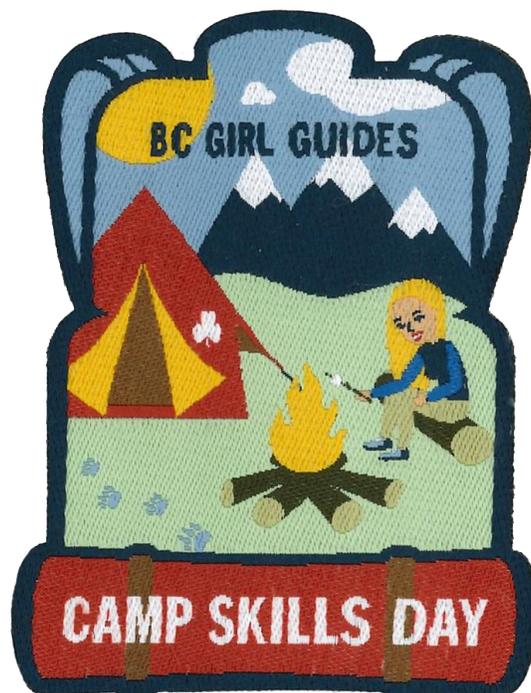


CAMP SKILLS DAY CAMP

AN AREA/TEAM HOSTED CAMP
FROM THE BC CAMPING COMMITTEE



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INTRODUCTION

The Camp Skills program objective is to introduce and teach basic camping skills to newer guides and their guiders, to help to motivate them to want to camp in tents, and to increase their interest to camp more often while having fun in a camping environment. Basic camping skills include activities such as outdoor cooking using propane stoves, buddy burners and box ovens, tent care, shelter and tarp erecting, menu planning, basic compass, and camp pre-planning

In this package, you will find the planning timeline, registration information and a suggested registration form, possible session selection forms and session registration forms, an itinerary, and session information including necessary equipment, supplies, participant numbers and possible activities. Please ensure that you are using the most recent Safe Guide forms [MemberZone Forms page](#) (login to MemberZone is required).

Crest order forms are available on the provincial website at www.bc-girlguides.org, and crests are \$1.00 each for units from BC (\$1.50 each plus \$5.00 shipping for units outside of 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 camp@bc-girlguides.org.

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!!



SUGGESTED TIMELINE

14 Weeks Prior

- Discuss with your area, and receive approval from your councils to proceed
- Book tentative campsite or required area

12 Weeks Prior

- Build your Core Staff Team
- Prepare the prospectus and registration forms

10 Weeks Prior

- Advertise the event. Provide reasonable time to receive registrations back from interested participants

6 Weeks prior

- Receive registrations, health forms, and camp fees from Patrol Guiders and girls
- Hold camp skills planning session with Core Staff Team. Plan program based on numbers attending

4 Weeks prior

- Communicate with Patrol Guiders attending by giving them the kit lists and any specific information related to the participants, site. e.g., map with directions, arrival time
- Provide all Safe Guide forms to Patrol Guiders to complete and request an emergency contact list
- Send all health forms to First-aid Guider, and note any food concerns to core staff
- Send crest order to the provincial office

2 Weeks prior:

- Complete all Safe Guide forms, submit paperwork for assessment
- Notify Commissioner and Camping Adviser of event
- Prepare welcome kits for participants. This should include their session schedule.

Week After Camp:

- Complete the evaluation and return to BC Camping Committee
- Make sure all expenses are paid out, and finalize expense reports. Supply finance and program summary to your Area Council

Camp Skill Day

Agenda for Pre-planning Meeting

Introductions

Location: Handout maps

- Water availability – may need to bring blue jugs
- Clean-up (basins??)
- Shelters & tables per stations

First-aid: Station w/chief 1st-aider

- Need a large first-aid kit

Review of Basic Idea – Round Robin

Suggested Camp Hard Skills: Tents, Tarping, Knots, Compass, Stove & Lantern Use, Cooking Styles (with hands on experience), Menu Planning (group size, special diets, limited burners, elevation, water supply), Camp Layout, Camp pre-planning (??).

Putting it together: Use Itinerary work paper

Volunteers:

- Session leaders
- Snacks
- Camp demo groceries
- Coffee & hot water maintenance
- First-aid
- Lunch – considerations – costs -

Equipment & Supplies Needed: Use Session Needs work paper

- Identify needs & where/how/who will supply
- Clean-up of equipment to be considered
- Identify what supplies need to be purchased/donated

Participants:

- Will we charge leaders?
- Camp uniform – what is it?
- Did we ask them to bring the right things?
- Sessions are for enrichment & introduction – not OAL training

Site Security:

- Washrooms – buddy system
- Cordon off our area??
- Flag markers?
- Review Emergency Response form
- Who else has cell phones they'll they can offer to use for emergency?

Anything else?

CORE STAFF REQUIRED:

Core staff required will depend on the number of participants and the number of sessions you will be offering. Each Camp Skills event will need a Responsible Guider, First-aiders and Program Leaders (these can include experienced Guiders and Rangers). At least two volunteers will be needed for each session offered. More can be considered.

- Set your fee according to your budget which will include food, facility rental, session and camp supplies, etc. Your fee may be supplemented by Area or District.

