



girl scouts 
greater los angeles

CAMP LAKOTA

**RESOURCE
GUIDE**

CAMP LAKOTA | 11220 Dorothy Lane, Frazier Park, CA 93225

WELCOME TO CAMP LAKOTA!

Thank you for visiting Camp Lakota! We hope you enjoy your stay here and really get to take in the beauty of this spectacular camp that covers nearly 60 acres of pristine pine forests. In this resource guide, you will find tips, tricks, and general knowledge from our wonderful camp staff that uses this property most and knows all the best practices!

Owned and operated by Girl Scouts of Greater Los Angeles (GSGLA), Camp Lakota is a high-adventure camp located in beautiful Los Padres National Forest near Frazier Park. Elevation at Camp Lakota is over 5,500 feet. At this elevation, the air is dryer, lips chap quicker, and it is very easy to get sun- or wind-burnt. Please ensure everyone in your group continuously puts on sun block, uses lip balm, and drinks LOTS of water (2 to 3 times what they are used to). Drinking enough water can be one of the best ways to avoid altitude sickness, prevent nausea, and headaches. We even recommend to start drinking water the moment you exit Interstate 5 on your way to Camp Lakota.

The weather in the mountains can be unpredictable. Depending on the time of year, there are chances of sudden rainstorms that quickly clear to bright sunny skies. Dress in layers! Even though it might look sunny outside, the air can be crisp and chilly. Bring a beanie, a hat with ear flaps, or a winter headband to protect your ears and head from the cold. Gloves are helpful too. Closed-toed shoes with good traction are a must up at Camp Lakota. Camp is located on a hill so there is quite a bit of walking to get from one area to another.

From handy suggestions about the local area to ideas on what you can do while at camp, we've attempted to gather useful and creative ways for you to make the best use of Camp Lakota and get the most out of your time here. We hope you have a wonderful adventure, thank you for being a part of our Camp Lakota family.

Yours in Girl Scouting,
Girl Scouts of Greater Los Angeles Council!



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AMENITIES

Name of Unit	Capacity	\$ per night	Electricity	Fire Ring	Flush Toilet	Heated	Hot Shower	Hot Water	Indoor Kitchen	Outdoor Kitchen	Picnic Cooking	Running Water
Entire Camp	406	call for price	x	x	x	x	x		x	x	x	
Dining Hall	352		x		x	x		x	x		x	x
Program Pavillion	150									x	x	
Stage/Amphitheater	300			x							x	
Archery	24											
Equestrian Center	24											
High Ropes	24											
Pool	175		x		x	x	x	x				x
Cooks Cabin	8	40	x		x	x	x			x	x	
Infirmmary	20	120	x		x	x	x	x		x	x	
Kaufman (RV)	4	40	x		x	x	x	x		x	x	
Ranch House	40	240	x		x	x	x	x		x	x	
Cabin Villages												
Chinquapin (Full/Half)	48/24	240/120		x	x		x	x		x	x	x
Moondell (Full/Half)	48/24	240/120	x	x	x	x	x	x		x	x	x
Oak Glen (Full/Half)	48/24	240/120	x	x	x	x	x	x		x	x	x
Outpost (Full/Half)	48/24	240/120	x	x	x	x	x	x		x	x	x
Tent Villages												
Big Pine (Full/Half)	48/24	120/60		x	x		x	x		x	x	x
Hillside (Full/Half)	48/24	120/60		x	x		x	x		x	x	x
Skyview (Full/Half)	48/24	120/60		x	x					x	x	x

*All accommodation at camp is BYO bedding, pillows, and towels. Mattresses fit single sheet sets, or bring a sleeping bag!

MAP

Girl Scouts of Greater Los Angeles

Camp Lakota
 11220 Dorothy Ln. Frazier Park, CA 93225
 626-677-3640



Legend

	Showers		Bathrooms		Tent Camping		Cabin Village
	AED		Electrified Cabin Village		Parking		Accessible Parking



LOW ROPES

The unique benefit of a low ropes course is its ability to engage girls by removing them from the challenges they ordinarily face. When confined to the same environment each day, whether in the classroom or at play, many people will fall into a routine mindset that allows very little opportunity for growth or change. Low ropes courses present participants with challenges that appear to be wildly different from the tasks they face on a day-to-day basis. The apparent differences between these challenges and the girls' daily life increase their interest. At the same time, the challenges encourage them to attempt new problem-solving methods to achieve success.

Throughout the completion of each low ropes element, girls rely on group members that they have never relied on before while being forced to think about how they communicate with those around them. As the group begins to move toward success, they discover the parallels between these activities and the challenges in their day-to-day life.

Each low ropes element has a different focus. Leaders/facilitators can use each element in several different ways to present a group with exactly the challenge that they need to overcome their weaknesses and become a stronger team. This makes a low ropes course the ultimate team-building tool. There are virtually limitless variations on the rules and goals for each low ropes element, providing the opportunity to use the elements multiple times by the same group with different experiences and different lessons each time.

RECOMMENDED GEAR

- Dress appropriately for the activity. Sharp objects, jewelry, and watches are removed and pockets emptied. Long hair is pulled back from the face.
- Long pants or bike pants for activities when skin abrasions on legs are possible
- Sunscreen (SPF of at least 15) and lip balm
- Sunglasses and close-fitting clothing (avoid wearing loose clothing, especially around the head and neck)

Day of the Low Ropes Course

- Girls learn about and prepare for the low ropes course. Leaders describe the objectives, safety procedures, and hazards to the participants before beginning an activity.
- Girls practice safe challenge-course techniques. Spotting techniques are taught, demonstrated, and practiced by participants prior to any challenge-course activity. All activities are appropriately spotted. For activities where partners are needed, instructors match participants according to size and skill level, if appropriate. Instructors supervise spotting on low elements courses. Participants are not stacked more than three levels high vertically (in a pyramid, for example) on each other at any time. No one should stand on the middle of someone else's back.

LOW ROPES

SPOTTING

Spotting is the most important safety method for initiative activities and on the low ropes course. The main role of the spotter lies in protecting the climber’s head, neck and upper body should a fall occur. Spotters should understand that although they should always be in a position to support a falling climber, it is usually very difficult to literally “catch” a falling body, even from a small height.

TEACHING SPOTTING TECHNIQUE

Teaching spotting to participants is one of the most challenging aspects of the ropes course. The technique itself is not complicated; the difficulty lies in the fact that would-be spotters do not understand their importance until they actually have to spot a falling person. Following is a list of some of the important aspects to remember when teaching spotting:

- Spotters should mimic the movements of the climber, positioning himself or herself to anticipate any falling action.
- Spotters should always be focused on the climber.
- Spotters should anticipate a fall at any time.
- Spotters should be aware of the special dynamics of each element (i.e. swinging from a rope).
- Spotters must understand how important their role is to both the physical and emotional safety of the climbers. Joking around and horseplay are not acceptable.
- A thorough knowledge of the four-part verbal contract.

