

Outdoor Resources

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RANGER, RANGER GAME

Ranger, Ranger is an activity to deliver information in a way that lets everyone participate. This is fun to do on a nature hike or when arriving at a campsite to point things out. This game is also known as a rolling hike.

- Have one leader act as the head Ranger, while the other sends girls out one at a time, a minute or so apart (while waiting, have the group play a hand clap game or sing songs).
- The head Ranger and her Deputy Ranger walk ahead a little until they come to a point of interest (a natural feature, a safety hazard, or a campsite feature).
- The head Ranger stops and tells the Deputy what it is and what's important about it.
- The first Deputy stays there and tells all subsequent trail walkers about that feature. When the last group arrives, she joins them and visits all the other stations.
- Meanwhile, the head Ranger goes to another feature and waits for the second Deputy.
- The second Deputy is sent out, listens to what the first Deputy has to say, then goes on until she meets the head Ranger, who gives her a station.
- When the last girl has gone down the path, the tail leader follows, listening and the Deputies join her.

Ideas of stations (you can use whatever you come across)

Safety Theme:

Poison Oak
Creek
Fork in the trail

Nature Theme:

Redwood Tree
Clover
Banana Slug

Campsite Features:

Fire Circle
BIFFY
Water Faucet
Trash Cans

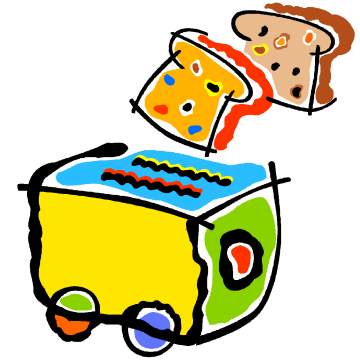
Note: If your group is large, the trail is long, or you are working with the buddy system – have your deputies work in pairs.



TOAST IS READY

(How to Plan a Trip)

Material for this activity: sticky notes, markers



Activity:

1. Divide troop into groups of 4-6. Give each group a marker, 20 sticky notes).
2. Tell each group that they should imagine they are watching their favorite TV program ... and it is really exciting.
3. But they are hungry for toast with butter and jam. A commercial break is coming. They have only the time of the 3 minute commercial break to toast the bread, put butter and jam on the toast and get back to the show.
4. When you give the signal, have each group:
 - Write down each step (to get the toast ready) on a separate sticky note
 - Then put the sticky notes into the right order
 - Then stick the pieces of paper on the wall
 - The last sticky note should be ..."Toast is ready!"
 - When you're done, shout "Toast is ready!"
5. Remember to give instructions in order.
6. Make sure everyone understands what is supposed to happen before you give the signal.
7. Put a 3 minute time limit, give the signal, and let them go.

Lead troop discussion:

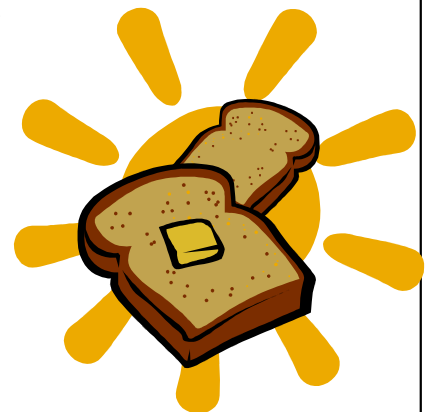
What steps are missing? Are any of the steps out of order? Did we successfully make toast with butter and jam and get back to our TV show?

Let's change the activity to: "Our Trip Happens"

- Girls call out steps and an adult volunteer writes them down. Start a discussion to see if there is anything missing.
- Have girls suggest the order in which the steps must happen, and then place the steps up on the wall.
- As a group, look at all the steps that must happen before the troop can have a camping trip.
- Are the steps in the right order?
- Who will be in charge of which step?

CONGRATULATIONS! YOU HAVE JUST PLANNED A CAMPING TRIP!

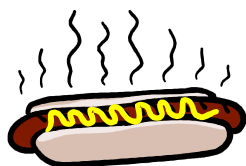
HAVE FUN!