CORE STAFF RESPONSIBILITIES:

- Acquire Area or District approval for the event.
- Book a facility large enough to provide adequate accommodations for a large group with a large enough outdoor area for all planned activities
- Coordinate finances, and developing a budget to include day camp facility, food, program and crest costs
- Prepare application forms, kit list, information sheets, evaluation, handouts for girls, etc.
- Advertise the event in your Area
- Communicate directly with participants in ensuring they know what is required of them. If ordering shirts, you may wish to get approximate sizing.
- Communicate with Guiders and/or parents or guardians by providing the kit list, travel directions, camp expectations, etc.
- One Core Committee member must hold at minimum, a current Emergency First Aid Certificate. This member will be primary first aid provider for the camp. Be sure 1:25 First Aider to girl ratios are in place
- Follow Safe Guide (SG) by completing all necessary SG forms, and submitting these to Yellow/Red Activity Assessor as appropriate for review and acknowledgement/approval
- Assure all participants have signed photo releases or if they haven't, assure they are identified in some way.
- Send payment and order form for the Camp Skills crests the provincial office at least 4 weeks before the event.
- Assign an Emergency Contact person who will not be attending but will be available during the event. Leave her with the list of all the participants and their emergency contact numbers, as well as information about where the camp is located, and how you can be reached.
- Send evaluation to BC Camping Committee

PROGRAM SCHEDULE

Location	Volunteers	Session & Location								
		Tents	Tarping	Knots	Compass	Stove & Lantern Use	Cooking Styles	Menu Planning	Camp Layout	Camp Pre-planning/Equipment
8:30	Set-up									
9:30										
10:00	Sign-in, welcome, safety review, directions									
10:30	A									
11:00										
11:30	B									
12:00										
12:30	Lunch									
1:00	C									
1:30										
2:00	D									
2:30										
3:00	Wrap-up, hand-out crests, thanks									
4:30	Clean-up									

AREA CAMP SKILL DAY

<DATE>

LOCATION: < >

FROM < > A.M. TO < > P.M.

COST PER PARTICIPANT IS \$< >

(Includes a crest, snack & additional drink)

Please have each girl dress for the weather, and also wear camp uniform and bring a backpack that contains a:

- | | | |
|--|--|---|
| <input type="checkbox"/> water bottle | <input type="checkbox"/> sit upon/chair | <input type="checkbox"/> bagged lunch |
| <input type="checkbox"/> mug | <input type="checkbox"/> compass (<i>if available</i>) | |
| <input type="checkbox"/> plastic bag | <input type="checkbox"/> hat | <input type="checkbox"/> identification |
| <input type="checkbox"/> clean, empty tuna tin (<i>cat food tin or similar size</i>) | | |

Registration Deadline: < >

Registrar is < >

Ph: < >

Email: < >

(Please make cheques payable to: < > *Girl Guides of Canada*)

Event will take place rain or shine

Map available at: < >

Miscellaneous Information:

< Public washrooms on site, located slightly away from event area. Event is for Girl Guide age & up. We'd like to have girls participate with their unit; however, guiders without units are welcome to attend. Pre-registration is required, as we're organizing snacks, beverages & activities per the numbers attending. Coffee and tea will be available for the adults during the event—please bring a mug for your hot beverage. >

Registration Form

Unit Name: _____

GGC Branch: Guides Pathfinders Rangers Link Guiders only

Contact Guider: _____ Ph. No.: _____

Email Address: _____

District: _____

Number of Participants: Girls ____ Leaders ____ Non-Guiding Adults ____

Cost is \$< > per participant: participant's _____ x \$< > = \$ _____

(Please make cheques payable to: < > *Girl Guides of Canada*)

Registrar is < >- Ph: < >

Email: < >

If attending as a Guider only, please complete one registration form per guider.

Allergy Alert: (*Please advise of any allergies your participants have*)

In lieu of handouts being distributed at the event, we will offer guiders the opportunity to receive an email of these instead. This will make it easier to pass onto the girls and other guiders.

Do you want us to email you a copy of the handouts? Yes No

(*Package will be emailed one week after the Skills Day*)

All Guiders are responsible for ensuring that they are carrying a Health form for each girl participant.

PROGRAM ACTIVITIES

Suggested camp skills. Alter these as needed to meet the needs and experience of your campers. The following is suitable for girls and Guiders new to camping. **In this plan eight sessions would be offered but each participant would only participate in 4 sessions.**

ROUND ROBIN SESSIONS - 30 minute stations

Tents - How to set-up different tent styles, tent maintenance & storage, tent etiquette

Stove & Lantern Use, buddy burners, box oven - How to use, safety, fueling, changing mantels, deal with flare-ups, cleaning & storage - make buddy burners & review box oven sampler

Knots - teach basic knots (reef, square, clove, sheet bend, trucker' hitch) advance to lashing, bowline, half-hitch, etc.

Menu Planning - Use of Canada food guide, special-ethnic-religious diets, location of camp/how it affects cooking (elevation, burners avail)-show sample fire starters. Important to post menu w/directions for girls

Tarping- Use small tarps (easier for instruction), how to plan your tarp set-up, using trees, without trees, knots for pegging, keep weather in mind

Cooking Styles - Demonstrate hands-on cooking explain box oven, buddy burners & 1-pot meal. Talk about foil meals.

Camp Pre-planning & Equipment/Camp Layout - How to create a kit list, type of equipment needed, planning beyond Safe Guide. Layout of tent camp. Be bear safe with food - sample bear cache

Compass - Teach basics of compass, avoid metals, play games, advanced - use with topographical map

ALTERNATE ROUND ROBIN SESSIONS - 30 minute stations

Camp Kitchens/Washing Dishes - Have each patrol bring their camp kitchens with them to this station. Go through each making suggestions of how they can be improved. Also, go over the 3 dish pan method of washing dishes. (See below)

Bedrolls - teach how to put a bedroll together. (See Below). Once all have practices you can play a game with the bedrolls.

