

SPARKS GO WILD ON A GOLD RUSH

A DAY OR OVERNIGHT CAMP TO GO
FROM THE BC CAMPING COMMITTEE



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INTRODUCTION

Howdy partners! Welcome to the era of the Gold Rush! Take your Sparks back to the exciting times of hunting for gold in the back of beyond with this easy to follow Sparks Gold Rush day camp. Have fun learning about life and prospecting in the past century.

Although camps and sleepovers can push Sparks outside of their comfort zones, it isn't written anywhere that you can't take Sparks to camp. Often it can be Spark parents that are more nervous about Sparks camping than the girls. This package is written with the intention of using it as a one night residential camp or a day camp, but these activities can certainly be adjusted to be used for a two night camp, sleepover, or mother-daughter camp.

In this package, you will find the program outline, and a variety of activities, games, and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides Own, kit list, and a parent information notice. Build your camp to suit your time of year, location, and number of girls. Pick the activities that work for you and your girls, and draw on the strengths and knowledge of your Guiders!

Remember to use the most recent Safe Guide forms, and have them assessed as appropriate (<http://forms.girlguides.ca/SitePages/Home.aspx>). 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 provincial website at www.bc-girlguides.org, 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 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!



PROGRAM SCHEDULE – OVERNIGHT CAMP

Saturday

- 9:00 – 9:30am** Registration
- Assemble at the "Gold Dust Base Camp"
 - Divide girls into three groups
 - Hand out group hat ribbons, name tags, and morning snacks (Klondike Trail Mix)
 - Girls colour backpack name tags
- 9:45am** Opening
- Welcome & Introductions
 - Safety, rules and boundaries, etc.
- 10:00 – 11:45am** First three of six round robin stations (30 min each plus transition time, snack as girls are hungry).
Choose stations from pages to follow. Mix of crafts and games is recommended.
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.
- 12:00 – 1:00pm** Lunch & Lend a Hand Duties
- 1:00 – 2:45pm** Last three of six stations (30 min each plus transition time)
Snack at the end of station 3
- 3:00 – 4:00pm** Free Time
- 4:00 – 4:30pm** Hat craft or game
- 4:30pm** Prepare for dinner
- 5:00 – 6:30pm** Dinner & Lend a Hand Duties
- 6:30pm** Campfire
- 7:30pm** Mug-up
- 8:00pm** Ready for bed, Bedtime Story
Lights out for girls

Sunday

- 7:00am** Girls allowed to get up; pack up before breakfast
 - Have a craft or quiet activity ready for girls who are ready quickly
- 8:30am** Breakfast & Lend a Hand Duties
- 9:45am** Wide game, Scavenger Hunt, and/or outdoor clean-up for girls while a few Guiders clean the cabin for check-out
- 10:45am** Closing ceremonies/Guides Own & Group Photo
 Goodbyes & Thank Yous
- 11:00am** Depart Camp

PROGRAM SCHEDULE – DAY CAMP**Saturday**

- 9:00 – 9:30am** Registration
 - Assemble at the "Gold Dust Base Camp"
 - Divide girls into three groups
 - Hand out group hat ribbons, name tags, and morning snacks (Klondike Trail Mix)
 - Girls colour backpack name tags
- 9:45am** Opening
 - Welcome & Introductions
 - Safety, rules and boundaries, etc.
- 10:00 – 11:45am** First three of six round robin stations (30 min each plus transition time, snack as girls are hungry).

 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.
- 12:00 – 1:00pm** Lunch & Lend a Hand Duties
 For those who finish early, provide small magnifying glasses so they can see "up close" items around the area.
- 1:00 – 2:45pm** Last three of six stations (30min each plus transition time)
 Snack at the end of station 3
- 2:45 – 3:30pm** Campfire
- 3:30pm** Group Photo & Guide's Own (Closing)
- 4:00pm** Sparks go home!

