

BASIC 8 CAMPING SKILLS PATCH PROGRAM



FOR DAISIES AND OLDER

(LEADERS MUST HAVE TAKEN BOTH INDOOR AND CAMPING SKILLS OR EQUIVALENT TRAININGS)

Website - www.girlscoutsla.org/pages/events/patch_programs.html

REFERENCE LIST AND RESOURCES

GSGLA Resources:








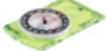
- GSGLA Indoor Overnight and Camping Skills Training Manuals
- *GSGLA First-Aider & Emergency Plan for Troop Activities & Small Events*
- *GSGLA Volunteer Essentials* (VE) and *Safety Activity Checkpoints* (SAC) (Latest Version)
- Additional Helpful Online Modules

All these resources are available in the Resources section of our Online Training.

<http://gsglaonlinetraining.org/login/index.php>

Additional Resources can be found searching online.

Section References:

	Leave No Trace Minimal Impact		Camp fire
	Proper Clothing & Gear		Cooking
	Knots		Staying Safe
	Pocketknives		Compass



Leave No Trace Introduction

“Leave No Trace” is the name of an organization and an outdoor ethics education program that teaches how to responsibly conduct activities in the outdoors.

Originally designed as training for backpackers venturing into pristine wilderness, Leave No Trace started out as a collection of behaviors that would result in minimal impact outdoor living. The behaviors list used in the training evolved into a public education organization: The Leave No Trace Center for Outdoor Ethics (the Center) to formulate and publish ethical principles and examples of actions that reinforce minimum impact outdoor activities.

The member-driven Leave No Trace Center for Outdoor Ethics teaches people of all ages how to enjoy the outdoors responsibly, and is the most widely accepted outdoor ethics program used on public lands.

In 1994 the Center was incorporated as an educational non-profit. The principles were quickly embraced by Girl Scouts as part of the outdoor program.

The value of the Leave No Trace for Girl Scouts is that the Center can provide age-appropriate principles, statements and educational materials. The Girl Scout Program, the Mission, Promise, Law, Motto, and the directive to “leave every place we visit better than we found it” can extend the Leave No Trace principles into areas not usually included in the Leave No Trace charter”. *The Leave No Trace segment is a direct quote from the [GSGLA Camping Skills manual](#).*

Original	Frontcountry	Kids
Plan Ahead and Prepare	Know Before You Go	Know Before You Go
Travel and Camp on Durable Surfaces	Stick To Trails and Camp Overnight Right	Choose The Right Path
Dispose of Waste Properly	Trash Your Trash and Pick Up Poop	Trash Your Trash
Leave What You Find	Leave It As You Find It	Leave What You Find
Minimize Campfire Impacts	Be Careful With Fire	Be Careful With Fire
Respect Wildlife	Keep Wildlife Wild	Respect Wildlife
Be Considerate of Other Visitors	Share Our Trails and Manage Your Pet	Be Kind To Other Visitors

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GENERAL INFORMATION

This patch program is designed to be a progressive development of skills to help Girl Scouts enjoy outdoor living and should be fun.

Leader of troops participating in this patch program, need to have taken the Indoor and Camping Skills trainings or equivalent outdoor trainings to have the proper tools to begin instruction of this program.

All girls, Daisies through Ambassadors, start with the Basic Center, proceed to Level 1, and continue at their own pace to the next level. Using the Leader Guide Sheet, Daisies may begin the program by practicing requirements for Level 1. Brownies and above may progress to Level 2 as it is geared for their age. Brownies and Juniors may advance through Level 4 in day camps, resident camps, or in their own troops. Cadettes, Seniors, and Ambassadors may advance in the same way or by teaching these same skills to a younger camp unit or troop. Level 5 is geared for Cadettes and older, girls should not advance unless capable of remembering and handling all the skills by themselves. The Girls Worksheet is used to evaluate that girls have achieved understanding of the skill. Leaders may track accomplishments for each girl on the Tracking Sheet included.

Each level must be completed before the next level is begun. It is best if the girls see only the requirements of the level on which they are working and they can track their own completions dates as well. Follow it up by having the girls use and practice their acquired skills in real life situations. We have included a space for girls' name, a check-off box, and completion date line.

Some Basic 8 Camping Skills activities can be used to fulfill other badge requirements. We have listed some suggestions after each level. Please note, minor adaptation may be needed.

GENERAL HINTS:

- **Develop skills**

These activities need to be done more than once, like practicing a knot. Make sure the girls are learning by doing, not just by listening. Try to get every girl to participate in the activity and the discussions.

- **Keep the timeline flexible**

You don't have to do a whole level in one week or one month. You can take all year with a group of 7-8 year-old Brownie Girl Scouts. With older Junior Girl Scouts you might complete a whole level during a week of day camp or on one weekend campout. Older Girls might finish the first two levels quickly with more time spent on level 5.

