

Sahuaro Girl Scout Council

(SGSC thanks Girl Scouts of Western North Carolina Pisgah Council for this material)

OUTDOOR TRAINING SEGMENT



Girl Scouts®
Where Girls Grow StrongSM

OUTDOOR ADVENTURE BOUND, Module 2

To become a Qualified Troop Camper (QTC) and take Girl Scouts camping, you will need to complete the following courses:

1. **Two** on-line or independent study courses:

**Camping Safety, Module 1 and
Outdoor Adventure Bound, Module 2**

(After completing these two (2) courses you may take your troop cabin camping without fires/outdoor cooking.)

Complete the on-line/independent study courses before registering for the classe below.

2. **One** skills session: **Fire Building and Outdoor Cooking, and
Knots, Knives, and New Skills, Module 3**

(After completing the above three (3) courses you will be a Qualified Troop Camper.)

You'll find dates for module 3 on the council website (offered twice per year).

- 3.

How To Proceed With This Course

Outdoor Adventure Bound is composed of eight chapters. Read the material and then answer the review questions at the back. An answer sheet is provided. Send the completed answer sheet to: Director of Customer Experience

4300 E. Broadway Blvd.
Tucson, AZ 85711

Within two weeks you should receive notification of the results of your review.

When you register for the Skills Training you will be asked for the dates of your successful completion of Camping Safety and Outdoor Adventure Bound. And now you're ready to move on to the training. Enjoy!



Course Objectives:

By the end of the training the participant will be able to:

- Explain the seven Leave No Trace principles.
 - Determine their girls' camping experience level and plan for skill progression.
 - Design a method to involve girls in camp kapers.
 - Explain considerations for planning well-balanced, high energy camping meals.
 - Describe safe food packing and storage for a camping trip.
 - Describe appropriate clothing and packing considerations for outdoor activities.
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Outdoor Adventure Bound, Module 2

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Introduction to Leave No Trace Ethics

How many times have you been in a park or forest and seen garbage? Or been disturbed by noise from other campers or picnickers? Do things like this detract from your enjoyment of the outdoors?

As Girl Scouts, we want to leave a place looking better than we find it and don't want to disturb other people around us. These things considered in Leave No Trace ethics.

Leave No Trace is a program of outdoor ethics. It teaches principles and skills that encourage outdoor enthusiasts to enjoy the outdoors without loving it to death. In 2006, GSUSA partnered with Leave No Trace to make these ethics part of Girl Scouting.

Leave No Trace consists of seven principles:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impact
- Respect Wildlife
- Be Considerate of Other Visitors

Plan Ahead and Prepare

Planning ahead is doing all those things that help you enjoy your outdoor activity, keep you out of trouble, and keep you off the 6:00 news! Some level of planning is needed for every activity. Planning helps ensure safety of the group, reduces the chances of needing rescue, prepares the girls for a fun outdoor experience and prepares the girls to "leave no trace".

Preparations include but are not limited to:

- making reservations
- checking on facilities at the site
- checking on restrictions or regulations for the site, including group size allowed
- preparing the proper food, clothing and equipment for the outing
- getting permission slips and checking health forms
- getting approval from your field executive
- checking weather forecasts
- preparing an emergency plan.



When planning an activity or choosing a location, consider the skill level of your girls (remember the Progression in Outdoor Activities). Select destinations that match the goals, skills, and abilities of the girls.

Check with the land manager for the area to which you will be going. They can answer your questions and may have helpful ideas about where to go or what to do. Ask about regulations, permits, reservations, group size or other restrictions, and any hazards.

Girl Activities

Ten Essentials

Materials: selection of items one might take on a day hike. Must include all the 10 essentials but should also include unnecessary items.

1. Have group split up into groups of 3-4. Let them look at the selection of items available for the day hike. Each group will list which items they feel should go on the hike.
2. Have each group call out an item they feel is necessary and why. Pack the daypack with that item. If the item is not needed, explain why.
3. Feel the weight of the pack at the end. Discuss how to lighten the load. Explain that more than 10 items might be needed in some circumstances

Ten Essentials List (yes, there are more than 10 items. It's a handy name.)

- Flashlight
- Weather Protection (Rain gear or large plastic sack, warm jacket, etc)
- First Aid kit
- Map and Compass
- Whistle
- Knife
- Food and Water
- Firestarter and Waterproof Matches or Lighter
- Bandanna
- Sunglasses and Sunscreen
- Toilet paper/tissues and trowel

Travel and Camp on Durable Surfaces

Generally, Girl Scouts use established trails and campgrounds. The big exception is when backpacking, but that's another class.

What is a durable surface?

- Durability refers to the ability of the surface or vegetation to withstand wear or to remain in stable condition.

