

Headlamp

January 2020

BC Camping Committee



Photo Credit: Laura Allgrove

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A Message from the BC Camping Committee

Dear BC Guiders,

We hope that you will take advantage of this season and take your girls out for some winter fun in the snow. Try snowshoeing, do cross-country skiing, go tobogganing, build a snow fort or do some winter camping in the snow. Be adventurous and try something new. Happy Winter Camping!

Upcoming Camping Events

Dates:

May 15–18, 2020

May 29–31, 2020

July 24 – August 1, 2020

Camps:

Guide Jubilee (Langley)

Brownie Night Owls (Cranbrook)

SOAR 2020 (Sooke)



Emails



BC Girl Guides have changed all their emails. A list of all the emails can be found at: [www.bc-girlguides.org/web/Volunteers > Contact Us](http://www.bc-girlguides.org/web/Volunteers%20Contact%20Us)



Position:

[BC Camping Adviser](#)

[BC Adventure Trex](#)

[BC Camping Events](#)

[BC Camping Headlamp](#)

Email:

bc-camping@girlguides.ca

bc-adventuretrex@girlguides.ca

bc-campingevents@girlguides.ca

bc-campingheadlamp@girlguides.ca

Stories for Headlamp

The BC Camping Committee is looking for great camping stories to be featured in future Headlamp newsletters. We would love to hear about the great things that happen at camp around the province. Please share your wonderful and fun camp experiences. If your story is published, you will receive a BC Camping Committee crest for your contribution.



Send your story to: bc-campingheadlamp@girlguides.ca



Camp Chatter Around the Province

Fernie Guides and Pathfinders gathered at the Fernie Nordic Center for a fun-filled hands-on Camp Skills Day. These Kootenay Area girls worked hard on waterproofing their bed rolls, cooked together on propane camp stoves, made useful fire starters, successfully hunted for pumpkins with a compass, took turns chopping wood and built fires. They also made buddy burners to cook their lunch. They ended off the day with some delicious hot chocolate and soul-warming hot apple cider.



Photo Credit: Jessica Ward



Photo Credit: Jenny Hall

The 2nd Fraser Skies Area Trex Unit did an overnight moving camp. They hiked into Singing Creek at night, using their handy headlamps. The next day they hiked to beautiful Cheakamus Lake for the second night stay. They had amazing weather, and perfect sunrises and sunsets. The girls had the opportunity to cook healthy meals in the backcountry and eat their dehydrated food creations that they made at home. They were all delicious and nutritious.

Guides from Burnaby Mountain District explored Indigenous learnings during a fun sleepover in Chilliwack. These West Coast Area girls learned a lot about the cultural significance of special ceremonial practices and artifacts. The girls also learned the history of the tipi from a local facilitator who shared her personal experiences. It was definitely an incredible sleepover!



Photo Credit: West Coast Area Girl Guides



Photo Credit: Laura Allgrove

The Northern Stars Trex Unit learned how to safely handle and fire rifles. These Rivers North Area girls spent the afternoon at the Prince George Rod and Gun Club trying something new and different. They had a blast hitting their targets! They took advantage of this amazing hands-on experience and took pointers from the experts. They were engaged and had a fantastic time!

Safe Guide – To Camp or Not to Camp

When trying to facilitate the girls in our units to be “everything she can be”, sometimes working through their ideas and goals will stretch us as Guiders. Whether this is taking on a spa-themed sleepover, a winter camp or a kayaking adventure you need to figure out how to fulfill Safe Guide as the Responsible Guider. This requires Guiders to have skill and experience **above and beyond** what is required for the event they are leading.

So how can Guiders do this?

- Ask for help. Bring in an expert or an experienced Guider with the camping or outdoor skills within your district or area.
- Find a buddy or mentor to help plan the camp or go with your unit to camp.
- Seek out training and gain the skills required in a progressive manner. Ask your Area Training Adviser about OAL residential, OAL tenting and OAL adventure trainings.
- Break the activity down into pieces so it is more manageable.
- Start in a more controlled environment.
- Use a Third Party Service Provider. Let the trained professionals lead the adventures. Have them lead horseback riding lessons, teach the girls canoeing skills or take them on a weekend kayaking trip.

When you submit your paperwork for Safe Guide review, your assessor is there to confirm that your plans comply with Safe Guide. She is another set of eyes. She is very familiar with the document and so her questions are to assist you in the process of risk management. In particular the assessor is looking for the right levels of supervision, first aid and your ability to think through serious and/or likely scenarios to deal with safety for your activity through your Emergency Response Plan. At a yellow level, the Yellow Assessor acknowledges that “the Activity Assessor has received the relevant SG forms (and any other documents she requested)” and that she considers the activity to be appropriate for the unit.