FOUR-PART VERBAL CONTRACT

Whenever someone is about to fall, either in practice, or during an activity, (e.g., “Willow in the Wind”), a certain set of communication **MUST** occur between the spotter(s) and the faller. This creates another avenue to ensure safety during the activity.

Four Part Verbal Contract		
PERSON CALL DESCRIPTION FALLER	“Spotter(s) Ready?”	With this question, the Faller is saying she/he is ready to fall and in the correct position.
SPOTTER(S)	“Ready”	When the Spotter is in the correct position and 100% focused on the Faller. This is said in a clear, firm voice to ensure that the Faller knows they are ready.
FALLER	“Falling!”	The Faller is committed and waiting for the final go ahead from the Spotter(s).
SPOTTER(S)	“Fall On”	Means - go ahead and I/we will support you and keep you safe.

LOW ROPES

SPOTTING INSTRUCTION SEQUENCE

Prior to beginning any low ropes course/ initiative activity which requires spotting, each group should complete a spotting instruction sequence. Below is a suggested sequence, although there are several different activities and techniques that can be used to teach spotting.

1. Explain the meaning of spotting. Start with Human Spring activity (demonstrate first).
 - In pairs, participants face each other standing close together.
 - With feet together and hands up palm out, lean in toward each other.
 - Hands meet and then they push each other back to the standing position.
 - If they feel comfortable with this, take a small step back and repeat process.
 - Continue with this until pair reaches their personal comfort level.
2. Demonstrate the proper spotting technique to the group.
 - One leg in front of the other.
 - Knees flexed to absorb impact.
 - Hands up and ready to support. Thumbs tucked along fingers.
3. Allow the group to practice moving in the spotting position.
4. Demonstrate the two-person trust fall sequence.
 - Faller's position: crossed arms to chest, body stiff and straight, feet together.
 - Four-part verbal contract.
 - Spotter's hand position: aimed directly at Faller's shoulder blades.
 - Spotter's body position: first close to Faller, then increasing angle of the fall as Faller becomes more comfortable.
5. Allow participants to pair off and practice the two-person trust fall sequence.
6. Explain and complete the activity "Willow in the Wind."
 - 8 - 14 participants stand in the spotting position, shoulder-to-shoulder in a circle with one person standing in the falling position in the center of the circle.
 - Following completion of the four-part verbal contract, the center person, remaining rigid, may fall in any direction. The Spotters in the circle stop the faller and redirect him or her to another arc of the circle. This fall-catch sequence continues in a gentle fashion until it becomes obvious that both the Faller and the Spotters are comfortable (stress the gentle aspect - it is not a pinball game!).
 - Allow each member of the group to have an opportunity to try this activity.



LOW ROPES

THE CUBE

Made of PVC tubing, the **Cube** provides a variety of challenging activities that requires teamwork, trust, and creative problem-solving. Here are a few activities that use the Cube.

- Place the Cube flat on the ground. Have participants see how many team members they can fit standing inside the Cube. (Imagine it as a large cardboard box.) Everyone must have their arms and legs inside the perimeter of the Cube and cannot touch or hold onto the PVC pipe. This activity requires the careful placement of team members so that everyone can fit into the space available. See which group can get the most people inside the Cube.
- Place one point of the Cube in the round stand. The team passes fellow teammates through the Cube without anyone touching or tipping the Cube over.
- Each person should identify one side of the Cube to enter and a different side to exit. After successfully completing this path, it becomes closed, and other participants will need to identify other faces to enter and leave the Cube. With six faces, and five possible exits for each entry location, a total of 30 different paths are possible.



STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

- Locate a flat area that is clear of any obstacles.
- Check the area for sharp or dangerous objects on the ground and in the trees above.
- Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
- Closed-toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

- Review the group task.
- For safety, we recommend that all participants passing through the cube be in contact with at least one other person at all times (this discourages acrobatic leaps through the Cube and encourages better spotting and more contact between participants).

Discussion Questions:

What worked? What didn't work?
What can we do better next time?



LOW ROPES

THE SWINGING LOG

The **Swinging Log** challenges participants to carefully step up and maintain balance while traversing on the swinging log. The objective is to perform various group (8-12 people) balancing tasks on top of the log.

- Have individuals stand on one end of the log and walk to the other side. Not as easy as it sounds - the log rocks back and forth and side to side!
- **Jousting** - Have one individual stand on top of one end of the log and another person stand on top on the other side. They can hold on to the cable to start. On “Go” each person must balance without holding on to anything, and try to rock the log to shake the other person off.
- Have individuals try to step up onto the middle of the log and balance for 5 seconds on the first try. Create a line in the dirt in front of the log and have people step onto the log from behind the line. Move the line back to make it increasingly more difficult.
- Have the group sit on the log and lift their legs off the log simultaneously for a count of ten. Place spotters behind participants while they are sitting on the log.
- Have the group stand on the log at the same time for a count of ten. Very difficult!



STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

- Check that the log and cables are secure and that the safety cables limit the swing of the log.
- Do not let participants go between the log and the trees it's connected to. They could be struck while between the log and tree, which is very dangerous.
- Check log for splinters and cracks.
- Check the area for sharp or dangerous objects on the ground and in the trees above.
- Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
- Closed-toed shoes must be worn at all times.

LOW ROPES

RISK MANAGEMENT PROCEDURES:

- Review the group task.
- If a participant feels a fall is imminent, he or she should simply step off of the log.

Discussion Questions:

What worked? What didn't work?
What can we do better next time?

ALL ABOARD

All Aboard challenges teams to work together. A small platform is used to accomplish this seemingly impossible task of supporting every member of the team for a minimum of 15 seconds. Each participant's feet must be off the ground and on the platform. Only the support of the platform and fellow group members may be used. This element demonstrates group problem solving and is good for groups of 8-15 people. As the group begins to conquer this element, additional variations can be added to increase the challenge:

- Give each participant a number and have each remain on the stump until there is a count-off in sequence.
- Have participants use one leg (hop on one leg), no arms, or use of only one arm.

STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

- Check the platform and make sure that it is on a firm solid base.
- Check the platform for structural sturdiness and slipperiness.
- Check the area for sharp or dangerous objects on the ground and in the trees above.
- Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
- Closed-toed shoes must be worn at all times.

Discussion Questions:

What worked?
What didn't work?
What can we do better next time?



LOW ROPES

THE INCOMPLETE BRIDGE CROSSING



The **Incomplete Bridge Crossing** mentally challenges participants to discover a way to cross from one island (platform) to the other island without touching the ground in between. Given limited resources, participants must work toward their strengths as a team to be successful.

The group can decide in advance how many touches they will allow themselves to have. When a participant or board touches the ground it goes back to the starting platform.

To increase the challenge, take away their ability to talk or limit their use to just one arm. Once the entire group is up the timing begins. Timing can be kept by the facilitator using a watch or by having the group count in unison. This element is good for groups of 4-15 participants and helps:

- Demonstrate group problem-solving skills using creative thinking.
- Promote cooperation through teamwork.
- Provides new leaders with the support they need to succeed.
- Helps vocal leaders to practice followership.

STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

- Check the platforms and make sure that they are on a firm solid base.
- Check the platforms for structural sturdiness and slipperiness.
- Check boards for splinters and cracks.
- Check the area for sharp or dangerous objects on the ground and in the trees above.
- Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
- Closed-toed shoes must be worn at all times.



LOW ROPES

THE INCOMPLETE BRIDGE CROSSING (cont'd)

RISK MANAGEMENT PROCEDURES:

- Review the group task.
- Boards may never be thrown!
- When carrying or passing boards, caution the group to be aware of where the ends are at all times.
- Caution participants to keep fingers and toes away from areas where two boards meet.
- Participants are not permitted to jump from one location to another and must at all times have one foot touching a platform or board.



LOW ROPES

Discussion Questions:

What worked? What didn't work?
What can we do better next time?

TP SHUFFLE

TP Shuffle challenges participants to trade places on the log without losing their personal balance, another teammate's balance, or the balance of the whole group.

There are many variations to keep this activity lively and full of learning potential for all participants.

Have all the participants line up on the log. Instruct them to now get in order from largest to smallest from one end to the largest on the other. (The facilitator can also have them order by birthdays, alphabetical by name, etc.) The objective is to get in order without anyone getting off the beam. If someone should fall off, the facilitator can choose at her or his discretion to return a fallen participant anywhere on the log. This activity demonstrates group problem-solving skills through communication. Group size can range from 3-12.

STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

- Check to see that the log is stable and not slippery.
- Check the area for sharp or dangerous objects on the ground and in the trees above.
- Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment. Closed-toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

- Review the group task.
- Be careful when trading places; consider the risk for yourself, others, and the entire group.
- If a participant feels a fall is imminent, he or she should simply step off of the log.

Discussion Questions:

What worked?
What didn't work?
What can we do better next time?



LOW ROPES

TRUST FALL

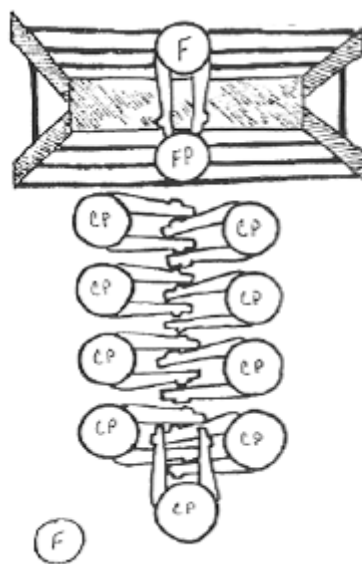


The **Trust Fall** is a powerful element that elicits team support and trust. One participant must climb onto a tree stump 2-3 feet off the ground while the other participants (minimum of 10) stand in two single-file lines facing one another with arms outstretched and interlocking beneath the log. The “faller” stands with their back to his “catchers” on the edge of the log right behind the “faller.” The “faller” must cross their arms, close their eyes, and go through the spotting commands.

The group below must make sure that their arms are outstretched and interlocking with the line across from them, like a zipper, in order to make an even and stable “bed” for the faller to land on. After the commands have been affirmed by both the group and the faller, the faller simply falls backwards. The faller must stay as straight as possible and keep her/his arms tightly across her/his chest for the safety of the group. A successful catch is when the faller/risk-taker falls completely straight with the teammates catching the faller and setting her on her feet.

Arms are arranged to alternate with the person across from them. Do not allow catchers to clasp or lock arms. The last catcher stands at the outer end of the two lines, facing the faller. This catcher has their hands slightly higher than the side catcher’s hands and is responsible for the faller’s head and lining up the catchers with the faller. The two catchers closest to the faller should spot them.

The facilitator should stand on the platform, eye to eye with the faller holding on to them until they are ready to fall. This position gives the facilitator greater control over the activity.



FP = Falling Participant
CP = Catching Participant
F = Facilitator

LOW ROPES

STAYING SAFE:

Verbal commands used to operate the Trust Fall:

1. "Catcher's ready?"
2. "Ready!" in unison when ready
3. "Falling"
4. "Fall on" in unison when ready

PRE-CHECK: *Facilitator's Responsibility*

- Check the area for sharp or dangerous objects on the ground and in the trees above.
- Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
- Closed-toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

- To make a successful fall, the faller must keep as straight as possible and not look back.
- The faller should interlock their hands in the designated manner to help keep in close to prevent possibly hitting a catcher.
- Catchers (3-5 per side) will stand in two parallel lines facing each other with arms outstretched, elbows slightly bent and aligned from the platform.



Discussion Questions:

- What worked? What didn't work?
 What can we do better next time?

LOW ROPES

THE NITRO SWING

The **Nitro Swing** simulates crossing an imaginary canyon where you need to transport everyone safely using only a swinging rope and each other.

The participants have to get everyone from one side to the platform on the other side, without touching the ground. When a person touches the ground, they start over. Variations on this activity provide several different scenarios and potential outcomes.

- A rope boundary can be used to designate the starting area, or participants can start on the platform and attempt to land in hula-hoops on the other side.
- Participants can only use items that they brought with them to get the rope. Increase the challenge by not having participants talk with each other.

THIS ACTIVITY:

- Demonstrates group problem-solving.
- Provides participants with an opportunity to demonstrate personal skill and balancing ability.
- Demonstrates the group's ability to utilize available resources.
- Helps the group strategize and sequence participants in a way that allows everyone to cross. (And perhaps transport nitro; water/eggs/etc.).

STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

- Check the area for sharp or dangerous objects on the ground and in the trees above.
- Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
- Closed-toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

- Review the group task.
- Taking a running start and jumping to get the rope is not permitted.
- The reception team should ensure safe arrival of the swinging participant as they attempt to land.

Discussion Questions:

What worked? What didn't work?
What can we do better next time?



LOW ROPES

WILD WOOLZY

Wild Woolzy challenges participants to move along two progressively widening cables. One participant steps on each wire where the wires are the closest. Using only each other for support, the participants see how far down the wire they can walk as the wires become gradually farther apart. This activity is built on trust and dependence. The activity appears to be very physical, but a refined technique is more important than physical ability. The objective is to get as far with one partner as they can. Have them practice forming an “A” frame on the ground and offer them tips on how to lean correctly.

STAYING SAFE:

PRE-CHECK: *Facilitator’s Responsibility*

- Check the area for pinecones, branches, or any other/dangerous objects on the ground and in the trees above.
- Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
- Closed-toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

- Have the group divide into pairs; those not on the wire will be spotters.
- Only one pair will go at a time.
- Before the partners step on the wire, have at least one spotter behind each of them.
- Remind the partners to lock hands in a “mitten grip” and avoid interlocking fingers as this could cause them to break if a fall were to occur.
- As soon as room permits, place one person in between the two in a semi-crouched position. This way, if the two fall they will have a spotter in the middle to help them. Add additional spotters as the partners move further along.
- Instruct partners to tell the rest of the team if they are stepping down/falling.
- Everyone must reset before the next partners are allowed to start.