Putting up Tents and Pop-ups - Each patrol with the help of one experienced Guider will put up their tent and pop-up. Be sure that all girls are involved in the activity, and not merely watching the Guider do this activity. The girls will place their gear in the tents once the tents and pop-ups are erected.

Bingo/Compass Drawing - if you have a group of more experienced girls who have come into camp early they may want to spent 2 nights in their tents. They would have set up their tents prior to this Round Robin session. If this is the case, they can do this session in place



of the "Putting up Tents and Pop-up" session. (See Bingo card and Compass drawing grids below)

Camp Etiquette/Leave No Trace Camping- Information to cover: leave no trace camping, considerate tent life, don't pick or damage any of the natural surroundings, respect for wildlife and don't feed any of the animals, respect camp quiet times, keep your campsite neat, keep your gear neat and your designated area, store food in the proper way, do your share of the camp chores.

Campfire - go over the planning of a campfire, get suggestions of what songs they would like to sing later in the evening.

Packing for Camp - suggest what should be on the kit list and how to pack for different types of camping trips

Animal Tracks & Trail Signs - identify animal tracks, review trail signs, follow Orienteering/trail sign/animal track course.

Washing Dishes the Girl Guide Way

1. Begin with 3 washing basins
2. Place hot soapy water in the first, warm rinse water in the second and cool bleach water in the third
3. Don't have water so hot it will burn the girls and use a very small amount of bleach 1/2 cap
4. Once the dishes are washed, rinsed and bleached, place them in the dippy bags and hang them from a line
5. To clean the basins, dump the soap water basin into the grey water pit. Then dump the rinse water into the wash basin and then dump it into the pit. Lastly dump the bleach water into the rinse basin and then into the wash basin and then into the pit. This way all basins will have been bleached.
6. Place the basins upside down, slightly stacked to air dry



Compass Drawings

Equipment: (for each girl)

- Pencil
- Graph paper
- List of directions



How to Play:

1. Use a pencil to "connect the dots" on a sheet of graph paper following the directions and distances given.
2. One step equals one space.
3. Completing the directions will create a picture

Graph Paper Maple Leaf - Start near the bottom center of the page.

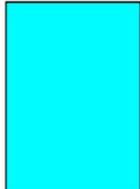
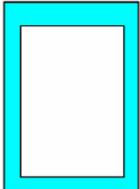
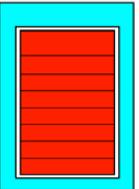
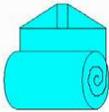
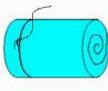
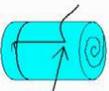
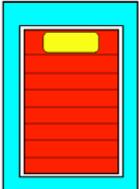
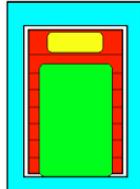
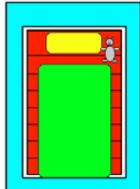
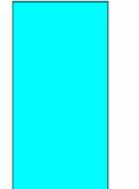
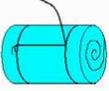
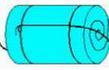
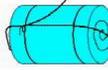
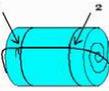
1. Go North 7 steps
2. Go East 6 steps
3. Go North-West 1 step
4. Go North-East 4 steps
5. Go West 1 step
6. Go North 2 steps
7. Go West 2 steps
8. Go North 1 step
9. Go South-West 4 steps
10. Go North 8 steps
11. Go South-West 1 step
12. Go North-West 2 steps
13. Go South-West 2 steps
14. Go North-West 1 step
15. Go South 8 steps
16. Go North-West 4 steps
17. Go South 1 step
18. Go West 2 steps
19. Go South 2 steps
20. Go West 1 step
21. Go South-East 4 steps
22. Go South-West 1 step
23. Go East 6 steps
24. Go South 7 steps

Graph Paper Trefoil - Start near the middle of the page, at least 5 squares from the bottom.

1. Go North-West 1 step
2. Go North 2 steps
3. Go East 2 steps
4. Go South-East 1 step
5. Go East 2 steps
6. Go North 3 steps
7. Go West 1 step
8. Go South-West 1 step
9. Go West 2 steps
10. Go North-West 1 step
11. Go North 3 steps
12. Go North-East 1 step
13. Go East 2 steps
14. Go North-West 1 step
15. Go North 1 step
16. Go North-East 2 steps
17. Go East 3 steps
18. Go South-East 2 steps
19. Go South 1 step
20. Go South-West 1 step
21. Go East 2 steps
22. Go South-East 1 step
23. Go South 3 steps
24. Go South-West 1 step
25. Go West 2 steps
26. Go North-West 1 step
27. Go West 1 step
28. Go South 3 steps
29. Go East 2 steps
30. Go North-East 1 step
31. Go East 2 steps
32. Go South 2 steps
33. Go South-West 1 step
34. Go West 8 steps

CAMP SKILLS DAY CAMP

Bedrolls - One example of how to make a bedroll

Supplies: Groundsheet Mattress/pad Sleeping bag & pillow Extra blanket Bed buddy 5 ft non-slip rope							
							
Place pillow on sleeping bag.	Place extra blanket on sleeping bag.	Place bed buddy in by the pillow.	Fold over sides of groundsheet.	Roll up bedroll.	Packers Knot	Make a packers knot in one end of the rope. Place rope around bedroll at one end & slip the rope through the knot. Pull tightly.	Hold rope here and then wrap around the end of the bedroll.
				Slip under the rope and pull tight.	Wrap around bedroll end to end.	Slip rope under rope. Tie with a packers knot.	Extra rope can be wrapped between point 1 and 2 to form a handle.

