



BUNDLE UP

A CAMP TO GO
FROM THE BC CAMPING COMMITTEE



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INTRODUCTION

Welcome to Bundle Up, an exciting camp to go for Pathfinders, Rangers and Trex. We hope the girls and adults will be active, have lots of fun taking their camping skills to a new level and enjoy learning the basic skills and fun of adventure camping.

In this camp package, you will find a program outline for a two-night event with a wide variety of activities, games and crafts to choose from to teach the girls about winter camping. As well, there are menu and recipe suggestions, a campfire, Guides' Own and a kit list. This resource is designed to be used by girls and Guiders alike to be involved with the camp planning process. Build your camp to suit the season, the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be **flexible**. Adapt this package to have fun while learning to camp!

Remember to use the most recent [Safe Guide forms](#) and to have them assessed as appropriate. Be sure to inform your Camping Advisor and District Commissioner of your camping plans, and draw on the resources available to you within your district (Camping, Music, Program Advisers, local trainers, etc.).

Crests order forms are available on the BC Girl Guides website (<https://www.girlguides.ca/WEB/BC/>), and crests are \$1.00 each for units from BC. There is also an evaluation form at the end of this package, and we would love to hear feedback from you regarding this camp. We love receiving pictures, so please send photos from camp (making sure that everyone in them has image releases in iMIS) and feedback to the BC Camping Committee at bc-camping@girlguides.ca.

In this camp, as in every camp, a vast amount of material has been covered and learning has happened. Please, be sure you are adding activities completed to the girl's Girls First program.

The BC Camping Committee has two rules in addition to Safe Guide that we ask you follow at each and every camp:

1. Be a No Trace Camper – Take only pictures, leave only footprints.
2. Have FUN!!



PROGRAM SCHEDULE

Please remember although we have provided this schedule, you should remain flexible and adjust it to suit your camp. Activity times can be combined to allow for more in depth program choices

Friday

6:00pm	Registration Opening (Campers arrive at camp having eaten dinner, or come with a packed dinner). <ul style="list-style-type: none"> - Hand out name tags - Set up tents and equipment
8:00	Opening <ul style="list-style-type: none"> - Welcome and introductions (Guiders, First Aider(s), Quartermaster(s) - Safety (rules, boundaries, etc)
8:30	Activity 1
9:30	Mug Up and Sing-A-Long
10:30	Lights Out

Saturday

7:30am	Wake Up
8:00	Cook Breakfast & Clean-up
9:30 – 10:30	Activity 2
10:30	Snack
10:45 – 11:45	Activity 3
12:00 – 1:30	Cook Lunch & Clean-up
1:30 – 3:30	Activity 4
3:30	Snack
3:45 – 4:45	Activity 5
5:00	Cook Dinner & Clean-up
7:30	Activity 6
8:30	Campfire
9:30	Mug Up
10:30	Lights Out

Sunday

7:30am	Wake Up
8:00	Breakfast & Clean-up
9:30	Pack up Camp & Lend-a-Hand Duties
11:30	Closing Ceremonies, Guides Own, and Photo Op
12:00 noon	Depart from Camp
	It is possible to extend your camp to the afternoon. You will need to provide lunch and more activities. Choose from those provided.



PROGRAM WORKSHEET

Friday

Time	Activity	Responsible Guider	Equipment Needed
6:00pm	Registration Set up camp		
8:00	Opening		
8:30	Activity 1		
9:30	Mug Up & Sing-A-Long		
10:30	Lights Out		

Saturday

Time	Activity	Responsible Guider	Equipment Needed
7:30am	Wake up		
8:00	Cook Breakfast & Clean-up		
9:30 – 10:30	Activity 2		
10:30	Snack		
10:45 – 11:45	Activity 3		
12:00 – 1:30	Cook Lunch & Clean-up		

1:30 – 3:30	Activity 4		
3:30	Snack		
3:45 – 4:45	Activity 5		
5:00	Cook Dinner & Clean-up		
7:30	Activity 6		
8:30	Campfire		
9:30	Mug Up		
10:30	Lights Out		

Sunday

Time	Activity	Responsible Guider	Equipment Needed
7:30am	Wake Up		
8:00	Breakfast & Clean-up		
9:30	Pack up Camp & Lend-a-Hand Duties		
11:30	Closing Ceremonies , Guides Own, and Photo Op		
12:00 noon	Depart from Camp		

TIPS & HINTS

Menu Planning

Keep it simple. Winter is not the time for elaborate, fancy menus. Winter is the time for shovelling hot, nourishing, easy-to-prepare food into your face. Consider food that does not take much cook time or clean up. Look for one-pot meal recipes, buy some freeze-dried entrees and breakfast foods, or make dehydrated meals—just add hot water in the pouch and pack the garbage out, or prepare boil-in-the-bag or similar heat and serve meals to minimize the amount of or have no dirty dishes!

Pre-prepare as much food as you can. Boil in the bag meals are easy to make at snow camp and if you eat out of the bag, the only thing you need to wash is the utensil. One-pot meals for supper are one of the easiest way to cook in the winter.

Patrol Duties/Chores

Duties will vary, depending on the location of your camp, and whether it is indoors or outdoors. Your team can decide how and where the girls can be most helpful.

NOTE: Often the girls aren't terribly helpful, but it is important for them to get used to helping with chores at camp. They can help with the pre-camp food prep at one of your meetings (chopping up fruit or veggies to be dehydrated, labelling meals, etc).

Name Tags

Can be made in advance or made/decorated at camp. You can use name tags to help identify girls with an Image Release "No", food allergies, or other health concerns. There is a sample name tag on page 10, and a printable template is available with this package.

Scarves

Cut from inexpensive fleece can be used to identify groups for games and other activities. Feel free to use iron on transfers, permanent markers or fabric paint to incorporate any further theme ideas (eg. Survivor, Olympics) or let the girls decorate their scarf as a keepsake!

Sing along/campfire

Friday evening sing-a-long is an informal time to sing the girls' favourite songs and perhaps learn some new ones for Saturday's campfire.

SAMPLE NAME TAG

A printable name tag template can be found on the last page of this document.

