



## FAIRIES AND FRIENDS

A CAMP TO GO  
FROM THE BC CAMPING COMMITTEE

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## INTRODUCTION

Welcome to Fairies and Friends, a special event for Sparks & Brownies. We hope the girls and adults will be active and have lots of fun in an environment filled with magic. In this camp package, you will find the program outline for a two-night event and a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire layout, Guides Own and a kit list. We encourage you to build your camp to suit your season of the year, building or campsite, number of girls and available time. Pick those activities that work the best for you and your girls and remember to be **flexible**. Adapt this package to have fun with all your fairies and friends!

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](mailto: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

### Friday

<b>6:00pm</b>	Registration Opening (Campers arrive at camp having eaten dinner.) <ul style="list-style-type: none"> <li>- Divide into program groups</li> <li>- Hand out group nametags</li> <li>- Girls set up beds and colour name tags</li> </ul>
<b>7:00pm</b>	Opening <ul style="list-style-type: none"> <li>- Welcome &amp; Introductions – Guiders, First Aider, Quarter Master,</li> <li>- Safety, rules, and boundaries, etc..</li> </ul>
<b>8:00pm</b>	Sing along & Mug Up
<b>9:00pm</b>	Get ready for bed, bed time story (TTT- teeth, toilet, tuck-in)
<b>9:30pm</b>	Lights out for girls

Please remember although we have provided this schedule, you should remain flexible and adjust it to suit your camp.

### Saturday

<b>7:30 am</b>	Rise'n Shine
<b>8:00 am</b>	Breakfast Lend a Hand Duties
<b>9:00am – 12:00pm</b>	Round Robin Stations <ul style="list-style-type: none"> <li>- Choose stations from pages to follow.</li> <li>- First four of six round robin stations (20-30 min each plus transition time, snack as girls are hungry).</li> <li>- Mix of crafts and games is recommended.</li> <li>- Depending on the number of girls at this event, you can divide girls into three groups, and do two sets of three stations, or divide girls into six groups, and do a round robin of six stations all day.</li> <li>- Allow time to transition between stations</li> </ul>
<b>12:00 – 1:00</b>	Lunch Lend a Hand Duties
<b>1:00 pm – 3:00 pm</b>	Round Robin Stations <ul style="list-style-type: none"> <li>- Gathering activity and re dividing into groups</li> <li>- Last three of six stations (20-30 min each plus transition time)</li> <li>- Snack at the end of stations</li> </ul>
<b>3:00 – 4:00</b>	Free time You may want to have a few colouring pages or easy self-directed crafts or a quiet activity for girls who may need more structure

<b>4:00 – 4:30</b>	Hat craft or Games
<b>5:00 – 6:30</b>	Dinner Lend a Hand Duties
<b>6:30</b>	Campfire
<b>7:30</b>	Mug Up
<b>8:30</b>	Get ready for bed, bed time story (TTT- teeth, toilet, tuck-in)
<b>9:00</b>	Lights out for girls

**Sunday**

<b>7:00am</b>	Girls allowed to get up; pack up before breakfast - Have a craft or quiet activity ready for girls who are ready quickly
<b>8:00am</b>	Breakfast Lend a Hand Duties
<b>9:30am</b>	Wide game, Scavenger Hunt, and/or outdoor clean-up for girls while Guiders clean and pack up for check-out
<b>10:00am</b>	Closing ceremonies, Guides Own, and Group Photo
<b>10:30am</b>	Depart 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	Greet Campers		
	Organize cabin assignments		
	Place-mats		
	Name Tags		
7:00pm	Opening		
8:00pm	Sing along & Mug Up		
9:00pm	Bed		

### Saturday

Time	Activity	Responsible Guider	Equipment Needed
7:30am	Colouring or Craft		
8:00am	Breakfast		
9:00am	Station 1		
	Station 2		

<b>Time</b>	<b>Activity</b>	<b>Responsible Guider</b>	<b>Equipment Needed</b>
	Snack		
	Station 3		
	Station 4		
<b>12:00pm</b>	Lunch		
<b>1:15-2:30pm</b>	Station 5		
	Station 6		
<b>2:30pm</b>	Snack		
<b>3:00pm</b>	Free Time		
<b>4:00pm</b>	Hat craft or Games		
<b>5:00pm</b>	Dinner Duties		
<b>6:30pm</b>	Campfire		
<b>7:30pm</b>	Mug Up		
<b>8:30pm</b>	Bed		





**Sunday**

Time	Activity	Responsible Guider	Equipment Needed
7:00am	Pack up		
8:00am	Breakfast		
9:30am	Group Photo		
10:00am	Guides Own		
10:30am	Depart camp		