Your District Commissioner is included when your Safe Guide paperwork is submitted for assessment so that she is aware of the activity. She, along with the Area Camp Adviser and/or the Area Commissioner are available to assist you if needed. They may help you develop a plan with a number of possible solutions or options to move things forward. It is important that Guiders know their limits, ask for help or gain training before taking the girls out. Planning allows for a “you can” approach by setting up strategies to deal with executing the activity safely. It also means that we might have to say “no” when the activity’s risks are beyond what you as the Guider feel you can manage. Safe Guide paperwork is there to help you to “be prepared” for everything. Please remember that the safety of the girls and Guiders is always paramount.

Become a Safe Guide Assessor!

The provincial Safe Guide team is looking for a number of hardworking Yellow, Red or Water Assessors to support Guiders in planning and risk management. If you would like to help in ensuring safe and challenging activities for the girls by becoming a Safe Guide Assessor, please email bc-safeguide@girlguides.ca for more information.

Bundle Up Camp-to-Go and Subsidy

Want to plan a unit, district or area snow camp, and do not know where to begin? The Bundle Up Camp-to-Go will help Guiders plan a fun-filled weekend of camping in the snow.

The BC Camping Committee is offering a subsidy of \$15 per person, to help offset the cost of snow camp and encourage more members to camp in the snow. The subsidy includes a pair of exclusive GGC wool socks, as well as a Bundle Up crest for each of the participants.

To order your socks and crests, and to apply for the subsidy, please fill out the Snow Camping Resources, Socks and Subsidy Form, and submit it to bc-adventuretrex@girlguides.ca. The form can also be found on the BC Girl Guides website on the Camp Planning Forms and Support page.

There are two parts: pre-order your socks and crests before your camp, and apply for your subsidy after your camp.



Photo Credit: Van Chau

Staying Warm in Cold Weather



Photo Credit: Laura Allgrove

Wear Layers

By wearing layers, you can regulate your body temperature and stay comfortable and warm. Have a small day pack to put your layers in as you remove them. Cotton is rotten! If cotton gets wet, it takes a long time to dry and it will pull heat away from your body. There are three components to layering: base layer, mid-layer and outer layer.

Base Layer

The base layer is for wicking moisture (sweat) away from your skin and move it to the surface of the garment under the mid-layer so that it can evaporate. Since the base layer is in direct contact with your skin, choose a snug fit, instead of a loose fit. Midweight or heavyweight base layers are better choices for snow camping. A merino wool base layer keeps you warm even when it is wet. Merino wool is odour-resistant, naturally anti-bacterial and highly breathable. A synthetic base layer (polypropylene or polyester fabric) wicks moisture away, absorbs very little water and dries quickly. Synthetic base layers are highly durable and are dryer-safe. Merino wool is warmer, more expensive and less durable than synthetics.

Mid-Layer

The mid-layer is the insulating layer. It traps air and body heat to keep you warm, while moving moisture to the surface. The puffier the mid-layer, the warmer it is. Fleece is a great insulating mid-layer and absorbs very little moisture. It helps move moisture from your base layer. It is lightweight, compressible and not bulky. Down mid-layers are very warm for their lightweight. But if down gets wet, it loses its insulating properties.

Outer Layer

The outer layer protects you from the elements. It should be waterproof to keep you dry from rain and snow. The durable water repellent (DWR) coating allows water to roll off the jacket. Seam taping prevents water from getting inside. The outer layer should be windproof to block wind and breathable to allow moisture from your base and mid-layers to escape. The outer layer should fit over all your layers comfortably.



Photo Credit: Van Chau

Appropriate Footwear

Wear warm, waterproof insulated winter boots or hiking boots with good traction. Avoid tight boots because they restrict circulation and cause frozen toes and feet. Rubber rain boots are for rain, not for snow. They do not insulate or provide support. Wear a thin polypropylene liner sock next to the skin to wick moisture away, followed by a pair of merino wool socks to keep your feet warm and dry.

Wear Accessories

Wear sunglasses to protect you from the Sun's reflection off of the snow. You tend to lose heat through the head, so a wool or fleece toque and a neck gaiter will help keep the heat in. Wear warm water-repellant gloves or mittens to keep your hands warm. Mittens will be warmer than gloves because they allow your fingers to be next to each other. Use hand warmers and toe warmers to keep hands and feet warm.



Photo Credit: Van Chau

Tips for Snow Camping

Being Prepared

Snow camping comes with extra preparation. Every bit of the camp needs to be planned. The more prepared you feel, the more comfortable you will be at camp.

Transport Gear with a Sled

Use a sled to make it easier to transport your heavy gear in the snow. This is a great way to move easy-ups, tables, water jugs, bins, etc.



Photo Credit: Van Chau

Check the Weather Forecast

Check the weather forecast and conditions before going winter camping. This will help you prepare what to bring.

Pack Properly

Have a rain cover for your backpack. Use a dry bag to put your sleeping bag in to make sure it stays dry. Pack clothes in large sealable Ziploc bags to keep the clothes dry in your backpack.

Stay Dry and Warm

Wear layers to help regulate your temperature. At night, keep your boots inside your tent to reduce the chance that they will freeze overnight. Keep your removable boot liners in your sleeping bag to keep them warm.