- Background colour/shape denotes program group

- Add a blue circle for girls with allergies

- Add a red circle for girls without an Image Release in iMIS (makes them easy to spot in pictures)

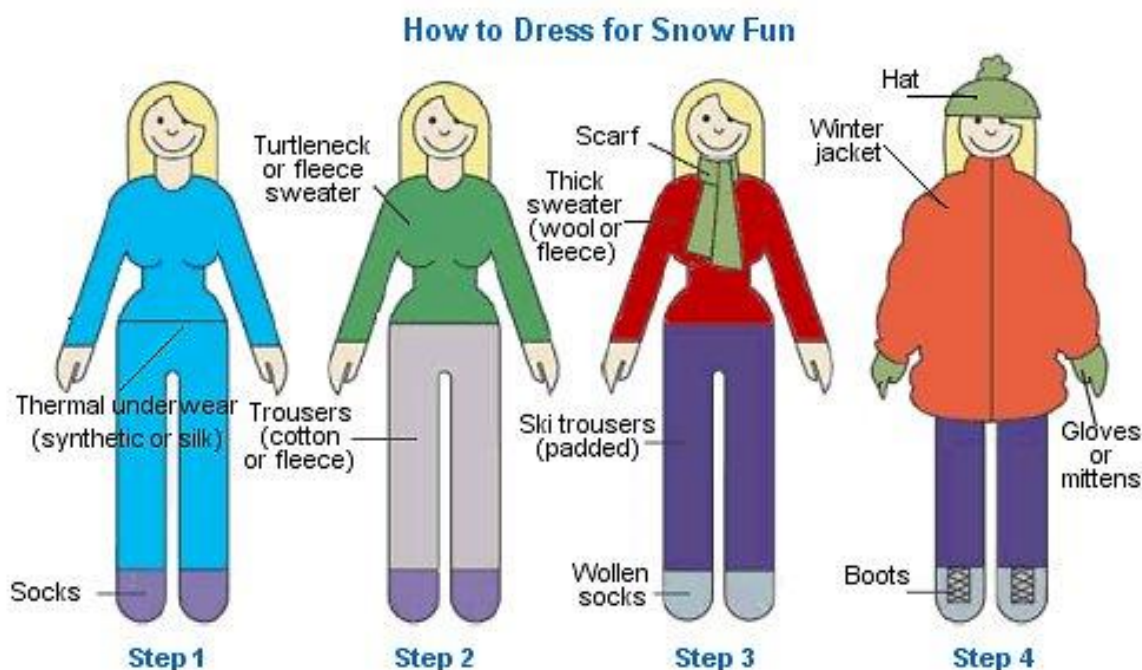


WINTER PERSONAL GEAR & CLOTHING

Obviously, you can't bring an entire closet full of clothing to winter camp, so you want to have layers that serve multiple purposes that you can use individually or in conjunction with other layers to fit weather conditions from hot and sunny to windy, wet and cold. As your environment or activity changes, so will your clothing needs.

It is not, as so many believe, a matter of piling on more and heavier clothing as the temperature drops, or necessary to pack many extra sweaters.

Keeping warm is a combination of insulation and **moisture control** (both outside dampness and body perspiration). Staying warm in the winter is having the proper clothing layers and knowing how to use them effectively.



We tend to overdress when active and underdress when we stand around. Clothing should be adapted to the types of activities that are participated in. Always **“THINK LAYERING.”** Layering allows for flexibility for changing weather conditions and physical activities. Clothes should be kept to the minimum, and replaced during halts in activity.

The idea behind layering is that every piece has a purpose. You put together multiple pieces that deal with all the variables. If one variable changes; for example, the rain stops, you can take off your rain shell. If it gets a little warmer, but it's still raining, you can take off an insulating layer (eg. fleece), but leave your rain shell on.

Keeping dry is vital: It's important to avoid overheating, perspiring and subsequent chilling; when on the move and active in the winter.

After setting up your tent or snow shelter, you need to change all your clothing. Your clothes will be sweaty and have snow melt all over, so they will be wet and you will get cold. Take all of your clothing off and put fresh clothing on.

Keep in mind that being at winter camp is not a fashion show. Wear what you need to stay warm and dry.

The 3 Ws of layering:

- **Wicking** – base or inner layer
- **Warmth** – middle/insulating layer(s), and
- **Wind/Water** – outer layer

Use the **C-O-L-D** method to stay warm. Remember the word "COLD":

- **C – Keep your clothing Clean**
Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime, and perspiration can mat down those air spaces and reduce the warmth of a garment.
- **O – Avoid Overheating**
Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Stay hydrated by drinking plenty of water, and refrain from drinking caffeinated drinks that act as diuretics. Diuretics cause you to urinate more often.
- **L – Wear Loose Layers**
A steady flow of warm blood is essential to keep all parts of your body heated. Wear several loosely fitting layers of clothing and footgear that will allow maximum insulation without impeding your circulation. Having clothing that is bright colored (orange or red) is also a good idea, so hunters and sportsmen can see you in snowy conditions. Always have a hat and wear it. Heat is usually lost from the head.
- **D – Keep Dry**
Sweaty, damp clothing and skin can cause your body to cool quickly, possibly leading to frost nip and hypothermia. Keep dry by avoiding clothes that absorb moisture. Always brush away snow on your clothes before you enter a heated area. Keep clothing around your neck loosened so that body heat and moisture can escape instead of soaking through your layers.

The **Base or Inner Layer** is typically a light long-sleeved shirt and long johns (thermal underwear) or tights. The purpose of the inner layer is to draw perspiration away from the skin to the next layers, which makes the person feel warmer and more comfortable.

Merino wool and synthetic materials such as polyester and microfiber-based fabrics are good fabric choices for a base layer as these fabrics do not absorb moisture, but instead transfer moisture well. Synthetic fabrics can also carry special finishes, such as UV protection, insect repellent and anti-bacterial agents which reduce odours.



Mid layer(s) – a midweight polar fleece or wool sweater that adds an additional layer of warmth. If you're a colder person, you probably want to layer a pair of pants or tights over your long johns.

- vest
- wind shirt or jacket that is very lightweight – it just provides wind protection or a lightweight puffy jacket – not so heavy that it restricts you from moving

Outer layer is typically a wind-resistant and water-repellent jacket with a hood, and matching pants. It should fit over all the layers, but still allow freedom of movement, and give you the ability to shed a layer when you get too warm.

Non-breathable waterproof clothing; such as a plastic rain jacket is not good to have at camp as it will not allow wicking away of moisture where it can evaporate and the jacket will cause you to become damp inside (think raining inside your jacket – wet on the outside and on the inside).

Zipper pulls added to all jacket zippers make them easier to use while wearing big mittens.

Hand layers – Mittens are generally warmer than gloves because fingers come into direct contact with each other, passing warmth from one to another. Gloves separate each finger, providing better dexterity. It's handy to have a pair of gloves close by for doing camp chores and preparing meals.

It's a good idea to bring several pairs of gloves and mittens so you will have dry gloves or mittens to change into when your gloves or mittens get wet. Knitted mittens or mitt-liners inside water-repellent over-mittens are best. Finger gloves are not sufficiently warm in sub-zero weather even with an outer mitten.

Head layers – It's recommended to bring at least two warm hats, not including one that you will bring for sleeping. One should be a lighter weight hat that you can wear while doing activities, and the other can be a much warmer toque that covers your ears for when you are less active. On a really cold day, you can have a fleece neck gaiter and combine it with a balaclava. It's good to have a hood in your upper body layers too.

Both wool and synthetic materials are great when winter camping.

