

200 COOKOUT/CAMPOUT TRAINER'S NOTES

PLANNING SESSION

CHECK-IN 30 MIN BEFORE/-0:30-0:00

SIGN IN

SIGN AND CORRECT REGISTRATION FORM
MAKE OUT NAME TAG

MOVE IN

CLAIM SEAT
STORE PERSONAL ITEMS
COLLECT HANDOUTS

HOMEWORK VISUALS

POST KAPER CHART
POST TROOP EVENT PACKET

PRE-MEETING ACTIVITIES

FIND TROOP EQUIPMENT ITEM FOR SCAVENGER HUNT
PICK COLOR FROM POT
DO EARLY-BIRD
LOOK OVER RESOURCE TABLE AND DISPLAYS

EARLY BIRD

MAKE FIRE STARTER KISSES
Reference 200 p 27
Candles/paraffin blocks
Wax paper squares
Vegetable peeler
MAKE HANDWASH
Reference 200 p 13
1 Gallon (non milk) jug
6 feet of line
Nails to make holes
Ink pen marker

INTRODUCTIONS 10 MIN/0:00-0:10/FRED

WHO'S WHO

NAME TAGS
ROUND-ROBIN INTRODUCTIONS & COURSE DESIRES

FACILITIES

RESTROOMS
BREAK ROOM
PHONE
FOOD

SCHEDULE

BREAK EVERY HOUR 5 MINUTES
3 HOUR

LEARNING OBJECTIVES 2 MIN/0:10-0:12/SHEILA

AT THE END OF THIS TRAINING PARTICIPANTS WILL BE ABLE TO:

- Use resources to identify health and safety procedures necessary for a cookout or campout with Girl Scouts.
- Identify various levels of progression in the areas of outdoor skills, outdoor cooking methods, girls/adult planning
- Site the rules regarding GSCNC site maintenance
- State the process of securing a GSCNC Camp Site Use kaper Chart
- Use minimal impact camping procedures to care for a campsite though proper site set-up, use and clean-up.
- Participate in form of grace, considering cultural sensitivity
- Plan an outdoor flag ceremony and or/Girl Scout Own
- Plan part of a Girl Scout Camp Fire
- Plan, Prepare, cook serve and clean up a simple meal outdoors.
 - Budget for and plan menus for a group, considering cultural, religious and individuals needs
 - Describe how to purchase, pack and store food supplies for simple meals
 - Use the one pot and basic stick cooking methods
 - Demonstrate safety procedures for simple tools, and kitchen equipment necessary for a cookout
- Use appropriate personal and troop equipment for an overnight experience
- Safely build, maintain and extinguish and individual wood fire

Describe how to safely transport, and use both propane and white gas portable cookstoves

Use appropriate sleeping systems for camping, including a bedroll, setup, care for Site the process for cleaning latrines and handwashing

Safely setup, use and care for wick (lamp oil or kerosene) lanterns, and mantle (propane or white gas) lanterns.

Describe how to safely transport and store lantern and fuel

PERSONAL GEAR 2 MIN/0:12-0:22/SUE

REFERENCE SW P 82, 87 (HW)
REFERENCE 200 P 30, 40

DRESSING FOR EXTENDED PERIODS OF TIME IN THE OUT OF DOORS

DRESSING FOR THE SEASONS DEMONSTRATION FROM CHILDREN CLOTHES COLLECTION

Winter
Spring
Summer
Fall

WIND CHILL FACTOR (SHOW WIND CHILL CHART)
DRESS IN LAYERS (LAYERED CLOTHING)

CONSIDER WEATHER

CLOTHES FOR ALL PARTS OF THE BODY (HEAD, HANDS, TORSO, FEET)

Underwear
Long pants and long sleeve shirt
Shorts and short sleeve shirt
Sleepwear
Two piece
No one piece or nightgowns
Complete Change of Clothes
Proper footwear
Two pair of sturdy shoes or boots
Extra socks
Slippers (in lodges)

Head covering

Sun block
Heat container
Jacket/Sweater/Sweatshirt
Mittens/Gloves
Rain gear

Best: Rain suit
OK: Poncho

AVOID:

Short shorts (bad for sitting)
Bare backs
Bare shoulders
Bare middles

PERSONAL EATING UTENSILS

Non-breakable
Non paper
Reusable
Avoid throw away

MESS KIT OR UNBREAKABLE PLATE, BOWL AND CUP

Each person must have an individual drinking cup (SW p 90)

UTENSIL KIT OR UNBREAKABLE KNIFE, FORK AND SPOON

NET DRIP BAG

Light weight net
Easy to dry

TOILET KIT

Toothbrush & Tooth Paste
Small Cup
Washcloth, towel, soap
Brush/comb/nail files
Tissues/Toilet Paper
Sun block, lib balm, petroleum jelly
Sanitary Napkins/tampons

FLASHLIGHT

Reverse batteries for transit

WATER BOTTLE/CANTEEN

Sport or Syrup bottle

WORK GLOVES

SIT UPONS OR LAWN CHAIR

HANDBOOK, PAPER, PENCIL, SONGBOOK

SMALL CONTAINER OR BASIN TO HOLD WASH WATER
PERSONAL BANDANNA

For drying hands
STUFFED "FRIEND"
Anything to make a chilled comfortable

PILLOWS/PILLOW CASE
Stuff with clothes

CAUTIONS
No aerosol cans or glass
Avoid scented items
Do not wear plastic garments around an open flame (SW page 89)

PACKING **3 MIN/0:22-0:25/FRED**

reference 200 p 40

CARRYBAG

Soft sided bag
Duffel bag
Day pack
Knap sack
Ruck sack
Backpack
Heavy duty plastic bag
2 small bags for small girls

SORT GEAR IN ORDER OF NEED:

Method 1: One day's clothing in separate bags
Method 2: Pack like garments together in bags

ROLL CLOTHES

PACK IN PLASTIC BAGS

PUT IN BAG: USE THE FIRST IN LAST OUT RULE

CAUTIONS

Girl must be able to Carry
Mark Name on all items with permanent marker
No food packed in personal gear

SLEEPING SYSTEMS **5 MIN/0:25-0:30/FRED**

Reference 200 p 29-30

SELECTING A SLEEPING BAG

Shapes:

Rectangular
Semi-rectangular
Barrel
Mummy
Hood

Filling:

Cotton
Goose down
Thin Insulate
Quatrafil
Polar Guard
Other synthetics

Construction:

Differential Cut
Loft
Quilting
Sewn Through
Offset
Double

Baffle/Draft Tube

Draw string

Optional Features

Shoulder yoke
Zipperable with another bag
Pockets
Sleeping pad holder

Weights/Temperature Rating:

Summer seasons
3 seasons
4 seasons

Try out at store

Lie on floor with bag
Check for amount of body space
Roll up for carrying and packing

Price ranges

\$15 to \$35 Slumber bag
\$35 to \$100 Inexpensive sleeping bag
\$100 to \$200 Premium sleeping bag
\$200 to \$500 Specialty sleeping bag

Adapting a slumber bag

Add blankets
Sheet liner
Additional warmth
Absorbs perspiration
Keeps bag cleaner
Tangles with restless sleepers
Cleaning & storage
May need to be dry cleaned
Air thoroughly
Fold loosely like blanket
Keep loft

GROUND CLOTH

Clear plastic
Shower curtains
Avoid thin plastic (dry cleaning bag)
Space blanket
2 to 4 mils.

COTS

Very cold to sleep on
Takes lots of space
Girls do not need cots
Leader or girls with back ailments

INSULATION

Closed cell foam pad
Good insulator
Not overly comfortable
Open cell foam pad
Absorbs water
Fully Compresses under body weight
Passes cold where fully compressed
Comfortable when dry

Air mattress

Cold in winter
Hot in summer
Good cushioning
Newspaper
No cost
Good insulator
Time consuming
Messy
Heavy
Also used to clean lanterns

Self inflating pad

Combines open cell foam with air mattress
Good insulation
Comfortable
Self inflating
Expensive \$30 to \$75
Store unrolled and inflated

BEDROLL

Reference 200 p 29

Lay out

Method 1 Sleeping bag
Ground cloth
Sleeping bag
Method 2: 3 Blankets
Ground cloth
3 Blanket rectangular overlap
Roll up end and pin
Method 3: 3 Blanket diaper
Ground cloth
1 Blanket diamond
2 Blankets rectangular overlap
Fold over diamond and pin

Roll up starting at head end

Tie like package

Unroll early to allow bag to fluff up

Air in morning to remove body moisture

Re-roll by mid day

Avoid evening dew or rain during day

Practice tying up (at troop meeting)

TROOP EQUIPMENT 20 MIN/0:30-0:50/ALL

EQUIPMENT SCAVENGER HUNT: EACH PERSON WAS GIVEN AN EQUIPMENT CATEGORY LIST WITH REQUEST TO FIND ONE

ITEM LISTED

EQUIPMENT CONTAINERS
FOOD COOKING
COOKING UTENSILS
FOOD PREPARATION/SERVING
FOOD STORAGE
LATRINE SUPPLIES
DISHWASHING AND CLEAN-UP
EMERGENCY ITEMS
PROGRAM
SHELTER
FIRE STARTING
WOOD FIRES
CHARCOAL FIRES
FIRE EXTINGUISHING
STOVES
PROPANE FUELS
GASOLINE FUELS
KEROSENE/LAMP OIL
WICK LANTERNS
MANTLE LANTERNS
TENT LIGHTS
EQUIPMENT CONTAINERS
MANAGEABLE BY GIRLS
CHUCK BOX
PLASTIC BINS/TRASH BARRELS
WATER RESISTANT BOXES/BINS
WOOD CRATES
MILK CRATES
NOTES
MANAGEABLE by Girls

COOKING EQUIPMENT

10 TO 16 QUART POTS
NESTED COOK KITS
STICK COOKING
Use small dowels or metal skewers
Sandwich Irons
Notes
Requires time and patience
Used for toasting, kabobbing and baking
Plan ahead to have everything ready at same time
Advise girls of dangers of carrying sticks
"Dough Boys" Éclairs using 1 inch wood dowels
Clean sticks like you would dishes
Cautions
Do not use green sticks or stick on ground
Do not use coat hangers (toxic)