What do you need?

- Ground Sheet - 6'(180cm) x 4'(120cm)
- Camping Mat
- Blankets – to act as insulation to keep you warm
- Sleeping Bag
- Pillow
- Night Clothes
- Strong cord or rope - 3-4 metres long (12' minimum), ¼" thick minimum
- A friend

Ground Sheet

A ground sheet is any kind of waterproof material. You can buy rubber or heavy gauge plastic or an old shower curtain. It should be a little longer and wider than your unrolled (but zipped up) sleeping bag.

The ground sheet is laid on the ground to protect your sleeping bag, pad and you from ground moisture.

When your sleeping bag is rolled or in its stuff sack, you make it waterproof by wrapping the ground sheet around it and tying it with a rope as illustrated. If you do this properly, your bedroll will remain dry even if out in the rain or if dumped in the river from a canoe. The rope should be sturdy, with the ends whipped.

FORMS

The following forms are only suggestions on what can be used. There are many different layouts and alternative registration and selection forms you can use. Also, online fillable forms work very well if you are comfortable using them. Anything included here are meant to give you an idea of what will likely be needed.



Camp Skill Group Sessions - < date>		Under the session alpha, record your girl & adult numbers . E.G. state 4-G for girls & 2-A for adults. There are two spread sheets, please fill out both as they are your first & second choices.
Session Registration - First Choice		
Unit Name: _____		
Total Girls Participating: _____		
Total Adults Attending: _____		

Satio	n #	Session	What Will be Offered	Session A	Session B	Session C	Session D
	Example			4g-2a	5g-1a	3g-3a	
1	Tents		How to set-up different tent styles, tent maintenance & storage, tent				
2	Stove & Lantern Use, buddy burners		How to use, safety, fueling, changing mantels, deal w with flare-ups, cleaning & storage - make buddy burners & review box oven				
3	Knots		teach basic knots (reef, square, clove, sheepbend) advance to lashing, bowline,				
4	Menu Planning		Use of Canada food guide, special-ethnic-religious diets, location of camp/how it affects cooking (elevation, burners avail)-show sample				
5	Tarping		Use small tarps (easier for instr), how to plan your tarp set-up, using trees, without trees,				
6	Cooking Styles		Demo/hands-on cooking exp w/box oven, buddy burners & 1-pot meal. Talk about foil meals.				
7	Camp Pre-planning & Equipme		How to create a kit list, type of equipment needed, planning beyond Safe Guide. Layout of tent camp. Be bear safe with food -				
8	Compass		Teach basics of compass, avoid metals, play games, advanced - use with				

Final Registration Information

Formulae have been included for Excel forms.

	A	B	C	D	E	F	G	H	I	J	K
	UNIT NAME	GUIDES	PATHFINDERS	RANGERS	LEADERS	DISTRICT	CONTACT email	Choices	Pymt Rec'd	Funds Owed	Allergies
1											
2	1st < > Guides	12		2	4			x	80	20	cows milk, penicillin
3	2nd < > Guides	6	1		2			x	40	5	peanut & nut allergy
4								x			
5											
6								x			
7								x			
8											
9								x			
10								x			
11								x			
12											
13								x			
14											
15											
16								x			
17	TOTAL	=SUM(B2:B16)	continue formula across					=SUM(I2:I16)		=SUM(J2:J16)	
18											
19	Volunteers:										
20	Sally Brown		Heather Brown			Guides		74			
21						Pathfinders		19			
22						Jr. Leader		1			
23						Sub-total:		=SUM(H20:H22)			
24						Leaders		24			
25						Total Participants:		=SUM(H25:H27)			
26											
27						Volunteer Staff		24			
28											
29						Grand Total:					
30				Girl 1							
31				Girl 2		14 units/7 Districts					
32	Total	23+1									
33											
34											
35											