Material	Wool	Polypropylene or other synthetic fibers	Down	Synthetic Fills
PROS	<ul style="list-style-type: none"> • natural fibre • great insulator • has natural anti-bacterial properties, so it does a good job of managing odours • if it gets wet, it still insulates 	<ul style="list-style-type: none"> • great insulator • very lightweight • if it gets wet, it still insulates • more durable • less expensive 	<ul style="list-style-type: none"> • natural fibre • excellent insulator • lightweight 	<ul style="list-style-type: none"> • excellent insulator • lightweight • if it gets wet, it still insulates • more durable
CONS	<ul style="list-style-type: none"> • tends to be a little heavier • not as durable • more expensive 	<ul style="list-style-type: none"> • some of these fabrics tend to retain odours 	<ul style="list-style-type: none"> • when it gets wet, it no longer insulates • not as durable • more expensive 	<ul style="list-style-type: none"> • heavier • bulkier • less expensive than down

Cotton is the one material you don't want to bring winter camping. COTTON IS ROTTEN. If cotton gets wet, it takes a long time to dry, and if you have a wet layer of fabric against your skin, that's going to pull heat away from your body.

Clothing keeps you warm by trapping warm air near your skin. When cotton gets wet, it ceases to insulate you because all of the air pockets in the fabric fill up with water. When you hike, you perspire, and any cotton clothing touching your skin will absorb your sweat like a sponge.

It doesn't have to be expensive to outfit yourself for winter camp. Check Facebook Marketplace, Craigslist, local buy/sell/trade resources, and your nearest consignment or second-hand sports equipment store for "new to you" items.

Socks – One of the best systems for keeping feet warm is using multiple layers. Start with a thin polypropylene liner sock next to the skin to wick moisture away followed by a pair of wool or wool/nylon blend socks. Make sure the outer socks fit comfortably over the inner layers, but that you can still wiggle your toes in your boots. An extra-thick sock will not keep your feet warm if it makes your boots too tight and restricts circulation. If socks are too loose, they can slip or bunch up, creating pressure spots leading to blisters. Ideally, socks should be long enough to pull them well up on the calf.

Keeping your feet dry is essential to keeping your feet warm you may need to change your socks during the day. Another way to keep your feet warm is to keep the rest of your body well covered - If your feet are cold, put on a hat.

Boots – Boots are probably your most important item at winter camp. Footwear should be sufficiently roomy to permit comfortably wearing two layers of socks, and be insulated and waterproof.

Tight boots restrict circulation, and are a direct cause of frozen toes or feet. Tightening your boot laces too tightly will constrict the blood flow as well.

Rubber boots are for rain, not for snow. They do not insulate and do not provide enough support for winter activities such as snowshoeing. Insulated hiking boots that come up the calf are the best choice, or pair lower-cut boots with gaiters, to keep the snow out.

Spare footwear can be a luxury for changing into as soon as major activities have ceased for the day. Down or synthetic fill booties are super lightweight above the ankle booties made with a nylon outer shell fabric, foam sole and an adjustable draw closure. Knitted slippers to wear inside your tent can also help keep your feet warm.

Keep your hands and feet warm. Your body will always protect the core, so if your hands and feet are warm, your core will also likely be warm. If your hands or feet are cold, put on more layers, and put on a hat!



TIPS ON SLEEPING WARM IN THE OUTDOORS

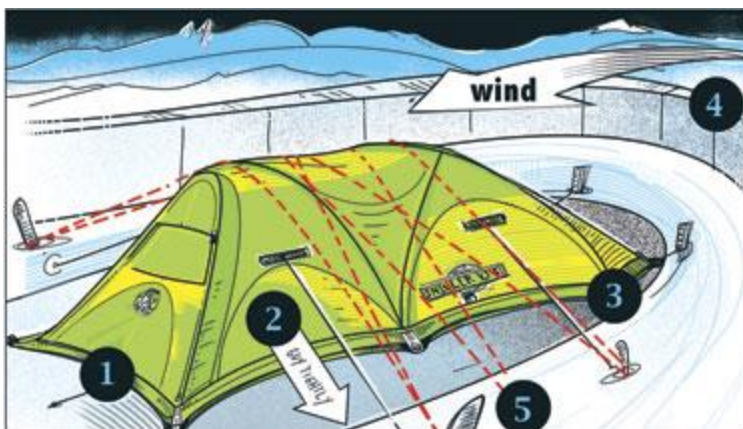
Bedding

Remember the body cools down during sleep and the blood is drawn from the extremities (feet and hands) to the center or core of the body. Proper insulation must be provided to prevent heat loss.

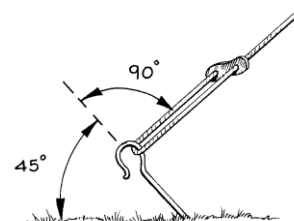
1. “Feather Your Nest” – You want to have more layers between you and the ground than on top of you. From bottom to top, you should have:
 - A reflective tarp or an emergency blanket layered over your tarp
 - A thinsulate (closed cell blue foam) mat, or interlocking kid’s play mats, or hot water tank insulation
 - An inflatable sleeping pad (not an air mattress)
 - A fleece or wool blanket
 - Sleeping bag(s) – if your sleeping bag is not warm enough, use one sleeping bag inside another, with the zippers on opposite sides
 - Liner – think of it as a giant sock that you will sleep in. You can buy an expensive silk one, a less expensive synthetic one, or make your own from lightweight fleece. Avoid cotton liners, they will not keep you warm.
2. Keep hydrated during the day and avoid drinking lots of fluids at night, so you won’t have to go to the bathroom in the middle of the night.
3. Eat a big dinner with lots of calories. Calories are a unit of heat, without them the furnace won’t burn hot.
4. Go to bed warm – do some light activity before you go to bed, like fluffing up your sleeping bag with vigor to gain maximum loft before you climb in.
5. Wear a wool hat to bed. You lose most of your body heat through your head.
6. Don’t burrow in – Keep your nose and mouth outside your sleeping bag. Your breath contains a great deal of moisture that can cause dampness to collect in the bag as you sleep. To keep your face warm, wear a balaclava or wrap a scarf around your face.
7. Finally the old standby...to stay warm snuggle up to someone, and max out your tent’s capacity - many bodies in a small tent are warmer than few in a large tent.

Setting up your tent

If you are tenting in the snow, you will need to dig down a space large enough for your tent and guylines. The snow walls will provide additional insulation and shelter your tent from the wind.