GUIDE FOR FOOD AND QUANTITIES

MEAT GROUP

- Bacon 2 strips per person: 1lb. = 20 - 24 thin slices, 12-15 thick slices
- Ground Beef 1/4 lb. per person; less in one pot meals
- Hot Dogs 2 per person



MILK GROUP

- American Cheese 1 lb. = 24 slices
- Cheddar Cheese 1 lb. = 12-16 slices or 4 cups grated
- Hot cocoa Mix 1 lb. = 24 - 6 oz. servings (water-based)
- Margarine/butter 1 lb per loaf of bread
- Milk Gallon = 10 - 6 oz. servings or 8 - 8oz. servings



FRUIT AND VEGETABLE GROUP

- Apples 1lb. = 3 medium size
- Bananas 1 lb. = 3 medium size
- Oranges 1 lb. = 2 medium size
- Lettuce 1 lb. = 1 large head; 8 - 10 servings
- Raisins 20 oz. = 10 servings
- Tomatoes 1 lb. = 3 - 4 tomatoes; 5-8 servings

BREAD AND CEREAL

- Bread 1 lb. = 20 - 22 slices (sandwich loaf)
- Dry Cereal Large Box = 10 - 12 servings
- Graham Crackers 1 lb. = 66 squares
- Oatmeal 18 oz. = 6 cups: 12 -14 ¾ 1-cup servings
- Pancake Mix 1 lb. = 16 servings



MISCELLANEOUS

- Marshmallows 12 oz. = 40; 1 lb. = 64
- Pancake Syrup 1 pint = 16 - 2 Table spoon servings
- Popcorn (unpopped) 1 lb. = 2 cups or 24 servings (1 cup = 12 servings)
- Potato Chips 1 lb. = 16 servings



MARSHMALLOW ROASTING STICK



Supplies Needed:

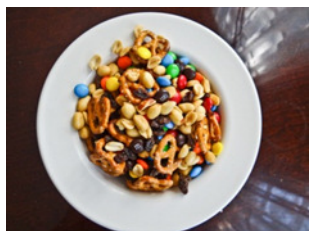
- 1 clothes hanger with cardboard tube per person
- Yarn (optional)
- Glue (optional)
- Markers (optional)
- Pliers and wire cutters

Directions:

1. Remove cardboard tube from the coat hanger. Set aside.
2. Straighten the ends (part that goes in the cardboard tube) of the hanger with pliers or cut them off with wire cutters.
3. Straighten out the curve of the hanger (part that goes on the closet rod).
Optional-wrap the tube with yarn ,gluing as you go.
4. After the glue/yarn on the tube is dry, shove the straightened curved end of the hanger into the cardboard tube. This is your holder for the roasting stick.
5. Before you use your roasting stick the first time, put the cooking end of the wire into the fire to burn off any plastic/paint that might be on the hanger.
6. After using the roasting stick, stick it back in the fire to burn off sticky stuff, let it cool. Store the wire in the cardboard tube by inserting the end (with curve) into the cardboard tube till the curved end wraps around end. This avoids getting the sticky stuff all over then not in use.
7. Remember to have adult supervision when girls are using the roasting sticks and cleaning them.



Girl Scout GORP Ceremony



This ceremony can be used as you create some very special GORP (good old raisins & peanuts) with your girls before heading off on an outdoor adventure.

Today we will build a snack to nourish our bodies. It symbolizes how the many ways of Girl Scouting nourishes our spirits.

We have a Promise and a Law. On our honor, we will do our best to be fair and square. So we will begin with **CHEX**.

Girl Scouts come in all colors, from all races around the world. Every Girl Scout is a sister no matter where she is from, no matter the language she speaks, no matter the color of her skin. Girl Scouts are the colors of the rainbow. So we will contribute **M&M's**.

Some of us are tall, and some of us are small. When we get together, size doesn't matter at all. So we will add **PRETZEL THINS AND MINI MARSHMELLOWS**.

Sometimes we are nutty. We love to joke and play. We'd love to put a Girl Scout smile into everyone's day. So we will toss in **NUTS**. (Or shredded coconut or corn nuts in case of nut allergies)

Sometimes we are quiet and thoughtful. We have special gifts of love and caring to give to those who need our help. So we will sprinkle in **TEDDY GRAMS**.

When we get together, we seem to make circles. We may sit in circles, play circle games, and make a Friendship Circle. You could say that we are well rounded. So we will roll in **CHEERIOS**.

When we are busy planning a project, or doing a craft, we pop with enthusiasm until we're done. So we will pop in **POPCORN**.