METAL UTENSILS KITS

METAL FORK
METAL LADLE
PEELER
PARING KNIFE
METAL SPATULA
CAN OPENER
METAL SLOTTED SPOON
METAL SPOONS (COOKING)
WOOD SPOONS (STIRRING, MIXING)
PLASTIC SPOONS (SERVING)
RUBBER FOOD SCRAPER
SPAGHETTI SPOON

FOOD PREPARATION

CUTTING BOARDS
MIXING/SERVING BOWLS
HAND WASH
GREASE CAN WITH LID
MEASURING CUPS

TABLE CLOTHS/FOOD STORAGE CONTAINERS

WATER JUGS
Plastic Funnel
FOOD COOLERS
Metal
Plastic
Avoid styrofoam

Not animal proof
Not biodegradable
Easily breaks
SMALL GARBAGE CAN
HEAVY PLASTIC OR VINYL BINS
PITCHERS
PLASTIC BAGS
PLASTIC CONTAINERS WITH LIDS
HEAVY DUTY FOIL
ANIMAL PROOF CONTAINERS
Mice in lodge
Uses containers with covers
Plastic bins/trash barrels/metal boxes
Chuck box

LATRINE SUPPLIES

REFERENCE 200 P 14
DISINFECTANT
SPONGE/BRUSH
BROOM
RUBBER GLOVES
TOILET PAPER
#10 Can with Plastic Lid
SANITARY NAPKIN/TAMPON DISPOSAL
Container with Cover
HAND WASH
Reference 200 p 13
ROUTE MARKERS

DISHWASHING AND CLEAN-UP SUPPLIES

Dishwash station 200 p 23
3 DISH PANS
BRUSH/SPONGE/SCRUBBY
FOOD SCRAPER
RUBBER GLOVES
DISH DETERGENT
BLEACH
SMALL PLASTIC BAG FOR FOOD WASTE
PLASTIC BAG TO FILTER DISHWATER
PLASTIC BAG FOR TRASH
PLASTIC BAG FOR RECYCLABLES
PAPER TOWELS

EMERGENCY ITEMS

CAR SIGN
Emergency Vehicle
Camp Site
FIRST AID KIT
First aid kit SW p 38-39
TROOP EVENT PACKET
EMERGENCY COINS
HANDWASH FOR FIRST AID STATION
REFERENCE 200 P 13
2 GALLONS OF WATER
EMERGENCY REPAIR
Duct tape (tent)
Binder's Twine
FIRE DRILL/EVACUATION ROUTE MARKERS
Reference 200 p 8
WEATHER RADIO

PROGRAM

HANDBOOKS
PROGRAM AIDS
Field Guides
Notes
FLAG WITH ROPE AND SASHES
REFERENCE 200 P 38-39
KAPER CHARTS
REFERENCE 200 P 9-12
Troop
Patrol
Group/Circle

SHELTERS

REFERENCE 200 P 7, 31, 32
BUILDINGS
Cabins and lodges
Glen shelters
Adirondack lean-too

Tree house

TENTS

- Round-up tent
- Bakers tent
- Pup tents
- Family tents
- Tarps
- Dinning fly

COOKING FIRES

- Reference 200 p 28
- Reference SW p 90
- Matches are in waterproof container
 - Metal container
 - Ziplock bag
- Emergency fire starter
 - Wax kiss
 - Egg fire starters
 - Trench candles
 - Sheet strips
 - Fuzz stick
- Tinder
- Kindling

WOOD FIRES

- REFERENCE 200 P 24
- Grates (with or without legs)
 - #10 Can for legs
 - Large log for legs
- Fire Handling
 - Hot Mitt
 - Work Gloves
 - Rake
 - Shovel
- Tarp
 - Plastic or Canvas
 - Cover wood to keep dry
- Bow Saw
 - Reference 200 p 33

CHARCOAL FIRES

- Reference 200 p 25- 26
- Charcoal Briquettes
 - Charcoal bag inside plastic bag
 - Fumes from impregnated charcoal makes food taste bad
- Charcoal starter chimney
- Wax fire kisses
- Tongs
- Box Oven
 - 1 Briquettes for each 50 degrees plus 2
 - Spread over bottom or put in pie pan
 - Does not need preheating
 - Baking time same as home oven

FIRE EXTINGUISHING

- Reference 200 p 24
- For Outdoor Fires
 - Sprinkle Can
 - Soup Can
 - Wire bail
 - 2-3 Hole on bottom
 - Fire Bucket
 - Metal
 - # 10 Can
 - Stirring Stick
- For Indoor Fireplaces
 - Sand
 - Clay Cat Litter
- For Indoor or Outdoor Stoves
 - Baking Soda
 - With moisture resistant container

PROPANE FUELS

- Reference 200 p 27
- Reference SW p 89-90 (HW)

PROPANE

- One pound throw away to 25 pound refillable canister
 - Purified natural gas
 - Propane may cost more than other fuels
- Store canister away from heat source
- May not be able to travel through tunnels with large canister
- Valves

- New Valve
 - Triangle Three points
 - Can be refilled
- Old Valve
 - Round
 - Can not be refilled

Cautions

- Observe warning and safety consideration
- Propane may cost more than other fuels
- Store canister away from heat source
- May not be able to travel through tunnels with large canisters
- Canister can get sweaty (this is normal)
- Canister should not be hot to touch when changing
- Let malfunctioning canister discharge in ventilated area then dispose
- Follow disposal regulations for small canister (dumpsters?)

GASOLINE FUELS

- Reference 200 p 27
- Unleaded gasoline
 - Less pure petroleum than white Gas
 - Contains additives
 - Cheap
 - Stores gasoline in DOT approved red container
 - Store canister away from heat source
- White gas
 - Known as Coleman Fuel
 - Very pure petroleum
 - Highly volatile, needs proper use
 - Needs lots of oxygen
 - No additives
 - Medium price
 - Stores in original container from store
 - Store canister away from heat source
 - Do not mix gasoline with kerosene

KEROSENE/LAMP OIL

- Reference 200 p 35
- Only used for light sources
 - Used in backpacking stove not part of this training (take 250 & 260)
 - K-1 Kerosene available at gas stations
 - Kerosene cheap, lamp oil expensive
 - Lamp oil may be perfumed (not desirable) & colored
 - Stores kerosene in DOT approved blue container
 - Store canister away from heat source
 - Do not mix kerosene with gasoline

STOVES

- Reference 200 p 27
- Gas Stove
 - One or two burner types
 - Two separately operable valves or two cascaded operation valves
 - Rubber or metal connector
 - Multi-fuel stoves and adapters
 - White Gasoline
 - Unleaded Gasoline
 - Propane
 - 4-6 hours depending upon air temperature

Cautions

- Never used in tent
- Used fire site safety considerations
- Do not use in fire site if another fire is present
- 3 foot clearance when used on one end of picnic table
- Allow ventilation for fire and fuel

Notes

- Follow manufactures instruction
- All connections should be hand-tight
- Keep all parts clean
- Oil pump and plunger on white gas stoves
- Test the stove, be familiar with operation
- Avoid using pots which make stove top heavy
- Store propane canister separate from stove
- Store white gas in stove tank and in stove
 - Keeps gaskets from shrinking

WICK LANTERNS

- Reference 200 p 35
- Cotton Wick Lantern
- Liquid Fuel

K-1
Lamp Oil
Newspaper
Clean Globe Why
Point of reference
Not a light source
Inexpensive to buy (\$10) or rent (\$3)
8 oz of fuel last all night
Where to place
Latrine
Outside cabin/lodge
Along trail to latrine
Securing
On latrine hook
Cook shelter hook
Secure on ground
Level area
Clear ground
Rocks/stone around base
Cautions
Do not hang on tent lines or frames
Do not bring in or hang on tents
Do not bring indoors (fumes)
Fill/Empty at isolated area
Light at fire site
Use only K-1 or Lamp Oil
Fuel Grade funnel attached to container
Some plastic may melt with kerosene
Do not get confused with food funnel
Transport
Pack padded and upright
Empty of fuel
Padded
Keep flame low
High flame soots up globe
High flame will not burn all night
Have back up lantern or light source
MANTLE LANTERNS
Reference 200 p 34
Features
One or two mantel types
One valves with variable fuel flow – intensity
Integral fuel tank for white gas
White gas is very bright
Hose or canister for propane
Propane is bright
Use
Follow manufactures instruction
All connections should be hand-tight
Keep all parts clean
Oil pump and plunger on white gas lantern
Carry spare mantels for your lantern
Replace mantel when broken
Test the lantern and become familiar with operation
Store propane canister separate from lantern
Store white gas in lantern tank
Keeps gaskets from shrinking
Propane tank tree provides light stand and access for stove
Cautions
Never used in tent
Do not use in fire site if another fire is present
Can be used on one end of a "cleared picnic table (three foot clearance)
Do not hang near wood in cook shelter due to heat generated at top
Allow ventilation for flame and fuel
TENT LIGHTS
Reference p 40
Battery light source
Lantern style
Flashlight beam
Incandescent or florescent available
Where to place
Indoors or outdoor use
Helpful with nighttime first aid
Use
May short-out if not weather proof

Short battery life
May cause night vision difficulties (bright light)
Light Sticks
Alternative to lanterns
Where to place
May be brought into cabins, tents as night light
Features
Closed plastic tube holding non-toxic chemicals that glow with a cold light
Different colors, lengths, and duration's (8 or 12 hour)
Use
Activated by mixing ingredients
Store in refrigerator or freezer for long shelf life

TROOP EQUIPMENT LIST 5 MIN/0:50-0:55/FRED

EQUIPMENT LIST 200 P 40
ADJUST EQUIPMENT NEEDED FOR FOOD MENU AND STYLE OF COOKING
HOMEMADE EQUIPMENT
Canteen from plastic syrup bottle
Pots from cans
Ground cloth
BORROW INSTEAD OF BUYING
PURCHASE FROM REPUTABLE AND RELIABLE OUTDOOR STORE
RENTING
Council rental equipment
Green Page p 50A
Check for place in Campsite Directory
When and where to pick up
Call for times
May be stated on approved rental form
Troop responsible for damaged equipment
Items to be returned clean and dry
Call in to get extra time to dry
Non council rental
Sporting goods stores
Military bases
Camping outfitters/tour guides