PROGRAM WORKSHEET – OVERNIGHT CAMP

Saturday

Time	Activity	Responsible Guider	Equipment Needed
9:00am	Registration		
	Group Hat Ribbons		
	AM Snack		
	Name tags		
	Organize girls with beds		
9:45am	Opening		
10:00 – 11:45am	Station 1		
	Station 2		
	Station 3		
	Station 4		
	Station 5		
	Station 6		
12:00pm	Lunch		
1:00pm	Last Stations		
2:45pm	Snack		

3:00pm	Free Time		
4:00pm	Hat Craft/Game		
4:30pm	Prep for Dinner		
5:00pm	Dinner		
6:30pm	Campfire		
7:30pm	Mug Up		
8:00pm	Get Ready for Bed & Story		

Sunday

Time	Activity	Responsible Guider	Equipment Needed
7:00am	Pack up		
8:30am	Breakfast		
9:45am	Wide game /Scavenger Hunt		
10:45am	Guides Own		
11:00am	Depart camp		

PROGRAM WORKSHEET – DAY CAMP

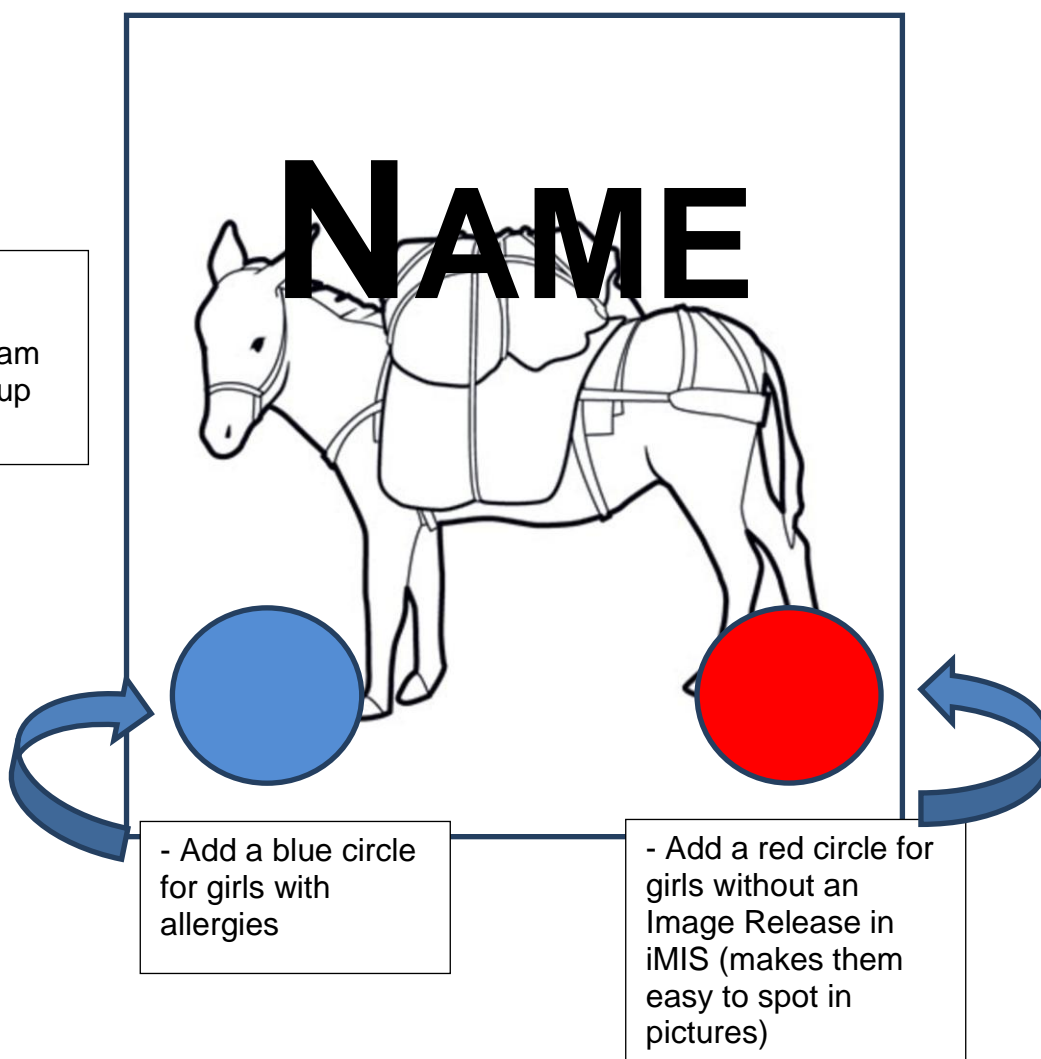
Time	Activity	Responsible Guider	Equipment Needed
9:00am	Registration		
	Group Hat Ribbons		
	AM Snack		
	Name tags		
9:45am	Opening		
10:00 – 11:45am	Station 1		
	Station 2		
	Station 3		
	Station 4		
	Station 5		
	Station 6		
12:00pm	Lunch		
1:00pm	Last Stations		
2:45pm	Snack		
3:00 – 3:30pm	Campfire		
3:30pm	Group Photo		