Discussion Questions:

What worked? What didn’t work?
What can we do better next time?

LOW ROPES

TROLLEYS



Trolleys are a collaborative element consisting of two long skis with hand ropes. Each member of the team stands with one foot on each ski and one rope in each hand. Together, the group must work together in unison to attempt to traverse an open area without touching the ground. One misstep and it's back to the starting line.

The facilitator will place the trolleys out on the ground at the starting point and have the team step up on them. Once on the trolley the team cannot touch the ground or step off. The object of this activity is to have the team walking together on top of the trolleys to achieve a specific challenge. This element is a classic example of something being much harder than it looks. Mastering the Trolleys requires a great deal of communication, shared-leadership, listening, and concentration. A group of 8-10 people can participate at a time. Challenges could include:

- Going from a starting point to a finish line.
- Going down and around an object and returning back to the initial starting point.
- Walking backwards on the trolleys.

STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

- Use a smooth level area for this activity.
- Check the area for pinecones, branches, or any other/dangerous objects on the ground and in the trees above.
- Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
- Closed-toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

- Review the group task
- People will lose balance and start to fall off. Encourage people to step down rather than fall into the person in front or back of them.
- Instruct partners to tell the rest of the team if they are stepping down/falling.
- Everyone must reset before the next partners are allowed to start.

Discussion Questions:

What worked? What didn't work?
What can we do better next time?



LOW ROPES

TIGHTROPE WALK

With the **Tightrope Walk** participants have to balance their way along a series of cables suspended just above the ground. Only the occasional tree and each other are available for support. The object is to get the entire group from the first tree to the last without touching the ground, and without the aid of foreign objects (sticks, rope, etc.). The group must create a strategy, assign roles, work as a team, and assess progress throughout the entire activity. This is an excellent activity at any stage of a program, but particularly as a final element.

STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

- Check the area for pinecones, branches, or any other/dangerous objects on the ground and in the trees above.
- Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
- Closed-toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

- Review the group task
- People will lose balance and start to fall off. Encourage people to step down rather than fall into the person in front or behind them.
- As soon as room permits, place one person in between the two in a semi-crouched position. This way, if the two fall they will have a spotter in the middle to help them. Add additional spotters as the partners move further along.
- Instruct partners to tell the rest of the team if they are stepping down/falling.
- Everyone must reset before the next partners are allowed to start.

Discussion Questions:

What worked? What didn't work?
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FLAG CEREMONY

FLAG CEREMONY

OPENING CEREMONY:

“Girl Scouts, attention”

Everyone present should stand silently at attention, and remove any hats or head coverings (including bandanas).

“Color guard, attention”

The color guard stands at attention and prepares to advance.

“Color guard, advance”

Guards come forward, stand in front of flag pole.

“Color guard, post the colors”

The Flag Bearer attaches the top clip, unfolds the flag, and then attaches the second clip. The flag is raised briskly to the top of the pole. The rope is secured and the guard steps back into place.

“Girl Scouts, please join me in saying the Pledge of Allegiance”

The caller and audience salute the flag and recite the Pledge of Allegiance. Color guard is silent.

“Please join me in saying the Girl Scout Promise”

“Color guard, dismissed”

“Girl Scouts, dismissed”

CLOSING CEREMONY:

“Girl Scouts, attention”

“Color guard, attention”

“Color guard, advance”

“Color guard, retire the colors”

The flag is brought down slowly and folded properly (see image)

“Girl Scouts, please join me in the singing of Taps”

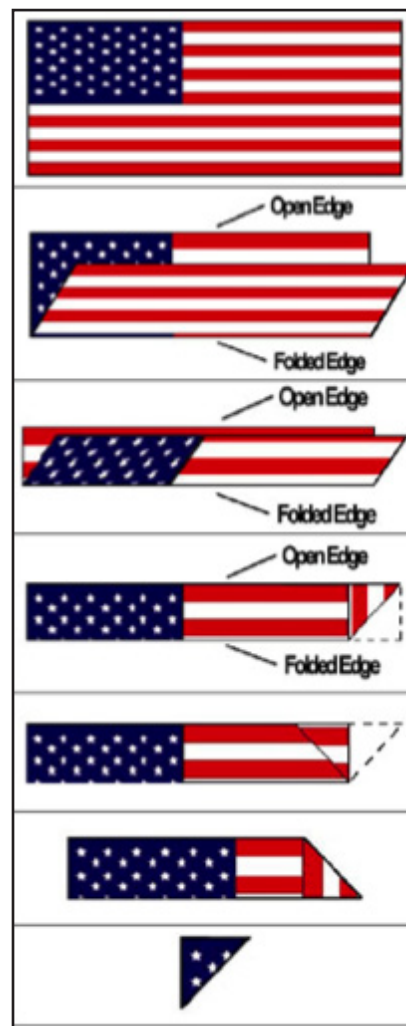
“Color guard, dismissed”

“Girl Scouts, dismissed”

TAPS

Day is done, gone the sun, from the lake, from the hill, from the sky...

All is well, safely rest, God is nigh.



CRAFT & ACTIVITY IDEAS

Branch Weaving

SUPPLIES | “Y” shaped branch, scissors, string (cooking/ butcher’s twine or baker’s twine works well), yarn (a variety of colors and textures works best), large plastic tapestry needle

INSTRUCTIONS:

1. Tightly wrap string around the “Y” part of the branch. It is important to keep this part taught. As an option, you can also saw, using a serrated knife or saw, little notches into the branch to hold the string in place. Tie off the string.
2. Cut a piece of yarn no longer than arm’s length. This prevents tangles while weaving. Using the tapestry needle weave the yarn in and out through the tightly wrapped string.
3. Use a variety of different colors and textures of yarn to create unique designs.



Twig Stars

SUPPLIES | 5 twigs of equal length, string or yarn, hot glue or strong tacky glue, embellishments (e.g., pom-poms, bells, or natural items such as leaves, acorns, etc.)

INSTRUCTIONS:

1. Gather or trim 5 twigs of equal length. It helps if the twigs are of similar thickness.
2. Arrange the twigs in the shape of a star and glue the points together. Wait until dry.
3. Use string to wrap the ends of the points.
4. Using the embellishments hang items off the ends of the points or glue items in the middle area of the star.
5. (Optional) Make several and attach them on one long string as a garland to hang up around your campsite.

CRAFT & ACTIVITY IDEAS



Bird Finders

SUPPLIES | 2 toilet paper rolls, hole punch, yarn or string, washi tape, markers, feathers (optional), tacky glue

INSTRUCTIONS:

1. Decorate two toilet paper rolls by wrapping them with yarn, coloring with markers, and/or using washi tape.
2. Glue the two rolls together to form a binocular shape.
3. Hole punch each roll and string a piece of yarn long enough to hang over your head.
4. (Optional) Decorate with feathers to camouflage yourself while birdwatching.
5. Walk down to the lowest part of Camp Lakota and use your bird finders to view the quail that live in the bushes.