- **Use resources**

A list of publications and web sites that can help you is included in this packet. People who can help you include the trained/certified camp first-aider or medical professional, older Girl Scouts, troop consultants, parents, neighbors, leaders of other troops, etc.

- **The Leader Guide Sheet, Girl Worksheet and Tracking Sheet**

These sheets are ideas and suggestions that may help when working with groups to carry out a program featuring the Basic 8 Camping Skills. Use these guide sheets along with additional resources.



**Learning
Objectives**

THE BASIC 8 CAMPING SKILLS

Here you will practice being able to...

- 1) Practice good **Outdoor Manners**
 - a) Good Outdoor Etiquette
 - b) Hiking and Campsite Courtesy
 - c) Dishwashing/ Drip Bag and Recycling
 - d) Practice Leave No Trace
 - e) Practice Good Campsite Setup

- 2) **Be Prepared** with the necessary clothing and equipment for outdoor activities
 - a) Dress for weather
 - b) Dress in layers/ Basic Essentials
 - c) Personal Gear for a hike/ Troop Gear
 - d) Sleeping Bags/ Tents
 - e) Beyond 10 Essentials/ Emergency Shelter

- 3) **Know Your Knots** for use in the outdoors
 - a) Overhand/ Square Knots/ Hanking
 - b) Clove Hitch/ Bowline
 - c) Highwayman's Hitch
 - d) Sheetbend
 - e) Tautline/ Half hitches/ Lashing (Square, Diagonal, Continuous, Round)

- 4) Be able to **Use Outdoor Tools** safely and effectively
 - a) Use kitchen knife - Arc of Safety/ Pass - Cut vegetables/fruit
 - b) Pocketknife Safety-Open, Close, Pass, Use
 - c) Sharpen/ Clean knife/ Make fuzz stick
 - d) Hatchet - Safety/ Use/Care
 - e) Make an item/ Split kindling/ Teach younger girls knife safety



LEVEL 1

LEADERS GUIDE SHEET



All grades begin with Level 1 and proceed to the next levels depending on grade. The following are the eight basic steps to accomplish Level 1.

Name: _____

	LEVEL 1	Completion Date
	<p>1. Minimal Impact</p> <p>Have the girls describe their environment. What does it include? What do they see, hear, smell?</p> <p>Explain that good outdoor manners mean caring for others. Leaving your litter behind is not considerate to other visitors and it is hazardous to animals - the 6-pack plastic holders from soda cans and chewing gum are examples of this kind of hazard.</p> <p>The out-of-doors is home to many of our animal friends. We may watch them, but we should not disturb or destroy their homes or their young. Explain that human food isn't healthy for wild animals and the effects of trash carried by the wind can impact them, maybe include an area clean-up time at the end of your activity.</p> <p>A Girl Scout always leaves a place better than she found it! Leave No Trace!</p> <p>This concept should be explained. It has been adopted as a Girl Scout tradition. Explain that it is not just practiced in Girl Scouts but in all we do and be a great role model yourself!</p>	<input type="checkbox"/> _____
	<p>2. Proper Clothing</p> <p>Ask the girls to explain or demonstrate how they should dress for different situations: a day at the beach, a rain hike, a windy bike ride, a summer picnic, etc. How about planning clothing for an overnight, where are you going? How would these clothes be different?</p> <p>Keep health and safety in mind when discussing sunscreen, proper shoes, sleeve length, and hats. Explain our Girl Scout policy (<i>VE Chap. 4</i>) for proper apparel while on activities. We don't wear sleeveless shirts and only wear closed toed shoes. If they understand the safety reasons, this may help them remember to protect themselves.</p>	<input type="checkbox"/> _____



3. Knots

An overhand knot is a stop knot. Explain how it is used. Have they already used one?

A square knot is used to join two ropes of about the same thickness. Practice tying and releasing the knot until the girls can do it fairly fast.

Teach them how to hank their ropes after use to keep them untangled.



4. Pocketknives

An “Arc of Safety” is keeping arm’s length away from anyone or anything. Measure this arc before having a knife in hand!

Keep safety in mind when using a cutting tool of any kind. Give every girl a chance to see this demonstrated and then to try it for herself.

Stress the importance of safety in using paring knives in cooking and food preparation.

Cut away from your body and always use a cutting board.

Brownies may not be strong enough to open a pocketknife themselves, but they should learn how to handle it correctly.



5. Camp Fire



When choosing and preparing a fire building site, keep these points in mind:

- Check for fire permit requirements.
- Since fire burns upwards, don’t build a fire under low or overhanging branches.
- Only build fires in designated areas or pre-existing fire rings, fireplaces, elevated charcoal stoves, etc.
- Rake out 15 feet from the fire area, in all directions, down to the mineral level. That means no leaves, dry grass, twigs, pine needles, etc. - just dirt and sand.
- Before starting your fire, place a bucket of water and a shovel near the fire circle.
- Hair should be tied, pulled back with a scarf or bandana. This also keeps hair out of food when girls are preparing and cooking.
- Never wear nylon jackets (windbreaker) while near a fire of any kind. Tuck in all lanyards, name tags, hoodie/sweatshirt cords, etc.