TRAINING BREAK 5 MIN/0:55-1:00/ALL

BREAK
RETURN CAMPING GEAR
TRAINEES RELOCATE INTO PATROLS
PATROL ASSIGNMENTS BASED ON LOTTERY
Each trainee pick a color coded patrol assignment from a random collection in a container at beginning of training
ADJUSTMENTS
Husbands and wives in different patrols
Leader, Co-leader and assistant leaders in different patrols
2 patrols
7 to 10 members per patrol
PATROLS WILL BE WORKING TOGETHER THE REST OF THE TRAINING
Girl Scout Says
Planning session
Overnight camping weekend

PREPARATION GAP/SAFETY 30 MIN/1:00-1:30/ALL

GIRLS SCOUT SAYS

Jeopardy type game

GAP and safety questions from the following resources:

Safetywise

Green Pages

101 Basic Leader Module

200 Cookout & Campout

Each patrol to provide 3 person to be the judges

4 to verify answers

1 to time patrols for Answer

1 to determine which patrol gets to answer the questions

1 minute for patrols to find and quote answer from resources

Other Patrol get to answer if patrols get answer wrong

Move to next question after correct answer or both patrols wrong

Game ends in 30 minutes

Patrol with most number of correct answers wins a prize for each member including 3 judges

GIRL OWNERSHIP

ADULT ROLE ON TRIPS

Reference 002 p 16

LEADER RESPONSIBILITIES

Reference 101 p 5

Reference 200 p 2

SW p 81-87

SW p 69-70 (HW)

Assign first aider

Select contact person

Maintains camping girl/adult ratios

Daisy: 2 Adults the first 5, 1 adult for every 3 more

(Daisy may camp occasional overnight in family camping experiences with parents/guardians or other family members)

Brownie: 2 Adults for the first 12, 1 adult for every 6 more

Juniors: 2 Adults for the first 16, 1 adult for every 8 more

Cadettes: 2 Adults for the first 20, 1 adult for every 10 more

Senior: 2 Adults for the first 24, 1 Adult for every 12 more

Camp Trained Adult see that Girls have the skills and Knowledge to:

Plan a simple Trip

Set-up and take down tent

Read and Follow Recipe

Read and Follow Kaper Chart

Cook, Clean-up and store Food

Setup and operate a camp stove

Collect, build and extinguish fires

Clean a Latrine

PLANNING

Reference 200 p 5

Reference SW p 87 (HW)

Encourage girl input

Plan who is responsible for items

Plan when task need to be done

Plan girl and adult ratios for activities

FINANCING AND BUDGETING

Reference SW p 74

Reference GP 21

Cost of camping

Shelter

Gasoline

Food

Equipment

Encourage girl input

Use girl generated funds whenever possible

Avoid constant special assessment to parents

Special fund raisers (uses GSCNC procedures)

Encourage thrift (don't be extravagant or miserly) in budgeting

Financial assistance available form GSCNC for girls and troops

ADVANCE KNOWLEDGE OF SITE HAZARDS & SUITABILITY

Reference SW p 87-88

Reference 200 p 3

Terrain

Roots

Stumps

Bodies of water

Site limits

Animals

Facilities

Water

Latrines

Electrical

Refrigerator

Heat

Parking

Camp/cabin sites

COUNCIL FORMS

Reference Green Pages p 13, 49, 57, 58

Reference 200 p 7, 36

GSCNC Camp Site Reservation

Camp Site deposit & rental

Maximum 3 Months before trip

Online Reservations

Troop Camping Eligibility Form must be on file

Notification From B240/B241 (Non-GSCNC/out of council site)

B240 < 3 day and <200 Miles

B241 > 3 day or > 200 miles

3 weeks prior to trip

Troop Camping Eligibility Form must be on file

Online Reservations or printed Form

Troop Camping Eligibility Form

3 week processing time

Equipment Rental Form

3 week prior to trip

Rental Fee

Renting equipment & site

Reference Green Pages p 16, 34, 75

Campsite Directory

Location of centers

Operation hours

GSCNC CAMP SITES

GSCNC has 7 sites

Reference 200 p 6

Reference GP p 16

Camp Aquasco Farms

Prince George's Count

Aquasco MD

Camp Brighton Woods

Montgomery County

Ashton MD

Camp Coles Trip

Stafford County

Stafford VA

Camp Crowell

Fairfax County

Oakton VA

Camp May Flather

Augusta County

Mt. Solon VA

Camp Potomac Woods

Loudoun County

Lucketts VA

Camp Winona

Prince George's County

Hughesville MD

SPECIAL NEEDS

SW p71

Reference 200 p 2, 15, 19

Special need of individuals

Physically challenged

Mentally challenged

Cultural and Religious Needs

Consider facility

Consider activities

Consider menu

Consider site (accessibility to latrines/building and activities)

NIGHT CONCERNS

Reference 200 p 4

Bed wetting/soiling

Encourage parent to alert you of girls with problems

Over tired girls sleep through need to use latrine

Use latrine last minute before bed

Avoid late night drinks

Leader should discreetly check bedroll in morning

Allow wet bags to dry longer

- Pack extra bag for such emergencies
- Alert parent of need to clean bag
- Fear of Dark, Night Noises and Sound
 - Play Games
 - Night Eyes
 - Animal Ears
 - Identify noise -- calm fears
 - Sleep with Flashlight or Glow Stick
- Sleepwalking
 - Ask parent if this is a problem
 - Have girls sleep with light-sleeper
 - Choose site with minimum of hazards
 - Have adults near door
- Night vision
 - May be due to medical, contact lenses, glasses
 - Use bright flash light
 - Buddy up with someone understanding
- Missing home, family etc.
 - Practice progression
 - Approach with empathy , ask questions
 - Talk with adults, peer or call home
- DEALING WITH MALE ACCOMPANYING
 - Reference 200 p 3
 - SW Standard 13
 - Be sensitive to all involved
 - Openly discuss plans with girls, parents, and adults (male and female)
 - Consider mans reputation
 - Don't allow a setup for accusation
 - Protect the male from being alone with girls
 - Sleeping Arrangements
 - Alert men to be aware of their sleeping attire
 - Sleep in separate sleeping quarters (privacy barrier, separate room or tent)
 - Men might be asked to take a short walk away from lodge at changing time
 - May share tent with wife or daughter
 - A separate latrine or sign for male only use period
 - Similar standards for all adults for youth/adult protection
 - Child abuse and neglect Green Pages p 28-29
- PREPARATION, PRACTICE AND EVALUATE
 - Reference 200 p 2
 - Progression
 - Day Trips with Girls
 - Overnights
 - Readiness indicators
 - Practice at troop meeting
 - Practice on back yard cookouts
- CAMPING QUALIFICATION
 - Reference GP 3
 - SW 66, 87 (HW)
 - Qualified Campout Adult must be registered girl scout
 - Qualified Campout Adult and first aider are not the same person
- GOALS FOR OUTDOOR ACTIVITIES
 - Reference 200 p 2
 - Deepen each girl's Awareness of herself as a unique person of worth
 - Increase the skill, maturity, and satisfaction of relating to others
 - Develop values to give meaning and direction to each girl's life
 - Contribute to each girl's attempt to better society through use of her own talents in cooperation with others
- GIRL IS FIRST IN GIRL SCOUTING
 - Use Suggestions rather than orders
 - Use "We " than "I"
 - Have Girls plan
 - Site
 - Activities
 - Food
 - Encourage Girls Sensitivity to
 - Accessibility
 - Religion
 - ABC: Allergies, braces, Culture

SAFETY

- PROHIBITIONS
 - No guns and firearms SW p 80
 - No pets at GSCNC sites SW p 72

- No smoking, unless not in the presence girls GP 6
 - No smoking in cars with girls
 - No smoking in GSCNC lodges
 - No smoking while in official capacity
 - No use of alcohol at Girl Activities
 - No use of alcohol at Girl Activities GP p 6
- Abuse of prescription, over-the-counter, or illegal drugs
- BUDDY SYSTEM
 - Used at all times (SW p 49)
 - Stay within agreed-upon boundaries (200 p 3)
 - Girls and adults have buddies
- EMERGENCY PROCEDURES
 - Reference Green Pages Back Cover
 - Reference SW p 35-36
 - Reference 200 p 3
 - Evacuation Route
 - Reference 200 p 8
 - Plastic surveyors tape or cut up white plastic bag to mark route
 - Paper & pen to make map
 - Know emergency signals (200 p 8)
 - Each adult should have a whistle (200 p 40)
 - 3 blast means danger or emergency
 - 2 blast for practice drill
- WEATHER
 - Reference SW p 33-34
 - Reference 200 p 3
 - Natural disasters
 - Lightning
 - Winter storms
 - Floods and flash floods
 - Hurricanes
 - Tornadoes
 - Earth quakes
 - Know forecast
 - Monitor forecast before, in transit, and during, trip
 - Have alternate plans
 - Know when to say "We have had enough!"
- MEDICATION, ACTIVITY INSURANCE, FIRST AID
 - Reference GP p 6
 - Reference SW p 39, 32, 35 - 36, 93, 88
 - Medications
 - Reference SW p 32, 39
 - Leader informed in advance
 - Must be in original container
 - First Aider holds all medicine
 - Must have dosage instructions/prescription
 - Must have permission for both prescription and over the counter drugs
 - Medical conditions may need to carry medication on person
 - First Aider may keeps log and supervises taking of meds.
 - Should have girls/adults name on medication
 - Additional activity insurance is need if longer than 2 nights or 3 nights if 3rd day included a government holiday (Green Pages p 12)
 - First Aider
 - At least one adult must hold Level I first aid and CPR (SW p 36 - 38, 88, GP 6)
 - May be different people
 - Precautions
 - Human intruders 200 p 3)
- TRANSPORTATION
 - Reference 101 p 9
 - Reference SW p 73-74
 - Reference GP p 10, 61
 - Reference 200 p 3
 - Emergency vehicle nearest site
 - Filled with gas
 - Adults know where key is
 - Anyone can drive vehicle
 - Vehicle not used for storage
 - Limit other cars at camp site
 - Established parking areas
 - Do not block fire lanes
 - Do not overload natural areas
 - Keep outdoor feeling
 - Park all cars facing out (200 p 8)
 - Sign on dashboard

