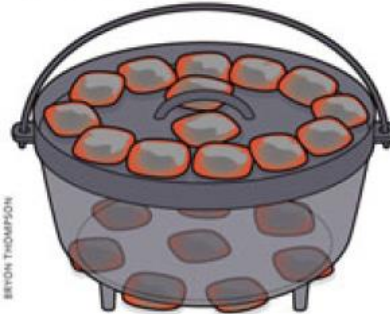
- * Anything that can be cooked in your oven at home can be cooked in a Dutch Oven
- * Before putting food in the Dutch Oven, you can line the oven with foil or parchment for easy cleaning after use.
- * On a level area in the fire circle prepare a bed of coals (wood or charcoal)
- * Place Dutch Oven over coals, then add more coals to lid.
- * Using hot pads and tongs, rotate oven and lid in opposite directions every 10-15 minutes.
- * Clean by putting warm water in oven, heating it with lid on, and scrubbing off any remaining food particles with a plastic scrubber. Do NOT use soap, as it can leave a soapy taste in the cast iron.
- * **DRY THOROUGHLY !**
- * After oven is cleaned, wipe it with vegetable shortening or oil to keep it from rusting - this does not need to be done every time but often enough to keep the oven in good condition.



Dutch Oven Temperature

HERE'S HOW TO TURN UP THE HEAT

This simple formula will bring your Dutch oven to the correct temperature for baking without fail. It all depends on the number of charcoal briquettes you set on top of the lid and below the oven. Tear out this handy guide for future reference.



DUTCH OVEN BAKING TEMPERATURE CHART

The figures in the chart below, list the number of charcoal briquettes required on top and beneath the oven, to attain the temperatures listed.

OVEN	TEMP. 325	350	375	400	425	450
SIZE 10"	#briquettes 13 on top 6 below	14 on top 7 below	16 on top 7 below	17 on top 8 below	18 on top 9 below	19 on top 10 below
12"	16 on top 7 below	17 on top 8 below	18 on top 9 below	19 on top 10 below	21 on top 10 below	22 on top 11 below
14"	20 on top 10 below	21 on top 11 below	22 on top 12 below	24 on top 12 below	25 on top 13 below	26 on top 14 below

Generally, 2/3 of the briquettes go on top of the oven, while 1/3 of the briquettes go below.

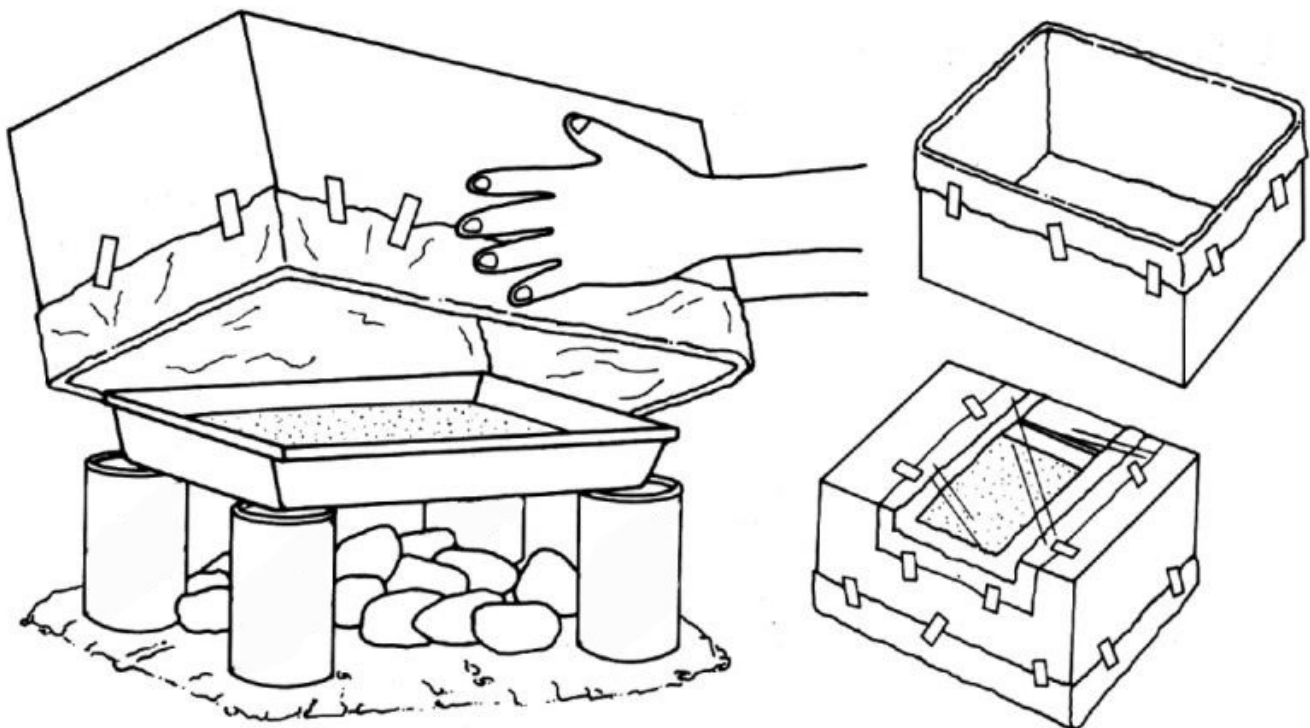
You may also note that for the most common baking temperature, 350 degrees, the total number of briquettes is slightly more than double the "oven size" number. This information came from the *Lodge* brand Dutch oven website.

www.lodgemfg.com

www.idos.com (International Dutch Oven Society)

Box Oven Cooking

- * A box oven can be used to cook anything you would make in an oven at home.
- * Choose a box about the size of a copy paper or large file box.
- * Cut off the bottom of the box. If you cut off the top you will need an oven roasting bag to make a window/cover. A few small air vents along the bottom edges are helpful.
- * Cover the entire box with heavy duty aluminum foil. Fasten with aluminum tape since plastic tape does create an unpleasant odor around your food.
- * Use rocks or empty tin cans as legs to support your baking pan. A grill grate that fits inside the box could also be nice. Avoid using painted metal (aluminum soda cans or painted metal coat hangar wire) since it also adds an unpleasant odor around your food.
- * Lay an even bed of coals on the bottom - enough to last until you are done cooking but not so many that you scorch the bottom of your food.
- * Remember, each piece of charcoal creates approximately 25 degrees worth of heat.
- * When finished baking, remove the oven from the coals so you can use it again.