6. Cooking

Create a sit upon. Learn and establish a good habit by properly washing your hands before meal preparation.

Find out how to use a bandana to keep the hair out of your meal and 5 other uses for a bandana.

	<p>Look at the recipe section from GSGLA Resources and Tools under Outdoor Program for some no-cook, heat and eat or one pot cooking ideas:</p> <p>No Cook Recipes</p> <p>Foil Pack and Ember Cooking</p> <p>One Pot Recipes</p> <p>Make individual sandwiches or one great big long one and cut it into individual serving pieces. Make a Friendship Salad, where each girl brings a fruit to be cut up and added, and the leader provides some mini marshmallows. It is easy to do for any number of girls. Pudding cones made with instant pudding in a plastic bag is a no-mess dessert.</p>	
	<p>7. Staying Safe</p> <p>Always stress the importance of <u>preventing</u> accidents; for instance - running can lead to skinned knees and disturbing bees can lead to getting stung. Soap and water washing will take care of most cuts and skinned knees. Bee stings feel better once cleaned with soap and water and a cold pack is applied.</p> <p>Start assembling a small basic first aid kit for each person's backpack.</p> <p>This is a great time to have a certified trained first-aider or medical professional talk to your girls about safety.</p>	<input type="checkbox"/> <hr/>
	<p>8. Compass</p> <p>Help the girls understand the importance of using the buddy and truddy (3 people) systems (<i>VE Chap. 2</i>). Have the girls discuss or role-play appropriate situations to use this system. Girls often retain information better with visuals. By creating scenarios of the purpose of having a buddy, they will often easier imagine the picture of what could happen.</p> <p>Explain how to use the concept of hugging a tree when lost to stay found.</p>	<input type="checkbox"/> <hr/>

BADGE REQUIREMENT SUGGESTIONS

Brownie
<ul style="list-style-type: none"> • First Aid - #2, #3, #5 • GS Way - #4 • Hiker - #3, #4, #5 • My Great Day - #1, #2 • Out. Art Creator - #1, #2

Junior
<ul style="list-style-type: none"> • Camper - #2, #3 • First Aid - #2, #3, #4

First Aid Cadette, Senior
<ul style="list-style-type: none"> • C - #1, #2, #3 • S - #1, #2

LEVEL 1

GIRLS WORKSHEET



1. Describe your environment. What does it include? Discover good manners to use in the out-of-doors.
2. Learn how to dress for the expected weather and what to bring along for the UNEXPECTED.
3. Learn how to tie, use, and release an overhand and square knot, then hank your rope.
4. What is an "Arc of Safety"? Practice using one. Know how to safely use a paring knife for food preparation.
5. Choose a safe spot to build a fire. Why should hair be tied up when working near a fire?
6. Help prepare a meal that needs no fire.
7. Demonstrate first aid for a skinned knee and a bug bite. Name 10 items in your First Aid kit?
8. Learn what the buddy/truddy system is. Know how and when to use it.

Name

Completion Date (turn in to your Leader)



LEVEL 1



LEADER'S TRACKING SHEET

We are including a basic tracking sheet. Boxes may be checked off upon completion for skills and notes entered for badge work.

Troop #	1. Minimal Impact 	2. Proper Clothing 	3. Knots 	4. Pocketknives 	5. Camp Fire 	6. Cooking 	7. Staying Safe 	8. Compass 	Badge Notes:
Girl Name:									





LEVEL 2




LEADERS GUIDE SHEET



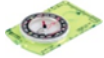
Brownies and above proceed to Level 2.

The following are the steps to accomplish Level 2.

Name: _____

	LEVEL 2	Completion Date
	<p>1. Minimal Impact</p> <p>When walking on city streets, be sure to walk on sidewalks when available, and as a group not obstructing pedestrian traffic. Cross with traffic lights; cross together. Walk facing traffic when there are no sidewalks. When on country and rural roads walk on the left facing traffic and stay as much off the roadway as possible, get permission to cross private property, take your rest periods well off the roadway, and when you must cross, do it as a group. Always try to keep yourself very visible; wear bright colors by day, white at night. Carry a light at night, but do not aim it at drivers; keep the light aimed at the ground ahead of you. Have the whole troop take a walk to practice these things. Practice crossing, carrying a light, etc. Girls should walk with a buddy. It's a good idea to have the girls count off and keep the same number, making it is easy to check the girls when you leave and arrive at each rest or lunch stop.</p> <p>When at a campsite, be courteous and walk on the path not through other camper's site. This is like having someone come in your home and walk through your front door and exit the back door, it's just not proper manners. When hiking on mountain trails, remember to "take only pictures/memories and leave only footprints".</p> <p>Environmental care can be simple. Litter is unsightly, unsanitary and can be damaging to people and wildlife. You start by not littering.</p>	<input type="checkbox"/> _____
	<p>2. Proper Clothing</p> <p>Clothing helps to maintain body temperature. Layering of clothing creates "dead air space" between you and the heat-reducing effect of elements such as wind and rain. Layers of clothing can be peeled off or added as needed to create the right amount of insulation for any outdoor situation. Several layers are often warmer than one heavy garment and more versatile.</p> <p>Find out what are the Basic Essentials you should have for a campout.</p>	<input type="checkbox"/> _____