- List site on council property
- Obeys speed limit at GSCNC sites
- Licensed and insured (GP p 61)
- Vehicle capacity
 - Girls
 - Leaders
- Don't overload vehicle
- Maintain visibility
- Personal equipment
- Troop gear
- Seat belt for every person

MEAL PLANNING **15 MIN/1:30-1:45/ALL**
GROUP COOKING METHODS **2 MIN/1:30-1:33/SUE**

REFERENCE 200 P 2

TROOP COOKING

- Entire troop involved
 - Preparing food
 - Eat together
 - Common cleanup

Methods

1. Individuals are hostess, cooks, cleanup etc.
2. A group or patrol are hostess, cooks, cleanup etc'
3. A group or patrol prepare parts of meal

Pros/cons

- Best with one pot meals
- Requires large pots
- Requires institution (large) quantities of food
- Compact food/equipment storage
- Easy to supervise

PATROL/GROUP COOKING

- Only patrol or group involved
 - Prepare separate meals
 - Eats together as patrol/group
 - Separate clean up

Method

- Prepares, eats and clean-up on own schedule and own duties

Pros/cons

- Different menus may be cooked within troop
- Sharing of larger selection/experiences
- Normal family size pots
- Normal family quantities of food
- Menu easy to meet to groups needs and desires
- More storage space for by patrol/group and diverse menus
- Requires multiple cook site supervision

MENU PLANNING **2 MIN/1:33-1:35/ANN**

Reference 200 p 19 to 21

RECIPES

- Vary in difficulty
- Cooking methods

MENU COMMENSURATE WITH TIME OF DAY AND ACTIVITIES

- Hikes
- Itinerary/schedule
- Visitors
- Daylight

MENU FOR SEASONS

- Winter, spring, summer, fall
- Hot and cold weather food selections
- Seasonally available foods
- Holiday food/meals

GIRL EXPERIENCE LEVEL

- May have to limit choices for inexperienced girls
- Plan for instruction and demonstrations
- Consider complexity of menu
- Plan preparation time of meal
- Help girls plan everything to be ready at the same time
- Not all parts of the meal have to be cooked
- Involve girls in planning process

BE CONSIDERATE OF DIETARY RESTRICTIONS

- Medical
- Religious
- Cultural
- Maturity of palate

PRE-COOK FOR EASIER PREPARATION

- Cookies
- Cakes

Meats
COOKING TERMS
 Thoroughly heated
 Season
 Thickened
 Fold in
 Sautéing
 De-glaze
 Brown

PROGRESSION OF MEALS **2 MIN/1:35-1:37/FRED**

Reference 200 p 17

- Bag meal
- Sandwich & heat soup
- One pot meal, plus salad, drink, desert
- Practice several one pot meals
- Multi entrée meals
- Novelty cooking

TRY DIFFERENT FOODS

COME TOGETHER TO EAT TO SAMPLE MEALS

BRING BACKUP MEAL I.E. SOUP, PEANUT BUTTER & JELLY SANDWICH IN CASE OF A BURNED MEAL OR POT TURNS OVER

ANTICIPATE APPLIANCE PROBLEMS

- Non-working burners
- Ovens
- Refrigerators
- Electrical outlets
- Wet wood

QUANTITIES

- Food quantities and equivalents 200 p 18
- Girls will be more hungry on outings
- More food needed in cold weather
- Activities and meal time influence consumption
- Personal judgment on quantities based on experience
- Consider storage space both at home and on outing
 - Cupboard
 - Refrigerator
 - Size of kitchen
 - Stove & oven
 - Caching
 - Camp Site Storage Containers
 - Transportation (car, van, truck)

BUDGETING & PURCHASE **2 MIN/1:37-1:39/ANN**

- Reference 200 p 815-16
- Purchasing food & supplies
- Buy quantities needed
- Buy only what is need
- Uses a shopping List
- Buy in Unbreakable containers
 - Avoid glass containers
 - Repackage in plastic/metal
 - Maximize buying no-perishable foods or can goods
 - Share items like condiments

ECONOMIES OF BUYING

- Age of girls
- Size of group
- Number of girls
- Number of Adults
- Price comparisons shop
- Coupons
- Sales Items
- Discounts to groups
- Tax exemption
- Generic and store brands verses name brand
- Individual serving verse large sizes
- Economies of buying for additional meals

STORING & PACKING **3 MIN/1:39-1:42/FRED**

FOOD PACKING

- Reference 200 p 15-16
- Repacked food
 - Pre-cook & freeze to reduce volume, weight, and less perishable
 - Eliminate bulky containers
 - Uses unbreakable containers with covers or close-up
 - Label by day and meal, preparation instructions and patrol
- Food transport containers
 - Camp site food storage containers

Put paper bag inside plastic bag
Boxes are better for cans and crushable

Packing

Pack food groups for troop or patrol cooking
Pack food by meals and courses for convenience and time savings (salads, main course, dessert etc.)
Label container with menu, day, and patrol
Pack to keep foods appetizing and healthful
Pack weigh for girls to carry
Pack heavy items on bottom
Pack light and crushable on top
Pack perishable in cooler
Frozen food on bottom of cooler
Cooler internal temperature 45 degrees F (SW p 91)

Cautions

No food in plastic bleach, milk or toxic substance bottles
Do not use non-food plastic bags or containers

Brown bag meal "Nose Bag"

Secure on line with clothespin
Consider weather (rain or hot or freezing)
Sore in cooler or other animal proof container

MEAL PREPARATION

3 MIN/1:42-1:45/FRED

Reference 200 p 16

CHOOSE FOOD PREPARATION AREA AND EATING AREAS

Well away from tents and sleeping quarters (SW p 85)

HYGIENE

Persons with skin infections do not prepare food (SW p 90)
Wash hand before and keep clean during food preparation.
Use bandana to dry hands

POT SELECTION AND USAGE

Open fire cooking
Soap outside of pans
Makes easy cleanup
Pot size determines fire size

2 small pots are easier to handle for girls

START HEATING DISHWATER EARLY

Use #10 tin can
Keep full of water
Do not put wash tubs near fire to heat up water
Very hard to clean
May get too hot to touch

GIRL SCOUT ETIQUETTE

Wait for grace before eating
Accommodate religious and cultural differences
"God" may be substituted with other names
Use Non religious graces

DEALING WITH LEFTOVERS

Learn to avoid by purchasing less
Zip lock bags for leftovers
Stacking bowls double for leftovers
Save for future outings or troop meeting
Sell to trip participants to take home
Give as "Thank you" to participants
Donate to local shelter or Soup kitchen

TRASH/GARBAGE STORAGE

Crush empty containers, boxes and waste
Re-use empty camp food storage containers
Separate cache for trash
Empty food coolers
Dispose of grease in can with lids
Allow for separation and removal of recyclables

KAPERS

15 MIN/1:45-2:00/FRED

REFERENCE 200 P 9-12

FEATURES

WHAT JOBS
WHO DOES WHAT
DIVIDE UP JOBS
DIVIDE UO GROUP
TIME MANAGEMENT
CHART DETAILS JOBS
CHART RECORDS WHAT HAS BEEN DECIDED
CAN BE REARRANGED FOR EACH TRIP
MAY USES NEW CHART EVERY TIME

ADJUSTMENTS

FOR GROUP SIZE

FOR DIFFICULTY LEVEL
FOR TIME OF KAPER
CAPABILITY OF GIRLS
SEPARATE CHARTS FOR ADULTS AND GIRLS

TROOP LEVEL

LIST INDIVIDUAL, PATROL OR GROUP AND JOB
MEAL DUTIES FOR TROOP COOKING METHOD

PATROL LEVEL

LIST INDIVIDUALS AND JOB
PATROL LIST WHO DOES TROOP KAPERS
PATROLS PREPARE ITS OWN FOR ALL MEAL AND DUTIES

KAPER CHARTS

MEALS CHARTS

Hostess
Table cloth
Center piece
Graces 200- p 22 or new ones
Start heating dishwashing water
Serve food
Fire builders
Build fire
Tend fire
Extinguish fire
Clean fire pit
Dishwashers
Setup and put away wash station
Supervise wash station
Wash common dishes
Cleanup
Clear table
Put away leftovers
Store/cache food, trash, and equipment

Cooks

Get food out of storage
Prepare food
Cook food
Ready food for serving

Water carriers

Get drinking water
Get fire site water
Get dishwashing water
Get cooking water
Get cleanup water

Woodgatherers

Collect downed wood
Cut wood for fire
Sort and store wood for fire
Maintain wood supply for fire

ARRIVAL/CAMPING/DEPARTURE CHARTS

Lanterns/lights

Setup, upkeep, cleaning, storage

Latrines/bathroom

Setup, upkeep, cleaning

Sleeping shelter/tent

Setup, upkeep, cleaning, storage

Cooking area/ kitchen

Setup, upkeep, cleaning, storage

Appliances

Setup, upkeep, cleaning, storage

Lodge/shelter/tent

Setup, upkeep, cleaning, storage

Evacuation Route

Setup, removal

Fire Site/fireplace

Setup, upkeep, cleaning, storage

Food & trash caching/storage

Setup, removal

Unloading/loading vehicles

PROGRAM CHARTS

Campfire

Activities/events

Ceremonies

Flag colors

GS Own

KAPER CHART WATERPROOFING

ZIP LOCK BAG

PLASTIC POCKETS
LAMINATED WITH CONTACT PAPER

Patrol member assigned to make
PATROL DEPARTURE KAPERS
Patrol member assigned to make