	Guide's Own		
4:00pm	Spark Departure		
4:15pm	Clean-up		

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



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	Dishes
Saturday Lunch	Group A	Group B	Group C
Saturday Dinner	Group C	Group A	Group B
Sunday Breakfast	Group B	Group C	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. For day camps, pre-printed name tags on peel and stick name tag labels are great. For an overnight camp, you will probably want name tags that are pinned onto girls' tops/jackets. You can use name tags to help identify girls with an Image Release "No", food allergies, or other health concerns. There is a sample name tag on page 10, and a printable template is available with this package.

Program group suggestions: Gold Dust, Gold Flakes, Gold Nuggets, Gold Panners, Gold Miners, Gold Diggers.

Decorations: check your local stores for plastic bandanas, hats or other gold rush items. Decorate with pictures of miners, gold pans, rope coils, shovels, frying pans, a tent (canvas is best), and piles of blankets for the girls to sit on. Check out library books about the Gold Rush for the girls to look at. Make a large covered wagon out of cardboard. Gather old ads about the gold rush and/or pictures. Hang a large sign "Gold Rush or Bust" at the entrance to your camp area.

Gold Rush Hats/Bandanas: dollar stores or thrift stores can have straw "cowboy" hats, that are lots of fun if you can find them inexpensively. Coloured bandanas can be made or purchased to denote the different groups of girls, and give a fun themed element to the camp!

Ideas for Goodie Bags: mini notebooks, magnifying glasses, gold wrapped candy, pencil or pen, mini compass, individual packages of hot chocolate

To use this camp for Brownies: it's fairly simple, have a weekend camp (2 nights)! You could give the girls time to make animal masks and tails, and do face paint. You can also use more challenging games or crafts.



CRAFT IDEAS

Group Hat Ribbons

Materials

- T-shirt transfer paper
- white felt
- gold paint
- paint brush
- designs
- iron
- safety pins

Steps

1. Using the mirror images, print the group designs onto T- shirt transfer paper. The mirror images must be used so that the words can be read.
2. Cut white felt using the ribbon pattern
3. Cut transfer paper designs to fit onto the felt
4. Iron designs onto white felt
5. Paint edges with gold paint
6. Attach to hats with safety pins

Ribbon Pattern



Mirror Image Ribbon Designs

GOLD



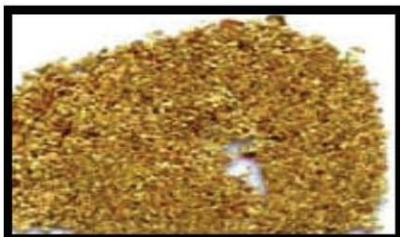
MUNGETS

GOLD



FLAKES

GOLD



DUST

GOLD



MUNGETS

GOLD



FLAKES

GOLD



DUST

Tube Bracelets

Materials:

- clear plastic tubing (aquarium air hose)
- ends of chop sticks
- sand or glitter to be the gold
- seed beads—gold and yellow
- electrical tape—yellow and white
- paper funnels



Method:

- Cut a piece of tube to fit comfortably around the wrist (can be done ahead of time).
- Plug one end of the tube with a chop stick end.
- Using a paper funnel, fill the tube with beads, sand or glitter.
- Attach open end of tube to the chop stick end.
- Put a piece of tape over the joint to strengthen it.

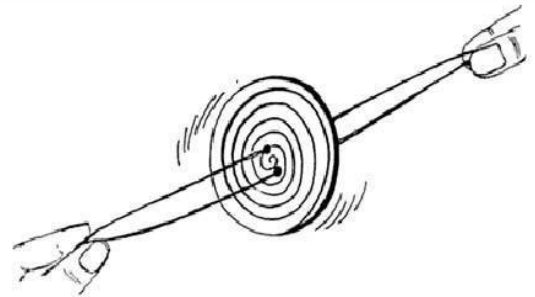
Whirligig

Materials:

- stiff cardboard (the thicker the better)
- scissors
- crayons or felt pens
- awl
- string

Method:

- Draw a 4-inch (10 cm) circle on stiff cardboard.
- Cut out the circle and colour it as desired.
- Using the Awl punch out 2 small, diagonal holes in the circle, each about 3/8 inch (9mm) from the center of the circle.
- Thread about 2½ feet (60 cm) of string through the holes and tie the ends together.
- Hold the string between the thumb and index fingers of both hands, twirl the circle until the string is taut, then stretch it out and pull hard to make the whirligig spin!
- Continue to pull hard, alternating and relaxing the string. It makes a "whirligig" sound as its name implies.