Propane Stove Safety

- * Ensure that every trainee has an opportunity to set up and light the propane stove with supervision, sometime before they need to use it.
- * Availability: Purchase or borrow propane stoves and fuel canisters. They are not available at camp.
- * Advantages: Quick, easy to use, approved for girls to use with adult supervision, not affected by weather conditions, conserves natural resources (wood and coal).
- * Disadvantages: Less efficient in very cold conditions, fuel canisters must be purchased, one cylinder lasts 3-6 hours depending on wind and temperature.
- * Safety: Read ALL instructions for use. Must be used in an open, well-ventilated, low traffic area. Do not place in fire circle unless no other fuel source is being used there at the time. Do not attempt to refill the small canisters. Keep fittings and connections clean, dry and properly stored inside the stove.



THE ART AND SCIENCE OF S'MORES


The Perfect Group Camping Treat

S'MORE HISTORY

Believed to be a contraction of the phrase, "some more," s'mores are indeed an irresistible treat. Peckable and perfect for large groups, this ubiquitous group camping dessert sandwich is credited to Loretta Scott Crew, in the 1927 publication of *Tramping and Trailing with the Girl Scouts*.

 Graham crackers were originally developed as a health food in 1829 by Rev. Sylvester Graham.

 We can thank Coenraad Johannes van Houten for his 19th century discovery of the "Dutch process," which Joseph Fry then used in 1847 to create firm sweet bars of chocolate.

 A cylindrical extrusion process invented by Alex Doumak in 1948 gives marshmallows their s'mores-friendly shape.

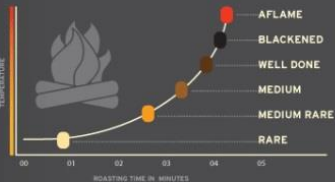


S'MORE 3-STEP TECHNIQUE:

- 1 Thanks to their perforations, the shape of modern graham crackers make them the ideal plate on which to lay the chocolate.
- 2 Square or rectangular, the shape of the chocolate pieces are just the right fit atop the graham cracker.
- 3 After being roasted over an open fire to a golden brown or charcoal black, the hot marshmallow melts the chocolate and secures the sandwich.



S'MORE SCIENCE: MARSHMALLOW ROASTING SCALE



THE ETERNAL QUESTION: GLOWING EMBERS OR FLAME?



Allowing your campfire to mellow to a mound of glowing embers will heat the marshmallow throughout for a hot creamy texture, sealed with a light brown crust.



A young dancing flame will quickly sear the marshmallow coating, keeping the interior cool and firm.



Both styles allow for the "Russian matryoshka doll" technique of re-cooking the marshmallow after pulling off the coating after each roast.

S'MORE SURVIVAL CHECKLIST:

- Graham crackers
- Chocolate
- Marshmallows
- Rollie Roaster, old tent pole or sharpened stick
- Kindling and firewood
- REI Stormproof Matches

S'MORE VARIETY:

- Use colored or flavored marshmallows
- Use peanut butter cups in place of the chocolate
- Use flavored graham crackers, such as cinnamon
- Apply a layer of peanut butter to the graham cracker
- Use dark chocolate instead of milk chocolate
- Add a layer of fresh-picked blueberries or raspberries



Get more great group camping tips and expert advice at REI.com/family-camping





FLAG CEREMONIES

Used to open and close a day at camp.

Keep the ceremony simple.

Discuss and practice with girls first.

Remember that Color Guard does not participate in any singing or speaking.

Their job is to guard the flag!

Follow basic flag etiquette, dignity and respect, silence, girls at attention. If more than one flag is used, the U.S. flag is raised first and lowered last. Basic commands are:

- (1) Girl Scouts, attention.
- (2) Color Guard, attention.
- (3) Color Guard, advance.
- (4) Color Guard, Post the Colors or Retire the Colors.
- (5) Girl Scouts, honor the Flag of your Country (Pledge)
- (6) Color Guard, dismissed.
- (7) Girl Scouts, dismissed (or announcements).

Since the most important part of the ceremony is the raising and lowering of the flag, the rest of the ceremony always takes place after the flag has been raised or before the flag is lowered. Again, raised first, lowered last.



THE EVENING CAMPFIRE

Plan the evening campfire well in advance.

Choose or designate girls, adults or troops for skits and song leadership.

Teach some songs ahead of time to raise participants comfort level.

Allow for spontaneity - be prepared to adjust to the mood or needs of the group.

Campfires of 1-2 hours in length are enjoyable, depending on group.

Try to start by 7:00 pm so you can finish by 9:00 pm.

This allows time for dinner kapers before the campfire, snack during or after the campfire, then cleanup and some “free time” before lights out.

Open with loud and fun motion songs, repetitive songs, and rowdy stuff.

Build with skits, games, and snacks.

Close with quiet songs, ceremonies or a Girl Scout’s Own.

The best part....

Adults sharing quiet time around the coals while the girls get ready for bed.

Be careful that conversations are always appropriate for the girls to hear because they ARE listening!