Pinecone Fairies

SUPPLIES | small pinecones, acorns, pom-poms, chenille stems (sparkly is better), hot glue or strong tacky glue, acrylic paint (be careful, acrylic paint does not wash out of clothing), glitter, ribbon, scissors, wire cutters (optional)

INSTRUCTIONS:

1. Gather a small pinecone (this will be the body of the fairy) and an acorn (this will be the head/hat of the fairy). Lakota is home to many pine trees and oak acorn trees. You will find these supplies on the ground around camp. Please do not pick plant material directly from the tree.
2. Glue the acorn to the base of the pinecone and then paint. Use the glitter to make your fairy sparkly.
3. Shape the chenille stems into a pair of wings and glue to the back of your fairy. You can use a pair of wire cutters or strong scissors to trim the chenille stems.
4. Cut a piece of ribbon and make a loop to hang your pinecone fairy.



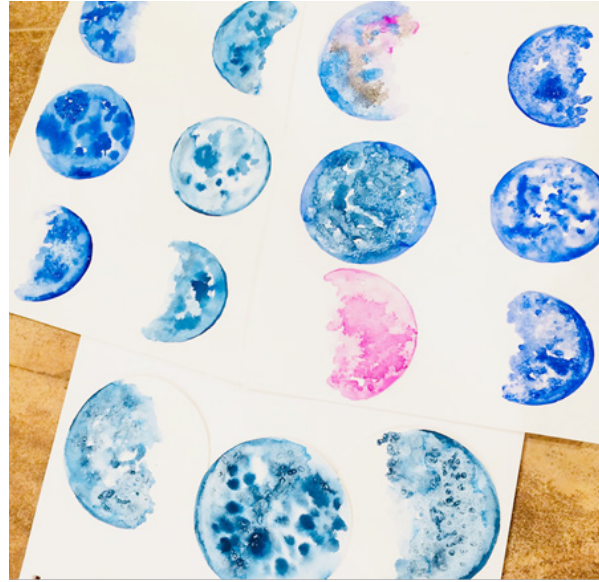
CRAFT & ACTIVITY IDEAS

Watercolor Moon Phases

SUPPLIES | watercolor palette or liquid watercolors, paint brushes and painting supplies, watercolor paper, pencil, something round to trace, ruler, kosher or sea salt (optional)

INSTRUCTIONS:

1. Trace several circles on your watercolor paper. If you would like, use your ruler to draw a line through the middle (top to bottom) of a few of your circles. You can also draw lines from top to bottom on your circles to mimic the phases of the moon.
2. Dab some water and then some watercolors inside the circle lines. Carefully paint along the circle lines and then start dabbing watercolors and water as you move away from the line. Use the straight lines you drew as guides on where to stop dabbing your paint.
3. To obtain a more textured look on the surface of your watercolor moon, sprinkle wet paint and water with salt. The coarser the salt, the more varied the texture will be appear. Allow the watercolors to dry completely before brushing off the salt. Some salt will remain on your moons. The stuck-on salt creates 3D texture.



SWAPS

SWAPS, the tradition of Girl Scouts exchanging keepsakes, started long ago when Girl Scouts and Girl Guides first gathered for fun, songs, and making new friends. SWAPS stands for “Special Whatchamacallits Affectionately Pinned Somewhere.” Making SWAPS is a great group project during downtime at a campout or at the end of meetings. Below are a few examples of easy SWAPS that are representative of Camp Lakota. You can also let the girls be creative and make something representative of their troop. Many troops choose to include small tags with their troop information and council name.

SWAPS Safety and Etiquette

GIRLS SHOULD:

- Never refuse to swap with another person.
- Swap face-to-face, especially if exchanging addresses or email information.
- Avoid using glass or sharp objects in SWAPS.
- Follow all *Safety Activity Checkpoints* guidelines.
- Avoid using food products, unless they are individually wrapped.

Quail SWAP

SUPPLIES | chenille stems, feathers, googly eyes, safety pins, construction paper, scissors, glue

INSTRUCTIONS:

1. Coil one end of the chenille stem and then coil the opposite end to that it looks like a figure eight.
2. Take one end of chenille stem and unravel it to form the quail’s head plume or top knot.
3. Glue the feather on the lower coil and beak cut from construction paper and googly eye on the upper coil.
4. It add extra support to the back of your SWAP, cut out two circles the same size of the coils and glue them to the back of the quail. Add safety pin to your SWAP.



SWAPS

Campfire SWAP

SUPPLIES | twigs, chenille stems (red, orange, yellow), scissors, safety pins

INSTRUCTIONS:

1. Gather twigs and trim to length.
2. Use chenille stems to wrap around the bundle of twigs and to create the flames of the campfire.
3. Add safety pin to the SWAP.



Shooting Star SWAP

SUPPLIES | chenille stems, star shaped pony beads, scissors, safety pins

INSTRUCTIONS:

1. Cut the chenille stem in half and then fold the cut piece in half.
2. Thread the folded chenille stem through the star bead and attach the safety pin onto the loop.
3. Pull the chenille stem with the safety pin close to the star bead. Twist the ends of the chenille to hold the star bead in place and shape the shooting star tails.

SWAPS

French Macaron SWAP

SUPPLIES | bottle caps, spray paint (works best!) or acrylic paint, hot glue (works best) and/or tacky glue, glitter, string, safety pins

INSTRUCTIONS:

1. Paint two bottle caps and let dry.
2. Tie the string into an overhand knot on a bite (loop) and then glue the knot onto the center of the inside of one bottle cap.
3. Glue the two bottle caps to other with the loop hanging outside of the macaron.
4. Apply glue along where the bottle caps meet and roll in glitter.
5. Add safety pin to the loop hanging out of the macaron.



OUTDOOR COOKING

DUTCH OVEN DUTCH BABY

Sometimes known as a German pancake or Bismarck, a Dutch Baby is a buttery, eggy, puffy pancake that you can serve with fresh berries and powdered sugar or a sprinkling of lemon juice.

SUPPLIES | ½ cup butter (1 stick), 9 eggs, 1 ½ cups milk, 1 tablespoon vanilla extract, zest of 1 lemon, 1 ½ cups of flour, ½ teaspoon of salt, 4 cups of berries (optional), powdered sugar (optional), lemon

INSTRUCTIONS:

1. Using a 12-in (8-quart) Dutch oven, prepare 24 charcoals.
2. In a large bowl, whisk together the eggs, milk, vanilla, and lemon zest (this can be done ahead of time.) When you are ready to cook, add the flour and salt and whisk together until well blended.
3. When the coals are hot, place 8 coals directly under the Dutch oven. Add the stick of butter and allow to melt. Once melted, pour the batter into the pot and cover. Add the remaining 16 coals to the lid.
4. Rotate the lid 1 ¼ turn every 5 minutes and allow the Dutch Baby to cook until set, about 25 minutes. It should puff up all the way to the lid and once the lid is removed it will fall. Remove from heat.
5. Cover with berries, powdered sugar, and a squeeze of lemon. Replace lid and allow the berries to warm before serving. Cut into slices and enjoy!