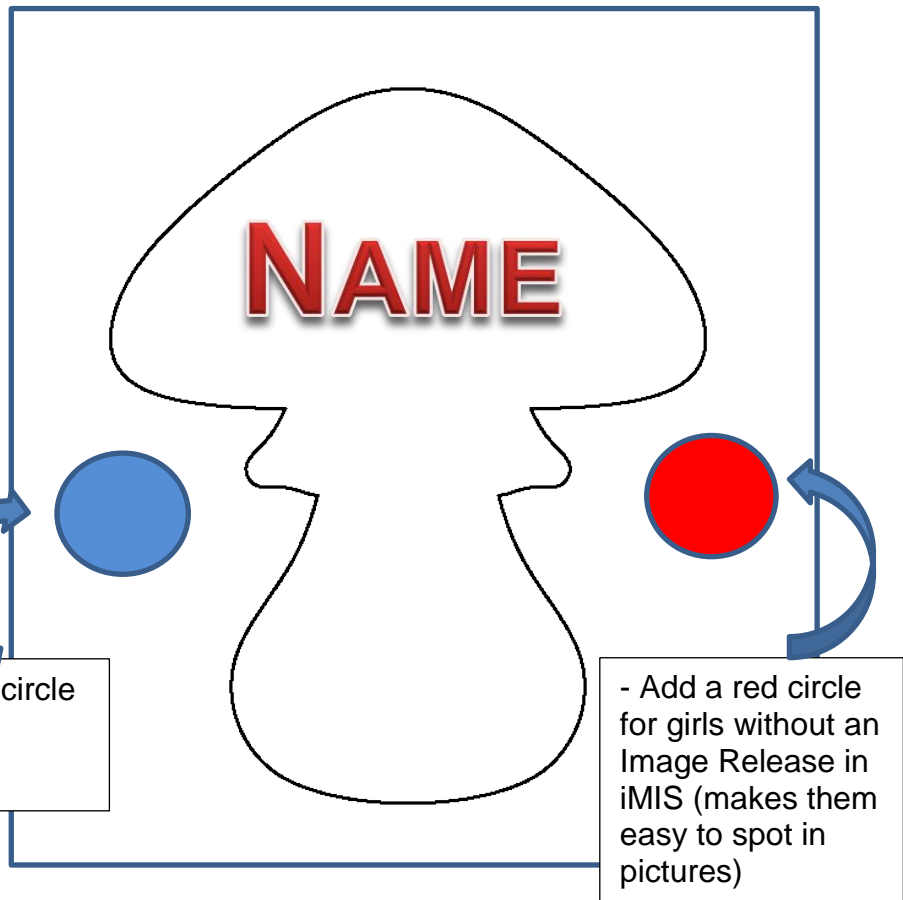
**SAMPLE NAME TAG**

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

- Background colour/shape denotes program and chore 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)



## TIPS & HINTS

### Patrol Duties/Chores

Duties should include: helping with meal preparation, setting and clearing the table, dishes, sweeping the floors, tidying washrooms, etc. You know your girls and your camp location best, so 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. Try to find jobs at each station that the girls can help with: washing and cutting fruit, flipping one pancake, ripping lettuce for salad are all great ways the girls can help in the kitchen.

#### Sample Chore Chart

Time	Meal prep & setting tables	Wiping tables, sweeping floors	Lats	Dishes
Saturday Breakfast	Group A	Group B	Group C	Group D
Saturday Lunch	Group D	Group A	Group B	Group C
Saturday Dinner	Group C	Group D	Group A	Group B
Sunday Breakfast	Group B	Group C	Group D	Group A

### Designating Boundaries

For Sparks and Brownies you can use "Mr. Happy" and "Mr. Grumpy" faces cut out of fluorescent poster board. Use a plate to trace then cut out 9 per page. Use bright pink and lime green colours. Draw happy faces on the pink ones and grumpy faces on the green ones then post them around the camp to establish boundaries. If you have Guides or Pathfinders attending the camp with Sparks and Brownies they love to put these up for you. At the end of camp take them down and give them to the girls to take home.



## PROGRAM NOTES

**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 9, and a printable template is available with this package. In addition to the sample provided, name tags could be made to depict fairies, knomes, flowers, etc. One idea for name tags is to have someone cut angled center cuts from a branch. This works well with cedar or other wood that has a nice grain. You will also need a small hole drilled at one end. The girls then write their name on one side and the camp and date on the other. Thread a ribbon through the hole and they are ready.



### Scarves

Cut inexpensive cotton into squares for scarves. Stitch or cut the edges with pinking shears to prevent fraying. Have a different colour for each Circle. Girls may like to sign and date their scarf as a keepsake!