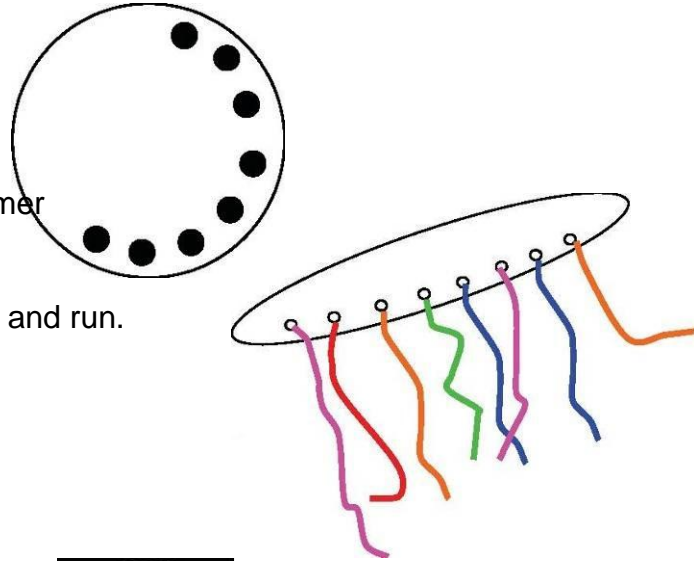
Wind Ribbon Flyers

Materials:

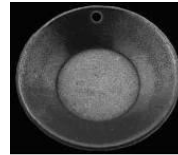
- lids from 4-liter ice cream buckets
- three foot lengths of flagging tape or streamers in varied colours
- permanent markers
- hole punch

Method:

- Punch eight small circles from each ice cream lid. (This can be done by an adult ahead of time.)
- Colour the lids using the permanent markers.
- Thread a piece of flagging tape or streamer through each hole and tie a knot to secure it.
- Continue until all eight holes are done.
- Hold the edge of the lid that doesn't have holes and run. The streamers will appear to fly in the wind.

**Gold Pan Hat Craft****Materials:**

- small gold pans, 2" wide **(see 'Option' below)
- black acrylic paint
- paint brush
- small rocks or split peas painted gold
- gold glitter
- safety pins
- craft glue

**Method:**

- Paint the front and back of the gold pan with black paint and allow to dry. This painting could be done before camp if drying time is a concern.
- Put small amount of craft glue in the bottom of the gold pan
- Add the painted rocks/split peas and glitter.
- Attach a safety pin. If the pan does not have a hole for the pin, attach a pin back with hot glue before camp.

Option: If you are unable to find mini gold pans, make them out of many layers of aluminum foil and omit the black paint; or use small aluminum tart shells.

Gold Nugget Pouch**Materials:**

- 9 to 10-inch circle from scrap leather, vinyl or naugahyde, canvas, burlap or any heavier material
- strip of material for drawstring
- Hole punch or small scissors
- large needle (optional)

Method:

1. create holes at the outer edge of the circle of material
2. have the girls thread the strip through the holes and pull tight



Sparkle Paints

Materials:

- empty squeezable bottles
- Flour
- Salt
- Water
- Tempera paint
- Paper.

Method:

1. Mix equal parts of flour, water and salt
2. Pour some of the mixture in each squeeze bottle
3. Add tempera paint to each bottle and shake well
4. Squeeze the paint onto paper, creating a design, word or picture
5. Let dry. When the paint is dry, the salt makes the picture sparkle.

You can substitute zip-top freezer bags for squeeze bottle. Cut a small hole at one of the bottom corners. If you like, you can brush the paints on instead of squeezing them.