WALKING TACOS

Try this “taco” recipe with different flavored chips.

SUPPLIES | 1 pound lean ground beef or turkey, 1 (1 ounce) package of taco seasoning, 6-8 snack sized bags of chips, 2 cups of shredded lettuce, 1 chopped fresh tomato, 1 can of black beans, 1 cup of shredded cheese, salsa, sour cream, hot sauce (optional)

INSTRUCTIONS:

1. Place ground beef or turkey in a large skillet. Cook and stir over medium heat until browned. Drain any excess fat. Mix in taco seasoning and prepare according to directions on the package.
2. With the bags unopened, gently crush the chips to desired consistency. Cut open the bags being careful not to tear the bag along the sides. Spoon in prepared beef or turkey and top with desired toppings. Serve in the bag and eat using a fork.



OUTDOOR COOKING

PINEAPPLE UPSIDE DOWN CAKE

This cake will also work with apples, pears, stone fruit like plums and even fresh cherries.

SUPPLIES | 20 oz pineapple slices (canned), maraschino cherries, ½ cup brown sugar, 1 ½ tsp cinnamon, one box of yellow cake mix

INSTRUCTIONS:

1. Line the interior bottom and sides of a 10” Dutch oven with heavy duty aluminum foil.
2. Place one layer of pineapple rings on the bottom and then use the maraschino cherries to fill in the gaps and holes. Reserve ½ cup of pineapple juice from the pineapple slices can.
3. Sprinkle evenly brown sugar and cinnamon.
4. In a mixing bowl, prepare the yellow cake mix. To add more flavor to the box mix, cut recommended water in half and substitute that half with reserved pineapple juice. Pour cake batter evenly over the fruit.
5. Cover with lid. Place 7 charcoal briquettes under the Dutch oven and 14 on top. Cook for 30-35 minutes. Let cool for 15 minutes and then flip your cake into a plate or parchment.



LUMBERJACK BREAKFAST

Try this hearty breakfast with different veggies, seasonings, and other types of meat. Get creative!

SUPPLIES | sausages or Canadian bacon, frozen hash browns or leftover cooked potatoes (diced), eggs, chopped tomatoes, green onions, shredded cheese, seasoning mix of your choice (optional), hot sauce (optional)

INSTRUCTIONS:

1. Lay sausages or Canadian bacon on a double layer of foil that has been sprayed lightly with cooking spray. It is best to have the meat on the bottom so it can receive direct heat from the grill to cook properly.
2. On top of the sausages, add a handful of frozen hash browns or diced leftover potatoes, an egg or two, and diced tomato and green onion if you like. Salt & pepper to taste. You can also add Cajun spice or Old Bay spice.
3. Wrap up the packet and place on a hot fire for 15-20 minutes until the meat is cooked and the eggs are set.
4. Open up the packet and sprinkle with cheese. Place packet open on the fire to melt the cheese. Add dash of hot sauce for an extra kick.

SUGGESTED BADGE WORK

SUGGESTED BADGE WORK

While Camp Lakota is extremely versatile for badge work, there are a few badges that work particularly well at the property due to our unique mountain location, access to remote natural wilderness and adventure amenities.

GRADE LEVEL	BADGES	TIPS
Daisy	<ul style="list-style-type: none"> Outdoor Art Maker Buddy Camper 	The proximity and ease of access to Camp Lakota is the perfect place for Daises to get started on their outdoor badges.
Brownie	<ul style="list-style-type: none"> Outdoor Art Creator Cabin Camper Outdoor Adventurer Hiker 	There are several trails at Camp Lakota to explore and lots of natural materials to gather for creating art.
Junior	<ul style="list-style-type: none"> Outdoor Art Explorer Camper & Eco Camper Animal Habitats 	The lowest part of Camp Lakota is home to many California quail, our state bird. The plume on top of the quail's head is actually made up of 6 feathers. These birds can fly in short bursts, but prefer to walk to get around.
Cadette	<ul style="list-style-type: none"> Outdoor Art Apprentice Primitive Camper Trailblazing Night Owl Archery* 	Sky View is a great place to work on the Primitive Camper badge. It the most secluded campsite at Camp Lakota. The night sky up in Frazier Park is great for stargazing. There is minimal light pollution in the area. Check out the surrounding area, Los Padres National Forest, for information on the many hiking trails in the area. <i>*The Archery Range is currently only available for council-sponsored events.</i>
Senior	<ul style="list-style-type: none"> Outdoor Art Expert Adventure Camper 	Camp Lakota is a great place for tent camping and with multiple sites you could even practice backpacking techniques.
Ambassador	<ul style="list-style-type: none"> Outdoor Art Master Survival Camper Ultimate Recreation Challenge* 	<i>*The high ropes challenge course is currently only open during council-sponsored events. The low ropes course is open to everyone and there is info on the course in this Resource Guide.</i>



ICEBREAKERS

SLOW MOTION TAG

Ask each girl in the group to find her own personal space within the boundary area. Make sure there is enough room so no one is able to take one step toward someone and tag them. Adjust the boundaries out a bit if needed. Explain the guideline and then let players adjust themselves before they start. You, as the leader, will be calling out, “STEP”. At this time, each player can move one of their feet in any direction they want. The objective here is to tag other players below the head. If a player is tagged, she will sit down right where she is and become an “ankle biter”. Every time the leader says, “STEP” each player can take ONE step. If anyone moves both feet during a step, they sit down to become “ankle biters” too. The “ankle biters,” sitting on their bottoms at all times, can tag the players still standing if they get close enough. “Ankle biters” can only tag below the knee. Play down to the last two players and call them “Co-Slo-Mo Champs” for the moment. Have everyone stand up and play again.

SHRINKING ISLAND

You’ll work together to keep your whole team on your island as it shrinks! Divide into teams. Each team should stand on a large piece of paper or stand inside a rope circle on the floor. There should be just enough room for all team members to stand in the space. Leaders should then either rip off a section of the paper or make the rope circle smaller—teams need to come up with creative ideas to keep everyone in the space as it shrinks! The leaders should keep reducing the size of the space until someone falls out of the space.

TALLEST TOWER

You’ll work together to: build the tallest tower you can! Either as a whole group or in smaller groups, build the tallest tower you can from a given material. Some suggestions of materials you can use are: paper, card, playing cards, sticks, matchsticks, boxes, recycled bottles. Decide the rules on what you can use to keep your tower together; e.g., sticky tape or string. You can do this as a quick activity where teams build the tallest tower they can in a given amount of time, or come up with ways you can test the tower’s strength.

TRIATHLON TOURNAMENT

A triathlon is an event that includes three different sports. For this mini-triathlon tournament, a version of “rock, paper, scissors,” you must mime running, swimming, and cycling. Divide into pairs and stand face-to-face, about a meter apart.