	<p>3. Knots</p> <p>Review the overhand and the square knot from Level 1 and learn to tie a clove hitch and a bowline. The clove hitch is used to help hold up one end of a clothesline, tie the end of a rope around a pole or camp chair. This is the knot used to start any lashing project. The bowline is used in lifesaving and rescue work, for tying packs or bedrolls, or any time you want to make a loop in the end of a rope that will not slip or change size.</p> <p>Practice the hanking method to keep ropes all neat and untangled.</p>	<input type="checkbox"/> <hr/>
	<p>4. Pocketknives</p> <p>Remember an "Arc of Safety" is keeping an arms-length away from anyone or anything while using a knife. Don't forget to say "Thank you" when receiving a knife from another person to indicate you are holding it and the other person can let go and says "You're welcome."</p> <p>Note: Before using knives, be sure each girl has permission to participate in the activity.</p> <p>Practice how to safely open, close and pass a pocketknife.</p> <p>Sharp knives are safer to use because they cut more easily than dull ones. It takes less effort and pressure to cut with a sharp knife, so if you do slip, the chances of cutting yourself are less.</p> <p>Also, a sharp knife will leave a clean cut on your skin, but a dull knife will leave a jagged one (clean cuts heal better.)</p>	<input type="checkbox"/> <hr/>
	<p>5. Camp Fire</p> <p>How would you obtain a permit for a fire at your site?</p> <p>Safety equipment for fires: A bucket of water or bucket of sand, a shovel, and a rake. It is also a good idea to have a 1-pound coffee can full of baking soda near fires.</p> <p>This is a good time to teach the girls about the three sizes of wood used in fire building (tinder, kindling, fuel).</p> <p>The A-frame is a good starting configuration for all fires, teepee fires are good to concentrate heat for cooking on a spit or metal tripod, and log cabin fires work well for campfires, roasting or toasting.</p> <p>Learn how to use matches. Practice lighting matches and dropping them into a pail of water. Then practice dropping them in the fire pit to start your campfire. Also practice setting up and lighting a camp stove.</p> <p>REMIND THEM: that playing with matches is only permitted with an adult supervising the activity at camp.</p>	<input type="checkbox"/> <hr/>

	<p>6. Cooking</p> <p>A one-pot meal can be your favorite stove-top casserole moved outdoors, or choose another Girl Scout favorite. Try something new.</p> <p>Find out about food safety; i.e. packaging, storage, etc. Create a kaper chart and menu of your meals. Follow the camp clock to decide when it's time to start preparing for your meals.</p> <p>Explain about flammable foods near an open flame. Find out which food you normally add to your cooking that could potentially catch on fire.</p>	<input type="checkbox"/> <hr/>
	<p>7. Staying Safe</p> <p>Talk first about preventing burns. Let the girls tell how to keep from being cut or burned. Simple burns should quickly be cooled with cold running water at least until pain is relieved. Larger or more severe burns should be covered to keep out dirt and air and the person should be seen by a doctor. Learn how to care for a sunburn. Cuts should be washed well with soap and water and bandaged as needed.</p> <p>Girls could practice what to do if someone's clothing catches on fire. Stop! Drop! and Roll!</p>	<input type="checkbox"/> <hr/>
	<p>8. Compass</p> <p>The buddy system means having a partner to help you. If a girl gets into difficulty while swimming or on a hike when she falls, there is someone to call for help.</p> <p>Girls may be interested in learning about and using trail signs while exploring the outdoors. Trail signs are used to make paths for others to follow. While on a hike, girls may want to leave a message so another group can find them. Sticks, stones, twigs, or anything handy may be used.</p> <p>In an emergency, cloth strips could be used. If a trail is not going to be used again, remove any signs the group has created. Patrols can practice their skills by laying trails for each other.</p> <p>Remember to Leave No Trace! Therefore, everything needs to be returned to its original place.</p>	<input type="checkbox"/> <hr/>

BADGE REQUIREMENT SUGGESTIONS

Brownie
<ul style="list-style-type: none"> • First Aid - #4 • Hiker - #1, #2, #5 • Out. Art Creator - #3, #4

Junior
<ul style="list-style-type: none"> • Camper - #2, #3, #5 • First Aid - #4

Cadette
<ul style="list-style-type: none"> • First Aid - #1, #2

LEVEL 2

GIRLS WORKSHEET



1. Explain how litter can damage our environment.

Know the rules to follow for hiking safely on city streets, country roads or mountain trails; explain why you would follow them.