Gear

Use a tarp to cover anything that is left outside overnight just in case it snows. Bring lanterns and headlamps for when it gets dark. Bring extra batteries because the cold temperatures will drain the batteries. When you are not using your electronics (eg. headlamp, cell phone, camera), put them in your sleeping bag or inside your jacket close to your body.



Photo Credit: Julie Ramsay

Camp Site Set Up

Pick a spot that will provide some shelter from the wind (eg. lots of trees). Do not set up your tent under a tree with lots of snow on the branches or under damaged branches. Use a shovel to clear the snow. Dig out a space at least 12-24" bigger on all sides of the footprint. Pack down the snow with your boots or snowshoes so that the surface is even. Loose snow is more likely to melt due to body heat.



Photo Credit: Bonnie Barnes

Kitchen Set Up

When digging out the space for the shelter, dig ledges and shelves for bins and coolers if there is lots of snow. Dig burrows for water jugs. Place a foam pad around the propane gas tank for insulation. Use a foam pad as ground insulation to stand on while cooking in the kitchen area. Bring an easy-up to provide some shelter for your kitchen from the elements. Use camping chairs to sit on so you are not sitting directly on the snow.

Warming Hut

Essential to any cold weather camp is a warming hut. For advanced snow campers this could be outdoors in a snow cave with a camp stove. But for most, this is usually a cabin with a fire. If you don't have a local cabin, the big canvas tents that are designed to have wood stoves in them work great too. If you have a multi-aged unit, have the Rangers tend the fire and provide activities in the warming hut. Make everyone feel welcome. This is the hub of the community. Ensure there are extra snacks and hot water available at all times. Also, if the weather is poor (rain being the worst-case scenario), then you can host activities in the warming hut.

Staged Camping

If you are just starting out with snow camping in your area, then one way to keep people comfortable is to have a staged sleeping scenario ... cabin and tent sleeping. Those that are concerned about tenting in the snow can start in a cabin, but the other girls will usually encourage them to sleep in the tent as well. If you are doing a two-night camp, make the first night optional, but everyone should be in tents the second night. This really helps as the second night girls are tired and warm from participating in the day's activities and eating delicious, high-calorie food. This ensures a good night of sleep in the snow! Leaders must also sleep in tents if girls are sleeping in tents.



Photo Credit: Bonnie Barnes

Tent

If you do not have snow peg stakes for your tent, you can use pickleballs attached to string. Bury the pickleballs in the snow to secure the fly in the snow. Use colourful pickleballs and string so that they are easily seen. Cover the floor space in your tent with cardboard (eg. cookie boxes) and closed cell foam pads to act as insulation against the cold ground. Put as many girls into one tent as possible. More bodies in a tent will generate more heat than fewer bodies.

Sleeping Pad

Heat is lost through the ground. Have more layers between you and the ground than on top of you. Place a reflective emergency blanket over the tarp on the floor of your tent. Use a closed-cell foam sleeping pad under your inflatable sleeping pad for added warmth. This reduces heat loss to the cold ground. It also provides an extra layer of insulation and cushioning. Use an inflatable sleeping pad with an R-value of 4 or more. The higher the R-value, the better the sleeping pad insulates.

Sleeping Bag and Liner

Use a sleeping bag rated for winter camping (-15°C to -45°C). A down sleeping bag is preferred because of its warmth-to-weight-ratio. Note that down loses its insulating ability when it gets wet. A mummy sleeping bag conforms to your body and will keep you warmer than a rectangular sleeping bag. This is because there is very little dead space in the mummy bag for you to heat up. Use a lightweight sleeping bag liner to add extra warmth and to keep your sleeping bag clean. Alternatively, you could use one sleeping bag inside another with the zippers on the opposite sides to add extra warmth.



Photo Credit: Jaiden Gray

Before Going to Bed

Go to the outhouse before going to bed so your body does not use extra energy to keep the urine in your bladder warm. If you need to go to the outhouse in the middle of the night, get up and go empty your bladder. Your body will not have to expend energy to keep your bladder warm.

Clothes for Bed

Take all the clothes you wore during the day off before you go to bed. Put on completely new dry clothes. The moisture in the clothes, from perspiration, will keep you cold at night. Wear a toque or balaclava to sleep to prevent heat being lost through your head. Put hot water in a wide-mouth water bottle and take it to bed for warmth.

Food

It is important to eat nutritious meals and snacks. Bring high energy snacks: jerky, dried fruit, trail mix, and energy bars. Choose food high in fat, complex carbohydrates and protein to release energy slowly. Have hot, high-calorie meals. The more calories you take in, the warmer you will be.

Eat Regularly

To stay warm, you need to eat regularly to have calories to expend during the winter activities.



Photo Credit: Julie Ramsay

Stay Hydrated

Keep hydrated with plenty of water throughout the day. Drink at least two litres a day. Water is required to generate heat. Drink plenty of hot and cold fluids (eg. herbal tea, hot chocolate and apple cider). Avoid caffeinated beverages because they may lead to dehydration.