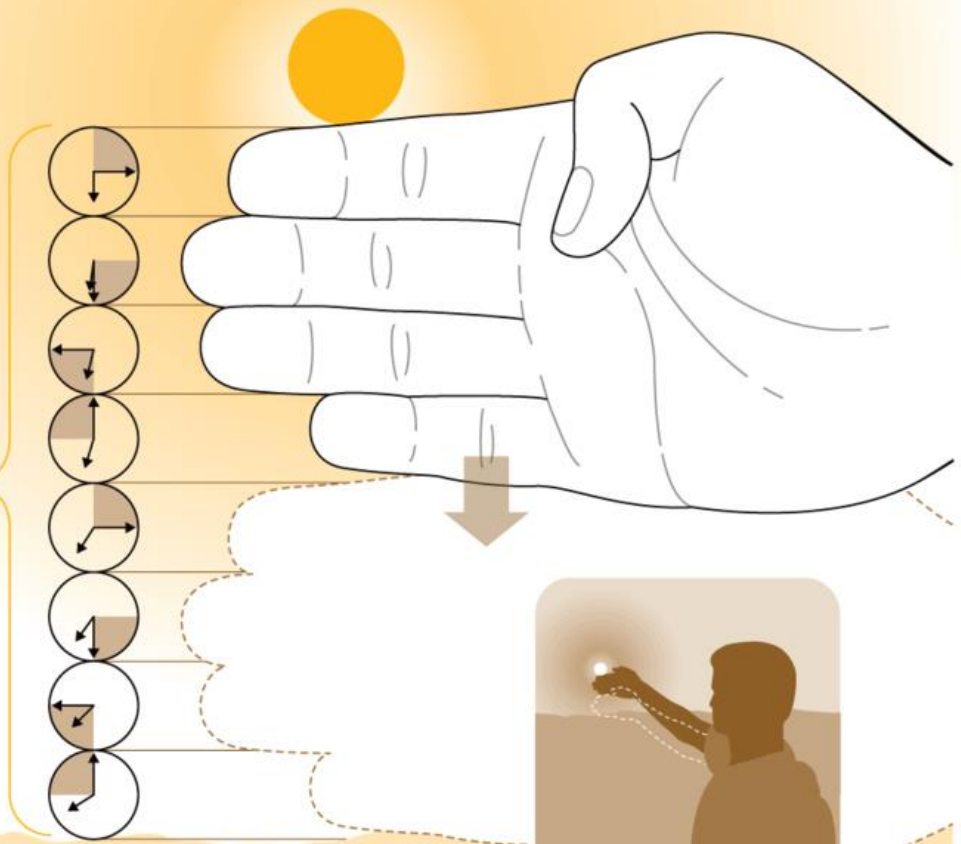
Estimating Remaining Daylight

58

estimate remaining daylight

Is it time to stop and scrounge for shelter, or is it better to keep on trekking? Use this simple trick to measure the remaining daylight. Remember to allow yourself at least two hours to set up camp before the sun goes down.

Count the finger widths between the sun and the horizon. Each finger is equivalent to fifteen minutes, with each hand totaling an hour. When the sun dips low enough that only two hands fit, its time to search for a suitable campsite and assemble a shelter. (A caveat: if you're near the poles, the sun will hover over the horizon for a longer period of time, giving you an inaccurate reading.)



5-Senses Night Hike

Night hikes are exciting; they help you to see things with a different perspective and it feels adventurous because you anticipate unexpected surprises. The 5-Senses Night Hike is an opportunity to explore how low light levels affect some senses and how you can use other senses to compensate.

The eye takes approximately 20–30 minutes to fully adapt from bright sunlight to complete darkness and becomes 10,000 to 1,000,000 times more sensitive than at full daylight. In this process, the eye's perception of color changes as well (this is called the Purkinje effect).
--

DISTANCE IS NOT THE GOAL: Choose a short route for this hike and identify “station” locations where you can stop along the way to conduct the observations for each of the senses: 1. Touch, 2. Smell, 3. Sound 4. Taste and 5. Sight.

Sight should be last to allow enough time for the hikers’ eyes to adjust to night vision.

NO GUM OR CANDY: Make sure the hikers have nothing in their mouths since this will alter their sense of smell and taste.

FIND THE DARKEST AREAS: Start by making sure every hiker has a buddy. Hike a short distance to an area farthest away from artificial light. This will allow the hikers’ eyes to adjust to night-vision. The Sight sense will be the last station so there is ample time.

TURN OFF THE LIGHTS: Choose safe areas where hikers won’t trip over tree roots, stones or uneven ground. A tree-lined area near a grassy meadow or a wide, well-worn, smooth road or path will allow for a variety of station-stops where you can present each sense activity.

Hikers may be carrying a flashlight, but it is recommended that you collect them once you arrive at Station 1. That way, the flashlights won’t “accidentally be switched on and everyone loses their night vision.

Explain that, in the dark, hikers may not be able to see as well but they will likely become more aware of their other senses.

Ask hikers to take note of what each of their five senses is experiencing right now:

Touch – Notice how much cooler it is at night.

Smell - In the cooler night air, scents are more noticeable.

Sound – Notice how quiet it is at night.

Taste – For now, hikers may not notice any change in the sense of taste. Sight – Notice how dark it is at night.

Station 1. TOUCH

Materials: Collect enough small stones of assorted sizes and shapes - one per hiker.

Introduce the activity by passing around the bag of rocks and allow each hiker to select one to be their “pet” for this journey. Tell them to start by really getting to know their pet rock by learning what it feels like in their hands. Is it smooth, bumpy, pointy, flat, jagged, round, etc.? Since it’s dark, the sense of sight is diminished so they will need to use their other senses, to learn about their new pet rock... well enough that they could almost draw a picture of it.

Quietly move the hikers to the next station.

(At the end of the hike, you will collect their rocks in your bag, mix them up and then dump them into a pile. See whether the hikers know their pet rocks well enough to find them again.)

Station 2. SMELL

Materials: Gather a dozen identical small containers with lids (example, pill bottles). Place an assortment of aromatic substances in the bottles: coffee, cinnamon, cocoa, vanilla, garlic, fresh soil, lemon peel, peanut butter or sun butter (in case of allergies), lavender, cedar shavings, vinegar, etc. Place a cotton ball on top of the substance to keep it from spilling or being accidentally inhaled. Do not use toxic substances like ammonia, bleach or gasoline.