Equipment and Supplies Needed

Equipment Req'd	Session	Stn #	Who	Equipment Req'd	Session	Stn #	Who
5 tents, poles, pegs	Tents	1		Easel	Menu	4	
5 ground sheets	Tents	1		Easel pad	Menu	4	
Mallet(s)	Tents	1		Sample fire starters	Menu	4	
rope	Tents	1		Handouts	Menu	4	
Dust pan/broom	Tents	1					
Handouts	Tents	1		2 Propane stoves	Cooking	5	
				4 box ovens	Cooking	5	
Tank & connections	Stove/Lant	2		2 water buckets	Cooking	5	
White gas stove	Stove/Lant	2		Oven mitts	Cooking	5	
White gas lantern	Stove/Lant	2		Cooking pots	Cooking	5	
2 Propane stoves	Stove/Lant	2		Cooking utensils	Cooking	5	
Propane lantern	Stove/Lant	2		10 buddy burners	Cooking	5	
Candle lantern	Stove/Lant	2		12 coffee tins	Cooking	5	
Back country stove	Stove/Lant	2		16 pop cans	Cooking	5	
Water Bucket	Stove/Lant	2		Tongs	Cooking	5	
Fire extinguisher	Stove/Lant	2		2 Tin Snips	Cooking	5	
Buddy burner & box oven materials	Stove/Lant						
cardboard	Stove/Lant		all	Tool for tin holes	Cooking	5	
Tuna cans	Stove/Lant			handouts	Cooking	5	
Paraffin wax	Stove/Lant						
Oven mitts	Stove/Lant			6 Tarps - 8X10	Tarping	6	
Paraffin wax	Stove/Lant	2		Ropes	Tarping	6	
Old candles	Stove/Lant	2		3 tarping bins	Tarping	6	
Oven mitts	Stove/Lant	2		Tarping Poles	Tarping	6	
Tongs & ladle	Stove/Lant	2		Handouts	Tarping	6	
Old coffee tins 4 wax	Stove/Lant	2					
Box cutters/	Stove/Lant	2		Bear Cache bag	Layout/plan	7	
Box Oven - demo	Stove/Lant	2		Rope	Layout/plan	7	
Wax melting pot	Stove/Lant	2		Easel	Layout/plan	7	
Handouts	Stove/Lant	2		White board	Layout/plan	7	
				markers	Layout/plan	7	
Knot board samples	Knots	3		White board erasers	Layout/plan	7	
Table	Knots	3		Handouts	Layout/plan	7	
Shelter	Knots	3					
Cording	Knots	3		12 Compass	Compass	8	
Scissors	Knots	3		Shelter	Compass	8	
Handouts	knots	3		Table	Compass	8	
				Game #1-all ages	Compass	8	

Game #2-all ages	Compass	8	3 Water jugs	Refreshment
Game #3-older	Compass	8	2 Coffee Thermos	Refreshment
Cone markers	Compass	8	Hot water thermos	Refreshment
Handouts	Compass	8	Propane stove	Refreshment
Game #2-all ages	Compass	8	Lg pot hot water	Refreshment
Game #3-older	Compass	8	ladles	Refreshment
Cone markers	Compass	8	Lighters/matches	Refreshment
Handouts	Compass	8	Morning snack	Refreshment
			Oven mitts	Refreshment
First Aid Kit main	1st-aid Stn		Table	Refreshment
4 smaller 1st aid kits	1st-aid Stn		kettle	Refreshment
Table	1st- aid Stn			
Cot	1st-aid Stn			
Fleece Blankets	1st-aid Stn			
Sign Marking area	1st-aid Stn			
1st-aid recognition	1st-aid Stn			

Promotional Items



Purchase List

Groceries to Purchase: < >

Qty

- spice cake instant mix - cheapest
- Ingredients needed per cake mix package
- Shoestring licorice
- Coffee - regular grind
- Cream - for 43 people
- Milk - those who don't use cream
- Hot chocolate

- Tea - orange pike
- Spanish Rice-a-Roni mix
- Ground chicken/turkey
- Aluminum foil
- Margarine
- Brown sandwich bread

- Processed cheese slices
- Paper towels
- Garbage bags - small white ones
- Straight pretzels
- Baking soda
- Bottled water
- Snack - yogurt tubes or snack bar with choco,

- hand sanitizer
- Lunch Food for 20 volunteers -

Qty

Misc Items Being Brought:

- Sugar**

- drink mix**
- Oil spray**
- White gas**
- Matches - wooden
- Lighter
- Knotting rope thin**
- Knotting rope thicker**
- Candles
- Corrugated cardboard
- Twine
- Sand**
- Air horn
- mantles - #21 coleman

Guider Responsible

Non-Grocery Items to Purchase:

20

- Charcoal
- Propane Fuel
- Aluminum cake pan rounds - at 1.00 store
- Paraffin wax

- sharpies
- dish soap
- hair elastics
- zip lock bags



Budget Statement

	A	B	C	D
1				
2	Income:		\$	
3	Participants - # x &			
4	Payment received at event			
5	Prepaid			
6	Total Income:			=SUM(C4:C5)
	Expenses:			
9	Crests -)			
10	First-aid supplies -			
11	Fuel, matches*, cleaner*, mantels, misc			
12	Fuel -			
13	Groceries - Refreshments, food stn, snacks			
14	Ice			
15	Knot cording			
16	juice concentrate			
17	Thank-you bags			
18	Tin foil & box cutters			
19	Volunteer - morning donuts			
20	Wax - paraffin			
21	Total Expenses:			=SUM(C9:C20)
23	Donations:			
	Boxes for ovens		-	
	Cardboard for buddy burners		-	
	Carton of mint cookies		-	
	First-aid scarves		-	
	Location		-	
	Misc Coffee Items		-	
	Misc wax		-	
	Tin cans for Vagabond stoves		-	
	Volunteer Lunch sandwiches		-	
	 Total:			 <u>=SUM(D6:D21)</u>