### Passbooks

Make up passbooks with challenges that the girls will complete during the camp. This is something you may want to do before camp at a regular Unit meeting. Use stamps or stickers on the pages when the Sparks or Brownies have completed an activity, challenge or an outdoor badge.

### Program group suggestions (have fun with it):

- Tinkerbell
- Pixies
- Gnomes
- Butterfly
- Flowers
- Fairies

**Place Mats:** Copy friendship related pictures onto 8 ½ x 11 sheets of paper. Have the girls colour them (don't forget their names) and slip them into a page protector. Then for meal time as part of the lend a hand duties the girls can put out the place mats for the others to find and sit beside new friends.

**Sing along/campfire:** Friday evening sing-along is an informal time to sing the girls' favourite songs and perhaps learn some new ones for Saturday's campfire.

**Designed for Sparks and Brownies:** This two-night camp has been created with Sparks and Brownies in mind. If your situation requires it, you can take portions of the program and adapt it for a one-night camp or day camp. Feel free to use other age-appropriate activities related to the theme or adapt Unit favourites to fit the theme.

**To use this camp for Guides:** While most of the activities would be suitable for girls of Guide age, you may want to make the activities more challenging. If you plan to do patrol cooking allow more time for preparation, cooking, eating and clean-up!

## CRAFT IDEAS

The activities can be mixed and matched as needed. One half hour has been allowed for each station; but you can stretch them out adjust the time as needed.

### Fairy Wands

#### Materials:

- 12"-18" unpainted wooden dowel (per participant)
- Paint
- Paint brush
- Thin silk ribbon in assorted colors
- Corrugated cardboard or felt
- Craft glue
- Glitter or other decorative items

#### Directions:

1. Paint the dowel or wrap it with ribbon. Set aside to dry
2. Trace two identical shapes (Star, heart, or other shape) onto the cardboard or felt and cut them out.
3. Decorate the shape with glitter or other fun sparkles or stickers. Let it dry.
4. Trace a line of glue around the edges of the inside of the shape, leaving a small section at the bottom unglued. Make sure this section is big enough for the dowel to fit into. Sandwich the shapes together, decorated sides facing out. Set it aside so the glue can dry. (If using felt for the shapes the participants could sew them together if you want to add the challenge.)
5. Cut three long strands of ribbon and knot them around the top of the dowel. Add a small dot of glue to keep the ribbons in place.
6. Put a dab of glue at the tip of the dowel and slide the star onto it. Add another dot of glue at the bottom of the star to make sure it doesn't fly off.



### Birds Nests

Make a bird's nest – small forked twig and wool. Stitch or glue the wool into a bird shaped nest and glue it to the twig. These would be a great addition to the Fairy houses.



## Handprint wreaths

### Materials:

- Paint
- Paint brush
- Different coloured construction paper
- Ribbon or other embellishments
- Large piece of cardboard
- Scissors



### Directions:

1. Cut out large circle to glue the hands onto out of cardboard.
2. Have each participant make a hand print on a piece of construction paper using paint. Cut out

## Clothes Peg Fairy

### Materials:

- Rounded cloths peg
- Fake flowers
- Ribbon
- Yarn
- Leaves or felt
- Wire or pipe cleaners
- Markers
- Glue



### Directions:

Pre-prep: Take apart the fake flowers so that the petals can be used for skirts and other parts of the Fairy. Larger petals that are going to be used for skirts will need the middle hole enlarged to fit over the clothes peg.

1. Draw eyes and mouth on the round top of the clothes peg
2. Colour the shirt/body of the fairy
3. Take 4-5" of pipe cleaner or wire and make into arms wrapping around body of clothes peg glue in place
4. Using large petals of the flowers put them onto the clothes peg as a skirt for the fairy. Glue in place
5. Glue wings onto the back of the fairy using leaves from the fake flowers or made from felt.
6. Cut small pieces of yarn to make hair and/or use small flower petals as a hat.

## Friendship rainbow

### Materials:

- Red, orange, yellow, green, blue, and purple tissue paper
- Blue or other colours of construction paper
- Glue
- Paint

### Directions:

1. Tear the tissue paper into small pieces.
2. Glue tissue paper into the shape of a rainbow on the construction paper.
3. Have each participant go around the table and put a finger print using paint onto each others' rainbows. Another option would be to make clouds with the finger prints at the ends of the rainbows.