1. Place a ground sheet under the tent and make sure the main entrance is down wind. (In rainy weather put a ground sheet in your tent as well and make sure nothing touches the walls.)
2. Once all the corners of your tent have been pegged so your tent floor is taut and flat and your fly is on and pegged tautly attach guy lines to tent guy line attachment points (most tent have at least four) and peg the guy lines into the ground.
3. Double peg or anchor side of tent the wind is blowing into.
4. If possible build a wind wall using a tarp or snow wall to act as a barrier from the wind or use natural barriers like rock or trees.
5. In really windy conditions lash rope back and forth over the tent and peg into the ground. If you have a second set of tent poles, insert them alongside the original poles (i.e. parallel), to augment the tent structure. For internal fortification, place backpacks, boots, and bodies against the most wind-beaten wall.
6. All pegs should be pegged away from the tent at 45° from the ground so all guy lines are 90° from top of peg.
7. For very hard-packed ground you will need stronger (and heavier) stakes that can withstand the force needed to drive them in. On snow, sand, or other loosely packed surfaces, wider T-Stakes or aluminum snow stakes will hold better; these stakes hold best buried horizontally. You can also improvise with other “stakes” (hiking staffs, ice axes, branches, rocks).



GAMES AND ACTIVITIES – BEFORE CAMP

Swatches

For this pre-camp activity you will need a variety of fabrics (fleece sweater, heavy cotton hoodie or sweatpants, yoga pants, cotton leggings, wool shirt, flannel pajamas), a clothesline with pegs, a way to tie up the clothesline, and either a bucket of water, or a sink nearby. At the beginning of your meeting, set up the clothesline, soak each piece of clothing in the water, wring it out gently, and hang it. At the end of your meeting, check which items are almost dry and which are still soaked.

Winter Camp First Aid & Care Jeopardy

Games are a fun way to teach important skills. For First Aid and Care, you can create a Jeopardy game in PowerPoint, and hook up your laptop to a projector. Alternately, you can create a paper version on the wall.

Hypothermia

- 100 - What is hypothermia?
A – It is the body's temperature decreasing due to exposure to cold conditions
- 200 – List 2 symptoms of hypothermia
A - Shivering, Slurred speech, non-communication & lethargy
- 300 – List 2 ways of preventing hypothermia
A - Stay warm, dry, hydrated and eat well.
- 400 – List 2 remedies for hypothermia
A - Put on dry clothing. Eat and drink warm food and fluids. Warm hypothermic person by putting them into a preheated sleeping bag or use another person to warm them.

Frostnip/Frostbite

- 100 – How does one prevent Frostnip/ Frostbite?
A - Be aware of your body signals, stay warm and dry!
- 200 – List two symptoms of Frostnip/Frostbite
A - Numbness to an area, loss of sensitivity to touch, tingling that feels like burning, shivering, skin appears red and then white to purple.
- 300 – What are two remedies for Frostnip/Frostbite?
A - Place cold/frostbitten appendages against warm skin and use warm water on the afflicted area to warm slowly.
- 400 – What is the difference between Frostnip/Frostbite?
A - Frostnip is a mild freezing of the skin and Frostbite is a more severe freezing of the skin and underlying tissues usually on fingers, toes, nose and face.

Hydration/Food

- 100 – True or False: A person is just as likely to get dehydrated while winter camping?
A - True
- 200 – List 3 symptoms of dehydration?
A - Increased heart rate, dry mouth, dizziness, muscle cramps, confusion and weakness.
- 300 – How should one store their water bottle at winter camp?
A - Turned upside down buried in snow. As water freezes from the top down and snow acts as an insulator.
- 400 – Of the 6 food categories listed which three are not good for winter camping and why? Caffeine, Proteins, Fats, Sugars, Alcohol, Carbohydrates
A - Alcohol increases blood flow and cools your core temperature. Caffeine restricts blood flow and cools your extremities. Sugars don't give you lasting energy to keep your body warm.

Clothing/Other

- 100 – List 3 fabrics suitable for winter camping
A - Fleece, Wool, Polypropylene fabric, Gortex, Nylon
- 200 – What are the 3 W's for dressing for winter camp?
A - Wicking, Warmth, Weatherproof
- 300 – True or False: One should never go to the bathroom before bed as it will chill the body?
A - False: Drain your bladder before you go to bed as it's a waste of energy warming your urine while you sleep and having to go in the middle of the night will chill your body.
- 400 – True or False: It is best to go to bed in the clothes you have been wearing all day as you can quickly get into your sleeping bag and not expose your body to the cold?
A - False – Change into clean, dry clothes before bed. Your body makes moisture and your clothes hold on to it – by changing into dry clothes you will stay warmer and it will help to keep the inside of your sleeping bag dry.

GAMES AND ACTIVITIES – AT CAMP

Build a Quinzee

They are warm to sleep in, and fun!

How to Start

1. Mark off a circular area that is up to ten feet in diameter.
2. Tramp on the snow within the circle to mix it up.
3. Shovel more snow in from the outside of the circle.
4. Pile the snow six feet high, finishing off in a dome (do not pack the snow down).
5. Place a dozen sticks that are at least 12 inches long through the top and sides of the snow pile.
6. Let the snow settle a few hours.



The Next Steps

1. Start digging out the pile. Have one person work behind another. The first digs while the second clears the snow away.
2. Using the sticks as markers, hollow out the pile until it is between eight and ten inches thick.
3. Clear the snow down to the ground except where you plan to sleep. Leave a base of four to five inches in the sleeping area.
4. Make the walls as smooth as possible.
5. Make a ventilation hole in the top of the quinzee.
6. Mark the outside door with a shovel, ski poles, skis, etc.

For Better Building...

1. When shoveling snow into the circle, don't scoop up the snow the same way every time.
2. Flip your shovel over as you throw snow onto the pile. This helps mix the snow and makes a quinzee that is better insulated.
3. Take turns when digging - it's very tiring!
4. When designing a door, remember that it shouldn't close too tightly. You need air to circulate.
5. Don't worry about ice inside your quinzee. A thin layer develops due to condensation.

Snowshoeing and Sledding

If your location is suitable, bring along snowshoes and sleds for some unstructured playtime in the snow.

Men in White

Each team member must wear a blindfold except for one team leader. The team leader who is not blindfolded will direct the others to build a snowman at least the height of the smallest team member. The team director may not touch the snowman but may only give instructions. Add a hat and a carrot to finish.

Snow Snake

Make a 12 feet long track through fresh snow by pulling a log through the snow. The track can have very gentle bends, but no sharp turns. Let the track freeze overnight. Sprinkling it with water will improve it.

Use a 2-3 feet dowel or smooth straight stick. They can be painted or carved to identify to whom they belong. The object is to see how far along the track guides can slide their snow snakes. The track can be further improved by erecting a ramp at the starting point.

Snowblind

Equipment: Pool Noodle

Establish boundaries and choose one person as the snowman. This person arms herself with the noodle and is blindfolded. The rest of the players crouch on the ground, eyes open, and wait for the snowman to chant: "Snowman, snowman, all in white, blinding everyone in sight!" While they chant, the other players run around in the predetermined boundaries; but must return to a stationary crouching position by the time the chant ends. Now the snowman moves around while the other players remain in their positions. Still snow-blind, the snowman tries to tag one of the players with the noodle. When she succeeds, the tagged player becomes snow-blind, too, and she must join forces with the snowman, who gives the noodle to her and stands behind her with their hands on her hips. They both are blindfolded and say the chant while the rest run for safety again. The game continues until the last person is tagged.