The leader shouts:

“Get Ready!” (everyone closes their eyes)

“Get Set!” (everyone starts miming their chosen activity, their eyes still closed)

“Go!” (everyone opens their eyes and sees who has chosen the winning activity)

ICEBREAKERS

TRIATHLON TOURNAMENT (cont'd)

And the winner is...

- Swimming beats cycling (because bikes rust in water)
- Cycling beats running (because bikes are faster)
- Running beats swimming (because you can't swim on dry land)
- If you lose, become a cheerleader for the winner and cheer them on as they play the next person. Keep playing until there are just two players left. They compete in the grand final and everybody in the room cheers for the winner.

DOG, RICE, GRAIN

One of the group members is allotted the role of a farmer and the rest of the team acts as villagers. The farmer has to return home along with its three purchases (Dog, Rice, and Chicken) by crossing a river in a boat. She can carry only one item with her on the boat.

She cannot leave the dog alone with the chicken because the dog will eat the chicken, and she cannot leave the chicken alone with the bag of grain because the chicken will eat the bag of grain. How does she get all three of her purchases back home safely?

The villagers can help her in arriving at the solution, which is really simple if the group thinks creatively and together.

GROUP COUNTING

Invite campers to stand in a circle. Introduce the activity: Our task is to count from 1 to 10 out loud, in random order, with each group member offering one number at a time. If two people say a number at the same time, the game stops and begins again with 1. Explain that anyone can say a number whenever they wish, although they cannot say two numbers in a row. To begin, ask everyone to close their eyes or focus on the floor in the center of the circle, then say, Go! The facilitator might set an initial goal: Can we get to 10? Then, push the group to count to 15 or further if possible. It can be productive to stop the game and discuss group strategy. Part of the learning is the groups' discovery about how to solve the difficult task.

EXAGGERATION

This game is a simple way to get shy campers to act boldly in front of the group. Have campers stand in a circle. One camper starts a small gesture like a shoulder shrug, head nod, or hand wave. The next camper takes it over and makes it even bigger. This continues all the way around until the last person takes it to the EXTREME. After a couple times with just movement, tell the campers they can add a sound as well.

NOTE:

- Encourage the campers to never lose a sense of the original gesture in their exaggerations.
- This can be a great lead in to character development, taking small traits and enhancing them to extremes.

CAMPFIRE SONGS & SKITS

BANDANA/BANANA

One person explains to the audience how essential a bandana is as a camp accessory. They would like to demonstrate to the camp all the wonderful things they can do with a bandana. The person asks for one or two volunteers who have bandanas with them (they are planted ahead of time) stand behind her and help demonstrate the usefulness of a bandana at camp. They are told, "Just do what I do." As the leader pulls a bandana out of her pocket, the volunteers pull out bananas. The leader demonstrates using a bandana as a sweatband, to keep your hair out of your eyes, to put around your neck, wipe a sweaty forehead, blow your nose, etc.... The volunteers act confused, but go along with it. Eventually, the leader turns to see that they are using a banana and exclaims, "I said BANDANA, not BANANA!"

THE LOST QUARTER

One person acts as a lamp post, shining a flashlight on the ground. Another person (Girl Scout #1) is looking around on the ground in the lighted area. Girl Scout #2 walks and asks, "What are you looking for?" Girl Scout #1 responds, "I'm looking for a quarter I lost." Girl Scout #2 joins in the search. Soon a couple more Girl Scouts join in and start looking for the quarter in the light of the flashlight. Finally one of the Girl Scouts asks, "Where did you lose the quarter?" Girl Scout #1 says, "Over there (pointing far away)." Other Girl Scout asks, "Then why are you looking over here?" Girl Scout #1, "Because the light is better over here!"

THREE RIVERS

A camper comes along and explains that she has been hiking for hours and asks for a drink. Give a cup to the camper. The camper says, "Wow, this is a really clean cup!" You reply by saying, "As clean as three rivers can get it!" Another camper walks on stage and explains that she needs food. Hand her the plate. The camper says, "Wow, this is a really clean plate!" You reply, "As clean as 3 rivers can get it!" Continue handing out more dishware and utensils until someone asks, "How do you get your dishes so clean?" You reply, "Three Rivers, that's my dog!"

GATHERING OF NUTS

One camper plays an artist who is going to create a beautiful painting. The artist says, "Hello, I am the famous artist (insert any famous artist's name). I have come here this evening at great expense to create one of my living nature paintings which will express the atmosphere of this camp! First I am going to need some trees. (Two trees are selected from the participants in the audience, and are directed where to stand. They wave their arms gently.) Now I will need some birds to twitter among the trees. (Three birds are selected and they move around the trees making twittering sounds.) (The artist stands back to view scene.) Perhaps a sun to shine on everything. (A tall participant stands on a bench and smiles brightly.) It's not right yet. I know, some rabbits hopping around. (A few more participants are chosen for rabbits) One last touch. A babbling brook. (Insert a participant's name) will you be the brook? (The artist turns to the audience.) There it is, another (artist's name) original nature scene. I call it "The Gathering of the Nuts."

CAMPFIRE SONGS & SKITS

CAMPFIRE SONGS

THE BASIC 8: SONGS EVERY GIRL SCOUT SHOULD KNOW!

BROWNIE SMILE SONG

I've got something in my pocket that belongs
across my face,
I keep it very close at hand in a most
convenient place. I'm sure
you couldn't guess it if you guessed a long, long
while,
So I'll take it out and put it on, it's a great big
Brownie Smile.

G FOR GENEROSITY

She wears a G for Generosity
She wears an I for her Integrity
She wears an R for Real Good Sportsmanship
She wears an L for Loyalty, for Loyalty
She wears an S for her Sincerity
She wears a C for Courtesy, for Courtesy
She wears an O-U-T for Outdoor Life, Outdoor
Life
And that Girl Scout is ME!

GIRL SCOUTS TOGETHER

Girl Scouts together, that is our song,
Winding the old trails, rocky and long.
Learning our motto, living our creed,
Girl Scouts together in every good deed.

Girl Scouts together, happy are we;
Friendly to neighbors far o'er the sea.
Faithful to country, loyal to home,
Known as true Girl Scouts wherever we roam.

HELLO (Parts Song)

(Each part holds their "hello" until all 4 are done)

1: Hello, 2: Hello, 3: Hello, 4: Hello

All: We are glad to meet you

We are glad to greet you

1: Hello, 2: Hello, 3: Hello, 4: Hello

MAKE NEW FRIENDS (Round)

1: Make new friends but keep the old

One is silver and the other gold

2: A circle is round, it has no end

That's how long I want to be your friend.

ON MY HONOR

CHORUS

On my honor I will try

There's a duty to be done and I say "Aye"

There's a reason here and a reason above,

My honor is to try and my duty is love.

People don't need to know my name,
If I've done any harm, then I'm to blame.
If I've helped another, then I've helped me
If I've opened up my eyes to see.



CAMPFIRE SONGS & SKITS

I've tucked away a song or two...
If you're feeling low there's one for you.
If you need a friend, then I will come
And there's many more where I come from.