## Fairy Houses

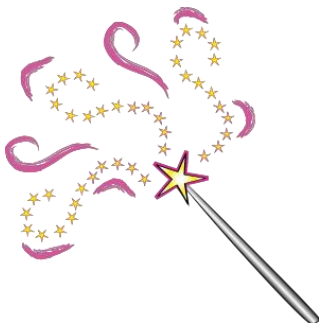
### Materials:

- Small wooden bird house
- Paint and paint brushes
- Decorations and embellishments
  - Glitter
  - Gems
  - Buttons
  - Rocks
  - Fake Flowers
  - Twigs
  - Beads
  - Ribbon
- Glue
- Scissors



### Directions:

Give each participant a bird house and allow them to let their imaginations run wild. Put out the paint, decorations and embellishments in containers on the table for the participants to have fun with.



(There are so many options out there for creating Fairy Houses. Other ideas are to create them using milk cartons, plastic jugs, popsicle sticks, or flower pots turned upside down. It all depends on the amount of time you would like to spend for this activity)

## Photo Frame Decorating

Decorate photo frames with pieces or gathered sticks or bark.

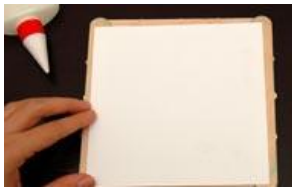
### Materials:

- sticks or bark
- Cardboard
- White glue or hot glue gun
- dry flowers, moss, etc.
- Photo



### Directions:

1. Gather or assemble the material
2. Arrange and glue or tie the pieces together
3. To make a backing board, trace the outer outline of your frame onto cardboard. (All photo frames can be the same size and cut prior to camp)
4. Draw a slightly smaller square inside the outer outline. The idea is to make a backing board that is slightly smaller than your craft stick frame.
5. Cut out the board along the inner outline.
6. Cut out your photo to a size that fits well on your frame. Glue the photo at the center of your frame.



## Pipe Cleaner Dragon Flies

### Materials:

- 1 Blue pipe cleaner
- Blue Pony beads (approximately 15 beads)
- 2 Silver pipe cleaners
- 2 tiny Wiggly Eyes
- Glue or glue dots
- Scissors

### Directions:

1. Cut about 1 1/2" off of your pipe cleaner and then fold it in half.
2. Add two beads to the pipe cleaner and twist the end a couple of times to stop them from falling off.

3. Continue adding beads to the pipe cleaner until you nearly reach the end. Leave a small space between the last two beads for the wings
4. To get the wings ready, take your first silver pipe cleaner and fold it in half. Twist the ends together to join them in a circle and then pinch down the center of the circle to form oval shaped wings. Twist the pipe cleaner once in the center for it to keep it's wings shape.
5. For the second pair of wings, cut about 2" off of the second silver pipe cleaner and then complete step 4 again to make a smaller pair of wings.
6. Place the larger wing in the opening you left on the blue pipe cleaner. Twist the wings around once to secure it in place. Do the same with the smaller pair of wings underneath the large pair of wings.
7. Finish your dragonfly by securing 2 tiny wiggly eyes onto the top pony bead with 2 glue dots or glue.

## Toadstools

### Materials:

- Red Felt
- White Paint
- Brown paint
- Paint brushes
- Thread and Needle
- Stuffing/batting
- Wooden spool
- Cardboard circle template



### Directions:

1. Paint wooden spool brown and put aside to dry.
2. Trace circle onto red felt and cut out.
3. Thread needle and put a large knot at one end of the thread.
4. Sew around the outer edge of the red felt leaving the needle on the thread for the next step.
5. Place red felt on top of the of wooden spool with a small amount of stuffing/battening between the felt and the spool.
6. Pull the thread until the felt circle is tight around the top of the spool creating the top of the toadstool. Tie a knot in thread to stop the felt from coming off. (If the girls are having a hard time getting the tops to stay on you can add glue around the edge to help)
7. Add white paint dots to the top of the toadstool and let dry.



## Coffee filter Butterflies

### Materials:

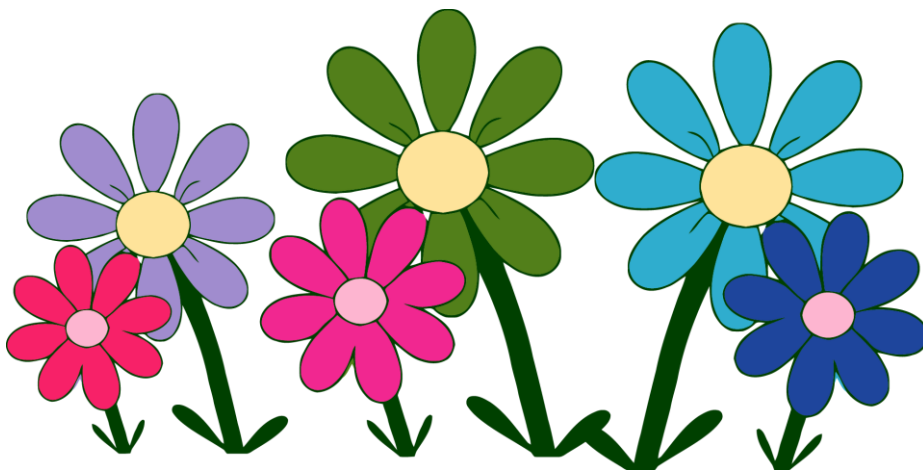
- 2 Coffee filters
- Washable markers
- Spray bottle with water
- 1 Clothespin
- 1 Pipe cleaner
- Glue
- Wiggly Eyes
- Plastic table cloths for tables