PATROL PLANNING 10/40 MIN/2:00-2:50/FRED

TROOP PLANNING

SEPARATE INTO PATROLS
(done during Girl Scout Says)
ELECT PATROL LEADER, SHOPPER, EQUIPMENT ETC
SELECT FIRST AIDER
SELECT PATROL NAME
MAKE TROOP EVENT PACK
Adult In Charge Packet
First Aider Packet
Contact Person Packet
Driver Packet

PROGRAM PLANNING FOR EACH PATROL

2 FUN SONGS FOR CAMPFIRE
1 REFLECTIVE/SERIOUS SONG
1 SKIT
AM TRAINING FLAG RAISING
PM TRAINING FLAG LOWERING
OPTIONAL FLAG RETIRING (BURNING)

SPECIAL SUPPLIES

PATROL
1 Metal Trash Can Lid
4 Metal Tent Stakes
Patrol Flag/Banner (Optional, Awards for Best)
Tarp to cover/protect Camping Gear/wood pile
TRAINEES
One 46 oz juice can (empty) per person
2-3 feet of picture frame wire per person
Each person to fill out Recipes & Game Idea Sheet
Bring 50 copies to share
Each participant to receive back a collection of recipes and
games from this training plus past training class sheets

MEAL PLANNING

MENU PLANNING SHEET
HANDOUTS RECIPES
SHARE FAVORITE RECIPE
HOT WATER WILL BE AVAILABLE ON PORTABLE COOKSTOVE
ALL DAY FOR HOT DRINKS
FIRST DAY LUNCH
Troop Method
On Portable cookstoves
heat dish water or other liquids
Cook one pot meal
FIRST DAY SUPPER
Use patrol cooking method
Must be a one pot meal with salad and desert, drink
Must use a wood fire
Must use a charcoal fire
Box oven may be used
SECOND DAY BREAKFAST
patrol cooking method
Cold or Hot Meal
Fire/Stove Optional
(Concept: Eat quick~Scouts-Own~Pack-up~Go Home)
DUMP CAKE
Dump in pan 2 cans pie mix
Dump on top 1 box cheap cake mix
Dump on top 1 cup brown Sugar
Dump on top 1/2 cup bits of butter
Bake at 350, eat in 30 minutes

LISTS

FINALIZE SHOPPING LIST
FINALIZE PATROL AND PERSONAL EQUIPMENT LIST
FINALIZE EQUIPMENT RENTAL LIST

KAPERS

TROOP CAMP KAPERS
Fill in cards on Troop Kapers Chart
TROOP KAPERS FOR 1ST DAY LUNCH
Fill in name on Troop Kaper Chart
PATROL MEALTIME KAPERS FOR ALL OTHER MEALS
Patrol member assigned to make
PATROL ARRIVAL KAPERS

TROOP COURT OF HONOR 10 MIN/2:50-3:00/ALL

REPORT ON MENUS

COORDINATE 1ST DAY LUNCH MENU
VERIFY MENUS ARE APPROPRIATE

COORDINATE EQUIPMENT LIST

TROOP FLAG & LINE
ARRANGE TO BORROW NEEDED ITEMS

COORDINATE RENTAL LIST

FREE FROM COUNCIL FOR TRAINING

COORDINATE TROOP EVENT PACK

TO BE VERIFIED ON OVERNIGHT

COORDINATE KAPERS

ALL TROOP KAPERS FILLED AND BALANCED
PATROL KAPERS COORDINATION

GO HOME – GET READY FOR OVERNIGHT 3:00

FIRST DAY CAMPING

CHECK-IN 8:30-9:00/ALL

MOVE EQUIPMENT TO CAMPSITE

PARK IN PARKING LOTS
No vehicles in campsite
Park with front of vehicle towards road
First Aiders park closest to campsite
BRING EQUIPMENT TO CAMPSITE
Bring wagon or handcart to help
Put equipment on tarp in middle of site
Cover with 2nd Tarp if Raining
No equipment in glen shelters until 10:00 AM

SIGN IN

COLLECT TRAINING CARDS
FILL IN ATTENDANCE & COMPLETION OF TRAINING
MAKE OUT NAME TAG
PROVIDE PROGRAM IDEA SHEETS

TROOP EVENT INFORMATION PACKET

PATROL'S COLLECT PERMISSION FORMS
PATROL'S COLLECT HEALTH HISTORY FORMS

SETUP LATRINE

PATROL SETUP PER TROOP KAPER CHART

EARLY BIRD

MAKE CHARCOAL CHIMNEY
200 p 25

CAMPSITE SELECTION 9:00-10:00/ALL

SITE SET-UP 15 MINUTES/FRED

FIRST AID
EVACUATION ROUTE
KAPER CHART POSTING
PERSONAL GEAR/TENTS
TROOP EQUIPMENT STORAGE
FOOD STORAGE
FOOD PREP
EATING AREA
COOKING AREA
DISHWASHING
WATER SUPPLY
FIRST AID STATION
Reference 200 p 11
set up by adult first aider
Collect Troop Event Packet from Drivers
1 handwash
1 Trash Bag
POST KAPER CHART
Choose location
Around tree
From line strung between trees
On building wall
weatherize

post and secure

EVACUATION ROUTE
 Reference 200 p 8, 41
 Reference SW p85
 Reasons for evacuation route
 Using stoves, open fires
 Emergencies (fire, flood, severe weather, intruders)
 Primary and secondary routes
 Mark route with Visible markers
 Make map if route is complex keep at assembly point
 Ends at a Place for assembly
 Make map if route is complex keep at assembly point
 Post for girls to see
 Take troop event pack to assembly point
 Head count of girls
 Practice evacuation procedure two blast
 Remove all marking when done

SITE FOR TENTS
 Reference 200 p 31-32
 Away from Stream beds
 Away from potential Flood Areas
 Away from Animal Trails
 Away from ANT HILLS and Bee's nests
 Do not block emergency exits
 Stay away from planned Food Eating and PREPARATION AREAS
 10-15 feet from Fire Area
 Look up to Check for dangerous DEAD WOOD
 Away from Falling Power Lines
 Avoid solitary tree or Flag pole (attracts Lightning)
 Consider impact on Environment
 200 feet from water
 Dig no holes or trenches
 Do not cut or damage natural site
 Avoid fragile green areas in woods
 Remove loose stone, twigs or branches, leave pine needles or leaves
 Scuff up area, reposition stones, twigs or branches to appear unused when done

Placement on Site
 Wind
 Slope of ground
 View out of tent
 Patrol communication

CAMP SAFETY
 Reference 200 p 3, 11
 Adults sleep in controlled positions
 May be in middle of site
 May be at ends
 Clear view of girls activities
 Accessible spot for girls

Site hazards
 Prior inspection of site
 Safety around water, pools
 Site hazards i.e. roots, stumps, rocks, slopes
 Hazards (crows, skunks and others)
 Precautions
 Insect
 Ticks
 Rocky Mountain Spotted Fever
 Lyme Disease
 Mosquitoes
 Stinging insects
 Poisonous plants
 Poison Ivy
 Vine on trees
 Bush on ground
 Poison Sumac
 Animals
 Rabies infected
 Snakes
 Sea Nettles
 Avoid hazards area for handwash, net bag, food storage
 Mark hazards with ties, tape, string, lanterns
 Rope off "stay out area"
 Observe camp barriers (i.e. snow fences)

CAMP SECURITY
 reference 200 p 3

Bed check - one when all is quiet
 Intruders
 Humans
 Avoid those you don't know
 Give no clues to strangers about plans
 Be ready to give description of car, tag or person
 Animals
 Don't encourage contact i.e. feeding
 Be aware of rabies
 Call local authorities if rabies are suspected

CAMP COURTESIES
 Reference 200 p 8
 Determine boundaries
 Obtain permission to enter camp
 Quiet time at GSCNC Camps (10:00 PM-7:00 AM)

FIRE SITE
 Reference 200 p 24
 Use established fire site
 Do not use stove in fire site with fire present
 Establish separate site for stoves (3 foot clearance)

FOOD STORAGE
 Reference 200 p 15
 Away from tents and sleeping Quarters
 Keep food put away when not in used
 Out of the reach of Animals
 Store in Animal proof container or Cache
 Store in Non-emergency vehicles (where permitted)

TRASH, GARBAGE **15 MINUTES/SHELIA**
 Reference SW p 85
 Reference 200 p 11

TROOP TRASH BAG
 Use
 Set at site easy for girl
 Set at height for girls
 Use 1.3 mil or heavier bags
 Use clear bags or visually marked bags for recyclables
 Never put in tents
 Clean site will not draw animals

THREE "C"
 Compacted
 Food containers and cans should be rinsed be before discarding
 Remove lids and crush cans
 Crush boxes
 Contained
 Roll up bag when not in use
 Reduce odor
 Keep insect out
 Keep pest away
 When out of camp site or overnight
 Put in animal proof container

Carried out
 Take to camp site dumpster
 Tie and secure to take home
 Recycle where practical (Soon to be available at GSCNC camp Sites)
 Do not bury food
 Do not dispose in latrines, toilets sinks or washstands
 Burn only paper trash that can be total burned
 Dispose of grease in can with lids
 Do not throw outside

WATER SUPPLY/HYGIENE **15 MINUTES/ANN**
 Reference 200 p 8

POTABLE WATER AVAILABLE AT:
 Pump
 Spigots
 Washstands
 Indoor sinks

CAUTIONS
 In winter may be shut off
 Outdoor supply – need containers
 Bring 1-2 Gallon Backup Supply
 Conserve Water
 Check Faucets to be sure they are fully off
 Prevent Contamination at pump or spigots
 No brushing of teeth
 Wash dishes

- Wash hands or hair
- MANUAL PUMP**
- Plastic funnel for water only
- Priming may be needed
- Hold handle at end
- WASHSTAND USE**
- Brushing of teeth
- Wash hands or hair
- Not for washing dishes or clothes
- WATER CONTAINER AND TRANSPORTING**
- Use food grade plastic
- No milk containers
- Fill container and take back to site
- Fill fire bucket first
- Fill drinking and cooking water last
- Clearest water
- Could use stick to carry more than one container
- Younger girls may have to carry half full containers