For this activity, find a spot where hikers can spread out into a circle next to one another.

Tell them they cannot speak or make any noises because that will only ruin the experience for the participants who have not yet received the bottles you will pass around to them.

Open each container and pass it around, asking each participant to smell what is in each container, without saying what they think it is. Is it harder to know without being able to see?

After the containers have all been passed around, ask each hiker to identify one of the smells.

Station 3. SOUND

Lower your voice.....Ask hikers to find a spot where their feet won’t move, they are far enough away from one another that they cannot touch, they are holding nothing, and they can become absolutely quiet.

Ask hikers to listen to the night sounds, without saying anything or making any motion.

After about 30 seconds, quietly ask the hikers to put their hands up and cup them behind their ears, like deer ears. Ask them to, again, be absolutely quiet but turn their cupped hands slightly forward or backward and see if they can hear more clearly from any direction.

After about 30 seconds, you can visit with them quietly to share what sounds were heard.

Station 4. TASTE

Materials: Bring enough Wintergreen LifeSaver candies for each hiker to have one or two. Watch the video: <https://www.youtube.com/watch?v=TGUZSnbSLLE>

Allow the participants to put a wintergreen lifesaver in their mouth but not bite it. Once the lifesaver has become soft, like a peanut, let them turn to the hiker next to them and smile so they can see their teeth while they bite through the lifesaver several times, watching for a faint blue spark from the candy. This takes good night-vision to see.

Discuss TRIBOLUMINESCENCE also referred to as MECHANOLUMINESCENCE

Another way to see **triboluminescence** is to put a lifesaver on a hard surface and lightly strike it with a hammer to crush the candy or use a pair or two of pliers to snap the candy in half.

Station 5. SIGHT

Materials: Bring a bag of 3-inch squares of colored construction paper or crayons without their paper labels.

By now, the hiker's night vision should have adjusted to optimal levels to see fairly well "in the dark." Make sure no one turns on any lights at this point.

Pass around the bag of colored paper or bare crayons and ask each participant to take one. Ask them to try to guess what color it is.

Explain that the eyes have cells called rods and cones. Rods are responsible for vision in low light levels which are closer to the blue end of the light spectrum. Cones are active at higher light levels where they are capable of detecting colors that are closer to the red end of the spectrum.

Explain the concept of the Purkinje effect which is the point at dusk and before dawn when the light levels are too low for the cone cells to distinguish many colors.

FINALLY

Collect their pet rocks in your bag. Mix them up and then dump them into a pile. See whether the hikers knew their pet rock well enough that they can pick it out of the pile.

Ask the hikers to look around and tell you whether they could safely walk back to where the hike started, without their flashlights, now that their eyes have adjusted to the dark.

HIKE TO THE LIGHT carefully, with or without flashlights turned on. Ask the hikers to look at their colored paper square or crayon and see if they guessed the correct color.

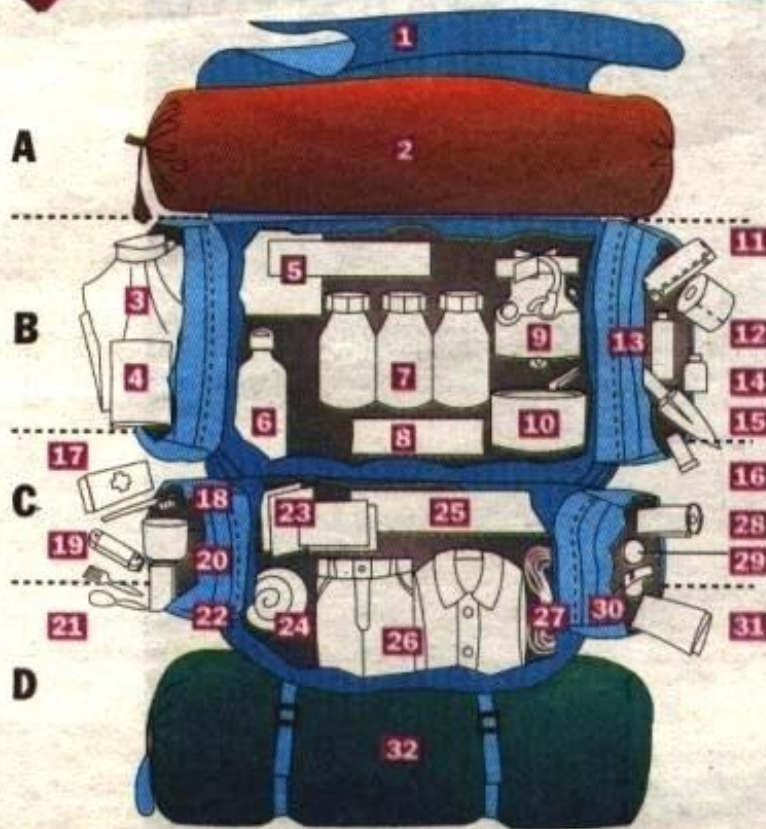
Packing by zones

- A. Tent
- B. Heavier items, as close to your back as possible
- C. Medium weight items
- D. Lightweight - sleeping bag



Keep it light

How you pack your backpack will make or break your trip. In general, carry no more than 30 percent of your body weight. For an overnight trip on a Florida trail, a 25-pound pack should suffice. Your heaviest item will be water, so keep it in the top compartment, close to your back. It will help maintain your natural center of gravity.



Backpacker's checklist

What you carry into the woods is a personal decision. But here are a few items you won't want to be without.