- It can take as little as 12-15 days use in one year to damage a site and as much as 2-15 years to recover
- Examples of durable surfaces include rock, sand, gravel, established trails, snow, dry grass, pine needles, dirt, and hardened areas (an area that is already impacted and will not suffer further damage)

Guidelines for traveling and camping:

- When hiking, stay on trails.
- Avoid taking shortcuts or cutting switchbacks because they cause erosion.
- It's best to go through a mud puddle rather than making a new trail on the edge.
- If you go off a trail, try to keep to durable surfaces such as rocks, sand, gravel, leaves, and pine straw.
- When camping, if there is a tent pad, use it. If not, look for a site for a location with a durable surface or a previously impacted (disturbed) area. Good surface choices include gravel, pine straw, dirt, leaves and short grass.
- Don't make a new site. Don't cut plants, move large rocks, or rake the site. Moving small branches and pine cones is okay. Replace anything you move.
- Unless sites are designated near the water or a trail, choose a location at least 200 feet from water sources and from any trails.
- Locate your camp kitchen either on the most durable surface or in an impacted area.
- Keep to footpaths or sidewalks when going to bathrooms, faucets, etc.



Girl Activities

Stomp on the Surface

Materials: small zip-seal bags, each containing a sample of a different surface. Use materials such as gravel, wood chips, dry grass, moss, pine needles, mud, a Twinkie (to simulate a soft surface with a crust and also for fun).

1. Give one bag to each participant. Ask them to step on the bag—not too vigorously so as not to break the bag.
2. Discuss the results—how did the surface look after being stepped on? How might camping or hiking on such a surface affect the surface?

Dispose of Waste Properly

You've probably heard the saying "Pack it In, Pack It Out" before. This applies even to day trips in the out-of-doors.

Cooking and Clean-up

- Repackage foods to reduce the number of containers and reduce waste.
- Taking only the food needed for an activity so you don't need to pack out or dispose of waste.
- Choose foods with limited packaging—bulk items in a single bag for instance.
- Bring reusable water bottles rather than purchased bottled water (cheaper too!)
- Carry out **all** garbage and food scraps, even orange skins and apple cores.
- When washing dishes, either dispose of water at the place designated by the campground or disperse it in a wide area at least 200 feet away from any water source. Make sure all food scraps are removed from the water before disposing of it .

Human Waste

- Properly dispose of human waste to avoid water contamination.
- Use toilets or outhouses if provided.
- On day hikes away from toilet facilities, take a trowel with you and dig a cathole (a small hole dug 6 inches deep in which feces is buried. Choose a location at least 200 feet away from water and trails).
- Pack out all toilet tissue and sanitary supplies. If sealed inside two sealable bags, these won't smell. They can then be disposed of properly when returning to the trailhead.
- Do not burn toilet paper. Not only is this ineffective, there is the very real risk of causing a wild fire. Holes do not need to be dug for urine, but toilet paper should still be carried out.



Girl Activities

Dig A Cathole

Before going on a day hike away from toilet facilities, practice digging a cathole with your troop.

Selecting a site:

Select a site at least 200 feet (60-70 adult paces) from water sources and trails. Select as inconspicuous a site as possible—on a hillside or behind a tree.

Try to find a place with deep organic soil, for example with lots of leaf mulch.

Digging a cathole:

Use a small trowel to dig a hole 6-8 inches deep (about the length of a trowel blade) and 4-6 inches in diameter.

After use, fill the cathole with the original dirt and disguise it with the leaves and sticks you removed before digging it.

How Long Does it Last?

Collect samples of commonly found garbage such as a drink can, plastic bottle, paper, cigarette but, apple core or banana skin, glass jar.

Ask the girls to guess how long it takes for the various items to disintegrate in nature.

Paper	2-4 weeks
Apple core or banana skin	3-5 weeks
Wool Cap	1 year
Cigarette butt	2-5 years
Disposable diaper	10-20 years
Plastic bottle	20-30 bottles
Tin can	80-100 years
Aluminum can:	200-400 years
Plastic 6-pack holder	450 years
Glass jar	basically forever

Leave What You Find

This principle can be a difficult one to apply for youngsters. Everyone wants to take home that special rock or to pick just one flower. However, if everyone picks a flower, pretty soon, there are none left for others to enjoy.

Plan ways for the girls to remember the experience. For example, take photos or sketch a flower.

- Leaving natural objects of beauty or interest is especially important. Objects such as antlers add to the interest of the outdoors.
- Removing historical objects is illegal. Many relics may exist in this area. While it is okay to explore them, avoid causing damage or removing any objects.
- Minimize site alterations. Don't construct furniture from branches or rocks.
- Avoid damaging trees by cutting branches or hammering in a nail.



The one exception to leaving what you find: Trash. Take home all you can find!