Girl Scouts respect all living things. The earth is our home, and we want to keep it safe for everyone. So we will release **GOLDFISH & ANIMAL CRACKERS** in the mix.

Girl Scouts are "chips off the old block". Girl Scouting began in 1912. Since then we all have been part of an old tradition, and are proud to be part of the future. So we will drop in **CHIPS**.

We get a kick out of learning new things, helping others, singing, and being together with our friends. So we will kick in **KIX**.

Young Girl Scouts may be hard to resist because they are fresh, sweet and new. But the older scout maybe more fun, because she has more experience. So we will put in **RAISINS**.

Girls who become Girl Scouts bloom. They are like little seeds we water and warmly shine on to grow up strong. So we will finish with scattering these **SUNFLOWER SEEDS**.

So we can see that when we mix together the many ways of Girl Scouts we end up with something truly special!

Outdoor Cooking Recipes

These recipes were referenced in the Troop Camping Certification Participant Notebook

Fireless Foods, Nosebags

"Nosebag" refers to a bag filled with grain that fits over a horse's muzzle. In Girl Scouts, it generally refers to anything that can be carried with us and eaten on the way.

Walking Salad (makes 12)

12 apples
2 cups cottage cheese
1/2 cup raisins and 1/2 cup nuts
2 tablespoons mayonnaise (can use packets)

Directions: Cut the tops off the apples and core them, leaving the bottom skin over the hole. Scoop out the pulp of the apples and chop with cottage cheese, raisins, and nuts. Mix with mayonnaise. Stuff the mixture into the apple shells and put the tops back on. (Hold the tops on with toothpicks)

Remember if it's hot weather or a long hike you will need to have the stuffed apples carried in a pack with some type of ice pack.

Ants on a Log

1 celery stick per person
Peanut butter (or cream cheese if there are peanut allergies in your troop)
Raisins

Directions: Spread peanut butter on celery sticks. Dot the peanut butter with raisins

Simple Stick Cookery

S'Mores

1 or 2 marshmallows
2 squares of graham crackers
1 square of chocolate bar

Directions: Place chocolate square on top of one graham cracker square. Brown marshmallows on a stick/skewer over hot coals, then place on top of chocolate and graham cracker. Cover marshmallows with other graham cracker, then eat like a sandwich. MMMM good! Look out, the marshmallow will squish out the sides.

Frying in Skillets and Griddles

Catastrophe

Version # 1: Cook ham, bacon, potatoes, peppers, onions (or whatever) then add eggs like you are going to scramble them. When cooked - add shredded cheese just before serving.

Version #2: 1 - 1lb bag Ore-Ida Shredded frozen potatoes, 1/2 lb. bacon, and 4 eggs

Directions: Dice the bacon and fry over med. heat until slightly brown. Pour off half the bacon grease. Add potatoes, cook for about 15 min. stirring with a fork to separate. Add eggs that have been beaten. Cook over low heat until the eggs are done.

Melt butter and then place the bread in pan and cook until it is golden brown. Flip bread over.

Put a tiny bit more butter in hole and crack an egg in the center, don't worry if it overflows a little.

Cover pan for about another minute until white of egg has hardened enough. Enjoy

Eggs in a hole

1 Egg
1 slice of bread
a little Butter, (or margarine)

Directions: Put bread on cutting board and place an empty glass upside down on top of it with a slow circular movement, press glass down until it cuts through the slice. (You can use a knife but this is rounder and also fun for kids) Melt butter and then place the bread in pan and cook until it is golden brown. Flip bread over. Put a tiny bit more butter in hole and crack an egg in the center, don't worry if it overflows a little. Cover pan for about another minute until white of egg has hardened enough. Enjoy

Outdoor Cooking Recipes

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Toasting and Advanced Stick Cookery

Doughboys

2 cups Bisquick

½ cup milk (and a little more to make the dough sticky)

Butter

Brown sugar

Cinnamon

Directions: Wrap the end of your cooking wooden Dowell stick with foil. Wrap dough around end of stick, not very thick. Hold over fire until golden brown. Eat with butter, brown sugar and cinnamon. Option: use ready-made store biscuits/rolls instead of bisquick.

Note: you can leave out the foil but the middle won't cook as well. This is a good snack to do when a troop learns how to build fires.