Water

Bury water container/jug and water bottle in the snow so that the water does not freeze. Store the water container/jug with the spout facing down, as water freezes top down. Water in water bottles also freezes from the top down. Screw the lid of a wide-mouth water bottle shut so it will not leak and turn it upside down so it does not freeze shut. If you run out of water, you can melt snow for water.

Cooking

Keep it simple. Make quick and easy meals that are easy to cook and require minimal dish washing. Choose one-pot meals or just-add-water meals or boil-in-a-bag meals. Pre-prepare and pre-cook the meals ahead of time at home and warm them up at camp. Examples include: stews, tortellini pasta and soups. Portion out your meals into individual servings and write the camper's name on the Ziploc bag. This allows the camper to save leftovers for later. Make sure to bring extra fuel for cooking.



Photo Credit: Bonnie Barnes

Winter Activities

Have fun activities to participate in during the day to keep warm. Outdoor activities in the snow may include: snowshoeing, cross-country skiing, tobogganing, sledding, hockey, snow golfing, building a snow fort or building a snow quinzee. Make sure to take off layers if you get too hot during the physical activities. Put on more layers when you are resting as your body will start to cool down due to the perspiration.



Photo Credit: Lorraine Pogue

Leave No Trace

Pack out what you pack in. Pack out trash, toilet paper, hygiene products and food. Clean up the campsite and leave it cleaner than when you found it. Use the designated outhouses and dispose of human waste properly. If you have to dig a cathole, it should be 15-20 cm deep to deposit human waste. Make sure the cathole is at least 60 metres away from water and trails. Cover the cathole when done. Use biodegradable soap for dishwashing and scatter strained dishwater. Make sure to respect wildlife.

Frostbite and Hypothermia

Frostbite	
Description	freezing of skin or tissue due to exposure to freezing temperature
Target Area	fingers, toes, ears, nose, cheeks, chin
Signs	<ul style="list-style-type: none"> -skin is cold, red, numb, hard and then pale -skin feels tingly and painful in the affected area -blisters will form after thawing if you have superficial frostbite or deep frostbite
Treatment	<ul style="list-style-type: none"> -frostnip (mild form of frostbite): cover exposed skin (eg. put cold fingers in your armpits or cold toes on your friend's warm belly) -do not rub or scratch the cold injured skin -use lukewarm water to slowly rewarm the area, but do not put under hot water as it can burn



Hypothermia			
Description	body temperature drops below normal and body loses heat faster than it can produce heat		
Target Area	all over body		
Signs	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> -falling -shivering -stumbling -confusion -clumsiness -drowsiness -slow thinking -forgetfulness </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> -weak pulse -disorientation -difficulty with speaking -slow, shallow breathing -fatigue and loss of energy -mumbling and slurring of speech -change in mood (eg. irritability, irrational) </td> </tr> </table>	<ul style="list-style-type: none"> -falling -shivering -stumbling -confusion -clumsiness -drowsiness -slow thinking -forgetfulness 	<ul style="list-style-type: none"> -weak pulse -disorientation -difficulty with speaking -slow, shallow breathing -fatigue and loss of energy -mumbling and slurring of speech -change in mood (eg. irritability, irrational)
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Treatment	<ul style="list-style-type: none"> -wrap body in a warm blanket -get indoors to a warm area if possible -get out of the cold water, wind, or snow -remove wet clothing and put on dry clothes -eat food and drink water or warm beverages -warm the body core (chest, head, neck and groin) first 		



Snowshoeing Tips

Snowshoeing is a great low-impact aerobic exercise to enjoy when the snow falls.

Dress Appropriately

Dress in layers. Have a moisture-wicking base layer, an insulating mid-layer and a waterproof outer layer. Wear a toque, a neck gaiter and waterproof insulated gloves or mittens. Wear warm merino wool or synthetic socks and insulating waterproof boots with thick soles.

Use Trekking Poles

You can use adjustable trekking poles with snow brackets to help with balance and stability when snowshoeing in deep snow and steep slopes. On flat terrain, adjust the length of the trekking pole until your elbow is at a right angle.



Photo Credit: Van Chau

Snowshoes

Make sure to get the maximum load for your snowshoes. You should consider your weight and the weight of your backpack. Bindings should be snug but not too tight.



Photo Credit: Van Chau

Snowshoeing on Flat Terrain

Stretch your leg muscles before heading out on the trails. On level terrain, walk with a normal, rolling gait. Take wider strides than hiking to prevent stepping on the insides of the snowshoe frame. To reverse direction, do a small circle shuffle. Make sure to step over rocks and other obstacles to avoid damaging frames and decks.

Snowshoeing Uphill

On a moderate uphill, point the tips slightly outward. Use the crampons (the spiky parts under the toes) for traction. On steep hills, go straight up, keeping your weight over the crampons. Make sure to put your feet firmly on the snow. When traversing (side-hilling) on a very steep slope or difficult terrain, kick your snowshoes on the uphill side into the snow, forming a stable shelf. Traversing may be hard on the ankles. Sometimes it's better to go straight up and traverse on a level spot. Shorten your strides on the uphill.