Come with me where a fire burns bright,
You can even see better by candlelight
And we'll get more meaning from a
campfire's glow
Then we'll ever learn in a year or so.

We've made a promise to always keep
And we sing Day is Done before we sleep
We'll be Girl Scouts together and when
we're gone
We'll still be tryin' and a singin' this song.
We'll be Girl Scouts together and when
we're gone
We'll still be tryin' and a singin' this song.

SING SING TOGETHER (Round)

- 1: Sing Sing together, merrily merrily sing,
- 2: Sing Sing together, merrily merrily sing,
Sing, Sing, Sing, Sing

WHEN E'ER YOU MAKE A PROMISE (Round)

- 1: When e'er you make a promise,
- 2: Consider well its importance
And... when.... Made....
Engrave it upon your heart

THE RAVIOLI SONG

Ravioli, I like ravioli. Ravioli, I like it the best.
Do I have it on my nose?
Yes, you have it on your nose?
On my nose?
On your nose!
Oohhhhh, ravioli, I like ravioli. Ravioli, I like it
the best.

YEAH TOAST

All around the country coast to coast,
People always ask me what I like most,
I don't wanna brag I don't wanna boast,
I just tell 'em I like toast.

YEAH TOAST!! YEAH TOAST!!

Early in the mornin' bout six AM,
Spread a little butter, spread a little jam,
Take a piece of bread put it in the slot,
Press button down till the wires gets hot,
YEAH TOAST!! YEAH TOAST!!

Now there's no secret to toasting perfection,
There's a dial on the side to make your selection,
Push to the dark or the light and then,
If it pops too soon press down again.
YEAH TOAST!! YEAH TOAST!!

THE FROGGY SONG

Dog!

Dog, Cat!

Dog, Cat, Mouse!

Froggy!

Itsy-bitsy, teen-weeny, little-yellow froggy!

Jump, Jump, Jump little froggy!

Eatin' up the itty bitty worms and spiders!

Flies and fleas are scrum diddly-umptious!

Ribbit, Ribbit, Ribbit, Ribbit, Ribbit, Ribbit, Croak!

Faster!!

CAMPFIRE SONGS & SKITS

COAST TO COAST

VERSE

From coast to coast
Camp Lakota is the most
From coast to coast
Camp Lakota is the most

CHORUS

na na na na na
na na na na na na
na na na na na na na
na na na na na na

VERSE

From east to west
Camp Lakota is the best
From state to state
Camp Lakota's really great
From city to city
Camp Lakota's really pretty
From sea to sea
Camp Lakota is for me

ALLIGATOR

The alligator is my friend
And he can be yours too.
If only you would understand
That he's got feelings too.

CHORUS:

Alligator *(make a chomping motion with hands)*
Alligator! *(make a larger chomping motion with hands)*

ALLIGATOR! *(make an even larger chomping motion with hands)*
rub tummy

Verse 4: Holding stomach, & simulate barfing.

Verse 5: With "mop" in hand, mop up bumble bee

The alligator is my friend
He has a very lovely pelt
I'd rather have him as my friend
Than to have him on my belt

CHORUS

The alligator laughs and sings
He never cries the blues
I'd rather have him as my friend
Than have him for my shoes

CHORUS

The alligator ate my friend
He can eat your friend too
If only you would understand
That he is hungry, too

CHORUS

THINGS TO DO AROUND CAMP LAKOTA

THINGS AROUND CAMP LAKOTA

RIDGE ROUTE COMMUNITIES MUSEUM AND HISTORICAL SOCIETY

3515 Park Dr. / PO Box 684, Frazier Park, CA 93224
661-245-7747 | www.ridgeroutemuseum.org/

This local museum is dedicated to collecting and preserving the history and artifacts of the local mountain communities. This is a great place to stretch your legs on your way up to Camp Lakota. Learn about how the area was settled in the mid-1800s and how the Chumash used Frazier Park as a summer village.



LOS PADRES NATIONAL FOREST – MT. PINOS RANGER DISTRICT

34580 Lockwood Valley Rd., Frazier Park, CA 93225
661-245-3731 | www.fs.usda.gov/lpnf

Camp Lakota is located in the Los Padres National Forest. Explore hiking trails and unique pine forests in the area. Certain areas require an Adventure Pass for day use. Please check with the Mt. Pinos Ranger District before heading out to explore.

BITTER CREEK NATIONAL WILDLIFE REFUGE

805-644-5185 X 296 | www.fws.gov/refuge/bitter_creek

This wildlife refuge is dedicated to protecting California condors. The refuge is closed to the public, but there are viewing locations around the refuge for bird watching. You can also call the number listed above to schedule a special tour to go onto the site.

PYRAMID LAKE AND VISTA DEL LAGO VISITORS CENTER

38500 Vista Del Lago Rd., Gorman, CA 93243

Pyramid Lake is located just off interstate 5 on the way up to Camp Lakota. With 21 miles of shoreline, this large lake is great for boating and other water activities, fishing, and picnicking.

FORT TEJON STATE HISTORIC PARK

661-248-6692 | www.parks.ca.gov/?page_id=585
4201 Fort Tejon Rd. / PO Box 895, Lebec, CA 93243

Located just a few exits north of Frazier Park is historic Fort Tejon which was established in the mid-1800s. There are restored adobe buildings, reconstructed officers' quarters, and other structures opened for exploration. Fort Tejon has a year-round creek that attracts a lot of wildlife and the site is home to California poppies.



THINGS TO DO AROUND CAMP LAKOTA

THINGS AROUND CAMP LAKOTA

DINING

Falcon's Nest *Open: Monday-Sunday*

3216 Mt Pinos Way, Frazier Park, CA 93225

Best Burgers on the Mountain!

Big John's Mountain Grill *Open Monday-Sunday*

3121 Mt Pinos Way, Frazier Park, CA 93225

Try the stuffed French toast!

La Sierra Mexican Restaurant *Open: Monday-Sunday*

3500 Mt Pinos Way, Frazier Park, CA 93225

Mike's Pizza Co. *Open: Monday-Sunday*

6939 Lake Pl, Frazier Park, CA 93225

The stuffed crust pizza and mountain calzones are amazing! Delivery is available after 4:30 p.m.

The Red Dot Vegetarian Kitchen *Open: Monday-Sunday*

3221 Mt Pinos Way, Frazier Park, CA 93225

Really good homemade food, which can take at least an hour to make, but it's totally worth it.

GROCERIES

Mountain View Mini Mart & Deli *Open: Monday-Sunday*

6929 Lockwood Valley Rd, Frazier Park, CA 93225

This is the closest place to get hot food or last-minute food or drinks. They make a really good burger and their breakfast burritos are pretty good, too!

Frazier Park Market *Open: Monday-Sunday*

632 Laguna Trail, Frazier Park, CA 93225



DAY CAMPS

EL RANCHITO

LA CASITA

MARINE LANDING

MARIPOSA

RESIDENT CAMPS

LAKOTA

OSITO RANCHO