2. Find out and demonstrate what "dressing in layers" means and how it helps you to be more comfortable.
3. Show that you can tie an overhand, square knot, clove hitch and a bowline. Explain why or where you would use these.
4. Demonstrate an "Arc of Safety". Demonstrate how to open, close, and pass a pocketknife safely.
5. Know if permission has been secured to build a fire at your site. Know what safety equipment should be ready before a fire is started. Practice laying an A-frame fire. Build and use an A-frame or teepee fire. Do not forget to plan and provide for site preparation and safety equipment.
6. Help prepare a one-pot meal. Show how to set-up a camp stove. Do you know what foods can cause a fire when near a flame?
7. Learn and demonstrate first aid for cuts and burns and discuss ways to prevent these accidents. Learn and demonstrate what to do if someone is severely sunburned.
8. Learn about trail signs. Practice using them with your patrol or troop.

Name

Completion Date (turn in to your Leader)



LEVEL 2

LEADER'S TRACKING SHEET



Troop #	1. Minimal Impact	2. Proper Clothing	3. Knots	4. Pocketknives	5. Camp Fire	6. Cooking	7. Staying Safe	8. Compass	
Girl Name:									Badge Notes:









LEVEL 3



LEADERS GUIDE SHEET

Brownies and above proceed to Level 3.
The following are the steps to accomplish Level 3.

Name: _____

	LEVEL 3	Completion Date														
	<p>1. Minimal Impact</p> <p>Teach using the 3-tub dishwashing method, soap, rinse, and bleach. Stress the “broadcast” method for disposing grey water. Teach them to scrape off excess waste before you start.</p> <p>Learn how to use your drip bag along with the 3-tub dishwashing method.</p> <p>The Conservation Pledge appears in Audubon publications, Sierra Club books, U.S. Forest Service materials, and in many other places. What does the pledge say? Compare it with the Promise and Law. <i>The Conservation Pledge</i></p> <p style="text-align: center;"><i>“I give my pledge as an American to save and faithfully to defend from waste the natural resources of my country - its soil and minerals, its forests, waters and wildlife.”</i></p> <p>Begin an aluminum can drive. Collect newspapers or bottles. Girl Scouts are natural born recyclers of discarded treasures. What are some ideas for crafts from recycled materials?</p>	<input type="checkbox"/> _____														
	<p>2. Proper Clothing</p> <p>The group needs a well-stocked first aid kit, map of the hike area, rope, compass, waterproof matches. Some other things you might need are extra socks or a candle. Discuss why these things are needed. Plan and take a hike.</p> <p><i>Basic Personal Essentials for all hikes:</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">food</td> <td style="width: 50%;">scarf/bandana/hat</td> </tr> <tr> <td>first aid kit</td> <td>sturdy shoes</td> </tr> <tr> <td>flashlight</td> <td>sweater/jacket</td> </tr> <tr> <td>leg protection/long pants</td> <td>tissue or toilet paper</td> </tr> <tr> <td>lip balm</td> <td>water bottle/canteen</td> </tr> <tr> <td>pocketknife</td> <td>whistle</td> </tr> <tr> <td>rain poncho</td> <td></td> </tr> </table>	food	scarf/bandana/hat	first aid kit	sturdy shoes	flashlight	sweater/jacket	leg protection/long pants	tissue or toilet paper	lip balm	water bottle/canteen	pocketknife	whistle	rain poncho		<input type="checkbox"/> _____
food	scarf/bandana/hat															
first aid kit	sturdy shoes															
flashlight	sweater/jacket															
leg protection/long pants	tissue or toilet paper															
lip balm	water bottle/canteen															
pocketknife	whistle															
rain poncho																

	<p>3. Knots</p> <p>Review the square knot, clove hitch and the bowline.</p> <p>Learn the highwayman's hitch. This knot is used to tie your drip bag to a line and remove it quickly. Don't let it drop to the ground or you'll have dirty dishes!</p>	<input type="checkbox"/> <hr/>
	<p>4. Pocketknives</p> <p>Whittle or carve something such as a plaster sculpture, soap sculpture, or fuzz sticks. Other carving mediums might be paraffin or balsa wood.</p> <p>Review the responsibilities that go along with the privilege of having a knife.</p> <p>A whetstone or other sharpening device is used to sharpen a knife. Practice this skill by letting every girl use a sharpening stone. Keep knives clean to protect the blade and cutting edge. Pocketknives should be oiled periodically (and wiped off) to keep the hinge working easily. Do not use lock blade knives.</p>	<input type="checkbox"/> <hr/>
	<p>5. Camp Fire</p> <p>Are we allowed to start charcoal? How can you find out?</p> <p>Charcoal may be lit with fire starters made of sawdust and paraffin (egg carton fire starters), candle kisses or trench candles. Remember to allow about a half hour from the time you start the charcoal until the time you need the fire ready for cooking. Fire burns upwards, so it is necessary that you start with the fire starters on the bottom and the charcoal on top. You can use a charcoal fire to cook a foil pack dinner.</p> <p>NEVER use liquid starter fluid.</p>	<input type="checkbox"/> <hr/>
	<p>6. Cooking</p> <p>Plan your meals for the trip and prepare a shopping list.</p> <p>Set-up a camp stove and learn how to attach a propane canister and light the stove.</p> <p>A foil packet meal may be placed directly on the coals or on a grill set a little above the coals. Use heavy-duty foil to form the packages. Seal well on all edges. You will need a pair of long handled tongs for turning packets and removing them from the fire. The packets may contain a complete meal or just a side dish. Cook something in a box or using sticks.</p> <p>See the Camping Skills manual in the cooking with charcoal section.</p>	<input type="checkbox"/> <hr/>