Snowshoeing Downhill

Lengthen your strides on the downhill. Keep the trekking poles in front of you and bend your knees keeping your weight slightly back. Keep the snowshoes parallel to the ground, using all points of contact.



Photo Credit: Van Chau

Pack “The Essentials”

1. Navigation & Communication Tools -map, compass, whistle, cell phone, GPS, InReach or Spot	6. Fire Starter -matches in waterproof container and fire starter
2. Sun Protection -sunscreen, lip balm with SPF and sunglasses	7. Extra Clothing and Insulating Layers -jacket, fleece top, gloves and toque
3. Repair Kit and Tools -duct tape, multi-tool and zap straps	8. Extra Nutrition -high-energy snacks
4. First Aid Kit -include hand and toe warmers	9. Water and Extra Hydration -beyond the minimum expectation
5. Lighting -headlamp, flashlight and extra batteries	10. Emergency Shelter -emergency blanket, large orange garbage bag

Tobogganing and Snow Tubing Tips

Wear Proper Clothing

Dress in layers with a moisture wicking base layer, an insulating mid-layer and a waterproof outer layer. Wear a toque, warm socks, mittens/gloves, snow pants, a winter jacket and winter boots.

Inspect the Sled Prior to Using It

Choose a sled that is well-built and easy to control. Inspect it for cracks and broken parts.

Inspect the Hill

Choose a hill that is not too steep and has a long, flat landing area at the bottom to safely stop. Make sure the hill is free of hazards (eg. trees, fences, parked cars and near lakes). Avoid an icy and rocky hill.

Be Aware of Other Toboganners

Make sure the hill is clear before heading down the hill. Once you are at the bottom of the hill, quickly get out of the way before other oncoming toboganners head down.

When Sliding Down the Hill

Sit in the sled facing forward and point your feet downhill. Never go down a hill backwards or while standing. Never go down the hill head first. Do not overload the sled by putting too many people in one sled.



Photo Credit: Van Chau



Photo Credit: Van Chau

When Sitting in a Snow Tube

For safety reasons, only one person should be in each snow tube. Sit up and hold onto the handles. When going down the hill in a group hold onto the handle of the adjacent snow tube, not the rope. Follow all the instructions given by the staff.



Annual Camps for Rangers



Photo Credit: Bonnie Barnes

Rangers, Ventures and Rovers gather to network, camp in tents and have a fun-filled weekend at four annual camps:

1. **Rovent**
2. **Skeeter**
3. **Mardi Gras**
4. **Rainbucket**

Girl Guides of Canada and Scouts Canada in BC have been participating in these joint-venture camps for over 20 years. Rangers from North Delta District ranked Rovent and Skeeter as their favourite camps, followed by Mardi Gras and Rainbucket.



The activities usually go with the theme for that year. There are odd names for the activities (eg. Catfish Catwalk = Fashion Show; Ayce Buffet = Eating Contest). The eating contest is usually disgusting, but a favourite for everyone. All four of these camps have at least one dance. Most of the youth dance in groups. Ironically, the September and May dance locations are under a tarp or shelter cover. While the dances at the two winter camps in November and February are open to the weather. There is also a camp store that sells chips, pop, candy and sometimes old crests/pins.

Mardi Gras and Skeeter both provide shuttles from the ferry terminals to the camps. The shuttles usually do not start running until the later ferries in the day. If you arrive too late at Mardi Gras and Skeeter, you will not get a prime camping spot.

Submitted by: Bonnie Barnes (Ranger Guider in North Delta District)

Rovent



Photo Credit: Bonnie Barnes

Time of Year	February (Family Day long weekend)
Location	Cambie Creek Nordic Area in Manning Park
Setting	This camp is in an open area.
Information	<ul style="list-style-type: none"> -This is a 3-night snow camp from Friday to Monday. -The Rangers usually miss school on Friday in order to be at the campsite early enough to set up in daylight. -Take-down is also time consuming as you have to fill in all the holes you dug on Friday. By Monday, the snow can be pretty hard. -This camp is the most work, the most unique and a favourite camp for the Rangers. -Scouting offers an annual Cold Camp Talk every year. -You get to test the Guiding Motto of "be prepared" for this camp. If you are prepared, it is one of the BEST camps. -It can get very cold, especially at night. It was -22 and -24 degrees in the last two years and was still fun and manageable. -Bring a lot of propane, high-quality food and water. -Be prepared to drive the mountain highway with snow tires and/or chains as they are required by law. -Take more equipment and be prepared do a lot of digging for tents and shelters.