Pancake Race: (On Snowshoes)

Equipment: Tennis Racket/Frying Pan, Frisbee

Half of each team stand at one end of the course and half at the other end. The first player has to run to the other end and give the frying pan to the first person at the other end who runs back with it. This is continued until each player has run. On each run the Frisbee must be tossed and caught twice without dropping it. If the player drops it they must go back to where they started from and do their run again.

Camouflage

This game is very simple, you need no supplies, just bodies. One person has the "Camouflage", this is kind of like being "it". The person with Camouflage calls out "CAMOUFLAGE!!!!" so everyone can hear it. Once it is called they close their eyes, and count to ten. From this point on they cannot move their feet.

Everyone scatters and has 10 seconds to find a suitable hiding place, the ideal hiding place is one where they can see the person with the Camouflage but is hiding from the one who is "it".

Once the one who is "it" has finished counting, they still are unable to move their feet, and they have to (using their hands) hold up a sign (ex. pinky up, ring finger down, middle finger up, index finger up, thumb down) they must hold up the sign for 15-30 seconds, during this time they may twist at the waist, but not moving their feet, and call out people who they see and their hiding spots.

Once the 30 seconds are up, the one who is "it" calls out "show yourselves" those who are left undiscovered come out and the first to show the correct sign then gains the camouflage.

Winter Scavenger Hunt List

Use a phone or camera to take pictures, locate but do not take:

- Animal track
- Evidence of an animal's winter home
- Dead deciduous tree leaf
- Pinecone
- Evergreen needle
- Buds on a tree
- A tree that has lost all its leaves
- A tree with only a few leaves on it
- Evergreen tree
- A tree with smooth bark
- A tree with rough bark
- Something with thorns
- A plant with berries
- A chewed leaf
- Frost crystals
- Evidence of static electricity
- Sap
- Lichen
- Fungi
- Something straight
- Something you think is beautiful
- A woodpecker
- A feather
- An insect
- Your provincial bird
- Something wet
- Hear a bird chirping
- Hear the wind blowing (can you tell which direction the wind is blowing?)
- A snowman/snowwoman
- A snow angel

It's Snow Amazing Race

Equipment List:

You will need enough popsicle sticks at each station for each team to get one when they complete the challenge. Sticks should be numbered to match the station, so the girls know when they have completed all the challenges.		
1	Whiteout	Pylons, sleds, blindfolds, snowshoes if needed
2	Snow Croquet	Croquet mallets, croquet wickets, markers for wickets showing the order
	Slingball	Slingshots, tennis balls, targets
3	Kim's Game: Winter Fun and Survival	Pair of mittens, pair of warm socks, headlamp, protein bar, water bottle, whistle, matches and candle, pocket knife, orange plastic bag, emergency blanket, first aid kit, map, communication device
4	Flying Marshmallows	Blowguns made of PVC piping, foam or real marshmallows, cups
5	Snowman Slam	Snowman-decorated cups to stack, balls
6	Penguin Shuffle	Pylons, balls
	Snow Sculpture	Pictures of items to create sculptures of
7	Marshmallow Scramble	Mini-marshmallows, chopsticks, bowls
8	Snowflake Drift	Small paper snowflakes
	Roll A Snowman	Dice, list of what each number corresponds to
9	Snowman Wrap	Toilet paper, scarves toques, mittens, eyes, nose, mouths
10	Fish	Cans of sardines
	Freeze	Freezies
Final	3-Legged Snowshoe Race	Snowshoes, rope, ties for legs

Divide your group into teams of no more than 5. Each team starts at a different station, and each station will have a clue as to where to go next. Have a Guider or unit helper run each station.

Challenge 1Whiteout!

One team member must put on a blindfold and pull another team member on a sled weaving in and out of the pylons to the end and then straight back. The team member who was blindfolded then becomes the rider on the sled, until each team member has had a turn pulling the sled.

Challenge 2

A DETOUR is a choice between two tasks. Your team must choose between the following two activities:

Snow Croquet

Each team member must hit the ball through one wicket following a specific numbered/coloured order. There are seven wickets.

OR

Slingball

Using the sling shots and tennis balls provided, your team must score a specified number of points before moving on to the next challenge. Team members must alternate turns.

Challenge 3Kim's Game: Winter Fun & Survival!

Have a look at all of the winter fun and survival equipment for the designated amount of time. When your team is certain that all of the items shown have been memorized, proceed to the designated location. Some items will then be removed. Your team will be called back to the showing area. When you return, your team must name all of the missing items.

Challenge 4Flying Marshmallows

Your cocoa is way too hot to approach, but you still need to top it off with a marshmallow. Use the marshmallow blow gun to get one marshmallow per team member into the mug. We hope you all remembered to "lug-a-mug!"

Challenge 5Snowmen Slam

Each team member must successfully knock over all six snowmen. Each team member must keep trying until they knock over all six snowmen.

Challenge 6

A DETOUR is a choice between two tasks. Your team must choose between the following two activities:

Penguin Shuffle

With a ball placed on your feet (like a penguin parent would do with their baby penguins), each team member must move around a set course and then pass off the ball to their next team mate without losing the ball. If you lose a ball on your turn, you must begin the course again.

OR

Snow Sculpture

Pick a picture out of a hat. Together, your team must create the snow sculpture shown in the picture.

Challenge 7**Marshmallow Scramble**

Using chopsticks, each team member has to move three mini-marshmallows from one cup to another.

Challenge 8

A DETOUR is a choice between two tasks. Your team must choose between the following two activities:

Snowflake Drift

Each member of your team must drop a snowflake from shoulder height into the bucket on the floor. You may choose which snowflakes you wish to drop, but once a snowflake lands in the bucket, you must leave it there. Your team will be timed.

When everyone on your team has completed the task, your team may move on to the next challenge.

OR

Roll a Snowman

"Do you want to make a snowman?"

Team members must take turns rolling the dice to create your team's snowman. Complete your snowman with at least two body sections, a head, eyes, a nose, a mouth, sticks for arms and a hat, before your team may move on to the next challenge.

Challenge 9**Snowman Wrap**

Have one team member stand in the center of your team. The remaining team members must wrap the "snowman" with toilet paper until all body parts are covered. Once finished wrapping with toilet paper, the team may now use the items provided to complete Frosty.

Challenge 10

A ROADBLOCK is a challenge that only one team member may perform.

A DETOUR is a choice between two tasks. Your team member must choose between the following two activities:

Fish

One team member must eat 3 sardines.

OR

Freeze

One team member must eat a Freezie.

Final Challenge3-Legged Snowshoe Race

This is the race to the finish line.