PERSONAL HYGIENE

- Reference 200 p 8, 13,
- Handwashes
- Minimum of 3
- Latrine
- Food prep/cook site
- First aid
- 1 more for 20 campers
- Use washstand/sinks where available
- Less if within easy access
- Girl accessibility
- Fill jug half way
- Put stick through handle to carry
- Hang from tree with bowline or two half hitches at height of girls
- Place on ground or rocks
- Buddies pour for each other
- Soap
- Yellow naphtha in stocking
- Pump soap
- Biodegradable
- Low suds
- Non-perfumed
- Handwash drain
- Leaves
- Rocks
- Pine needles/pine cones
- Prevent erosion
- Sanitize jugs at home after trip
- 1 tablespoon of bleach to 1 gallon
- Stand 20 minutes
- Empty, air dry
- Wash nylon stocking and soap at home
- When to Wash hands
- After latrine use
- Before food prep
- Before eating
- Use sink with running water when available
- Drying of Hands
- Use personal bandanna to dry hands
- Conserve the use of paper towels
- Brushing of teeth
- Away from camp site, cover spit (SW p 66)

LATRINES/TOILETS

15 MINUTES/SUE

- Reference 200 p 14
- 1 LATRINE FOR EVERY 20 CAMPERS (SW P 119)
- SETUP & USE**
- Clean inside
- Provide toilet paper
- Provide trash/sanitary supplies disposal can/bag
- Provide handwash & soap
- Keep latrine doors and toilet lids closed
- Keep area clean of litter
- Store extra latrine supplies away from latrine
- CLEANING**
- When
- Arrival
- Mornings, evenings and as needed

- Departure
- Broom clean ceilings, walls and floor
- Mix disinfectant
- Use small container
- Used biodegradable disinfectant and water
- Follow disinfectant manufactures directions
- Use rubber gloves
- With dampen sponge/scrubber
- Clean shower stalls and drains
- Wipe top of lid, then under side of lid
- Wide top of seat, then under side of seat
- Wipe seat base
- Scrub inside of flush toilets
- Leave seat up until dry, leave down otherwise
- Disinfectant disposal
- Do not put cleaning liquid in latrine
- Pour cleaning liquid over large area away from latrines
- Avoid path, water supplies and previously used locations

HANG SOLID DEODORIZER

- Optional
- Dispose in trash not latrine
- TOILET PAPER CAN**
- Slit in top of can with plastic lid
- Pull paper from top slit
- White non-scented
- Biodegradable
- DISPOSING OF SANITARY NAPKINS & TAMPONS**
- Each person takes care of her own sanitary supplies
- Keep out of latrine
- Consider age of girls
- Wrap and put in small plastic bag, put into site trash bag
- Wrap and put in small can in latrine, empty when cleaning

MARK ROUTE

- Unique marking from escape route
- Lantern, light stick or flood light at night

PLAN FOR MIDDLE OF NIGHT TRIPS

- Base on age and experience
- Buddy system
- Alert or be escorted by adult

SHUT DOWN

- Clean
- Remove all supplies
- Turn off lights
- Close and lock windows & doors

TENTING

10:00-10:15/FRED

TENT DO'S AND DON'TS

- Reference 200 p 31-32
- NO AEROSOL SPRAYS (BREAKS DOWN WATER PROOFING)
- NO FOOD (ATTRACTS CRITTERS)
- KEEP TENT FLOOR CLEAN
- NO FIRE OR OTHER HEAT SOURCES IN OR NEAR TENT
- DO NOT WRITE ON TENTS OR SHELTERS
- KEEP MIRROR LIKE OBJECT UNDER COVER
- DO NOT LIGHT FLAMES IN TENT
- KEEP CLOTHES AWAY FROM TENT WALLS
- AVOID TOUCHING TENT WALL WHEN WET
- DO NOT PIN ANYTHING TO TENT
- ONLY USE TENT TIES FOR ROLLING UP FLAPS
- DO NOT CUT TENT TIES
- ROLL TENT WALL INWARDS
- DO NOT ROLL WALLS WHEN WET
- MARK LINES WITH FLAG STRIPS
- LOOSEN TENT LINES WHEN WET
- CHECK LINES DAILY KEEP TAUGHT WHEN DRY
- TENT LINES ARE NOT CLOTHES LINES
- USE FLAME-RETARDANT TENTS
- DO NOT PILE ROCKS & LOGS AT BACK OF PLATFORM TENTS
- VENTILATE TENT BY OPENING ENDS & WINDOWS

STORM LASHING

- LEAVE IF GIRLS ARE IN DANGER

SITE SET-UP

10:15-11:00/ALL

PATROLS SETUP CAMP/

FLAG RAISING

11:00-11:15/FRED

CEREMONIES

GIRL PLANNING AND IMPLEMENTATION
SIMPLE OR COMPLETE, CONCRETE TO ABSTRACT
DON'T FORCE GIRLS TO TAKE PART
DON'T BE A PERFECTIONIST

CONDUCT FLAG CEREMONY

Reference 200 p 38-39
USE TOGGLES
DISCUSS POSSIBLE SITES
FLAG ETIQUETTE
Displayed sunrise to sunset
Raise briskly/proudly, lower slowly/respectfully
Never touch ground
Fold correctly
Everyone but color guard at attention and salutes flag between
first/last hooked and raised/lowered
Other countries or religions may standby
American flag first up, the highest and last down
Half-mast, raise by going up to top and down to half. Lower by
raising to top and down.
Ceremony after flag raised or before lower is best
Fold flag in cocked hat shape

COLOR GUARD

Color Bearer – Hold American Flag
Color Guard – Assist in carrying other flags, raising and lowering
and folding of flags
Caller gives commands for flag ceremony
Optional red sashes

PRACTICE

AM PATROLS PROVIDE FLAG RAISING

PORTABLE CAMPSTOVE DEMO 11:15-11:30/FRED

REFERENCE 200 P 27
TRAINERS AVAILABLE AT ALL MEALS FOR ONE ON ONE
DEMO'S

LUNCH 11:30-12:45/ALL

TROOP COOKS LUNCH ON GAS STOVES

DISH WASHING PROCEDURE 12:45-1:00/SUE

REFERENCE SW P 82
REFERENCE 200 P 23

3 TUB METHOD

#1 TUB

Add detergent before water (can recover excess)
Add a little cold water (avoid cracking if plastic)
Add hot water
Add cold water to avoid hot to cause burns

#2 TUB

Warm/hot water

#3 TUB

Bleach and tepid water
1 tablespoon to a gallon
Leave items in for 1 minutes to sanitize
Add 1 more tablespoon for 8 persons

DISHWASHING

WIPE CLEAN EVERYTHING FIRST
EACH PERSON WASH PERSONAL UTENSILS FIRST
DISHWASHERS WASH TROOP EQUIPMENT LAST
DISPOSE WASTE IN DRAIN BAG
Plastic bag filled with leaves
Small holes in bottom
Put in area to avoid erosion and tracking
Dispose of 200 feet from water sources or trail (SW p 82)
Empty tub 1 into drain bag
Pour tub 2 into tub 1, then into drain bag
Pour tub 3 into tub 2, then into tub 1, then into drain bag
Dispose of drain bag in site trash bag

DRYING

PLACE ITEMS IN NET BAG
AIR DRY ON 15 FOOT LINE STRUNG BETWEEN TREES
HOLD ON TO LINE USING TOGGLE

LUNCH CLEAN UP 1:00-1:30/ALL

CAMPING SKILLS WORKSHOP

1:30-3:00/FRED

WIDE GAME INTRODUCTION

MULTI STATION ACTIVITY
Stations may tell or based on story
Any activity possible at each station
GOOD FOR LARGE GROUPS
GOOD FOR LIMITED RESOURCES
GOOD FOR COMPLEX ACTIVITIES
PARTICIPATE IN WIDE GAME

STATION 1 ROPE CRAFT

REFERENCE 200 P 73
STABILIZING ROPE
Taping
Burning
Whipping
ROPE
Construction
Woven
Fiber core
3-twisted strings
Sized for object & purpose
Materials
Natural fiber
Cotton
Cost: inexpensive
Handling: easy
Strength: Weak
Stability: rots, need ends stabilized
Sisal/hemp
Cost: moderate expensive
Handling: moderate
Strength: moderate
Stability: rots, need ends stabilized, spliced
Synthetic fibers

Nylon

Cost: moderate expensive
Handling: easy
Strength: high, stretches
Stability: rot resistant, need ends stabilized or melted

Polypropylene

Cost: expensive
Handling: easy
Strength: high
Stability: rot resistant, need ends stabilized or melted

Polyethylene

Cost: inexpensive
Handling: hard, bad for knots
Strength: high
Stability: rot resistant, need ends stabilized or melted

KNOTS FAMILIARIZE AT CAMPSITE

Reference 200 p 37

Overhand knot

Stabilize rope

Square Knot

Hang kaper chart

Clove hitch

Secure troop trash bag

Two half hitches (double half hitch)

Tying bed roll

String line for net bag

Bowline

Loop for poles

Larks head

Cashing of food

Taught line hitch

Tying tent/tarp

STATION 2 LANTERN DEMO

Reference 200 p 34 - 35

MANTLE LANTERNS

Demo Replacing Mantles

Demo Lighting

WICK LANTERNS

Opening

Chimney

Globe

Wick

20 MINUTES/FRED

20 MINUTES/SUE

Trimming (trapezoid shap)
replacement of wick
Clean globe and chimney with newspaper
Lighting

CAMP PROGRAM 20 MINUTES/ANN

WHAT IS PROGRAM

Reference SW p 54-125

Variety of activities, not just crafts
Might be tryits, badge or interest project works
Ecology or conservation project
Games to Teach Skills i.e. fire building, Knots, Cooking

BADGES, SIGNS TRY-ITS, ETC.