- | | |
|--|--|
| <input type="checkbox"/> 1. Rain cover | <input type="checkbox"/> 21. Fork / spoon |
| <input type="checkbox"/> 2. Tent | <input type="checkbox"/> 22. Water tablets |
| <input type="checkbox"/> 3. Poncho | <input type="checkbox"/> 23. Dried food |
| <input type="checkbox"/> 4. Towel | <input type="checkbox"/> 24. Foam pad |
| <input type="checkbox"/> 5. Food | <input type="checkbox"/> 25. Plastic tarp |
| <input type="checkbox"/> 6. Stove fuel | <input type="checkbox"/> 26. Clothing |
| <input type="checkbox"/> 7. Water | <input type="checkbox"/> 27. Nylon cord |
| <input type="checkbox"/> 8. Trash bag | <input type="checkbox"/> 28. Flashlight |
| <input type="checkbox"/> 9. Stove | <input type="checkbox"/> 29. Compass |
| <input type="checkbox"/> 10. Cooking kit | <input type="checkbox"/> 30. Whistle |
| <input type="checkbox"/> 11. Sunglasses | <input type="checkbox"/> 31. Map |
| <input type="checkbox"/> 12. Toilet tissue | <input type="checkbox"/> 32. Sleeping bag |
| <input type="checkbox"/> 13. Sunscreen | |
| <input type="checkbox"/> 14. Repellent | |
| <input type="checkbox"/> 15. Trowel | |
| <input type="checkbox"/> 16. Matches | |
| <input type="checkbox"/> 17. First aid kit | |
| <input type="checkbox"/> 18. Toiletries | |
| <input type="checkbox"/> 19. Pocket knife | |
| <input type="checkbox"/> 20. Plastic cup | |

OPTIONAL ITEMS

- Camera
- Binoculars
- Notebook / pen
- Field guides

How to Sleep Warm

1. Go to bed warm

Do a few jumping jacks, push ups--just enough to warm yourself up but before start sweating. If you get in a sleeping bag when you are cold you'll likely stay cold.

2. Fuel Up

If it's going to be a very cold night consider a pre-bedtime snack that will keep the furnace burning. Slow burning fatty snacks are better than refined sugar and caffeine.



3. Water

You need to be well hydrated to stay warm. How much water to drink within the hour or two before you go to sleep is determined by how fast you process it. If you need to get up early drinking a lot of water before bedding down will serve as a natural alarm clock - it can be tricky to get the timing right. If nature calls in the middle of the night, get up and go! Holding it makes you colder.



4. Hot water bottles

Consider filling your water bottles with hot water, wrapping them with some spare clothing and warming up your sleeping bag before you get it.



5. Clothing

Change as much of your clothing as possible. The clothes you wore all day will be a bit damp and cold. If you wear them to bed you'll have to warm you cold damp clothes up before you get warm.



6. Wear a hat

We lose heat from our heads. It's not an old wife's tale; wear a hat to keep your feet warm



7. Sleeping bag socks

If you get cold feet try keeping a dedicated pair of thick, loose fleece or wool socks worn only in the sleeping bag.



8. Keep off the ground

Sleeping warm means insulating yourself from the ground. A good insulating pad is important.

9. Shake up your bag

Whatever type of insulation is in your sleeping bag, it will be compressed from packing. Do a good job of shaking and redistributing the insulation before you get in the bag.



10. Keep your nose and mouth outside

Don't put your nose and mouth into your sleeping bag. Moisture from breathing will make the bag and your clothing cold and damp. A well-designed mummy style sleeping bag will allow you to close the bag so only your nose and mouth are exposed.