Gold Flake Shakers

Materials:

- clean baby food jar or similar small jar
- gold glitter
- clear oil like baby oil or clear syrup like Karo Syrup
- Small pebbles like fish tank gravel
- Acrylic gold paint
- glue

Method:

1. Paint the gravel gold. Allow to dry
2. Put a tablespoon of gold glitter and the gravel in the jar
3. Fill the jar with oil or syrup (use a spoon to mix the glitter for the first time only if using syrup.)
4. Put glue on the inside threads of the jar lid, and close the jar tightly
5. If desired, decorate the top of the lid with gold nuggets

Note: For syrup it will take some shaking of the jar for the glitter to float. But glitter will stay floating longer.



GAMES AND ACTIVITIES

Clothes Pin Tag

Materials:

- clothes pins and rope



How to Play:

- Mark off a play area of at least 40 ft by 40 ft. by putting rope on the ground.
- All players are to receive 5 clothes pins, pinned to the back of their shirts.
- Have them all spread out around the edges of the rope before starting.
- The object is to try to capture a clothes pin from someone else's back without losing yours.
- If you capture a clothes pin you are to go down on one knee while pinning it to your back.
While you are on one knee, no one can take a clothes pin from you.
- There is no pushing and you can only touch clothes pins, no touching or pulling clothes or the body.

Panning for Gold

Materials:

- large tub
- aluminum pie plates with small holes punched
- zipper closure plastic bags for the gold.
- gold—various sizes of stones painted gold
- sand

How to Play:

- Fill tub with sand that has been seeded with gold painted stones.
- Each girl uses an aluminum pie plate (in which holes have already been punched) to scoop out some sand.
- Swirl the pan around until only the gold is left behind.
- Put the gold in a plastic bag to take home.

Option: Water can be added to the sand in the tub to make things more interesting. This is best done outside. Have towels available.



Foxes and Rabbits

Materials:

- small markers (triangles of orange fun foam works well)
- sit-upons
- rope

How to Play:

- Chose a few players to be foxes. They stand in the middle of the playing area. All of the other players gather at one end of the playing area, behind a designated safe area, marked by a rope. These are the rabbits in their hole.
- The markers are spread randomly around the playing area. These are the carrots.
- At the leader's signal, all of the rabbits must run out, grab a carrot, and return to the rabbit hole without being caught by the foxes.
- If a rabbit is tagged by a fox, or fails to find food, she becomes a fox.
- Continue until all of the rabbits have become foxes.

Variation: Use sit-upons to create small rabbit holes scattered around the playing area. One rabbit at a time can use one of these rabbit holes for temporary safety, but she must still gather a carrot and make it back to the main hole to be safe for the round.



Pinecone Relay

Materials:

- pinecones
- rope for finish line

How to Play:

- Divide into pairs. Place a pinecone between the girls' hips. Walk to the finish line.
- Divide into pairs. Place a pinecone between the girls' shoulders. Walk to the finish line.
- Divide the girls into groups of three and then fours.
- Instead of walking to the finish line, get them to walk north, south, east or west while keeping the pinecone in place.



Stagecoach

How to Play:

- Girls are seated in a circle
- Each one is given the name of some part of a stagecoach--wheel, hub, axle, spoke, seat, door, harness, brake, step, horses, driver, passengers, baggage, etc.
- The Guider begins telling a story about a stagecoach, bringing in different things related to the stagecoach
- As each thing is mentioned, the girl (or girls) representing it gets up and runs around his chair or sit upon
- At some point in the story, the storyteller shouts, "Stagecoach!" Everyone must leave his seat and get a different one.
- The storyteller tries to get a seat in the scramble, thus leaving one of the players to begin a new story. (Or the Guider continues story telling, after removing the seat she took in the scramble. The girl without a chair can act out the story at the outside of the circle)

Gold!

Materials:

- 4 hoops
- 24 beanbags

How to Play:

1. Place one hoop in each corner of a large play area like a gym or cafeteria
2. Put 6 beanbags in each hoop
3. Divide girls into 4 teams. Each team has a hoop
4. The girls will go to another team's hoop and take one beanbag, bring it back to their hoop.
5. Continue to "steal" the beanbags until time is up. No more than one bean bag on one trip. No guarding hoops.

Parachute Games

Materials:

- parachute (a sheet can be used as a substitute)
- bean bags
- skipping ropes

Popcorn:

- Place a number of beanbags on the chute.
- Kids shake the chute to make them rise like popcorn. Snakes:
- Place 4 to 6 skipping ropes on the chute.
- The girls try to get the snakes off by shaking the chute.

Fan:

- About one third of the group lies on their backs under teh parachute as the others flap it.