Brownie

Food Fun Try It

Junior

Your Outdoor Surroundings 7(knots)

Well Being Dabblers E2 and G1

Household Whiz 6B

Out of Doors Dabblers C2 and F1

Foot Traveler 4

Outdoor Cook

Outdoor Fun

Older Girl Program

Creative Cooking #7

WET WEATHER PROGRAMS

tAKE A sLICKER HIKE, SEE WHERE WATER GOES

READ OR WRITE A CAMP POEM

wORK ON A SCRAP BOOK

mAKE FINGERPRINT STATIONERY

MAKE POPCORN, CANDY OR SERVE TEA

READ OR TELL STORIES

DO FOLK DANCES

SING OLD SONGS OR LEARN NEW ONES

HAVE A PUPPET SHOW OR CARNIVAL

MAKE ROCK TROLLS

ENTERTAIN ANOTHER UNIT OR PATROL

cREATE GEE CARTON GAMES

hAVE A TALENT/GONG SHOW

sTUDY WEATHER

mAKE FIAGS

MAKE FIRE KISSES

PLAN A PROGRESSIVE MEAL

hAVE A RAP SESSION

PLAN AN EVENING PROGRAM

HOLD A CAMP SPELLING BEE

WATERPROOF MATCHES

MAKE JEWELRY BOXES FRO OCCASIONAL CARDS

WORK ON BADGES OR PATCHES

BUILD FIRE IN RAIN

HAVE A SCAVENGER HUNT

INSTRUCT FIRST AID

HOLD A NUTURE QUIZ

WRITE AND PRODUCE A PLAY

cOMPOSE A PATROL OR TROOP YELL, SONG, SYMBOL,

FLAG OR SLOGAN

OUTDOOR GAMES

See Girl Scout Game Book

ASTRONOMY

mAKE STAR MAP

MOON LIGHT HIKE

STAR GAZING

STATION 3 POCKET KNIFE

20 MINUTES/SHELIA

Reference 200 p 36

HANDLING

Safety bubble

No walking or running with open knife

Opening/closing

Hold handle/grip in dominant hand

Open/close blade with recessive hand

Passing open

Hold blade pass handle/grip

Blade faces away from palm

Let go when recipient has control of knife and says "thank you"

Passing closed

Hold part of handle/grip

Let go when recipient has control of knife and says "thank you"

Sheath sharp tools

Original cover

Cardboard and duct tape

Cutting

Hold grip (keep thumb off blade)

Cut away from body

Cut toward a table or ground

Make small shallow cuts

PROGRESSION

Beginner

Cardboard practice knife

Sharp tools for young girls

Can-opener

Can punch

Spreading knife

Peeler knife

Paring knife

Carving knife

Mid-level

Owning pocket knife,

Sharpening knife

Shaving wood

Advance

Rounding

Carving

Whittling

CARE OF KNIFE

Name on knife

Avoid running blade into ground

Knife blade is not a screwdriver or hammer

Don't carve trees, building or furniture

Keep blade sharp

Store knife of young girls with leader

Store on knife board, or in a container

Worn on side or in pocket, not on neck

Lanyard may be used

May set up program to qualify for safe knife usage

HOW TO SELECT

Based on need and use

Utility knife

Whittling knife

Swiss army knife

Multi-purpose knife

Avoid

Switch blades

Knife, fork, spoon type

Hunting knives

Hand protection

Locking blade

i.e. Buck Knife

Folding handles

i.e. Leatherman Knife

Sized for hand

Quality of steel

Buy from reputable source

Examine before buying

SHARPENING

Sharp is safe, dull is dangerous

Sharpening stones (carborundum, whetstone)

Lubricants water or oil

Start with rough surface, finish with fine

Stone held on flat surface by hand

Knife held by other hand

Straight part of blade:

Start at one end of stone, raise blade to 20 degrees (back of blade about 1/8" above stone),

Draw knife down length of stone,

Repeat stroke for to cover entire straight part of blade

Use the same number of strokes for each blade side (5 to 10)

Repeat until on each side of blade until sharp

Tip of blade

Raise blade to 20 degrees, (back of blade about 1/8" above stone) in center of stone

Move blade in circular motion

Role blade from tip to straight section while moving

Use same number of circular motions for each side (5 to 10)

Repeat until on each side of blade until sharp

Wipe blade with cloth when done
CLEANING
Clean with blade pointed away from you
Oil hinge with light oil
Remove rust with steel wool
Never clean with dirt or sand
PRACTICE SHARPENING KNIFE
Carving projects
Fuzz stick
Tiki
Short stick with face
Toggle
Short stick with center notch

STATION 4 BREAK

20 MINUTES

SAWS

3:00-3:15/FRED

REFERENCE 200 P 33

WOOD CUTTING AREA-

ROPE OFF AREA
NO MORE THAN TWO AT A TIME
SAFETY BUBBLE
WHEN NOT IN USED
Store saw off the ground out of traffic area
Cover blade
Newspapers
Garden hose
Cardboard held by paper clips
Protect entire saw from inclement weather, or dew

TYPES OF SAWS

BOW SAW
PACK SAW
TWO MAN SAW
WIRE SAW

HOW TO USE

USE SAW TO CUT WOOD WHICH HAND CANNOT BREAK
USE WORK GLOVES TO AVOID BLISTERS AND CUTS
SECURE WOOD WITH KNEE, PEG OR BUDDY
KNEEL ON KNEE THE SAME SIDE WHICH HOLD SAWS
DRAW SAW PARALLEL TO BODY
START WITH 2 OR 3 DRAW STROKES, THEN PUSH
DON'T FORCE THE SAW DOWN
COVER THE BLADE WHEN FINISHED
GET SAW SHARPENED OR REPLACED WHEN DULL –SAFER
AND EASIER TO USE

WOOD CUTTING

CUT UP SOME FIRE WOOD
CUT UP SOME DISKS FOR BANDANNA OR SWAP

MAKE HOLDER OR SWAP

FIRES

3:15-5:00/ALL

REFERENCES SW P 83-85
REFERENCE 200 P 28

FIRE SITE

3:15-3:30/SHELIA

SITE PREPARATION

Minimal impact on environment
Council has established fire sites
Non Council Property
10-7 foot radius girl observed clear area (SW p 85)
5 foot radius clean area (SW p 85)
Clean of rocks, twig and leaves
20 feet clearance overhead of overhang of trees
Break down old ash mound and spread out in fire site
No rock
May explode when hot
May make sparks
Hot rock burn
Encourage large fires

FIRE SAFETY

Fire is always attended
1 or 2 girls in fire site
Walk around fire site, not through
Know local fire restrictions
Prohibitions
Wood verses charcoal
Time of day

Personal Safety
Tie back long hair
Tie ponchos
Tie floppy clothes
Avoid plastic/synthetic, may melt
Keep fire as small as needed

FIRE SITE EQUIPMENT

Metal Bucket
Cool clean water
Extinguishing fires
First aid for burns
Hot mitts or Kitchen gloves
Rake
Used for fire fighting
Used for knocking down fire
Child rack fits in car
May be safer for small girls
Used for fire fighting
Used for knocking down fire
Shovel
Small shovel
Sturdy
Used to remove ash
Used for fire fighting
Used for knocking down fire
Grates
With legs
With out legs on top of #10 tin cans
10 tin cans with wire bails & filled with water
No refrigerator shelves
Fire Stick
Kept at fire in bucket of water
Used as fire poker
Sprinkle Can
Soup can
Three holes
Wire bail
Matches
Safety matches (must use striker)
Strike anywhere matches (store in opposite directions)
Store in water proof container
Candles may be used by younger girls to start fires

FIREWOOD

3:30-3:45/FRED

TINDER

Start fires
Match thickness
Pencil length
Two hand fulls for fire

KINDLING

Pencil to thumb thickness
Snaps easily
Keep fire going
Increase thickness with fire size

FUEL

Use very little
Avoid pressure treated wood, painted wood
Use size for length cooking and size of pot

KINDS OF WOODS

Hardwoods
Oak
Maple
Hickory
Good fuel
Hot long fire
Low on smoke
Good coals
Minimum of sparks, snapping and popping
Soft wood
Pine
Spruce
Hemlock
Good tinder and kindling
Hot short fire
Very smoky
Lots of sparks, snaps and popping
Avoid green wood

- Not ecology minded
- Gives off extra smoke
- Low heat source
- Avoid rotten wood
 - Gives off extra smoke
 - Low heat source
 - Bug and termite ridden
- COLLECTING FIRE WOOD**
 - Know if wood is available at site
 - Bring back up from home
 - Use up previously burned wood
 - Only dead fall wood may be used for small cooking fires (SW p 85)
- WOOD STORAGE**
 - Outside fire site
 - Away from sparks
 - Away from buildings, lodges, and cabins
 - Tinder Pile
 - Kindling Pile
 - Fuel Pile
 - Cover with waterproof cover

STARTING A WOOD FIRE 3:45-4:00/FRED

- WOOD FIRE**
 - Avoid liquid fire starter unnecessary)
 - Provide balance of
 - Fuels
 - Oxygen
 - Heat
 - Do not use feet or knees to break wood
 - Break wood away from body and people
- POINT A-FRAME WITH THE WIND**
- CONSIDER OTHER WEATHER CONDITIONS (FLOODING)**
- LAY A-FRAME FOUNDATION**
- 2 OR 3 RANDOM HANDFULS OF TINDER LEANING ON A-FRAME**
- CROSS BAR**
- PUT LARGER KINDLING ON BAR, POINTING TO TOP, MAKING COVER ON A-FRAME**
- LIGHT FIRE WHEN FOOD OR DISHWATER IS READY**
- MATCH LIGHTING**
 - Strike away from body
 - Strike close to A-Frame
 - Hold match to keep burning
 - Candle may be used to light fire to conserve matches (SW p 84)
- LIGHT FIRE FROM FRONT OF A-FRAME BAR**
- ADD KINDLING & FUEL ON BAR TO KEEP FIRE GOING**
- FEED FIRES LOW AND CAREFULLY PLACED**
- AVOID REACHING OVER A FIRE**
- GIVES QUICK HOT FIRE**
- USED TO BOIL WATER**
- GOOD FOR ONE POT MEALS**