### Directions:

1. Place two coffee filters flat on top of each other decorate them using washable marker covering most of the filter.
2. Using the spray bottle filled with water on the mist setting spraying the coffee filters until they are dampened and the colours start to run. Separate the filters and set aside to dry.
3. Colour/decorate the clothespin.
4. Take dried coffee filters and pinch together the middle to make wings. Open clothespin and put the coffee filters in.
5. Cut the pipe cleaner in half to make the butterfly's antennae. Curl ends and place into the top of the clothespin and add a dab of glue to fix it into place.
6. Glue wiggly eyes onto the front of the clothespin

Alternatives: Paint clothespins, add glitter to the finished project, spray paint on the coffee filters, use eye droppers with coloured water, or embellish with gems.



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## GAMES AND ACTIVITIES

### Fairy Freeze

Play classical music in the background and have the girls dance like fairies. When the music stops, they must freeze. Anyone who moves is out of the game.

When the music starts again, the girls can continue dancing. The last girl left is the winner of the game.

### Flower Pot Toss

Set-up large flower pots around the game space with a single flower stuck in them (be creative – it could be a tissue paper flower attached to a green pipe cleaner stuck in Styrofoam to hold it up)

Give the girls rings to throw and ring around the flowers. The goal would be to get a ring around the flower without knocking it over.

### Lily Pad Moat Crossing

Before hand, cut out 2 large green lily pads from poster board (about 12"x15") per team. Divide the girls into 2-4 equal teams, depending on the number of girls in your group. Ask each team to line up behind a starting line.

Give the girl in the front of each line 2 lily pads. Lily pads are the only thing the girls can step on as they travel from the front of the line, around a chair at the opposite end of the area and back to their team.

On "Go", the first team member place 1 lily pad on the ground and steps on it. Then they place the other lily pad in front and step onto that one. They pick up the lily pad from behind them and place it on the ground in front of them. They continue this until they have made it around the chair and back to their team where they will pass both lily pads over to the next girl in line. The team that has all girls complete this first, wins.

### Fairy, Fairy, Troll

Play this fairy version of Duck, Duck, Goose. Have the girls sit in a circle and one person taps the others while saying "Fairy". When she says "Troll" she must run around the circle to occupy the spot where the "Troll" was sitting before being tagged by the "Troll". The fairy, when running, should flap her arms like a fairy.

### Pixie Magic Trick

Have the girls sit in a circle. Place 5 pennies into a hat. Select 1 girl to demo the trick with you. Tell only her the secret of the trick "select the penny that is warm".

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Have the girl pick 1 penny out of the hat and look at it before passing it around the circle. Each girl should hold it and examine the coin. The last player places the coin back into the hat.

Shake up the coins in the hat and has the girl to pick out the correct coin form the hat without looking. Because she knows the secret is to pick out the warm one, the correct coin will be pulled from the hat. \*Because copper absorbs heat, the penny that was passed around will be warm.

### **Majestic Message Mix-Up (Telephone)**

Have the girls sit in a circle. 1 girl starts off by thinking of a magical message (such as “Uniforms have purple toes”) and whisper it to the girls on her left. The girls whisper the message until it travels all around the circle. The last person to receive the message will then call out the message and the person who created the message can say the original message.

### **Find Fairies**

Photocopy/print pictures of different fairies and friends (elves, gnomes, leprechaun, etc.) and cut them out. Hide them around your camp/playing area. Have the girls look for them.

You can decide if the girls need to retrieve them once they find them or leave them there for someone else to enjoy. You can also assign different groups to find different ones, such as find the “yellow” ones, or assign clues to them to hep the girls locate them.

\*Make this an outdoor game by laminating them. Or a night game by adding on reflective tape to their eyes or wings so that girls can find them in the dark with their flashlights.

### **Fantastic Fairy Tale**

Create a fairy tale by adding 1 word at a time. Have the girls sit in a circle and go around the circle by adding 1 word to the story.