	-The camp provides a greyhound-type bus that picks up in several locations for only \$15. Unfortunately, you will not arrive early enough to set-up in the daylight.		
Cost	Budget for this camp is usually around \$100-\$150/Ranger. \$30 for pre-registration and \$35 for after pre-registration deadline.		
Activities	-hiking -boffing -hockey -bowling -snow golf -relay races -cooking contest	-evening dance -scavenger hunt -gateway contest -talent show -crib tourney -snowshoeing -field obstacle course	-wheelchair chariot race -snow sculpture building contest -dances on Saturday and Sunday nights -pancake breakfast on Monday morning



Photo Credit: Bonnie Barnes



Skeeter



Photo Credit: Bonnie Barnes

Time of Year	May (Victoria Day long weekend)		
Location	Camp Caillet in Nanaimo		
Setting	This camp is in both an open area and a shaded area.		
Information	<ul style="list-style-type: none"> -This is a 3-night camp in tents from Friday to Monday. -The activities are fun and the weather is usually nice. -There is no public transportation to this camp, so you MUST use the shuttles provided. -Camp opens at noon, but the first shuttle does not do a pick-up run until around 3:00pm. -HINT: Send a couple of Rangers with the equipment truck early enough to secure a good camping spot. -Skeeter usually provides SG forms on their website as templates. 		
Cost	Budget for this camp is usually around \$160/Ranger. \$30 for pre-registration + \$10 for BBQ and \$35 for after pre-registration deadline; \$25 for leaders		
Activities	<ul style="list-style-type: none"> -BBQ -hiking -volleyball -slip n slide -swimming -talent show -jello wrestling 	<ul style="list-style-type: none"> -eating contest -sports activities -scavenger hunt -bubble machine -movies in the den -Sunday pool option (for \$5) 	<ul style="list-style-type: none"> -pancake breakfast on Monday -dance on Saturday and Sunday nights -trivia game show -fashion show -board games

Mardi Gras



Photo Credit: Bonnie Barnes

Time of Year	September (usually 3 rd weekend; sometimes 4 th weekend)		
Location	Camp Byng in Sechelt		
Setting	This camp is in the forest, across the road from Camp Byng. It can be cool because almost every site is in the shade.		
Information	-This is a 2-night camp in tents from Friday to Sunday. -Shuttles are provided by the camp for \$2 and public transportation can also be taken to get to the camp.		
Cost	Budget for this camp is usually around \$100/Ranger. \$25 for pre-registration and \$30 for after pre-registration deadline Pre-registration date is August 31.		
Activities	-Jenga -boffing -archery -karaoke -award show	-eating contest -scavenger hunt -mountain biking -movie (themed) -service project	-dance on Saturday night -campsite decoration contest

Rainbucket



Photo Credit: Bonnie Barnes

Time of Year	Mid-November
Location	Popkum Native Reserve in Rosedale
Setting	This camp is held on a huge field with outhouses.
Information	<ul style="list-style-type: none"> -This is a 2-night camp in tents from Friday to Sunday. -This camp has been nicknamed "Snowbucket", "Icebucket" and "Windbucket". -This camp usually has the worst weather. -Some areas have a tendency to flood, so it is always advisable to get there early so that you can camp on higher ground. -You will need to bring your own water.
Cost	<p>Budget for this camp is usually around \$40 – \$45/Ranger. This covers food, propane and camp fees. \$20 for pre-registration and \$25 for after pre-registration deadline.</p>
Activities	<ul style="list-style-type: none"> <li style="width: 33%;">-volleyball <li style="width: 33%;">-water balloons <li style="width: 33%;">-trivia and games <li style="width: 33%;">-slingshots <li style="width: 33%;">-giant battleship <li style="width: 33%;">-dance on Saturday night <li style="width: 33%;">-giant Jenga <li style="width: 33%;">-scavenger hunt <li style="width: 33%;">-eating contest <li style="width: 33%;">-obstacle course



SOAR 2020

IMPORTANT DATES:

January 15, 2020

Girl Program selection opens.
First installment of patrol fee is due.

January 31, 2020

Girl program waivers are collected
by Guiders and are due to Area Liaison.

February 29, 2020

Girl program selection closes.
ePACT health form to be completed by parents.
Girl program waivers to be uploaded into ePACT by parents.

March 15, 2020

Second installment of patrol fee is due.

April 15, 2020

Third installment of patrol fee is due.

June 1, 2020

Final day for girl or Guider substitutions.



This will be the biggest SOAR yet. Please consider applying for **Core Staff** to help make it amazing for the girls! Applications will remain open until **March 2020**. Initial selection of successful Core Staff applicants were notified in late November.

For more information: www.soarbc.com

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FORTY YEARS ON AN ICEBERG

Forty years on an iceberg (Action: make #10 four times with hands)
Over the ocean wide (Action: wave motion)
Nothing to wear but pyjamas (Action: slide hands up body from toes to head)
Nothing to do but slide (Action: slide hands down body from head to toes)
The wind was cold and icy (Action: shiver, arms around body)
The frost began to bite (Action: pinch neighbours)
I had to hug my polar bear (Action: hug neighbours)
To keep me warm at night.
(Repeat and each time hum another line instead of sing it.)



PENGUIN SONG

Have you ever seen a penguin come to tea?
Take a look at me ... A penguin you will see.
PENGUINS ATTENTION. PENGUINS BEGIN!

Right arm. (Action: Flap right arm)
Have you ever seen a penguin come to tea?
Take a look at me ... A penguin you will see.
PENGUINS ATTENTION. PENGUINS BEGIN!
(Continue adding one action after each chorus until you have all of them.)