	<p>7. Staying Safe</p> <p>Triangular bandages may be cut from unbleached muslin, old sheets or use a large bandana. Ask older Girls Scouts, a certified trained first-aider, or medical professional to teach you how to use one. Learn how to secure or splint a hand, an arm and a sprained ankle.</p>	<input type="checkbox"/> <hr/>
	<p>8. Compass</p> <p>Learn the basics of using a compass. Can you follow a shape? Learn how to point North and find your way back to your starting point. Maybe take an orienteering workshop.</p> <p>Maps are two-dimensional drawings that represent an area of the earth's surface. One of the many types of maps are sketch maps.</p> <p>Look at different types of maps. How do you read the legend? What do all those lines and ridges mean, does it have something to do with elevation?</p>	<input type="checkbox"/> <hr/>

BADGE REQUIREMENT SUGGESTIONS

Brownie
<ul style="list-style-type: none"> • First Aid - #2, #4, #5 • Hiker - #2, #3, #4, #5

Junior
<ul style="list-style-type: none"> • Camper - #2, #3 • First Aid - #2

First Aid Cadette, Senior, Ambassador
<ul style="list-style-type: none"> • C - #2, #3 • S - #3 • A - #4





LEVEL 3

GIRLS WORKSHEET

1. Learn to use the appropriate method of dishwashing in the out-of-doors. Know how to dispose of "gray water" and garbage for minimal impact on the environment.
2. Bring and show what basic essentials are needed for each person to take on a hike. Discuss what additional items are needed by the whole group.
3. Tie a square knot, clove hitch, bowline and a highwayman's hitch. Describe and show the uses of each knot.
4. Clean and sharpen a knife and know why it is safer to use a sharp knife. Working at a safe distance from others, carve or whittle something with a knife.
5. Build and light a charcoal fire and keep it going. Discuss what and how long something may be cooked on it.
6. Cook something in foil on top of charcoal and also bake in a box.
7. Practice tying a triangle bandage for hand, arm sling, and sprained ankle.
8. Learn to use a compass to follow directions.

Name

Completion Date (turn in to your Leader)





LEVEL 3

LEADER'S TRACKING SHEET

Troop #	1. Minimal Impact 	2. Proper Clothing 	3. Knots 	4. Pocketknives 	5. Camp Fire 	6. Cooking 	7. Staying Safe 	8. Compass 	Badge Notes:







LEVEL 4

LEADERS GUIDE SHEET

Brownies and above proceed to Level 4.

The following are the steps to accomplish Level 4.

Name: _____

	LEVEL 4	Completion Date
	<p>1. Minimal Impact</p> <p>Check with the Council's website at www.girlscoutsla.org, browse through the property page – open the links specific to the camp or property to determine what you may need in advance of your visit; i.e. fire permit specifications, cooking needs, road closures, etc.</p>	<input type="checkbox"/> _____
	<p>2. Proper Clothing</p> <p>Bring a sleeping bag or two to the troop meeting and have each girl practice rolling and tying them securely. Then try a sleeping bag rolling relay race. Also have the girls practice packing personal items in a duffel or other soft sided bag.</p> <p>Practice setting up a tent and striking. Properly rolling it back into its bag.</p>	<input type="checkbox"/> _____
	<p>3. Knots</p> <p>Review the square knot, clove hitch, bowline, highwayman's hitch and hanking.</p> <p>Learn the sheetbend knot. This is used when you need to join two ropes of unequal thickness. You can join small pieces of different kinds of rope to make one long piece.</p>	<input type="checkbox"/> _____
	<p>4. Pocketknives</p> <p>Tips for using the pocketknife can be found in your Indoor Overnight or Camping Skills manual.</p> <p>Learn how to safely use and care for a hatchet. How is this different than using a pocketknife? Practice preparing some tinder and kindling.</p>	<input type="checkbox"/> _____



5. Camp Fire

All girls need to practice fire building so they can reach the level of skill and confidence that only comes from doing a thing yourself a number of times. Encourage girls to think about what the fire will be used for, so they can decide what kind of fire to build and how large it needs to be.