Pea-Pod:

- Fill the chute until it is high above heads.
- Hold on and come together in two lines facing each other.
- See how far the group can run with the pod before it deflates on top of them.



Marbles

Materials:

- marbles
- chalk or rope

How to Play:

- Draw a large circle with chalk or mark off with rope.
- Girls shoot their marbles trying to knock the other players' marbles out of the circle.



Option: How far can you shoot a marble?

Kim's Game

Materials:

rope, fry pan, soap, nails, plate, gold pan, compass, shovel, candle, sock, matches, cutlery (or small knife), paper and pens, tarp or small blanket

How to Play:

- Put items the miners would take to the gold fields on half of a tarp or small blanket. Fold the other half over to cover them until ready to play.
- Uncover the items and let the girls study the items.
- Cover the items.
- In groups with a leader, the girls name as many of the items as they can while the leader writes them down.
- Uncover the items again to see how everyone did.

Un-Nature Hike

Materials

- Several objects not normally found wherever you are going to walk (for example: plastic toys on an outdoor trail)

Method

1. Go out ahead of time and place "un-natural" objects in plain sight, for example, brightly coloured hair barrettes, a small doll, plastic jungle animals, anything you like... choose a few funny items not usually seen in the outdoors or at your location.
2. Take the girls on the walk and ask them to be on the lookout for unusual objects that do not belong. After each girl has walked the "course," have them tell you the objects they saw that were out of place.

Note: Make sure to go back and pick up all the pieces you placed.

MENU & RECIPES

Lunch	<ul style="list-style-type: none"> • Gold Fever Wraps (soft tortilla shells with a variety of fillings available for the girls to choose. Deli meat, shredded cheese, lettuce, diced tomatoes, mustard, mayonaise) • Dirt and Worms (desert - see below) • Sluice box juice (juice boxes)
	<p><u>Dirt and Worms</u></p> <p>Makes 10 servings.</p> <ul style="list-style-type: none"> • 2 cups cold milk • 1 package Jell-O chocolate pudding • 1 small container of Cool Whip – thawed • Chocolatey-mint Girl Guide cookies (one box) • Gummy worms and gummy frogs • 10 – 7oz (210mL) plastic cups <ol style="list-style-type: none"> 1. Crush the cookies until they look like dirt and set aside (or use store bought cookie crumbs) 2. Combine the pudding mix and milk and blend well. Fold the whipped topping into pudding. 3. Fill the plastic cups half full of pudding. Put on a layer of “cookie dirt,” then more pudding mixture. Top with cookie crumbs. 4. Refrigerate for two hours and then decorate with gummy worms, etc.
Dinner	<ul style="list-style-type: none"> • Miner's Morsels (chicken nuggets) • Gold Nuggets (tater tots with ketchup for dipping) • Gold Vein Veggies with Bedrock Dip (carrots, celery, etc. with ranch dressing) • Sourdough Doughnuts (cake doughnuts with whipped or sour cream. Use the mini doughnuts if you like.) • Sluice box Juice, milk water or beer (root beer)
Breakfast	<p>Yogurt, fruit, toast bar, cereal</p> <p><i>Toast Bar:</i> Toast can be an exciting breakfast for Sparks, with little clean-up for adults!</p> <p>Prepare slices of toast and let the girls choose their toppings. Topping suggestions: butter, a few different kinds of jam including something that the girls likely haven't tried (strawberry rhubarb jam?), peanut butter (if the allergies of your group allows), nutella, cinnamon sugar, bananas, powdered sugar, cheese whiz, anything you think might be fun to try!</p>

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 <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