Baking in Embers

Campfire Banana Boat A truly fun way to eat a banana

On a flat surface, arrange enough heavy duty aluminum foil (or double regular foil) large enough to wrap around the banana. Leaving the skin on the banana, cut a long slit along the inside curve, cutting the banana in half.

Press chocolate chips, walnuts, and marshmallows into the opening. Wrap the banana with aluminum foil and lay it on hot coals or grill. Cook it for 8 to 10 minutes or until the chocolate and marshmallows are melted. Let the boat cool slightly, and then eat the inside with a spoon.

For variety: Fill the banana with granola and butterscotch chips (or any variety), M&M's and marshmallows, or trail mix.) or take banana out of skin, chop and refill skin with desired fillings & chopped banana.

Pizza Muffins or Camp Fire Pizza

1 English muffin or Boboli individual pizza dough

A handful (about 1/3 cup) of shredded mozzarella cheese

1/2 sliced tomato or 2 Tablespoons of pizza sauce

Pepperoni and a variety of other toppings

Directions: Put the open English muffin or Boboli dough on a piece of heavy duty (or double reg. foil—big enough to wrap), next place the tomatoes or sauce and then the mozzarella cheese. Top your 'pizza' with a few pepperoni slices or other favorite pizza toppings. Close up the pizza muffin packet and put on grill for 5-10 minutes.

Depending upon how toasty one likes the muffin etc. or cook pizza in a box oven.

Foil Dinner serves 4

1 pound ground beef or turkey or chicken

2 stalks celery, cubed into small pieces

2 cups baby carrots

2 medium potatoes, diced small

1 small onion, thinly sliced

Salt and pepper to taste

ketchup or steak sauce, whichever you prefer

Directions: Take a 12" piece of heavy duty foil, put 1/4 of the meat on it, flatten it into a patty shape, sprinkle with salt and pepper, and then top with one quarter of all other ingredients. Sprinkle again with salt and pepper and wrap tightly with the foil. Continue to make three more foil dinners. Place on grate over campfire coals for 45 minutes, turning over about every 10 minutes. Remove from fire, put pouch on plate, open and enjoy.

There are many variations on foil dinners. The sky's the limit. Good meal to give the girls their choice of what they want to include.

Outdoor Cooking Recipes

These recipes were referenced in the Troop Camping Certification Participant Notebook

One Pot Meals

Serving Size: Serves 16 girl size portions or 8 adult portions

In One Pot: 4 lbs. ground meat (turkey or beef) browned and cooked at home
 1 pkg. dehydrated onions or 2 freshly chopped onions
 1 pkg. dehydrated sweet peppers or 1 large fresh pepper
 3 cans tomato soup
 Salt and pepper to taste



Then: Pick a recipe from the boxes below. To the above, add the ingredients listed in your chosen box.

<p>CHOP SUEY</p> <p>5 cans Bean Sprouts Chopped Celery Cooked Rice</p>	<p>SPANISH RICE</p> <p>4 Cups Pre-cooked Rice</p>	<p>SPAGHETTI</p> <p>1 lg. pkg. Spaghetti (cooked) Sprinkle with cheese</p>
<p>MACARONI BEEF</p> <p>1 lg. pkg. macaroni (cooked)</p>	<p>HUNTER'S STEW</p> <p>5 cans Vegetable soup or 3 – 2lb. cans Mixed Vegetables</p>	<p>CRUNCHY MUNCHY</p> <p>1 lg. bag Crispy Chow Mein Noodles</p>
<p>CHILI</p> <p>5 cans Red Kidney Beans Chili powder to taste</p>	<p>CHEESEY CORN</p> <p>4 cans corn 1¾ lb. diced cheese</p>	<p>HOT POT</p> <p>4 cans Pork & Beans</p>
<p>SLOPPY JOES</p> <p>Chili Sauce, Tomato Sauce, or other variety soups Serve on open buns</p>	<p>NOODLE MYSTERY</p> <p>1 head celery (chopped) 2 -2lb cans tomatoes 2 cups water as needed for pasta to cook 2 lg. pkg. angel hair pasta (add when boiling)</p>	<p>TAMALE PIE</p> <p>1 can niblets Mexicorn 1 can sliced olives 1 box Jiffy Corn Bread (mixed – and dropped by spoonfuls when mixture is boiling well) Cover and cook for 14 minutes. No peeking!!</p>