RABBIT

Cotton-Tail Rabbit



SQUIRREL

Red Fox Squirrel



OPOSSUM

Possum



SKUNK

Striped Skunk



DEER MOUSE

Deer Mouse



RACCOON

Raccoon



WOODCHUCK

Ground Hog



COYOTE

Coyote



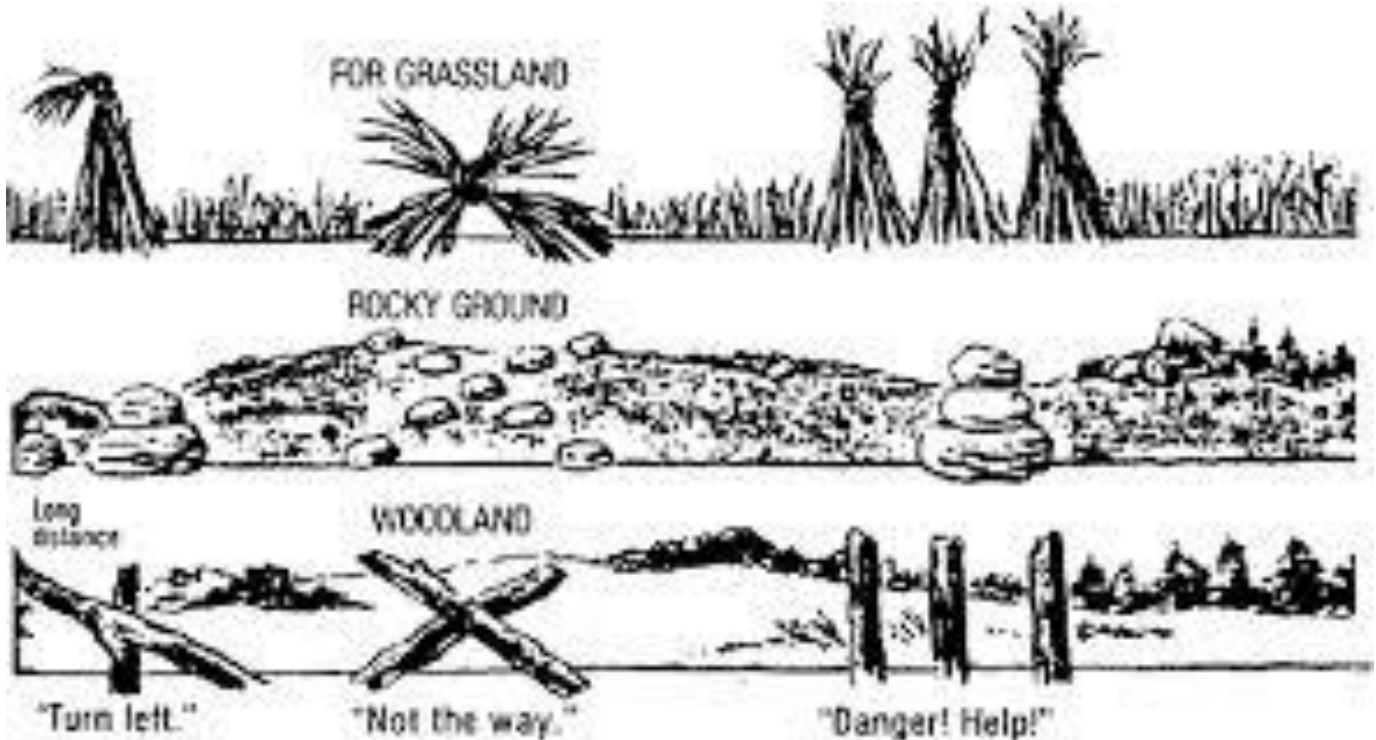
DEER

White-Tailed






















Trail Signs

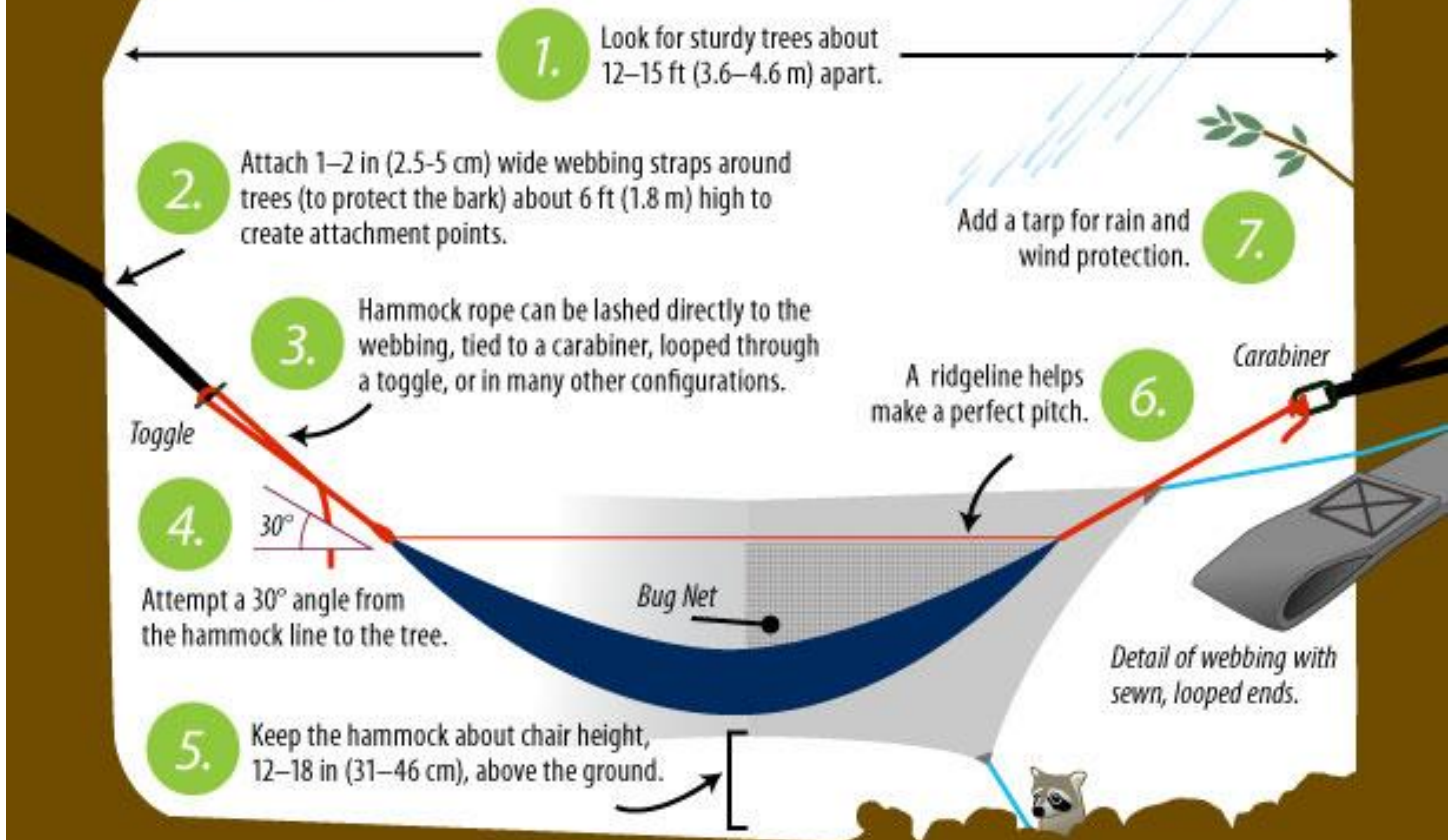


Trail Signs

Trail Signs			
straight ahead	turn right	turn left	do not go this way
Rocks 			
Pebbles 			
Sticks 			
Long Grass 			
Number of paces in direction indicated 	I have gone home. 		

Hammock Camping

The Basics

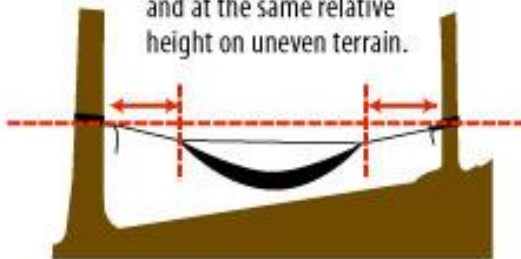


No need to worry about uneven, rocky, wet, muddy, bug-infested ground again!