Fires can be for cooking, for warmth or to set the mood of the evening especially if planning on singing around it.

Teepee fires are used for quick coals and intense heat; a crisscross fire makes a large deep bed of coals for a Dutch oven or roasting; and a trench fire can be used to conserve heat and can be built on windy days when there could be danger of fire spreading. Learning to extinguish fires correctly is important too ... sprinkle, don't drown. Talk about dangers of putting too much water on a fire to put it out...clouds of hot steam can burn too.

Find out what else you could use if you can't have a fire?

Experiment with different types of fires. Practice lighting a fire using only one match.

Learn how to light and extinguish a propane lantern safely. Please note, propane lanterns become very hot! Learn about proper use and safety.



6. Cooking

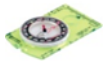
By this level the girls should be experienced chefs, so let them do something new. Use any two cooking methods not employed in Indoor Overnight or Camping Skills. Maybe you can even find a new method that is not on the list. The internet is an excellent source of new outdoor cooking recipes.



7. Staying Safe

Learn about the causes, prevention and treatment of the following:

- Fainting: have victim lie down for at least 10 minutes; keep head low; if recovery is not prompt or if condition recurs, see a doctor.
- Chocking: Discuss how to help someone when they are choking.
- Sunburn: prevent by using sunscreen and limiting exposure to sun. Once burned, stay out of sun completely until soreness is all gone. If burn covers a large area or is severe, a doctor may be needed. Level 4 girls should be familiar with standard first aid and personal safety.



8. Compass

A compass is a watch-like instrument that determines direction through the use of a steel needle that is attracted to the magnetism of the earth. The length of your hike will depend on your site; it may be through a park, around school buildings, or around a campground. When hiking in or around a campground, be sure to teach the girls to observe and respect the boundaries of each campsite. Divide into groups or teams. One group makes the map and another group tries to follow it. Try a mystery hike to teach girls to navigate by street map. Blindfold them and transport them a mile or so from where you would like to end the hike. Remove blindfolds. Let them use their map to get to the destination.



BADGE REQUIREMENT SUGGESTIONS

Brownie
<ul style="list-style-type: none">• First Aid - #2• Hiker - #2, #3, #4, #5

Junior
<ul style="list-style-type: none">• Camper - #2, #3• First Aid - #4

Cadette
<ul style="list-style-type: none">• First Aid - #4





LEVEL 4

GIRLS WORKSHEET

1. Prepare a plan to determine what you will need before visiting a property or site to ensure minimal impact while there. When camping, what could you do to help protect the site?
2. Know how to roll and tie your own sleeping bag. Know how to pack for an overnight camping trip. Learn about the appropriate bag weight, find sleeping bags for various temperature conditions. Learn how to set-up, strike, and care for a tent.
3. Show that you can tie a square knot, clove hitch, bowline, highwayman's hitch and a sheetbend. Describe and show the uses of each knot.
4. Know tips for using a pocketknife and a hatchet and share them with a group of less experienced Girl Scouts.
5. Lay and light a fire, keep it going, and put out the fire when you are finished using it. Practice conservation of fuel by using only as much as you really need.
6. Use at least two of the following cooking methods: reflector oven, Dutch oven, foil box oven, pie iron, stick cooking, Bakepacker[®], buddy burner or solar.
7. Learn and demonstrate what to do if someone faints, is choking, or gets sunburn. Discuss ways to help prevent these conditions.
8. With a buddy, make a sketch map for someone else to follow. With a buddy follow the sketch map drawn by another team.

Name

Completion Date (turn in to your Leader)





LEVEL 4

LEADER'S TRACKING SHEET

Troop #	1. Minimal Impact	2. Proper Clothing	3. Knots	4. Pocketknives	5. Camp Fire	6. Cooking	7. Staying Safe	8. Compass	
Girl Name:									Badge Notes:



LEVEL 5

LEADERS GUIDE SHEET

Cadettes, Seniors, Ambassadors proceed to Level 5.

1. PRE-REQUISITES TO BEGINNING LEVEL 5:

- a) Girl Scouts must have completed all four previous levels of the GSGLA Basic 8 Camping Skills program.
2. Completion of Level 5 is an assurance that the girls are good all-around campers, able to live comfortably and wisely in the out-of-doors. "To live wisely" means not only with regard for health and safety, but much more - it means living in harmony with nature and the natural processes that make living on this planet possible.
3. Orienteering is navigating through unfamiliar terrain to find a series of natural or built features with the aid of a map and compass. It is generally done in a forested area, but may be carried out on any site that has been mapped, even a shopping mall.
4. As you work on this level with your girls or any time you are in the out-of-doors, keep these things in mind:
 - **SOIL EROSION** - Leave the soil and the rocks in their natural place. Stay on the trails while hiking. Do not "trench" tents. Instead, choose a site where natural terrain will keep you dry if it rains. Leave ground cover in place. Rake only where needed for fire safety.
 - **PLANT LIFE** - This year's flowers grow the seeds for next year's flowers. An adequate ground cover of plants, both living and dead, is essential to the control of erosion. Leave flowers, plants and roots in the ground. Avoid cutting or trampling all growing things. Purchase store bought firewood near the site.
 - **POLLUTION AND LITTER** - Dispose of "gray" water by broadcasting, where it will not pollute drinking water, streams or lakes. Use a can with a tight fitting lid for grease. When you leave, make certain the site is always cleaner than you found it.