EXTINGUISHING A WOOD FIRE 4:00-4:10/ANN

- SPREAD OUT FIRE**
- LIGHTLY SPRINKLE WITH WATER**
- TEST FOR HEAT WITH BACK OF HAND**
- LEAVE ASHES IN FIRE SCAR**
- OR REMOVE TO DESIGNATED AREAS**

MAKE SMALL 3 MINUTE WOOD FIRE 4:10-4:45/ALL

CHARCOAL FIRE 4:45-5:00/SUE

- REFERENCE 200 P 25-26**
- COOKING ON CHARCOAL**
 - Practice to experience amount to use
 - Liquids do not boil on charcoal
- CHARCOAL STARTER CHIMNEY**
 - Start in chimney
 - Move to fire site with tongs
 - Or lift bail
 - Make charcoal chimney
- LIGHTING CHARCOAL**
 - Avoid liquid fire starters
 - Fumes from starter impregnated charcoal bad for food taste in box oven
 - Place fire kisses in bottom of chimney
 - Pull piece of kiss out of bottom air hole
 - Pile briquette in chimney
 - Light piece of kiss sticking out
 - Wait for briquettes to turn gray
- EXTINGUISHING CHARCOAL**

- Let burn to ash if possible
- Smash and leave on scar
- Salvaging briquette
 - Put pieces in bucket of water using tongs
 - Submerges for one minute (SW p84)
 - Remove and air dry
 - Leave at fire site for next group
- TRANSPORTING CHARCOAL**
 - Use plastic bags or plastic container
 - Carry small amount for day use
 - Cool equipment (i.e. chimney, stove) before packing
 - Do not carry wet charcoal in air tight container
 - May spontaneously combust
- STORAGE OF CHARCOAL**
 - Store outside
 - Use weatherproof but not airtight container

SUPPER 5:00-7:00/ALL

- PATROL COOKING**
- ROLL OUT BED ROLLS**

FLAG LOWERING 7:00-7:15/_____

- PM PATROLS PROVIDE FLAG LOWERING**

CAMPFIRE PREPARATION 7:15-8:00/FRED

- CAMPFIRE FIRE**
 - CHECK LOCAL FIRE RESTRICTIONS
 - FOLLOW USUAL FIRE SITE RULES
 - BUILD EARLIER IN DAY "DAY LIGHT"
 - LOG CABIN FIRE
 - Base made of layers of fuel logs, that are alternated in perpendicular direction with multiple size logs
 - Top with Teepee fire
 - ADJUST FIRE TO SIZE OF GROUP AND SITE
 - Not a bonfire
 - MINIMIZE USE ARTIFICIAL LOGS
 - Break easily
 - Make lots of sparks when hit
 - Are treated with fire starter
 - Only one log at a time per instructions
 - KEEP EXTRA FIRE WOOD NEAR BY BUT OUTSIDE FIRE SITE
 - Trip hazard for girls

CAMPFIRE PROGRAM

- ONE HOUR PROGRAM**
 - Openings ceremonies
 - Begin with enthusiasm, familiar song or cheer
 - Build to a climax
 - 2 songs to 1 skit ratio
 - Cheers after all songs
 - Rate songs 6 (bordering on serious)-10 (most funniest)
 - Put songs and skits in order of increasing rating 6 to 10
 - Middle
 - Transition to serious songs, awards, ceremonies
 - No cheers or skits
 - Rate songs 1 (very solemn)-5 (bordering on funny)
 - Put songs, awards and ceremonies in order of decreasing rating 5 to 1
 - Closing ceremonies
 - Fire should be dying down
 - No cheers, or skit
 - Inspirational songs, poems, stories or ceremony
 - Leave them wanting more
- ENCOURAGE GIRL PLANNING & IMPLEMENTATION**
- VARY PROGRAM**
- USE OTHER CULTURAL TRADITIONS**
- ALTERNATES TO CAMPFIRES: KEROSENE LANTERN, CANDLES, LUMINARIES**
- FLASH LIGHT SKILLS AND COURTESY**
- BE NOCTURNAL, SENSES TOUCH, HEAR, SMELL**
- NIGHTTIME SAFETY**
- STAR GAZING**
- SONG**
 - Good at camp fires
 - Don't use all silly songs
 - Use varied troop repertoire

- Everyone sings
 - Not a performance
 - Teach words & melody
 - Practice verse and refrain
 - Rounds 2 verses for 2 groups, 3 verses for 3 groups, etc.

DRAMATIC AT CAMP

- Nosebag dramatics
- Dramatized ballads
- Charades
- Original or scripted skits
- Progressive story telling
- Pantomime behind a sheet with strong light
- Audience participation
- Avoid stereotypes

LODGES AND CABIN FAMILIARIZATION 8:00-9:00/ALL

REFERENCE 200 P 12, 31
(WALKING TOUR OF GSCNC LODGE)

TYPES

- UN-HEATED CABINS
- HEATED CABINS
- GLEN SHELTERS
- TREE HOUSE
- NOTE CAPACITIES
- YEAR ROUND USE AND AVAILABILITY

FIRE EXTINGUISHER

- LOCATION
- HOW TO USE ON FIRE
- TYPES (A,B,C)
- SAFETY PIN
- GAUGE
- INSPECTION TAG
- OFF AND ON CONTROL

SMOKE DETECTORS

- LOCATION
- TEST
 - Report malfunctions
- MAY GO OFF FROM FLOOR SWEEPING OR FIRE PLACE

INDOOR FIREPLACE

- OPEN DAMPER FOR FIRES
- METAL FIRE BUCK (EMERGENCIES ONLY)
 - Stones crack
 - Promotes creosote
 - Puddles in room
 - Sand or kitty litter
- FIREPLACE FIRES
 - Start fire in back of fireplace with A frame fire
 - Use fireplace screen
 - Keep supplies 5 feet from fire
 - Use small quantities of wood inside
 - Store wood outside
 - Push ashes to rear of fireplace an night
 - Best to cook on outdoor fires
 - Put ashes in out door fire site using metal bucket
 - Close damper when done
 - Charcoal
 - Use only outdoors
 - Emergency fire starter

SIZE AND FEATURES

STOVE

- LOOK FOR INSTRUCTIONS
- CHECK FOR PILOT LIGHTS
- DO NOT LEAVE ON UNATTENDED
- TURN POT HANDLES IN TO AVOID KNOCKING OVER
- MAKE STEP FOR SMALLER GIRLS
- CLEAN STOVE TOP
- LINE OVEN WITH FOIL TO CATCH DRIPS
- CLEAN OVEN WITH BAKING SODA
- USE BAKING SODA FOR STOVE FIRES
- USE COVERS TO SMOTHER FIRES IN POTS AND PANS

REFRIGERATOR

- CHECK REFRIGERATOR FOR OPERATION
- FOLLOW POSTED INSTRUCTIONS
- DO NOT TURN OFF PROMOTES MOLD
- CLEAN WITH BAKING SODA WHEN LEAVING

STORAGE

- STORE IN CABINETS IF AVAILABLE
- MAY NEED CLEANING
- STORE FOOD IN COOLER OR REF. TO KEEP OUT ANIMALS
- IDENTIFY LOCATION FOR FIRST AID SUPPLIES
- CRUSH TRASH AND TAKE HOME
- DO NOT PUT GREASE DOWN DRAIN, USE CAN

SPACE/WALL HEATERS

- FOLLOW POSTED INSTRUCTIONS
- KEEP EQUIPMENT AND GIRLS AT SAFE DISTANCE
- KEEP DOORS CLOSED WHEN IN USE
- OCCUPIED, 70°, UNOCCUPIED 60-65°F

FUSE BOX

- LOCATE
- DON'T OVERLOAD
- LOOK FOR LABEL

CONDUCT CAMPFIRE

9:00-10:00/ALL

LOW HOUR

10:00-11:00/FRED

GIRLS

- GIRLS TO BED

LEADERS

- LEADERS AND ADULTS MEETING
 - Evening wrap up
 - Adult-snack
 - Review of days activities leaders and adults
 - Plan for tomorrow with leaders and adults
- FINAL BED CHECK OF GIRLS

GO TO BED-----LIGHTS OUT

11:00-7:00/ALL

SECOND DAY

BREAKFAST 7:00-8:00/ALL

PATROL COOKING

GS OWN 8:00-8:15/FRED

Reference 200 p 39

WHY

ALLOWS FOCUS AND REFLECTION ON EXPERIENCE
PONDERING VALUES
SHARING OF FEELINGS, CONCERNS, IDEAS, AND VALUES

WHEN

CLOSING A CAMPFIRE
RESTING UNDER THE MID DAY SUN
MEANINGFUL WAY TO END CAMPING TRIP
ANYTIME TO PONDER VALUES

How

PLANNED BY GIRLS
THEMES: PROMISE, GS LAW, ECOLOGY, FRIENDSHIP, ETC.
INSPIRATIONAL
MAY OR MAY NOT BE RELIGIOUS
CONTENT: SONGS, POEMS, READING ETC.
TIME PERIOD SHORT: 10-15 MINUTES
TOUCH TREE MARK POINT BEYOND THERE IS SILENCE TO
GATHERING SPOT

CONDUCT A GS OWN

FINISH 8:45-9:00

PATROL FLAG RECOGNITION

CLOSING REMARKS

THANK YOU TRAINEES
THANK YOU TRAINING TEAM
FUTURE TRAINING OPTIONS

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BECOME A TRAINER

PICK-UP COMPILED PROGRAM IDEA SHEETS

TURN IN CHECKOUT LIST

RETURN TRAINING CARDS

TURN IN TRAINING EVALUATIONS

BREAK CAMP 9:00-10:00/ALL

TAKE DOWN TENTS/DINNING FLYS

SITE CLEAN UP

CLEAN UP

Take down lines
Take down kaper chart
Clean latrines
Remove latrines cleaning and supplies
Take down handwashes
Clean up area
Take down trash bag
Check fire re-soak if warm
Return fire site to nature
Return all above items to home
Reuse as much a practicable
Clean cabin/shelters
Remove route flags
Take gear to cars
Walk down outdoor site for trash and lost items
COMPLETE SITE CHECKOUT LIST
Give to trainers
LEAVE SITE BETTER THAN FOUND

GO HOME 10:00