Right arm. (Action: Flap right arm)
Left arm. (Action: Flap left arm)
Right leg. (Action: Kick right foot)
Left leg. (Action: Kick left foot)
Nod your head. (Action: Nod your head)
Turn around. (Action: Turn in a circle)
Stick out your tongue. (Action: Stick out your tongue and sing song)

PENGUINS ATTENTION. PENGUINS DISMISSED!



Girl Guides is like an iceberg ...

What People See



What People Do Not See

Life Skills

Friendship

Goal Setting

Scholarships

A Better World by Girls

Leadership

Skills

COMMUNITY SERVICE

Travel

Girl Awards

Stewardship

Camping Skills

Trader's Corner – Hat Craft Ideas

Sweater Weather



Materials: felt, pompoms, thread, needle, glue, safety pin

Instructions:

1. Cut two pieces of felt in the shape of a sweater.
2. Sew the two pieces of felt together.
3. Glue the pompoms onto the sweater. Make it as extravagant as you like.
4. Fold a piece of pipe cleaner into the shape of a hanger. Attach to the sweater. Add a safety pin to sweater.
5. Other items you can make include mitts, toques and socks. All of these will look great on your camp hat.

Button Tree



Materials: green buttons, brown buttons, string, star bead, wire, safety pin

Instructions:

1. Make a loop with a piece of wire.
2. Place four brown buttons stacked one on top of the other through the wire. This will form the base of the tree.
3. Start with the largest green button at the bottom of the tree. Then add more green buttons to form the tree. The buttons should decrease in size as it goes from bottom to top.
4. Put a star bead at the top of the tree.
5. Make a loop with wire at the top. Add a safety pin to the end of the wire loop.

Skis



Materials: popsicle sticks, wooden skewers, wood glue, paint brush, white paint, red paint, brown paint, brown felt, string, safety pin

Instructions:

1. Paint the skewers brown to make the ski poles.
2. Cut out two round brown felt pieces to make the ends of the ski poles. Cut out two square brown felt pieces to make the hands of the ski poles. Wrap the square pieces around each of the ends of the ski poles.
3. Cut off one end of the popsicle stick to make a straight edge. Paint the popsicle sticks red. Decorate with white paint by drawing lines and snowflakes.
4. Attach the poles to the skis with a string. Glue a string to the end of the skis and attach a safety pin.

Winter Games

Search for the Abominable Snowman

Materials: two large footprints made from exterior plywood

Instructions:

1. Cut two large footprints out of exterior plywood.
2. Strap on the large footprints. Walk through the snow and backtrack.
3. End the course near a warming hut or cabin and have a hot drink.



Board Walk Racing

Materials: two 10' 2 x 8 planks with foot straps attached to them

Instructions:

1. This is a great team building activity. Each team has two planks. Each person will slip their feet into the foot straps located on the wooden planks.
2. Each team will need to communicate with each other to coordinate their movement. They will need to move together as a team on two wooden planks.
3. The first team to get from Point A to Point B wins.



Photo Credit: Lorraine Pogue

Frisbee Curling

Materials: frisbees

Instructions:

1. Divide the girls into teams.
2. Draw a circle in the snow.
3. The girls will try to throw the frisbees as close to the circle as possible.
4. The frisbee that lands inside the circle gets 2 points. The frisbee that lands on the circle line gets 1 point.
5. The team with the most points wins.



Photo Credit: Lorraine Pogue

Recipes for Snow Camping



Beef and Mushroom Stew

(Source: Canadian Living Magazine, October 2016)

Ingredients:

¼ cup all-purpose flour	¼ cup butter
½ teaspoon salt	1 tablespoon vegetable oil
¼ teaspoon pepper	1 package (227 g) cremini mushrooms, sliced
1 onion, diced	½ cup dry red wine
2 tablespoons tomato paste	2 ribs celery, diced
10 sprigs fresh thyme	½ teaspoon Worcestershire sauce
6 sprigs fresh parsley	¾ cups frozen peas
3 cups sodium-reduced beef broth	
3 large carrots, cut diagonally in 1.5 inches pieces	
450 g mini white potatoes, scrubbed and quartered	
1.5 kg boneless beef blade pot roast, cut in 1-inch cubes	

Equipment:

large bowl whisk Dutch oven slotted spoon pan

Instructions:

1. In a large bowl, whisk together flour, salt and pepper. Add beef. Toss to coat.
2. In a large Dutch oven, heat 1 tablespoon of butter and half of the oil over medium heat until melted.
3. Cook half of the beef mixture, stirring occasionally, until browned. This will take about 10 minutes.
4. Use a slotted spoon to transfer the mixture to a large mixing bowl.
5. Repeat with 1 tablespoon of the remaining butter and the remaining oil and beef mixture.
6. In the same pan, melt the remaining butter over medium heat. Cook the mushrooms, celery and onion. Stir occasionally, until softened. This will take about 5 minutes.
7. Add tomato paste. Cook and stir for 2 minutes. Pour in wine. Cook, stir and scrape up browned bits for 2 minutes.
8. Return beef mixture and any accumulated juices to the pan. Add potatoes, carrots, thyme, parsley, bay leaves, broth and Worcestershire sauce. Bring to a boil, stirring occasionally and scraping to loosen any remaining browned bits.
9. Cover and braise in the oven at 350°F for 45 minutes. Uncover and cook until vegetables are tender and beef offers no resistance when pierced with tip of knife, 30 to 40 minutes. Stir in peas. Cook for 5 minutes.
10. Skim any fat from the surface of the stew. Discard thyme, parsley and bay leaves. Allow to cool before you divide the portions into Ziploc bags.