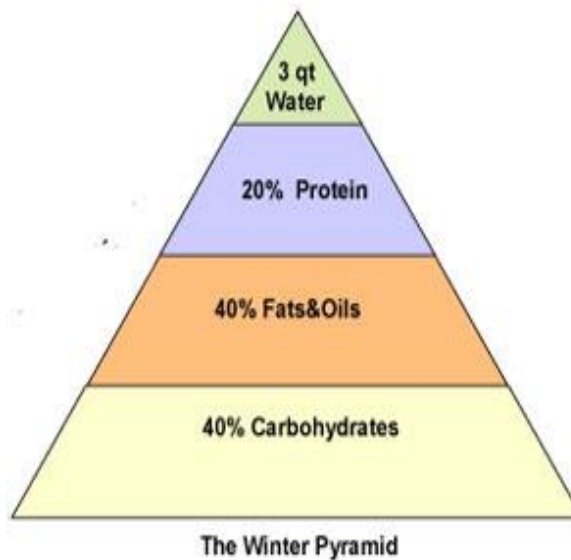
Each team member must wear a snowshoe on one leg. In pairs, team members must tie their legs without snowshoes together. Teams must then run a rope through each team member's jackets so that the whole team is attached. Teams with seven members will have one team member solo, but that person must still be attached by rope to the rest of the team. Your team must cross the finish line all together!

WINTER CAMPING FOOD, PREP AND COOKING

Food

Winter camping burns more fat and calories as your body requires more energy to keep your body warm. Your body's caloric needs are much higher in a winter camp environment, 3000-5000 calories per day depending on body size, amount of activity and weather conditions. Foods high in fat, complex carbohydrates and protein release their energy slowly, and thus are better food choices for keeping you warmer.

1. Proteins (meats, dairy and eggs)
Essential part of any diet—the building blocks of tissue (cell construction and repair). Complex molecules metabolize slowly, holds off hunger. Think of some “easy” meats that will provide protein and/or fat, e.g. jerky or meat sticks for lunch, precooked bacon or meats.
2. Fats (butter, nuts and meats) are used primarily for energy. Complex molecules requiring the longest time for metabolizing, and therefore provide long term energy; 2X the calories/pound than carbs or proteins. Obtain from oil, margarine, butter, nuts, and cheese.
3. Carbohydrates (simple and complex)
 - a. Simple starches and sugars are metabolized easily and provide quick energy. These simple sugars provide for nearly immediate energy release. A good example is a Snickers bar or a sweet warm drink, like warm tang or instant apple cider.
 - b. Complex carbs (pasta, grains) are a little slower to metabolize, therefore releasing energy more slowly than the simple carbs.



Experts recommend your dietary breakdown for winter camping should be 40% Carbohydrates, 40 % Fats and Oils, and 20% Proteins.

Water

Dry winter air will dehydrate you quickly without you noticing. It is important to drink plenty of water at least 2L a day even if you aren't thirsty. Drink often, a lot, and never have an empty water bottle. Water is necessary for your body to generate heat.

- Water mixed with something like Gatorade, lemonade, etc. freeze at a lower temperature than plain water.

- For water purification, boiling water is the recommended method as water filters can freeze and chemical water treatments either take longer or become ineffective in low temperatures.
- Do not eat snow it! It requires a lot of energy to melt and can lead to hypothermia.
- You can melt snow to obtain water, but make sure the snow is clean. Also, make sure to put some water in the pot with the snow to start the melting process or you will burn the bottom of your pot.
- Water should be stored buried at least a foot deep in snow for storage, as snow is an excellent insulator and will prevent the water from freezing.
- Water bottles should always be buried upside down as water freezes top down.
- Wide mouth plastic water bottles recommended for ease of access to water.
- Go to the bathroom often; do not waste energy warming bodily waste.

Food Preparation/Cooking

Avoid taking fresh food in the winter (fresh fruit, vegetables, eggs, etc.). These all contain water and can freeze. The exception to this is cheese, butter, or meats (needed for their high fat content). Take mostly dry foods (cereal, pasta, rice, wheat, oatmeal, etc.) baked goods (brownies, cookies), or freeze dried foods (expensive but very lightweight and quick to cook which can save on stove fuel).

- Plan easy and quick to cook meals that only require one pot if possible.
- Repackage all food to take minimal waste to camp. Ziploc bags are your friends. Try packaging all meal ingredients together for ease of cooking.
- Storing food in coolers will help prevent food from freezing, as coolers are good insulators.
- Breakfast and dinner should be the heartiest meals of the day. Consider having hot instant drinks or soup while waiting for main course.
- Lunch should be quick and easy as you don't want to sit around and let your body cool down.
- Pack and eat lots of snacks to keep your body fueled. Take a snack to bed with you in case you get cold to help fuel your body.
- Do not use metal utensils in preparing food as they can cool down the temperature of the food. Use wood or plastic utensils instead.
- Use lids while cooking to shorten cooking time.
- Use wind breaks around stoves to expedite cooking times.
- Snow is a great abrasive cleaner. Consider washing dishes out with snow.

Cooking Fuel

Liquid white gas is recommended over other canister fuels as cold temperatures affect the performance of canisters and their stoves because it's hard to keep up the necessary pressure. On white gas stoves you can keep adjusting the pressure by pumping more. As most fuel canisters contain propane mixed with n-butane or isobutene. If all you have is a canister stove for cold weather use, you generally want a canister with as little n-butane as possible, as propane burns faster than n-butane, and n-butane does not perform well in cold temperatures.

Good Winter Camp Fuel Brands

- White Gas or Naptha
- MSR or Brunton 80% isobutene and 20% propane
- Coleman Powermax 65% butane and 36% propane

Poor Winter Camp Fuel Brands

- Primus or Optimus 25% propane, 25% isobutane and 50% n-butane
- Regular Coleman Canister 20% propane and 80% n-butane

Tips for Canisters

- Start cooking with a warm canister.
- To keep canister warm try placing in warm water.
- Make a canister cozy to insulate your canister. Cut open can cozies, corrugated cardboard, or blue foamy and duct tape all make good cozies.
- Use caution when filling liquid gas tanks—white gas or alcohol fuel does not freeze and becomes super cooled in cold weather, with the potential to cause frostbite. Don't pick up a cold fuel bottle with a bare, sweaty hand—and definitely don't put your tongue on the outside of the fuel bottle.



MENU & RECIPES

Girls and Guiders should actively be involved to cook the meals as much as possible. However, this means that ample time needs to be scheduled to allow the time to prepare & clean up afterward. The following menu suggestions can be adapted to suit your group of campers although remember to be aware of dietary sensitivities and allergies.