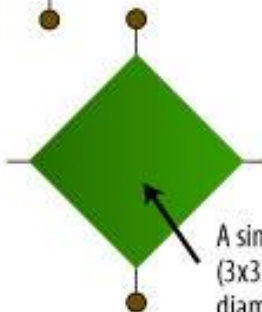
Birds-eye View



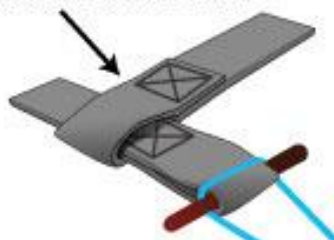
Generally speaking, the hammock should be hung evenly between the trees and at the same relative height on uneven terrain.



The tarp ridgeline should be tied below the hammock straps so the tarp will be close when the hammock sags while occupied.

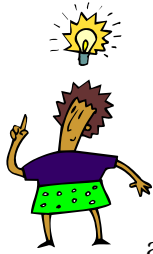


Looped webbing can be threaded through each other to attach to a tree.



More information about hammock camping at hammockforums.net

Illustration by Derek Hansen



GAMES USING KNOTS

Square Knot Race:

Girls stand in circle, each with a rope. Girls use square knots to tie all ropes together. When all ropes are joined, leader calls out the names of two girls. They must untie their ropes from the circle, race around the circle, and back to their places, and retie their ropes. First one finished wins. Continue game until all have had a chance to run.

Knot Run:

Form troop in large circle; girls stand facing inward with hands behind backs. "It" walks around outside the circle, carrying a piece of rope. Suddenly she puts the rope into a girl's hands, calls the name of a knot, and runs around the circle. The girl who was given the rope must tie the knot correctly before "It" gets back to her place. If she fails, she becomes the new "It." If she succeeds, "It" must try again.

Clothesline Relay:

(Need 2 ropes and 2 bandanas per team, 2 trees, poles, or chairs per team)

At a signal, buddies run up to the poles and put up a clothes line using a clove hitch, hang their bandanas on the line, and run back to tag the second pair of players. The second set of buddies runs up and takes the bandanas off the line, removes the clothesline, and takes it back to the next set of buddies. The procedure is repeated until all have had a turn. The first team to finish first wins.

Knot Relay:

(Need a piece of rope for each girl, knot names printed on index cards)

Divide into relay teams and give each girl a piece of rope (approx. 18-inches).

At the signal, the first person on each team runs to draw an index card, ties the knot that is written on the card, and if it's done correctly, she can run back to tag the next teammate to do the same.

First team to have every member tie their knot correctly, wins.

Assign helpers who can quickly check that knots are tied correctly.

If a knot is tied incorrectly, another card can be drawn to try again.

Clove Hitch Relay:

(need 1 rope approximately 20' long for each team; 1 tree or pole per team)

Tie a slip knot in both ends of the rope. Divide into groups of 2, each girl with a buddy. Slip end of each rope onto buddies' wrists. At a signal, buddies run to the pole or tree and tie a clove hitch around it without taking the rope off their wrists.

Trust Circle:

Each girl is given a small piece of rope approximately 18" long. Girls form a close circle and face outward. Girls use a square knot to tie all ropes together in a huge Circle... of Trust! The girls should then be inside that circle and turn to face inward toward one another. Make sure the girls hold the rope at waist level and slowly back up and lean outward letting the rope hold them. If ALL square knots are tied correctly, none will slip and the Circle of Trust will hold everyone together!

Car Camping Checklist

Tent, or Car Camper Conversion
Sleeping Bag, Pillows
Sleeping Pad
Heated Travel Blanket
Portable Chairs, Stools



Cooking Stove, Fuel
Cookware, Pot Holder, Cooking Tools,
Camping Coffee Maker
Dishes, Utensils, Metal Skewers, Knife
Car Cooler
Can Opener, Bottle Opener
Food, Water, Spices
Napkins, Towels
Water Purifier, Water Bottles



Cleaning Supplies, Garbage Bags
Flashlight w/ Extra Batteries, Lantern, Head Lamp
Toiletries, Toilet Paper, Towel Biodegradable Soap
Sun Shower, Disposable Urinal



First Aid Kit, Hand Sanitizer
Sunscreen, Insect Repellent
Pepper Spray
Personal Medications
Compass, GPS
Waterproof Matches/ Fire Starter
Rope, Duct Tape, Pocket Knife



Camera, Binoculars
Fanny Pack / Daypack / Hydration Pack
Sunglasses, Hat
Clothes, Pajamas, Swimsuit
Rain Gear
Entertainment (Games, Cards, Books, Sports Equipment)



for resources visit www.GoCarCamping.com









goCARcamping



ARE YOU A Mosquito Magnet?

MOSQUITO REPELLENTS FACT OR MYTH?

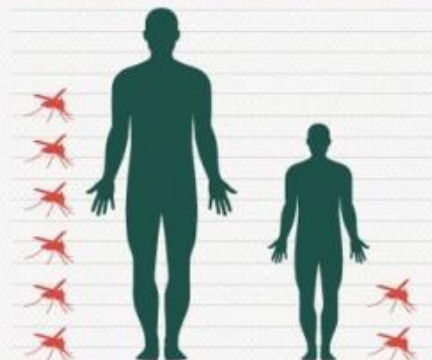
Fact: mosquitoes are annoying little insects. But what really attracts and repels them? From bananas & beautyberries to blondes & bugzappers, you can find all the juicy details below!

							
PEPPERMINT OIL	BEAUTYBERRY (CALLICARPA)	CATNIP	GARLIC	CITRONELLA	VITAMIN B	BUG ZAPPERS	BATS
FACT	FACT	FACT	MYTH	MYTH	MYTH	MYTH	MYTH
Repels mosquitoes and larvae.	Mississippi folk remedy.	10 times more powerful than DEET.	Repels vampires and dates, not mosquitoes.	Only effective 3 to 10 minutes after application.	No link between Vitamin B and mosquito repellent.	Kills only a handful of mosquitoes.	Mosquitoes makeup only a small portion of diet.