Note: * Items available for another time

HAND OUTS

Camp & Outdoor Safety Tips

1. Be prepared!
 - a. Be fit enough for activity & educate yourself & other participants about the activity
 - b. Take Proper equipment, have a plan, use reference and guide books
2. Always carry the essentials!
 - a. Flashlight with extra batteries & bulb
 - b. Fire making kit – Waterproof Matches/lighter, Fire starter
 - c. Signaling Device – Whistle or mirror
 - d. Extra food and water – 1 liter per person to avoid Hunger/ Dehydration
 - e. Extra Clothing(Rain, Wind, Water Protection & Toque)
 - f. Navigation/ Communication Aids (Map, Compass, GPS, Charts, Cell Phone & Radio) and know how to use them
 - g. First Aid Kit and know how to use it
 - h. Emergency Shelter – Emergency Blanket, Orange Garbage Bag or Tarp. These can also be used as signaling devices
 - i. Pocket Knife
 - j. Sun Protection (Glasses, Sunscreen & Hat)
3. Buddy System! - Never go into the outdoor alone and *travel the speed of your slowest person*. If a person become separated by going ahead or falling behind, they are more likely to become lost
4. Do not panic! - Keep a positive mental attitude if you are prepared everything will be okay
5. Stay where you are if lost!
 - a. People who carry on after they become lost usually get further from the trail and further from people who are looking for them
6. Use Signaling Devices if lost!
 - a. Blowing a whistle & Staying Visible will help searchers find you.
7. Build or Seek Shelter – protect yourself from the rain, wind, and excessive sun. Be as comfortable as possible; helps to avoid hypothermia or heat exhaustion.



Common Sense Tips

- Tell someone where you are going and when you will be back!
- Do not touch or eat any unknown plants!
- Avoid Fatigue!
- Do not approach wild animals!
- Know the abilities of your other leaders and girls challenge them but don't push them well beyond their abilities.
- Monitor your girls during outdoor activities to make sure they are happy and healthy (i.e. dressed appropriately for the weather, drinking enough water, eating enough food, aren't showing any unhealthy symptoms, aren't fatigued, etc.)
- Hunger (Food is fuel; your body needs it for energy)
 - Symptoms - growling stomach, hunger pangs, mentally slow and low energy
 - Treatment - eat some food, but don't gorge yourself eat small meals
- Dehydration (Need 2 to 3 liters of water a day!)
 - Symptoms – Thirst, dry tongue, tiredness, nausea, sleepy & dark yellow urine.
 - Treatment – Drink water slowly & take it easy don't over exert yourself (i.e. Ration Sweat not Water!). Danger of dehydration greater in colder weather as body is trying to keep warm, so bundle up and drink plenty of fluids.

- Heat Exhaustion
 - Symptoms - Skin will appear pale, cold & clammy, weak pulse, breathing rapid and shallow, feel weak, dizziness, nausea
 - Treatment – Seek shelter in out of the sun, cover any exposed skin, drink small sips of water or sports drink with electrolytes to replace lost salt
- Hypothermia
 - Symptoms – Extremities get cold, intense shivering, slurred speech, feel exhausted & sleepy, and clumsy (i.e. unable to walk a 9m line properly).
 - Treatment – Prevention (Keep Warm & Dry!), Stay Hydrated & Movement (i.e. Wiggle toes & fingers, swing arms, jump on spot, but don't overdo it so you sweat

Packing Your Backpack

- Before packing, spread everything you plan to take on the floor in front of you. Leave behind those things you may not really need, and make sure you haven't forgotten any essentials. If you're unsure what to take, use one of our trip checklists.
- Imagine that your pack is made up of three zones:
- **Zone 1** – Put light items, like your sleeping bag, at the bottom.
- **Zone 2** – Pack heavy items, such as water, food, climbing gear, tent, etc. closest to your back. Use a sleeping pad or fleece as a buffer between sharp-cornered items and your spine.
- **Zone 3** – Place medium-weight or bulkier items toward the top or down the front of the pack.

Your objective is to avoid having a top-heavy pack, which will pull you backwards, or a bottom-heavy pack, which will make you feel like you are being dragged down. Packing heavier items close to your centre of gravity (middle of the back) will keep you balanced and make the load feel more natural.



Packing tips:

- Distribute weight evenly between left and right sides.
- Place frequently used items in an easy-to-access place, such as external pockets.
- When hiking on easy terrain, pack heavy items a little higher for better posture.
- On harder terrain, put heavy items lower down for better balance.
- Stuff sacks allow you to quickly pack and unpack your gear and find what you need. The highly organized put each category of items (first aid, kitchen, etc.) in differently coloured bags. Try not to stuff the sacks full, as a little play makes them easier to squeeze into gaps.
- Use your pots as hard metal stuff sacks to protect delicate items.
- Pack your food above your fuel bottle, or place it on the outside.
- Use your compression straps to bring the load closer to your body and keep everything in place.

Camp Cooking and Outdoor Kitchens

Sanitation – “A Clean Camp, A Healthy Camp, A Happy Camp!”

- Personal – Wash hands in morning before meals, before cooking & at bedtime!
- Cabin – No food or toiletries in tents & Daily Inspections with rewards encourages clean tents!
- Site – Litter Chases “Girl Guides always leave a site cleaner than they found it!”
- Dining Area – Wipe table before and after meals & wash dishes promptly after meals!
- Dishwashing
 - 3 sink method & air dry

Garbage

- Separate into BURNABLES, WET, and RECYCLING!
- Put fats into a coffee can with lid and take home with you!

Food Safety

- Clean
- Cook
- Separate
- Chill
- Cooking Temperatures

Food Storage

- Air Tight Containers store in car trunk or away from cooking & sleeping areas!

Compass and Navigation

To Take a Bearing in the Field

1. Hold compass level, in front of you, and point direction-of-travel line at desired object.
2. Rotate compass housing to align pointed end of declination arrow with red end of magnetic needle (red in the shed).
3. Read bearing at index line.