DUTCH OVEN COOKING

What is a Dutch Oven

- Cast iron pan with legs and a tight fitting lid
- Comes in many different sizes
- The size determines how many briquettes you need
- Can easily reach 450 degrees
- Can be used to bake in or make soups
- Easy method of baking at camp



Equipment Required

- Gloves or oven mitts
- Bucket of water
- Shovel or tongs to move briquettes and put out fire
- Briquets
- Charcoal Chimney

Cooking Tips

- To get oven to 350 degrees; diameter of dutch oven multiplied by 2, 1/3 of briquettes on the bottom and 2/3 of briquettes on the top.
Example: 12" dutch oven times 2 equals 24 briquettes (8 on bottom, 16 on top)
- For roasting the heat source should come from the top and bottom equally
- For boiling the heat source should come from the bottom
- Rotate the oven prevents hot spots which burn food. Rotate every 8-10 minutes, the lid clockwise and bottom counter clockwise
- Use parchment paper to line dutch oven; makes clean up easy and does not change flavor. If properly seasoned you don't need to line dutch oven
- Try your own recipes. Anything you cook on the stove or in the oven can be done in a dutch oven. Precook meat and pre-slice veggies to speed up cooking.
- Don't worry about overcooking - your food will *not* burn
- Stirring is not necessary—removing the lid lets valuable heat escape

Cleaning the Dutch Oven

- Warm clean water into the oven and heat until almost boiling
- Using a plastic mesh scrubber or coarse sponge and NO SOAP, gently break loose the food and wipe away
- Rinse with clean warm water, allow it to air dry
- Heat over the fire or stove just until it is hot to the touch. Apply a thin coating of oil to the inside of the oven and the underside of the lid. Allow the oven to cool completely.

Seasoning the Dutch Oven

- Oil (peanut, olive or vegetable) inside and out
- Bake at 350 degrees with lid ajar, cool (enough to be handled)
- Repeat oiling and baking, cool (enough to be handled)
- Repeat oiling only and cool completely

SOLAR OVEN

Advantages

- Free Energy
- Sun's energy is safe, non-polluting and an abundant renewable source
- Keeps house cool during summer
- Nutritionally sound: Vitamins and minerals retained in juices of meats and vegetables
- Cooking needs minimal monitoring
- Easy method of baking at camp

Disadvantages

- Not a year-round proposition in many areas
- Needs back up if weather does not cooperate
- Pasta tends to become soggy
- Crusts tend to be soggy
- Green vegetables tend to lose their color and quality



Equipment Required



Dark porcelain coated pans and small roasters are preferable
Solar box oven **OR** Cardboard Box, heavy duty aluminum foil, duct tape, and oven roasting bags with ties

Cooking Tips

- Use a cake rack under the pan to allow air to circulate and food to cook evenly
- Bake bread and cakes mid-day (between 11:00am-3:00pm)
- Make sure you have emergency back-up cooking source
- To maintain maximum heat in oven, re-position it every half hour
- Make sure you use pot holders - oven cooks anywhere from 200-300 degrees depending on the intensity of the sun
- Try your own recipes and cook twice as long as in conventional oven
- Don't worry about overcooking - your food will *not* burn
- Stirring is not necessary—removing the lid lets valuable heat escape

PLANNING IS PART OF THE FUN

“The girls will decide whether a plan is good!
You can trust them to know.”

-Juliette Gordon Low

Outdoor program is only as good as the girls think it is! Program that they have no part in planning will rob them of a valuable learning experience and the fun they anticipate when they think of going outdoors.

Getting girls involved in planning their outdoor and camping experience should be an active process. Too often girls think of “planning” as sitting down in a group and talking but not doing. Any good planning process will demonstrate to girls that they are the ones who can make things happen.

WAYS PLANNING TAKES PLACE

How a leader involves her group in these various phases of planning depends on the age and experience of the girls and how the group is organized.

The most important thing is that there be some form of organization that provides ample opportunity on a regular basis for girls’ voices to be heard and their ideas to be incorporated in the plans.

HOW TO INVOLVE THE GIRLS

Have a brainstorming session. This immediately gives girls the feeling that anything is possible, and ideas will flow! Brainstorm ideas – where, when, what to do, what to eat. (There will be enough time later to become practical and “modify” some of the plans.)

Use checklists. Provide a list of possible activities that could be done. Let each girl check the things that appeal to her. Leave space at the bottom of the sheet for them to write in suggestions. You could also give individual check lists to each girl and ask them to help tabulate them later.