### **Firefly – Night Game**

Gather all the girls in one spot. You will need 3-4 flashlights. Send three or four girls out into the play area with their flashlights. These are the "fireflies". These girls can either walk around the play area or stay in one spot, but either way they must flick their flashlight on-off, on-off, like a firefly. The rest of the girls must try and catch a firefly by stalking up to her. If one of the fireflies sees or hears a stalker, she may stop flashing her light for 30 seconds. Once all the fireflies have been captured, the game is repeated with new girls as fireflies.

## Fairy Freeze Tag

Assign one girl to be the good fairy and one to be the troll. Give a wand to each of these two. The troll's wand has the power to freeze while the good fairy's wand has the power to unfreeze.

The rest of the players run around the play space, trying not to get tagged by the troll's wand. When a girl does get tagged, she must freeze in place. The good fairy's job is to try and unfreeze any frozen players (by tapping them with her wand) without being caught by the troll. If the good fairy is tagged, she becomes the troll and a new good fairy is assigned.

## Magic balloons

Start by writing several tasks on small pieces of paper. Fold the papers and insert them into red balloons. Blow up the balloons and decorate them with white, round stickers to make them look like mushroom tops. Then, scatter the balloons around the garden. Gather the girls and tell them that in order to be a true fairy, they must find a mushroom balloon, sit on it until it pops and retrieve the command that is inside. The fairies must bring their commands to the a leader and perform the written task.

Tasks can be as simple or extravagant as you desire, and should probably be decided according to the age of the players. Some ideas include:

Balance a fairy wand on your head.

Flutter around the party space on your tip-toes.

Make up a fairy rhyme.

Name three famous fairies.

Draw a flower.

## Fairy Costume Relay

You will need two or more sets of the following items depending on your group size: fairy tutu, slippers, halo, wings, wand, etc.

Divide the players into two or more teams. Each team must pick one girl to become the fairy. The remaining team members will take turns "flying" down the fairy path to collect 1 item each time. When she returns to her team she must put the item on the girl who is the fairy. Once this is done, the next player must "fly" down the path and repeat until all items are on the "fairy". The first team to dress their fairy is the winner.



## Fairy Obstacle Course

Create a fun fairy obstacle course with a little imagination and fun props. You can even include mini fairy party games through the obstacles. Some fun ideas are:

- Buy hard plastic bowls from the dollar store and paint the outside of the bowls like mushrooms. Create an obstacle where the children must use the mushrooms (bowls turned upside down) as stepping stones to get to the next obstacle.
- Stop and blow some bubbles through a hula hoop.
- Climb through the hollow log (this is great if you have one of those toy collapsible tunnels).
- Do the limbo.
- Jump on a pile of pillows and cushions (always a fun finale).

## Pass the Treasure


While the music is playing, the fairies pass around a special treasure wrapped in many layers of fairy wrapping. When the music stops the fairy caught holding the treasure must unwrap another layer of fairy wrapping off. The game continues until one of the little fairies unwraps the last layer and discovers the treasure. The treasure is shared with all the fairies.

## Unstructured Free Time

Provide a variety of themed options such as books, quiet games, colouring sheets or puzzles that do not require supervision. Some girls may prefer to sit and talk quietly.



## MENU & RECIPES

<p><b>Friday Mug Up</b></p>	<p>S'mores Casserole, hot apple cider, and hot chocolate.</p> <p><b>S'more Casserole</b>          Ingredients:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 9 Honey Grahams crackers (break in half to create 18 squares)</li> <li><input type="checkbox"/> 36 Marshmallows, cut crosswise in half, divided</li> <li><input type="checkbox"/> 4 Chocolate Bars, (1.55 oz. each), chopped</li> </ul> <p>Instructions:</p> <ol style="list-style-type: none"> <li>1. Heat oven to 350°F.</li> <li>2. Place 9 graham squares in single layer on bottom of 8-inch square pan; top with 36 marshmallow halves. Sprinkle with chopped chocolate. Cover with remaining graham squares.</li> <li>3. Top with remaining marshmallow halves, cut sides down.</li> <li>4. Bake 9 to 11 min. or until marshmallows are puffed and golden brown. Let stand 5 min. before serving. Cut into 18 squares</li> </ol>
<p><b>Saturday Breakfast</b></p>	<p>Heart-shaped pancakes, fruit, bacon or sausage          Water, milk, juice</p>
<p><b>Saturday Snack</b></p>	<p>Cheese Sticks          Cut fruit – bananas, apples, grapes, pears, melons, etc          Water Bottles brought to camp</p>
<p><b>Saturday Lunch</b></p>	<p><b>Tea sandwiches, Veggie sticks, Fruit rainbow kabobs, and a fun dessert.</b>          Milk, Juice, Water (Serve drinks with shaped silly straws)</p>
	<p>Prepare a variety of sandwiches based on the likes and dislikes of your Sparks/Brownies. Cut the sandwiches with a star-shaped cookie cutter or other fun shape.</p> <p>Serve vegetables cut into sticks with dip in a hollowed out purple cabbage or peppers</p> <p>Dessert Ideas:</p> <p>Prepare Magic Wands from pretzel rods dipped in melted white chocolate. Before the chocolate hardens, dip in pastel sprinkles.</p> <p>Make star-shaped crispy rice cereal treats and sprinkle them with colored sugar.</p>