To Follow a Bearing in the Field

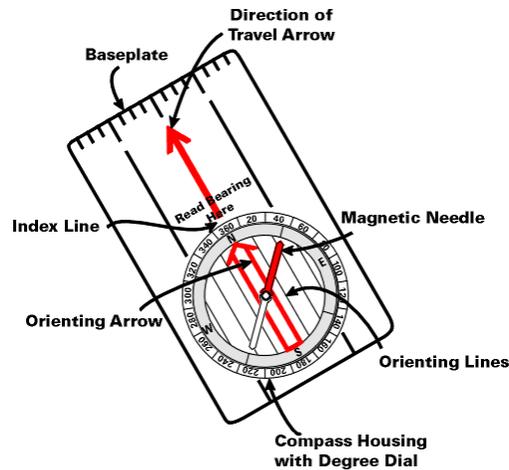
1. Set desired bearing at index line.
2. Hold compass level, in front of you, and turn your entire body, including your feet, until red end of magnetic needle is aligned with pointed end of declination arrow (red in the shed).
3. Travel in the direction shown by the direction-of-travel arrow.

To Measure a Bearing on a Map

1. Place compass on map with one long edge of base plate joining 2 points of interest. Direction-of-travel line points to objective.
2. Rotate housing to align compass meridian lines with north-south lines on map, with N on compass towards top of map.
3. Read bearing at index line.

To Plot a Bearing on a Map

1. Set desired bearing at index line.
2. Place compass on map with one long edge of base plate on feature from which you wish to plot bearing.
3. Turn entire compass to align its meridian lines with map's north-south lines, with N on compass toward top of map. The edge of the base plate is now the bearing line.



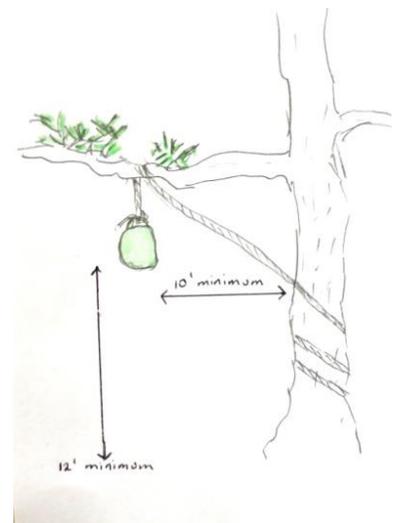
BEAR CACHING

The best way to avoid problems with bear and other creatures is to keep a clean camp site. Cook and cache food at least 100m from your campsite.

Caches should be hung approximately 3-5 metres (12 feet) off the ground, 2-3 metres (10 feet) from the tree trunk and 1 metre (3 feet) below any branches. Natural landscapes such as cliffs or depressions can help attain these measurements.

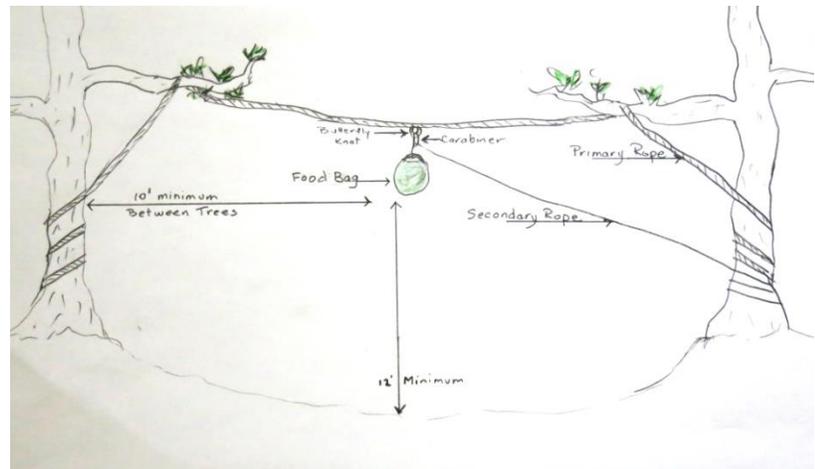
If only 1 tree is available:

1. Tie the end of the rope to a stick
2. Wrap some of the rope around the stick to add weight.
3. Throw the stick over a sturdy tree limb. This is not as easy as it would seem. Underhand tends to work best and practice is needed.
4. Tie the bear bag to the rope.
5. Hoist the bag up and tie off the rope with 3 wraps around the trunk and then a knot. Wrapping the trunk adds friction and makes the rope more secure.



Bear caches between 2 trees is preferable. Usually it is easier to get both the distance from the tree and the height needed. Also, using the secondary rope, butterfly knot and a carabineer makes hoisting the cache easier.

1. As with a one tree cache, throw the rope over a sturdy tree limb. Secure the rope to the tree trunk.
2. Using the other end of the rope, throw it over a second tree branch. Leave this primary rope loose between the trees.
3. Tie a butterfly knot in the primary rope approximately mid-point between the two trees.
4. Attach a carabineer to this loop and thread a secondary rope through the carabineer.
5. Being sure not to lose this secondary rope tighten the primary rope and tie it off to the tree with 3 wraps and a knot.
6. Tie the bear bag to the secondary rope, hoist it to within 1 metre of the carabineer and tie it off to one of the tree trunks with wraps and a knot.