Offer a few “taster” activities and “taster” foods and watch for the girls’ reactions. They won’t hide their enthusiasm (or lack of it!) for the activity.

Make an Outdoor Fun Suggestions Box. This allows girls to put in ideas anytime. It also allows for the individual girls with “different” ideas to get them in the hopper.

Take a hike or trip away from the meeting place to point out program possibilities. Perhaps girls will discover an ecology project that can be done.

Investigate!! Have the girls look into possible places to go, kinds of facilities offered, and possible program activities. Before the outings, have them investigate food prices and gather program resource books/ materials.



BOWLINE KNOT PRINCESS STORY

Telling a story is a great way for girls to remember how to tie knots.
Here is one you can use for the bowline.

Directions:

Hold the rope in your left hand.

This is the princess.

Using your right hand bring the end of the rope up making a loop in front of the "princess." Leave enough rope dangling from the loop to tie the knot.

In front of the princess is a lake.

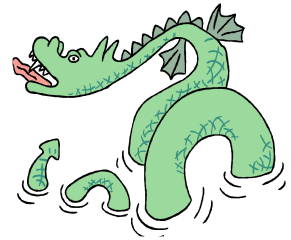


Grasp the free end of the rope.

In the lake is a dragon.

Bring the free end of the rope up through the loop.

The dragon comes up out of the lake



Wind the free end of the rope around the "princess".

and runs around the princess.

Put the free end of the rope back through the loop.

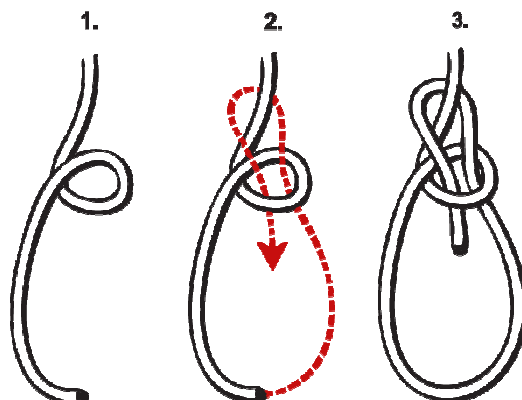
The dragon goes back in the lake

Grasp the other part of the rope that first went up through the loop.

and grabs his tail.

While holding both parts of the rope in the loop, tighten the knot by pulling your left hand.

The princess runs away.



EDIBLE CAMPFIRE

Ingredients



Paper Plate
 Mini Marshmallows (or Jelly Beans)
 Paper Ketchup Cup or Dixie Cup
 Pretzel Sticks
 Shredded Coconut
 Tootsie Rolls
 Candy corn (or Cinnamon Bits)



Part of Fire

Ingredient

Task

Cleared area for fire	Paper Plate	None
Fire Bucket	Ketchup cup	Fill with water and set by plate
Critter Stick	Pretzel stick	Place in cup
Fire Ring	Marshmallows	Arrange in circle
Tinder	Shredded coconut	Place in small fluffy pile in center
Kindling	Pretzel sticks	Arrange according to fire type
Logs	Tootsie rolls	Arrange according to fire type
Fire Flames	Candy corn	Place in "fire" as flames



EDIBLE BEDROLL

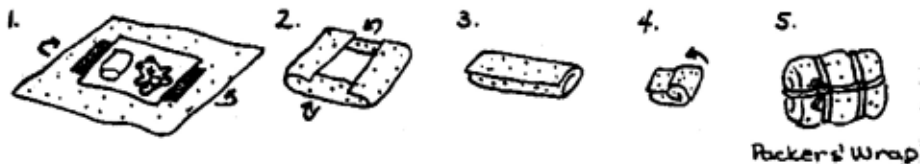
SUPPLIES for ONE BEDROLL

Wrapper from fruit leather	=	TARP
One "Fruit to Go" thin fruit leather (or Fruit by the Foot)	=	SLEEPING PAD
One third of "Fruit Roll Up"	=	SLEEPING BAG
One "Mini Marshmallow"	=	PILLOW
One "Gummi Bear" Candy	=	TEDDY BEAR
60 cm of "Lace Licorice"	=	ROPE