<b>Saturday snack</b>	Water (from bottles they all brought to camp) Apple Slices or Bananas Granola Bars
<b>Saturday Dinner</b>	<b>Homemade Baked Mac &amp; Cheese and salad</b> Milk, Juice, Water (Serve drinks with shaped silly straws)
	<p><b>Homemade Baked Mac &amp; Cheese</b> Serves 6-8</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1/2 pound elbow macaroni</li> <li><input type="checkbox"/> 3 tablespoons butter</li> <li><input type="checkbox"/> 3 tablespoons flour</li> <li><input type="checkbox"/> 3 cups milk</li> <li>1/2 cup yellow onion, finely diced</li> <li><input type="checkbox"/> 12 ounces sharp cheddar, shredded</li> <li><input type="checkbox"/> 1 teaspoon kosher salt</li> <li><input type="checkbox"/> Fresh black pepper</li> </ul> <p>Topping:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 tablespoons butter</li> <li><input type="checkbox"/> 1 cup panko bread crumbs</li> </ul> <ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees F.</li> <li>2. In a large pot of boiling, salted water cook the pasta to al dente.</li> <li>3. While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk and onion. Simmer for ten minutes.</li> <li>4. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.</li> </ol> <p>Melt the butter in a sauté pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.</p>
<b>Saturday Mug Up</b>	<p>Fairy Cakes, hot apple cider, and hot chocolate.</p> <p><b>Fairy Cakes-Cupcakes</b> Cooked cupcake per participant Sprinkles Coloured Icing Mini Candies</p>

	Make a cupcake decorating station for the participants to decorate a Fairy cake as a special treat.
<b>Sunday Breakfast</b>	Water, milk, juice Yogurt Muffins Fruit of some sort Any other leftovers that you may have can be given as an option at this time.

## 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:

### **Modified Superman Grace (to the tune of the Superman theme)**

Thank the coooook, for making us food,  
Thank the coooook, for making us food,  
For the food we eat, and the friends we meet,  
Thanks the coooook, for making us food  
Looks great!

### **Modified Adams Family Grace (to the tune of the Adams Family theme song)**

Da duh da duh <snap><snap>  
Da duh da duh <snap><snap>  
Da duh da duh da duh da duh da duh da duh da duh <snap> <snap>  
We're thirsty and we're hungry  
The food looks mighty yummy  
We want some in our tummies  
And so we thank the cook  
Da duh da duh <snap><snap>  
Da duh da duh <snap><snap>  
Da duh da duh da duh da duh da duh da duh da duh <snap> <snap>

### **Fork Knife Spoon Spatula**

I'm a fork, knife, spoon, spatula  
Cha Cha Cha

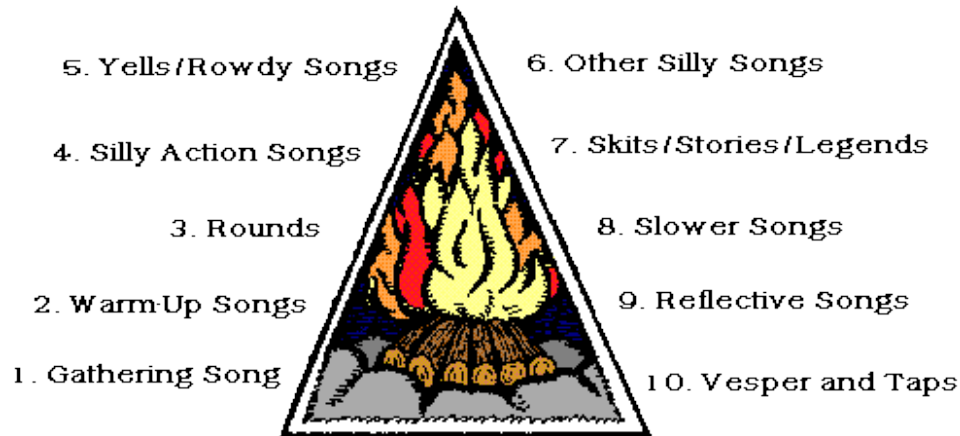
I'm a fork, knife, spoon, spatula  
Cha Cha Cha