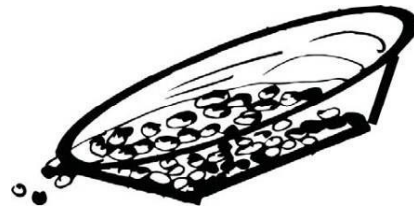
I'm a fork, knife, spoon, spatula

Cha Cha Cha

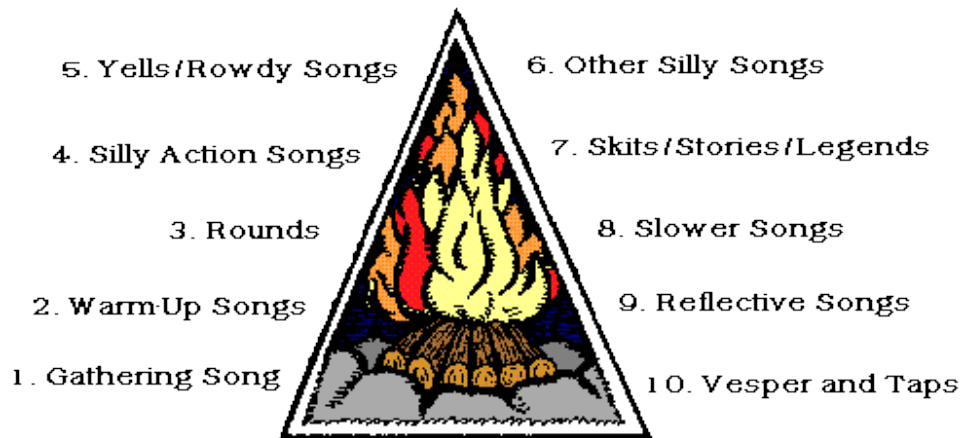
I'm a fork, knife, spoon, I'm a spoon, knife
fork, I'm a fork, knife, spoon, spatula

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



Campfire

Sparks Opening Song

Fire's Burning

The Bear Went Over the Mountain (Tune: For He's a Jolly Good Fellow)

The bear went over the mountain, the bear went over the mountain, The bear went over the mountain (pause), to see what he could see. To see what he could see, to see what he could see,

The other side of the mountain, the other side of the mountain, The other side of the mountain (pause), was all that he could see.

Going to Day Camp

(Tune: Oh, Susanna)

Going to day camp,
So don't you cry for me.
I'll come back good and dirty,
So you'll never know it's me.

I scrubbed the night before I left,
My hair was nice and clean.
My mother was so proud of me,
But not for long you see.

While hiking out at day camp,
I found the perfect pet.
But I had to leave my friend behind,
Because he scared the vet.

Soap and Towel (Can be sung as a four part round.)

(Tune: Row, Row, Row Your Boat)

Soap, soap, soap and
towel, Towel and water
please, Merrily, merrily,
merrily, merrily, Wash your
dirty knees.

Ninety-Nine Miles from Home

(Tune: "Ninety-Nine Bottles of Pop")

I'm ninety-nine miles from home, I'm ninety-nine miles from home.
I walked awhile, sat down awhile, I'm ninety-eight miles from home.

I'm ninety-eight miles from home, I'm ninety-eight miles from home.
I walked awhile, sat down awhile, I'm ninety-seven miles from

home. (Sparks start at ten then go down to zero)

You can divide the group into two for this
song. Group 1 sings first line, group 2 sings
second line

Group 1 sings "I walked awhile", group 2 sings "sat down awhile";
the entire group sings the last line.

**Oh My Darling Clementine**

In a cavern, in a canyon, Excavating for a mine
Dwelt a miner, forty niner, And his daughter Clementine

Chorus:

Oh my darling, oh my darling, Oh my darling, Clementine! Thou art lost and gone
forever Dreadful sorry, Clementine

Light she was and like a fairy,
And her shoes were number nine,
Herring boxes, without topses,
Sandals were for Clementine. Chorus

Drove she ducklings to the water
Ev'ry morning just at nine,
Hit her foot against a splinter,
Fell into the foaming brine. Chorus

Ruby lips above the water,
Blowing bubbles, soft and fine,
But, alas, I was no swimmer,
So I lost my Clementine. Chorus

Now you Girl Guides, there's a moral
To this little tale of mine. Artificial respiration,

Would have saved my Clementine. Chorus

Going to the Gold Rush...

- Girls sit down in a circle.
- Talk about what a prospector might have taken to the gold rush.
- The group says:

"We're going to the gold rush and we will take..."

- The first girl names one item she will take. The group then repeats the opening phrase and the item(s) mentioned so far. Repeat until each girl has added an item.

Possible Items

gold pan	shovel	matches	knife
flour	bacon	clothes	fork
beans	rope	tent	
sugar	candles	blanket	
butter	frying pan	compass	
pick	dried fruit	nails soap	

The One He Sung at Home

(Tune: "O Susannah")

Chorus:

On to the Klondike;
That's the land for me.
I'm going to the Klondike
The gold dust for to see.

There from the snowy mountain side
Comes down the golden sand,
And spreads a carpet far and wide
O'er all the shining land.