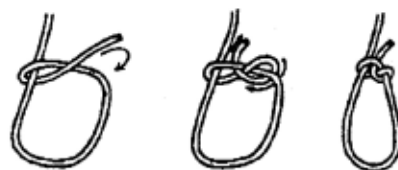


INSTRUCTIONS

- Carefully open "Fruit to Go" wrapper (tarp) along center back seam and layer the next four items in center of wrapper.
 "Fruit to Go" (sleeping pad)
 "Fruit Roll Up" (sleeping bag)
 "Marshmallow" (pillow)
 "Gummi Bear" (teddy bear)
- Fold excess tarp over sleeping bag at top and bottom.
- Fold sides of tarp in, overlapping to cover sleeping bag.
- Roll entire package tightly and secure with elastic band.
- Tie with "Lace Licorice" (rope) using Packer's Wrap and Knot.



Packer's Wrap



Packer's Knot

OUTDOOR SKILLS BRACELET

Skill 1: BROWN

Know and practice good outdoor manners in town and in the country.



Discuss how far camp is from home. Look at a map of the camp. Talk about how you will get there and back. Discuss proper traveling behavior. Vote on where to take a walk and then do it.

OUTDOOR MANNERS: Have permission before entering private property. Close gates behind you. Do not litter; show respect for people around you and the property you are on. Discuss rules of the road.

RULES OF THE ROAD: Walk on the left side of the road, facing oncoming traffic. Walk in a single file line along roads. Do not separate to both sides of the road to avoid approaching traffic. Obey traffic signals and walk signs.

SAFETY PRECAUTIONS: Use the buddy system; stay together with your group. Know plans for bad weather or emergencies. Know "Hug-a-Tree" when separated from the group.

Skill 2: PINK

Know how to dress for the outdoors in your locality, considering weather forecasts.



Discuss the weather and what kinds of clothing are appropriate for camping. Learn to make a bedroll.

What clothing is needed for outdoor activities in each of the 4 seasons? "Be prepared" is important when planning what to wear...be ready for sun, wind and rain. Include sturdy shoes, socks, cap, scarf/hat, and jeans or shorts on an outdoor clothing list. Dress in layers - extra clothing can be taken off and tied around the waist.

Skill 3: WHITE

Know how to tie, use, and release a square knot and a clove hitch.



Divide the girls into groups. Give each girl two pieces of rope, each about a foot long. Clothes line or Venetian blind cord is best, but any rope is adequate. Line the girls up, back to back. Show one group how to make a square knot. Another person shows the other group how to make a clove hitch. When a girl has mastered her knot, she raises it in one hand. When the girl behind her masters her knot, the "partners" then turn around to face each other and teach their knot to the other.

Brownies: Be able to tie, use and release an overhand and square knot.

Juniors, Cadettes and Seniors: Be able to tie, use and release an overhand knot, a square knot, and a clove hitch. Be able to whip the end of a rope.

Skill 4: GRAY

Know how to handle and care for a knife.



Discuss some of the important rules of knife-handling use and care to half the troop while half does some other project. When the second half returns to the circle, have the first half explain what they learned to them. The use of knives is not included in the Brownie GS Handbook. However, all girls should know the basics of knife safety as listed below.

Know the parts of a knife.

Understand the importance of using a safety circle (be an arms length away from anyone else when using a knife).

Know how to pass and carry a knife.

Know why a dull knife is unsafe.

OUTDOOR SKILLS BRACELET CONTINUED

Skill 5: ORANGE

Know how to make, use, and put out a fire for outdoor cooking.



Learn to waterproof matches. Learn about tinder, kindling, and fuel. Learn about types of wood fires. Demonstrate a foundation fire. Learn the do's and don'ts of fire building. You may break the girls into groups for this and then have each group do a demonstration.

Understand the conservation of wood resources; build only the size fire you need. Be able to choose and prepare a fire site. Know the three sizes of firewood. Be able to build and maintain a neat woodpile. In an established camp, leave at least enough dry wood for the next group to have a fire. Know fire safety precautions, including that no fire is ever lit unless a bucket of water is nearby. Be able to light and re-fuel a fire. Be able to put out a fire safely. (Note: Make edible campfires for practice!)

Skill 6: YELLOW

Know how to cook something for yourself and something for the patrol or troop.



Have one lunch or supper meeting for the whole troop. Have one patrol cook, one set the table, and one sing and prepare the beverage. Make s'mores for dessert and share the clean up duties.