Camper Special

(Source: Julie Ramsay)

Recipe is for one person.

Ingredients:

butter	½ cup grated cheese
¾ cup farmer sausage, cubed	3-4 mushrooms, diced
4-6 small potatoes, cubed or shredded hash browns	¼ red bell pepper, diced

Equipment:

frying pan or Dutch oven Ziploc freezer bag

Instructions:

1. Heat the butter in a frying pan or Dutch oven.
2. Fry potatoes until they are cooked (if using cubed potatoes). Follow the instructions on the package for shredded hash browns.
3. Add the farmer sausage and mushrooms, and cook until the mushrooms are softened. Add the red bell peppers and cook until they are soft.
4. Add salt and pepper if you want.
5. Allow to cool before you divide the portions into Ziploc bags. Add grated cheese once the mixture is cooled.

Slow-Cooker Chicken Chili

(Source: Canadian Living Magazine, 2010)

Ingredients:

2 tablespoons vegetable oil	¼ teaspoon salt
8 boneless skinless chicken thighs	¼ teaspoon pepper
1 onion chopped	1 can white kidney bean drained and rinsed
3 cloves garlic minced	2 green chillies
2 teaspoons ground coriander	2 tablespoons all-purpose flour
1 ½ teaspoon ground cumin	1/3 cup chopped fresh coriander
1 teaspoon chipotle chili powder	2 tablespoons lime juice

Equipment:

frying pan slow cooker small bowl Ziploc bags

Instructions:

1. In a large frying pan, heat half of the oil over medium-high heat. Brown the chicken and transfer to slow cooker.
2. Drain fat from the frying pan. Add remaining oil. Fry onion, garlic, coriander, chili powder, cumin, salt and pepper. Stir occasionally for 6 minutes, until softened. Scrape into slow cooker. Stir in beans and chillies. Cook on low for 5 hours.
3. Remove chicken from sauce. Cube and set aside.
4. In a small bowl, whisk flour with 3 tablespoons of water. Whisk into slow cooker. Cover and cook on high for 15 minutes or until thickened.
5. Stir in chicken, coriander and lime juice. Allow to cool. Divide into Ziploc bags.

Beef Chili Mac

(Source: *Canadian Living Magazine*, March 2013)

You can omit the beef and increase the beans for a meat-free option.

Ingredients:

1 ½ pound extra-lean ground beef	1 teaspoon ground cumin
1 tablespoon olive oil	½ teaspoon dried thyme
1 small onion chopped	¼ teaspoon pepper
2 ribs celery chopped	1 can crushed tomatoes
2 carrots chopped	1 can diced tomatoes
2 cloves garlic minced	1 can kidney bean drained and rinsed
2 tablespoons chili powder	3 tablespoons packed light brown sugar
2 tablespoons Worcestershire sauce	8 cups short pasta (macaroni, spirals)

Equipment:

large sauce pan or Dutch oven spoon strainer

Instructions:

1. In a large sauce pan or Dutch oven, brown beef over medium-high heat breaking up with a spoon. Remove to strainer to drain.
2. Add oil to pan. Saute onion, celery, carrots, garlic, chili powder, cumin, thyme, and pepper until the carrots begin to soften, about 8 minutes.
3. Stir in crushed and diced tomatoes, kidney beans, sugar, Worcestershire sauce and beef. Reduce heat, cover and simmer until the celery is tender, about 20 minutes.
4. Meanwhile, in a large saucepan of boiling salted water, cook pasta according to package directions. Drain and stir into chili.

Nut-Free Bliss Balls

(Source: *Julie Ramsay*)

Ingredients:

1 cup dried apricots or pitted dates	1 tablespoon honey
½ cup unsweetened, shredded coconut	1 tablespoon coconut oil, melted
¼ cup cocoa powder	
½ cup Cloud Nine Super Seed Granola Bar Mix OR use ¼ cup pumpkin seeds and ¼ cup sunflower seeds	

Equipment:

baking sheet parchment paper food processor

Instructions:

1. Line a baking sheet with parchment paper.
2. In a food processor, pulse the dried apricots (or pitted dates), coconut, granola bar mix and cocoa powder until the mixture is crumbly. Add the honey and coconut oil and process again until a sticky dough is created.
3. Scoop a tablespoon of dough and roll in your hand. Place on the baking sheet.
4. Refrigerate for at least one hour. Store in airtight container in fridge for 1 week.