Many of the ideas below, and more, can be found on the BC Girl Guide Website under [Camping Resources](#)

Mug Up Ideas	<ul style="list-style-type: none"> • English muffin pizzas • Cheese, sausage/pepperoni and crackers • Baked apples or peaches • Nut butter and banana quesadillas • Pudgy turtles (refrigerated crescent rolls stuffed with chocolate, Skor chips, nuts) • Squirrels and chipmunks (two-bit brownies with a peppermint patty, mint girl guide cookie, or peanut butter cup in the middle)
Breakfast Ideas	<ul style="list-style-type: none"> • Tinfoil breakfast with bacon/sausages, hash browns and scrambled egg • Breakfast burritos (egg, bacon bits, hash browns, vegetables, cheese, salsa) • Sunrise spuds (instant mashed potatoes mixed with hot water, grated cheese, chopped salami or other cured meat, vegetables) • French toast with toppings (syrup, jam, fruit) • Spicy tofu scramble
Snack Ideas	<ul style="list-style-type: none"> • High-protein baked goods (add nuts or seeds to cookies, muffins and bars) • Granola bars (try commercial granola bars or make your own) • Trail mix (nuts or seeds, dark chocolate M&Ms, cereal, dried fruit)
Lunch Ideas	<ul style="list-style-type: none"> • Hot sandwiches (grilled cheese, quesadillas) • Bagels (cream cheese, jam, nut butters etc) & yogurt • Tacos in a bag • Hearty soup with protein, grain and vegetables (meal in a bowl!), buns and butter
Dinner Ideas	<ul style="list-style-type: none"> • Lightweight backpacking meals • Chilli • Mac n' cheese • Baked potato bar • Tinfoil dinners

GRACES

Singing a grace before a meal is a tradition that has lost popularity over the years, but it is still nice to thank those responsible for your food before eating it. Singing grace doesn't have to be involved in religion at all, try some of these out for example:

Zip a Dee Do Dah Grace

Zip a dee do dah, Zip a dee ay,
We are grateful for your blessings today.
We've plenty to eat, to drink and to share,
We sit at your table, with friends everywhere!

MMM Grace (to the tune of Linger)

Mmm - I am so thankful
Mmm - that we're together
Mmm - to share this food with each of you

Rumble, Rumble, Tummy Loud (to the tune of Twinkle, Twinkle Little Star)

Rumble, Rumble, Tummy Loud
It's now time to feed the crowd
As we share this grace and meal
Tell your neighbour how you feel
Thank you for this food we eat
Friends we make and those we keep

Campfire Grace (to the tune of Fire's Burning)

We're thankful, we're thankful
For friendship, for friendship,
And for good food, And for good food,
And hands that prepared it.

Boom Boom TA-RA-RA (to the tune of Roll Out the Barrel)

Give thanks for good friends,
We have a barrel of fun.
Give thanks for good food,
We won't waste one single crumb. Boom Boom Ta-Ra-Ra!
Sing out a song of good cheer.
Now's the time for us to give thanks
The food and friendship's here

A Mabel Lake Morning

We give thanks to our friends,
We give thanks for our bread,
We give thanks for the blessings,
Of the day that lies ahead.

CAMPFIRE



Some song ideas for you!

Tall Trees

Tall trees that reach the sky,
Mountains and lakes near by
Draw near my friends, come sing my friends
Our campfire time is nigh.

I Like The Flowers

I like the flowers. I love the daffodils.
I like the mountains. I love the rolling hills.
I like the fireside when all the lights are low
Boomdy ah-da, boomdy ah-da, boomdy ah-da Boom. (2x)

Wadlee Atcha

Repeat each set of actions 4 times. In each subsequent verse sing it faster.

	<i>Repeat 2X</i>			
1.	Wadlee	It's a simple little	I like the	1. <i>slap your knees twice</i>
2.	Atcha	song, there's	rest but the	2. <i>clap twice</i>
3.	Wadlee	not much	part I like the	3. <i>palms down, waggle R hand over L hand twice</i>
4.	Atcha	to it.	best is	4. <i>palms down, waggle L hand over R hand twice</i>
5.	Doodly	All you gotta	Doodly	5. <i>R hand touches nose then shoulders</i>
6.	Doo	do is	doodly	6. <i>L hand touches nose then shoulders</i>
7.	Doodly	doodly	doo.	7. <i>snap fingers with R hand</i>
8.	Doo	do it.		8. <i>snap fingers with L hand</i>

On the last verse shout: Whoo!

Auntie MonicaChorus:

Oh I have an auntie, an Auntie Monica
And when she goes shopping, they all
say “Oo – la – la”.

And so her feather’s swinging, her
feather’s swinging so. (2x) Chorus

And so her hat is swinging, her hat is
swinging so (2x)

And so her feather’s swinging, her
feather’s swinging so. (2x) Chorus

*In subsequent verses add the previous
verses:*

And so her arms are swinging (her hat,
her feather ...)

And so her skirt is swinging (her arms,
her hat, her feather ...)

And so my Aunt is swinging (her skirt,
her arms, her hat, her feather ...)

Land Of The Silver Birch

Land of the silver birch

Home of the beaver

Where still the mighty moose

Wanders at will

Chorus:

Blue lake and rocky shore

I will return once more

Boom did-y-ah-dah

Boom did-y-ah-dah

Boom did-y-ah-dah, boom

My heart is sick for thee

Here in the lowlands

I will return to thee

Hills of the north

Swift as a silver fish

Canoe of birch bark

By mighty waterways

Carry me forth

High on a rocky ledge

I'll build my wigwam

Close to the water's edge

Silent and still

Say Why

Say why, do we have to say goodbye

Say why, do we have to say goodbye

Say why, do we have to say goodbye

Say why, my friend, say why

Say when, will we ever meet again

Say when, will we ever meet again

Say when, will we ever meet again

Say when, my friend, say when

Say where, and I'll meet you right there

Say where, and I'll meet you right there

Say where, and I'll meet you right there

Say where, my friend, say where

Say why, do we have to say goodbye

Say when, will we ever meet again

Say where, and I'll meet you right there

Say why, say when, say where!

Looking for more songs? Great resources for song lyrics and sound clips can be found:

- [BC Girl Guides – Let’s Sing](#)
- [Becky's \(Dragon's\) Guiding Resource Centre - Lyrics](#)
- [Guiding with Jewels - Lyrics](#)

GUIDES OWN & REFLECTIONS

Guide's Own is a special ceremony. It can be used at a camp or any event for personal reflection. It can also be used as a time to give thanks for all we have and our special guiding friends. Guide's Own can be adapted for use with girls of all ages.

A Guide's Own can consist of a quiet time, some reflective poems depicting the theme of your camp, a reading of some sort, a song, a short story, or any combination of these. As a ceremony, it can be as simple or as complex as you would like to make it – but keep in mind the dynamics of your group as some are much more introspective than others. This can be arranged by Guiders or can be planned by girls. This is also a great time to do your evaluation of camp.

Themed Guides Own

Using your theme assemble stories, songs and/or sayings about nature or camp. Girls and Guiders can be given a copy of what they are to say and the order they are to be said. Be sure to make each person's participation very short.

Suggested Readings

It's What's Inside that Counts

Materials needed (per person): square of fabric, elastic band, small rock, shell & feather
Hand out square of material (about the size of your palm).