Be able to plan a balanced meal. Know what equipment and utensils are necessary to prepare the meal. Be able to choose a dining area and plan a grace. Know how to soap a pan on the outside for easier cleanup. Be able to clean up all dishes, pots, etc. as well as the dining area.

Skill 7: RED

Know simple first aid for cuts, insect bits, skinned knees.



Play "Kim's Game" with first aid kit items. Cover items with a cloth before the girls arrive. Pass out paper and pencils. Uncover the items for a minute and give the girls a chance to look them over, then recover. Have the girls silently list all the items they can remember. After five minutes let the girls share their lists and discuss what each item would be used for. Talk about Poison Ivy, personal hygiene, and basic first aid skills.

Use caution during outdoor activities to prevent accidents from happening. Know simple first aid for the following: infections, bites and stings, burns, heat exhaustion, hypothermia, frostbite, blisters, splinters and animal and snake bite precaution.

Skill 8: GREEN

Understand Leave No Trace and know how to protect the natural world.



Discuss what measures should be taken to protect the natural world. Use caution and good judgment when collecting samples for nature study or materials for crafts. Do not pick or damage endangered or protected plants. Collect only dead wood for fires; do not cut down trees or take live branches. Do not tease or encourage wild animals or intrude on their houses. Conserve water and other resources. Learn to appreciate nature and begin to understand its fragile balance.

Do not leave litter, equipment or any other signs that you have been in a natural area. Stay on established paths to prevent erosion and keep plants from getting trampled.

TYPES OF HIKES

Keep the girls grade-level abilities in mind when planning a hike. Encourage girls to take proactive leadership roles in organizing the activity. Hikes are restricted to a reasonable length as determined by age, level of experience, nature of the terrain, physical condition of the hikers, weather conditions, and time of day. The hiking pace always accommodates the slowest hiker (Hiking Safety Activity Checkpoint).



Alphabet Hike

Point out objects with names that begin with each letter of the alphabet. Go in order from A to Z.

Bird Hike

Go early in the morning to see lots of birds. Refer to a Bird book to identify the various species, and to get tips on bird watching. How many can you identify?

Penny Hike

Give each girl a penny. She is to identify as many items (from one spot) as she can that will fit on the penny with out hanging off the edges. Remember point out things but do not pick up, touch or move objects. Leave them as you find them.

Have girls toss a penny at each fork you come to in hike to decide which way to go. Heads =right, Tails =left!! Fun

Litter Hike

If possible, scouts pick up litter along the trail as they hike. If you see some litter hiking pick it up and pack it out. Girls should carry a bag and they need to wear plastic gloves.

Compass Hike

Learn how to use a topographical map and compass. Use these skills on one of your hikes to navigate the terrain.

Metric Hike

Look for treasures less than one metric tall/long. Remember point out treasures but do not pick up, touch or move objects. Leave them as you find them.

Lunch Hike

Have each girl bring a sack lunch in backpack. Hike a good distance, eat lunch, clean up and hike back. Remember Girl Scouts leave a place cleaner than they found it.

Rock Hike

Stop and try to identify different rocks on a hike. Have some rock ID books on hand to use. If possible have leaders go on hike first so you can stop at different types of rocks. Remember leave things as you find them.

Consensus Hike

Have the girls work as a group to come up with a hiking trip/goal that they reach by consensus (collective opinion). Or on your pre-planned hike (where you know there are forks in the trail) have your troop agree on a method of consensus (or one method at each fork) to use at the forks to make the decision of which way to proceed.

WHAT CAN YOU DO WITH A BANDANA?

Apron (tie to belt loops)
Bandage or sling
Blindfold for games
Bread basket (overhand knot in each of 4 corners)
Cold cloth for neck (protection from heat stroke)
Decorative tie (make thin cravat with overhand knot in the center)
Dishcloth
Dust guard for face (original use of the bandana)
Emergency flag (tie to tree)
Emergency strainer for dishwater
Hair cover (tie at back of neck under hair)
Handkerchief
Hand towel (tie to belt loops on pants)
Head warmer; keep wind out of ears (tie square knot under chin)
Lunch bag (tie opposite corners with square knots)
Napkin (tie to belt loops)
Peaked cap (put triangle scarf on backwards)
Placemat
Sit-upon
Sun hat (overhand knot in each of 4 corners)
Sweat band/hair band (roll into cravat)

CAN YOU THINK OF OTHER USES?