I'm a fork, knife, spoon, I'm a spoon, knife  
fork, I'm a fork, knife, spoon, spatula  
Cha Cha Cha

*Actions: put your arms above your head and mimic the shapes of a knife, fork, spoon and spatula, and wave your arms back and forth for the Cha Cha Cha*



## CAMPFIRE



## 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 ceremony can be as simple or as complex as you would like to make it – but keep in mind the age of your girls. Also keep in mind the dynamics of your group. Some are much more introspective than others. As the girls get older this is an activity that they can participate in and eventually plan, similar to a campfire.

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.

### Simple Thank you to Camp

Ask the campers, as they are helping to pack and clean up, to pick up a rock, twig, or other piece of nature (not living) that is special to them. At your Guide's Own ceremony, ask the campers to come forward, one at a time, and place their rock/twig/etc. in the middle of the circle, and think of something at camp that they are thankful for or they will take away from camp. Campers don't need to share what it is they are thinking of or thankful for; it can be a silent reflection of camp, and a thank you to the camp itself.

### A Star and a Wish

This is a good one to use for Brownies since it involves the girls but in a relatively easy way. Each girl and adult takes a turn to say one thing they really liked about the camp (the star) and something that they might not have liked so much or something that they would have liked to do but didn't or something similar to that (the wish). You can incorporate that into the closing and not have a formal Guide's Own scheduled for a separate time.



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## Guider Equipment List

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

- Tarps, blankets or tables to do crafts on
- Extra blankets for “cold” girls
- First Aid kit
- Whistle
- Watch or clock
- Camera for group photo & other pictures
- Camp Crests (Optional)
- Safe Guide forms: Girls' and Leaders' Health forms (H.1 & H.2), SG.1, SG.2, SG.3, SG.4, H.3, H.4, INS.01
- Available phone if not provided (cell phone)
- Camp menus & food
- Camp tools- hatchet if needed for campfire, shovel for dirt for campfire safety
- Marshmallow sticks, if desired
- Matches, lighter, newspaper (for starting a fire)
- Duct tape
- Cooler
- Camp stove with extra fuel (propane canister if small or white gas if using this type of stove)
- Lantern with necessary hoses
- Cooking utensils & cookware

Suggested items: pots, fry pan, can opener, knives, spoons, spatula, juice jug, water jug, bowls, coffee pot, kettle, pot holder, cutting boards, grater, measuring cups/spoons, toaster

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, zip-lock bags, rope for clothes line & clothes pins

Dish washing – 3 pans, biodegradable soap, clothes and towels, bleach, scrubbies,

- Hand sanitizer if using biffies – hand soap if not
- Water jug
- Buckets, - water, fire safety

## KIT LIST



### BED ROLL:

- 1 warm sleeping bag
- 1 sleeping mat – nothing that needs a pump, please!
- 1 small pillow (or pillow case to stuff with clothes)
- 1 small tarp
- rope for tying bed roll

### CLOTHING:

- Brownie t-shirt (girls should travel to camp in it)
- 2 pairs of long pants
- 2 long sleeved shirts
- 3 changes of underwear
- 4 pairs of socks
- Warm pyjamas
- Warm sweater/sweatshirt
- Warm hat (toque)
- Gloves or mitts
- Rain gear (water-proof jacket & pants)
- Rain boots
- Outside shoes for dry weather
- Indoor shoes or slippers

### OTHER:

- Flashlight & extra batteries
- Sunscreen
- Sit-upon
- Water bottle
- Toothbrush/paste, soap, and other toiletries
- Brush/comb
- Small towel & wash cloth
- Daypack (school sized backpack)
- Dishes (unbreakable plate, mug, bowl, fork, knife, spoon in a mesh bag)

### OPTIONAL:

- 1 Small stuffed animal for bedtime
- Camera
- Book/quiet time activities
- Camp blanket

### REMINDERS:

- We will be going outside rain or shine, so please make sure you have the appropriate clothing for the weather.
- Girls are expected to wear hats at all times when outside at camp.
- Remember “**a warm camper is a happy camper**” and that wool, fleece and synthetic materials are warmer than cotton for ANY clothing items!

**Please ensure that ALL of your items are clearly labeled with names, especially sleeping bag bags!**

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## EVALUATION FORM

Please share with us what you liked about this Camp to Go, 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](mailto:bc-camping@girlguides.ca)