The rivers run on golden beds,
O'er rocks of golden ore,
The valleys six feet deep are said
To hold a plenty more.

Chorus:

On to the Klondike;
That's the land for me.
I'm going to California
The gold dust for to see.



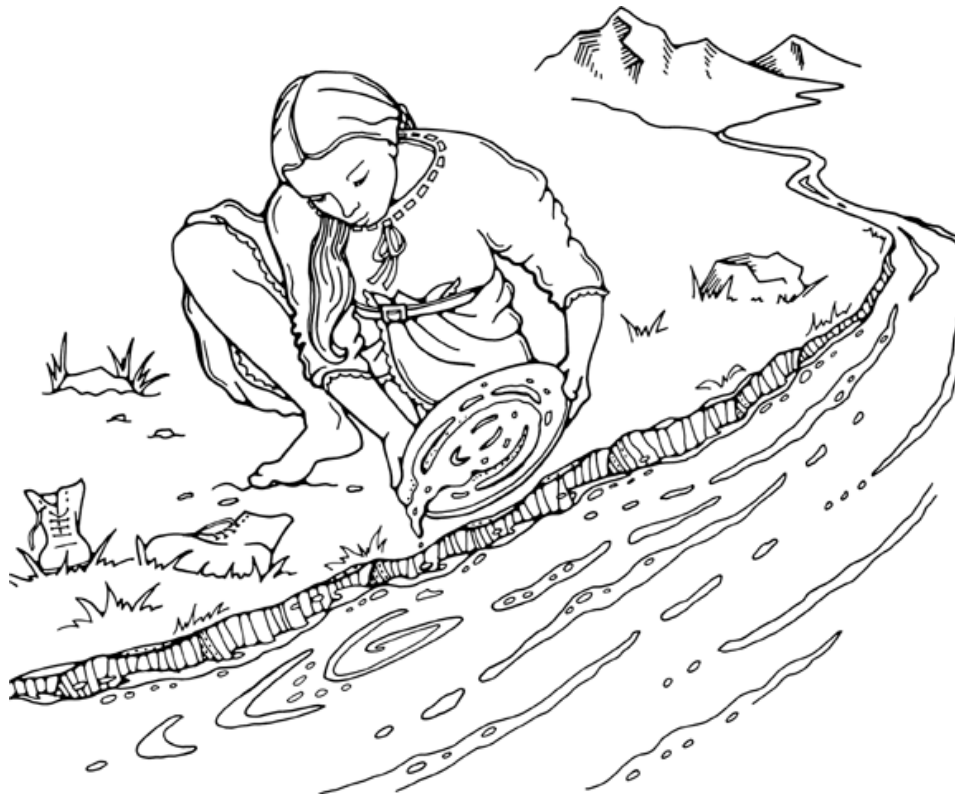
Sally Zanjani

Black Socks

Black socks, they never get dirty.
The longer you wear them
The stronger they get
Sometimes I think I should wash them
But something keeps telling me
No, no, not yet, not yet, not yet

**I Don't Need a Campfire** (from "Celebrate with Song")

I don't need a blazing fire to sing a campfire song;
All I need are friends like you, to help me
sing along. The night wind strums her soft
guitar;
Instead of flames, we'll watch the stars;
No I don't need a campfire to sing a campfire song!

Sparks Closing Song

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 Sparks 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.

You could also interpret friendship as gold and use a poem like the one below.



Silver and Gold (can be sung as a round)

Make new friends,
but keep the old;
One is silver, and the
other's gold.



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.3, SG.4, H.3, H.4
- 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

DAY CAMP KIT LIST

CLOTHING:

- Spark t-shirt (girls should arrive wearing this)
- 1 pair of socks
- 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

OPTIONAL:

- Camera
- Camp blanket

OTHER:

- Sunscreen
- Sit-upon
- Water bottle
- Daypack (school sized backpack with belongings inside)
- Dishes (unbreakable plate, mug, bowl, fork, knife, spoon in a mesh bag)

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!

OVERNIGHT CAMP KIT LIST

BED ROLL:

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

CLOTHING:

- Spark t-shirt (girls should travel to camp in it)
- 1 pairs of long pants
- 1 long sleeved shirts
- 2 changes of underwear
- 2 pairs of socks
- Warm pajamas
- 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

OPTIONAL:

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

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)

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!

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 e-mail to:
camp@bc-girlguides.org