LEVEL 5

GIRLS WORKSHEET

PRE-REQUISITE TO BEGINNING THE ADVANCED CAMPING SKILLS: Cadette, Senior and Ambassador Girl Scouts must have completed all four previous levels of the Basic 8 Camping Skills and feel that they have progressed and are ready for the advanced challenge.

1. Take part in at least two camping trips by troop or patrol of at least two nights each. Trips must take place on two different campsites. Remember to use minimal impact.
 - a) Practice planning a good working layout of a troop campsite. Draw sketch maps or build site models.
 - b) Help arrange layout of site on each trip. Try to do each one differently. Before striking camp, evaluate what worked well and what did not. What would you do differently next time?
 - c) Use these trips to use the fire building, cooking, knots, lashing, tents, dishwashing, and other skills you are building.
2. Pitch and strike at least two different tents or tarp shelters.
 - a) Mark ropes and poles with white cloth, tags or foil for safety at night.
 - b) Know how to care for a tent and tarp; show how to fold and store.
 - c) Know how to choose a good place to pitch your tent.
3. Knots
 - a) Tie a square knot, clove hitch, highwayman's hitch, bowline, sheetbend, tautline hitch, and two half hitches. Know the uses for each knot and pack your rope neatly by hanking.
 - b) Learn round, square, sheer, and diagonal lashing.
 - c) Lash at least one sturdy useful item to be used at your campsite. These could include a flag pole, table, towel rack, tool rack, wash basin stand, hand wash tripod, etc.
4. Pocketknife
 - a) With a pocketknife, make a useful item.
 - b) Split kindling.
5. Fires
 - a) Make your own fire starters. Prepare fuzz sticks. Light and maintain a fire during difficult weather conditions.
 - b) Build, light, and use a cooking fire or campfire using wood or charcoal and extinguish it properly when finished.
 - c) Learn how to operate various types of cooking stoves and lanterns.
 - d) Know how to replace propane fuel canisters for stoves and lanterns, and how to replace lantern mantels.
 - e) Learn how to start a fire without a match, find and practice other ways.



Page 2 – Level 5, Girls Worksheet

6. Cooking

- a) Prepare foods that require at least three different methods of cooking.
- b) Try at least one new outdoor cooking method, in addition to the three used above.
- c) Use books, magazines and the internet as resources.
- d) Purify at least one (1) quart of drinking water.
- e) Know how to make a solar still to get water out of the ground.

7. First Aid

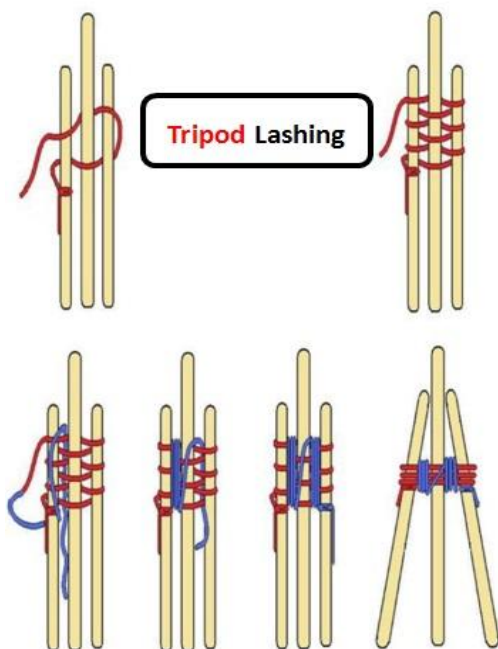
- a) Know how to recognize and treat heat exhaustion, hypothermia and shock.
- b) Cadettes/Senior/Ambassador: Take an American Red Cross Basic First Aid Adult/Pediatrics CPR/AED Aid training
- c) Seniors/Ambassadors: Take an American Red Cross Wilderness Remote First Aid (WRFA) training or Basic Lifesaving certification from another source.

8. Finding Your Way

- a) With your patrol or other group, use a compass to design an orienteering map for another patrol or troop to follow. Be sure to include a legend.
- b) Find your way using the sun, stars, etc.

Name

Completion Date (turn in to your Leader)





LEVEL 5
LEADER'S TRACKING SHEET

Troop #	1. Minimal Impact	2. Proper Clothing	3. Knots	4. Pocketknives	5. Camp Fire	6. Cooking	7. Staying Safe	8. Compass	
Girl Name:									Badge Notes:

Congratulations on completing
the Basic 8 Camping Skills program!