Say: The world we live in is a material world. But it is not the things we buy, or wear or what we look like that counts. It's what is on the inside that matters most.

Hand out the rocks.

Say: The rock represents the earth. In our busy lives, whether at school or work, with our friends, or in our families, we need a solid base to build on. As Guiders and girls, we help to give each other this solid base.

Hand out the shells.

Say: The shell represents the water. All living things need water; all things on land; all things in the air; all things in the water. Through Guiding and in other parts of our lives, we explore the flowing currents of our faith.

Hand out the feathers.

Say: The feathers represent the air. What we do and say can build up or hurt others. Our words are like the wind -- you do not see them, but you see their effects. Now wrap these things inside the material and tie it up with an elastic. Remember - IT'S WHAT'S INSIDE THAT COUNTS!

Setting Priorities

A professor of philosophy stood before his class with some items in front of him. When the class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks about two inches in diameter. He then asked the students if the jar was full. They agreed that it was full.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly and watched as the pebbles rolled into the open areas between the

rocks. The professor then asked the students again if the jar was full. They chuckled and agreed that it was indeed full this time.

The professor picked up a box of sand and poured it into the jar. The sand filled the remaining open areas of the jar. “Now,” said the professor, “I want you to recognize that this jar signifies your life. The rocks are the truly important things, such as family, health and relationships. If all else was lost and only the rocks remained, your life would still be meaningful. The pebbles are the other things that matter in your life, such as work or school. The sand signifies the remaining “small stuff” and material possessions

Evaluations:

The girls are an excellent gauge for what went right and what went wrong with your outdoor or camping activity. Take all things into consideration and make notes for the next time. While some activities in theory should work, once they are put into practice they may not be as easily facilitated as first thought.

For older girls who have planned and run activities, the evaluation may be focused on what worked and what should be changed for next time. It can be an open discussion with notes recorded for later review when planning the next camp. Some questions that could be asked are:

1. What goals did you set for yourself?
2. Which goals did you accomplish? Which goals were you proudest of?
3. Which were the toughest aspects of this program?
4. Which were the most enjoyable?
5. Which were the least enjoyable?
6. Which were the easiest chores for you to accomplish? Why?
7. Which chores did you continually postpone? Why?
8. What would you do differently next time?

GUIDER EQUIPMENT LIST

Items not listed under Games or Activities. Check with the camp to see what is provided.

- Pieces of old carpet to put under vehicle tires, for better traction after vehicles have been parked for a few days. Pack some sand and salt too, in case parking lot is icy.
- Tarps, blankets
- Extra clothing, mitts and hats for “cold” girls
- First Aid kit
- Whistle
- Watch or clock
- Camera for group photo & other pictures
- Camp crests (Optional)
- Safe Guide forms Girls' and Guiders' Health forms, additional Health forms
- Cell phone (check cell coverage at camp) and SPOT/InReach (if out of cell range)
- Camp menus & food
- Camp tools - hatchet if needed for campfire, shovel for dirt for campfire safety, and to dig through snow
- Marshmallow sticks, if desired
- Firewood (if not provided by camp/site)
- Matches, lighter, newspaper (for starting a fire)
- Duct tape
- Cooler
- Filled water jugs (check if there is drinking water available and accessible at your site)
- Camp stove with extra fuel
- Lantern with extra batteries
- Cooking utensils & cookware

Suggested Items: pots, fry pan, can opener, knives, spoons, spatula, bowls, kettle, pot holder, cutting boards

Other Kitchen Items: coffee, salt, pepper, baking soda (in case of grease fires), tin foil, paper towels, kitchen towel, wipes, non-stick cooking spray or oil, tablecloths, napkins, rubber gloves, garbage bags, food handling gloves, Ziploc bags, rope for clothes line & clothes pins

Dish Washing – it is not recommended that you waste fuel or drinking water for dishes. Consider using snow to scrape out pots and dishes, or plan bowl-in-a-bag meals.

KIT LIST

Wear to and from camp:

- ☐ Waterproof, breathable jacket and pants
- ☐ Waterproof and insulated boots (such as Sorels, hiking boots, or winter boots)
- ☐ Gaiters (to prevent snow from getting into your boots, if your pants don't cover their tops)
- ☐ Waterproof, lined mittens
- ☐ Toque or balaclava
- ☐ Liner socks and warm socks (make sure they don't make your boots too tight, and you can wiggle your toes)
- ☐ Mid-layers (fleece sweater, lightweight long-sleeved shirt, lightweight non-cotton pants or tights)
- ☐ Base-layers (long underwear)
- ☐ Consider wearing a waterproof poncho over everything if it's raining

Sleep System:

- ☐ A reflective tarp, or an emergency blanket layered over your tarp
- ☐ A thinsulate (blue foam) mat, or interlocking kid's play mats, or hot water tank insulation
- ☐ An inflatable sleeping pad (not an air mattress)
- ☐ A fleece or wool blanket
- ☐ Warm sleeping bag(s)
- ☐ Lightweight fleece liner.

In a small knapsack (school-bag sizes or smaller):

- ☐ Extra pair of mittens
- ☐ Extra pair of socks
- ☐ Extra toque
- ☐ Water bottle
- ☐ Sit-upon
- ☐ Headlamp and extra batteries
- ☐ Whistle
- ☐ Personal first aid kit
- ☐ Hand and foot warmers
- ☐ Sunglasses
- ☐ Lip balm (with SPF) and sunscreen
- ☐ Camera or phone in a waterproof bag (Ziploc or dry bag)

In a backpack (covered with a pack cover, lined with a large garbage bag or put items in dry sacks):

- ☐ Mittens (including one pair to sleep in)
- ☐ Toque (to sleep in)
- ☐ Socks (including one pair to sleep in)
- ☐ 1-2 extra sets of mid-layers
- ☐ 1-2 extra sets of base-layers
- ☐ Underwear/bra (non-cotton)
- ☐ Pajamas (wool, fleece or synthetic)
- ☐ Booties (to wear inside the tent)
- ☐ Plastic bag or stuff sack for wet clothing
- ☐ Toiletries (travel-size hand sanitizer, ½ roll of toilet paper in a Ziploc bag, deodorant, hair brush, toothbrush, toothpaste, feminine products, tissues)
- ☐ Medications
- ☐ Dishes in a mesh bag with a carabiner (insulated mug, bowl, spork or fork spoon and knife)

Additional items:

- ☐ Shovel (labelled with your name) for digging in your site
- ☐ Snowshoes
- ☐ Trekking/ski poles

EVALUATION FORM

Please share with us what you liked about this Camp in a Box, and any things that we could improve on for next time! Thanks for your input, and Happy Camping!

WHAT DID YOU LIKE BEST?

WHAT WORKED/DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS

Please return to:
BC Camping Committee
107-252 Esplanade Ave W.
North Vancouver, BC V7M 0E9

or e-mail to:
bc-camping@girlguides.ca