Campsite Set-up

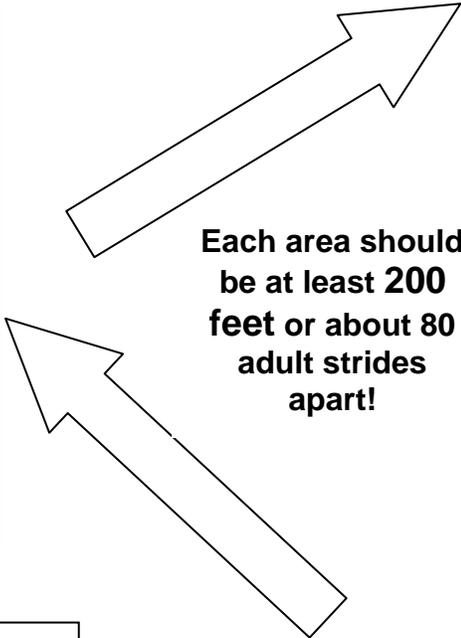


Sleeping Area

- Tents should be set up on designated campsite or level durable surfaces (i.e. gravel, rock, dirt) or places lacking vegetation or where away from water
- Do not store

Food Storage Area

- Food should be put in air tight containers and put into car trunk or provided bear cache
- If no cache provide must hang food 12ft up and 6 ft



Few extra tips...

- Set-up tents on higher ground to avoid flooding if it rains
- Please use designated latrines and if not human waste should be disposed of 200ft away from any water source, trails or campsites in about 6 to 8 inches deep holes
- Minimize use of campfires



Cooking & Eating Area

- Should be done on durable surfaces (i.e. provided fire rings), not to damage the vegetation
- After meals everything should be cleaned up and put away right away
- To clean biodegradable soap should be used. Waste water should be strained and disposed of 200ft away from any water sources

KNOT GAMES & CRAFTS

Bean Game

After you have taught the reef knot you give everyone one bean. They then go in pairs and see who can tie the knot the fastest. The fastest one gets the other one's bean which now means they have two. Girls with two beans find each other and repeat tying the knot. The one who ties it the fastest gets the beans and therefore now has 4 beans. She goes to find another person with four beans and so on. For the girls who lose they just go and get another bean from the pot and start out again so no one really loses and everyone gets lots of practice with this one knot.

Chocolate Bar Game

Play this game after you've taught the girls a specific knot, for example, the sheepshank. Equipment needed: apron, placemat, knife and fork, oven mitts and wrapped (many times with newspaper over and over again) a chocolate bar, and one dice.

Game: Put all the equipment in the centre of a circle. The girls are sitting around the equipment in a circle. The dice is passed around and everyone has a turn at throwing a 1. When you throw a 1 you get the rope and start tying the knot, meanwhile, the others are still throwing the dice. If you tie the knot successfully before someone else throws a 1 then you get to put on the oven mitts, your apron, put the chocolate bar on the placemat pick up the knife and fork and try to get into the chocolate bar. However once someone else has successfully tied the knot you have to hand over the equipment and become part of the circle again.

Once the chocolate bar is opened, make the girls share it!

Save Yourself!

Give the girls the following situation: You have fallen over a cliff and your rescuers are here with a long rope. They throw it to you, but they

can't come down and get you! Tie a bowline so that you can be rescued.

Human Cat's Cradle

Although this is not truly a knot game, it is a lot of fun! You'll need a large rope and ten people. First, have two girls with a smaller rope do the steps in the cat's cradle, and then mimic using the large rope and lots of girls as the "fingers". See how far through the string game you can get!

Knotty People

All knotty people are made with white rope, neon coloured string, brightly coloured pompoms (heads) and googly eyes. A glue gun was used to attach materials together. They can all be attached to a camp hat with safety pins.

Betty Bow

Materials:
10-12 cm rope
String
Pompom
Acorn cup
Yarn for hair
Googly eyes
Felt scraps

1. Whip each end of the rope to look like Betty's socks.
2. Fold the rope in half and tie a bowline knot.
3. Place the pompom on the rope (bent area).
4. Add the googly eyes and felt for mouth and acorn for hat.

Grandma Hitch

Materials:
Stick, 6cm long (popsicle stick, dowel, stick)
String
Pompom
Googly eyes
Cotton batting or grey hair

Flower stamen or sparkles for jewels

1. Tie two hitches around the stick. These represent arms.
2. Glue pompom to one end of stick.
3. Add googly eyes.
4. Add flower stamens for earrings.
5. Glue on cotton for hair.

Larry Lash

Materials:

2 sticks
Pompom
Acorn cup
Felt scraps
Googly eyes
String

1. Larry is constructed from sticks which are square lashed together.

2. Place the pompom between the sticks for head (v-shaped area).
3. Add the googly eyes and felt for mouth.
4. Place acorn cup on top of pompom for hat.

Trudy Tripod

Materials:

Acorn cup
Yarn for hair and ribbons
Pompom
3 sticks (sticks, popsicle or dowels)
Googly eyes
Felt scraps
String

1. Trudy is made from 3 sticks tied together using the tripod lashing.
2. Place pompom on top of tripod for head.
3. Braid some wool for hair, place on top of pompom.
4. Attach acorn for hat.
5. Glue on googly eyes and felt for mouth.

CAMP SKILLS BOOKLET

This booklet and many other possible handouts can be found on the BC Girl Guides Website (<http://www.bc-girlguides.org/web/>) Camping>Camping Resources



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
1476 West 8th Ave.
Vancouver, BC V6H 1E1

or email to:
camp@bc-girlguides.org