WHAT ATTRACTS A MOSQUITO?

			
BLONDE HAIR	PERFUME	DARK COLORS	BANANA
Blondes tend to be more attractive to mosquitoes than brunettes.	Floral scents are especially attractive to mosquitoes.	Dark colors capture heat and make most people more attractive to mosquitoes.	Bananas help break down lactic acid, which mosquitoes are attracted to. Lactic acid is broken down only if you're carrying extra stores, making this a myth.

LARGER PERSON, MORE MOSQUITOES



Larger people tend to attract more mosquitoes because of their greater relative heat or carbon dioxide.

MOSQUITO FEEDING TIME



Choose midday or after dark to be out. Mosquitoes are most active at dawn and dusk.



WHAT LEADERS CAN EXPECT FROM GIRLS IN THE OUTDOORS AND HOW TO COPE

Some common situations that may arise while you are camping with first time campers, or even experienced ones, are listed below along with suggested ways to deal with each. In situations like these, there are multiple solutions that may work and no set ways that will work every time. You must handle each situation as differently as you handle everyone in the troop. Use common-sense, be fair, treat each person with love and respect for their opinions or feelings, and remain calm and reassuring to them.

SITUATION: Girls tire easily.

SUGGESTION:

Guide the girls in planning both active and passive activities. Even if not planned, take short spontaneous breaks.

SITUATION: Girls may be afraid of the dark or of unfamiliar noises.

SUGGESTION:

At the campsite, sit as a group and listen for unfamiliar sounds and look for "scary" shapes and identify them. Who can name the most? At bedtime, be around so the kids feel secure. Don't sleep so far away from the girls that they are uneasy. Adults should not sleep in the same tent/cabin with the girls.

SITUATION: Girls wet their sleeping bags because they are too cold or are afraid to get up to go to the bathroom.

SUGGESTION:

After it is dark, make sure everyone knows where the bathroom is and how to get to it from their bed. Remind everyone to take a buddy with them. If their buddy won't wake up, they can wake you, the leader.

SITUATION: Girls or adults are not educated in how to treat the natural environment.

SUGGESTION:

If you're not that environmentally savvy, invite some other adult who is, to come on the trip with you. Invite a Forest or Park Ranger to the troop meeting before the campout or do some research in books or on the internet. Many excellent pamphlets and information sheets about how to treat the environment, are available from the US Forest Service.

SITUATION: Girls get cold at night.

SUGGESTION:

Improper or inadequate sleeping attire can make for a miserable night. Make sure everyone has warm, dry sleepwear for the weather. Bring along a few extra sweatshirts and blankets. Make sure girls do NOT sleep in any clothing they wore during the day or evening. Clothing holds moisture from perspiration and damp night air. CLEAN, DRY clothes and socks will keep bodies the warmest.

SITUATION: Girls don't keep clean (on extended trips.)

SUGGESTION:

Have a Shampoo & Suds Party. Before the trip, talk about good grooming habits in the out-of-doors.

SITUATION: Girls talk half of the night (or all of it) and they wake up right around dawn.

SUGGESTION:

Talk about courtesy to others. As you say goodnight to the girls, especially if you know that talking is a problem, reinforce the need for courtesy to others, particularly late at night and early in the morning. You might try a "Courtesy or Quiet Award" for the quietest patrol, cabin, or individuals. A "special privilege" may be awarded the next day, for their efforts.

SITUATION: Girls get cranky or irritable.

SUGGESTION:

Lack of sleep, temperament of the girls/leaders, or being cold can make people cranky and irritable. Be understanding and try to find the reason for the problem so you can act accordingly.

SITUATION: Some girls are afraid of insects and animals.

SUGGESTION:

Before the trip, use books to identify insects and crawly things. Find out what types of animals your troop may see on their outing. Be honest with the girls; find out what an animal's reaction to humans may be. Deer may run; racoons may be curious enough to approach you. FIND OUT!

SITUATION: Girls sometimes get homesick.

SUGGESTION:

A homesick child will seldom tell you, point blank, "I'm homesick." Watch for the symptoms: headache, stomachache, non-participation, crying, little or no appetite, quietness, clinging to the leader. Know when it is likely to strike, mostly around mealtime and bedtime.

Know what to do..... Talk with the child. Make sure she is busy and involved. Assure her it is OK to be homesick and to miss the people or pets she loves. Allow her to talk about her family. Don't ignore the problem and pretend it will go away. IT WON'T! Be understanding and patient. Sometimes, a person just needs a good cry to get it out of their system. Allow the girls time. Let them know you are their friend and that you understand. Be honest with them; if you were homesick as a child; you might share the experience with them. If you were not, don't tell them that you were, they can tell. Above all, be there for them and have a sympathetic shoulder and a kind word for them

THE MAIN THING

Let it be THEIR camping trip. Be organized but BE FLEXIBLE! Don't let the whole experience be ruined if one thing falls through. People learn some of their best lessons from mistakes. e.g., If they track sand into their tent, they'll learn what it feels like to sleep in grit. After the campout is over, at your next meeting, everyone can talk about what they learned, what they did right, and what they could do better the next time.

Don't do everything for the girls; help them but let them learn by doing. Let them know responsibility and independence. If it's safe, let them learn consequences for themselves, firsthand. Let them plan the trip with your guidance. Help them make a plan for alternate activities in case of rain. Let your girls know what to expect, yes, it will be dark; yes, we will cook our meals and be sleeping on the ground.

BE PREPARED!!! Be prepared not only for the kind of program the girls plan, but for those unplanned surprises. Make sure the girls are prepared in the ways you prepare yourself. Help them to understand what will be happening by making sure YOU know what will be happening

Don't rush through the progression steps. Make sure the girls are ready to handle what they plan. If the girls have never cooked out before, do a backyard cookout with the troop first. Start with the basics and then progress to more difficult cooking/recipes on your next trip.

THIS ISN'T A RACE, IT'S A JOURNEY!