Girl Activities

A puzzling find

Materials: three simple picture puzzles. Break the puzzles into their pieces. In a yard, sandlot, or playground, scatter all the pieces of one puzzle in a small area. In another location, scatter just two or three pieces and in another location, leave just one piece



1. Ask participants how scientists know what dinosaurs looked like. (They find fossils and reconstruct the skeletons.) It is important for scientists to find the pieces in their original positions (relative to one another) so that they can see how the pieces fit back together. The same is true for cultural human-made artifacts.
2. Split your group into three teams and have one group at each location recover the pieces. Ask each group to try and reconstruct the puzzle or describe the picture based on the pieces they found.
3. Ask each group how easy it was to reconstruct the puzzle. Was it frustrating if some pieces were missing? Discuss the importance to scientists of finding fossils or artifacts where they were originally deposited. Discuss the impacts of intentional vandalism or theft of fossils or artifacts. Discuss the effects of unintentional impacts, i.e.; driving off-road, hobby collecting, campsite construction. Ask the group if they can think of other ways in which fossils and artifacts can be lost or damaged. Discuss ways in which these resources can be viewed and enjoyed on-site without damage. Remind the group that it is against the law to remove or destroy these resources.

Minimize Campfire Impacts

Fires and the outdoors go together. While no longer needed for cooking or warmth, a campfire is still very much part of Girl Scout camping. Even so, consider how to lessen the impact of any fires you have.

Cooking

- With the use of camp stoves, it is no longer necessary to have a fire for cooking. In fact, cooking on a stove is faster, cleaner, and more reliable than cooking on a fire; most camp cooking should be done on a stove.

Campfires

- When you have a campfire, use an existing fire ring.
- Bring your own firewood. Most campgrounds are heavily used and firewood may be difficult to find.



- Check for restrictions on fire building due to fire danger or air pollution concerns
- Keep your fire small and allow it to burn completely to ash.
- Put fires out with water. Scatter the cold ashes or dispose of them in a metal trash can.
- Never throw trash of any kind in the fire. Foil and cans don't burn. Paper can cause embers that fly out of the fireplace. Burning plastics can emit toxic fumes.
- To minimize impact in an area without a fire ring, build a mound fire.

Collecting Firewood

- If collecting firewood, use wood that is “dead, down, and dinky”, about 1 inch across or smaller.
- Both standing and fallen trees provide bird and animal shelter and should be left in place. Leave branches on trees.
- Gather wood over a wide area to avoid depleting the supply in the immediate campsite area. Afterwards, scatter any unused wood.

Instead of having a campfire every night, spend an evening without one. Listen to the noises, take a night hike, or look at the stars.



Girl Activities

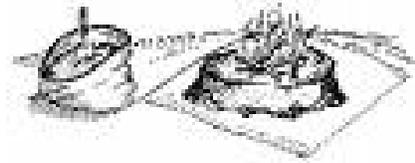
A Cold Dinner

Share this scenario with your troop.

1. Imagine you are camping in the mountains. The air is a bit chilly as your group begins preparation for the evening meal. You plan to build a fire to cook hot-dogs and heat up cans of chili. The fire will also take the chill out of the night air. As you begin to pile sticks inside the fire ring, a ranger approaches your group and informs you that there is a ban on fires due to dry weather. You will not be able to build a fire.
2. How will your group solve this problem? What will you do about dinner? How will you deal with the chilly air? How will not having a fire change your night time activities?

Building a Mound Fire

Try making a mound fire on a lawn or sidewalk. When done properly, you won't be able to see that you've had a fire there at all!



1. Collect mineral soil, sand or gravel (about enough to fill a 5-gallon bucket) from an already disturbed source. Mineral soil is soil without too much organic material like leaves and pine needles in it.
2. Lay a ground cloth or garbage sack on the ground. Spread the soil on it, piling it into a flat top mound at least 6 inches thick.
3. Build your fire on top of the dirt. Use small sticks and allow them to burn down to ashes rather than using water to put them out.
4. When the ashes are cold, spread them widely or put them in a metal trash can. Return the dirt to where you find it and disguise the site.

Respect Wildlife

“Look at that cute squirrel!” “Can I go pet the deer?” Or even better, “Take a photo of me next to the bear!” Have you heard any of those before?



When outdoors, your actions can disturb wildlife. In extreme cases, you can cause an animal to abandon its young or to attack you to protect its young. While most wildlife adapt to humans, it's best to learn about wildlife through watching quietly.

- Observe animals through binoculars. If you notice an animal reacting to you, for instance, by looking up or moving away, you are too close and should move away yourself.
- Travel quietly and in small groups. Do not follow animals or force them to flee.
- Allow animals easy access to water by camping at least 200 feet from water sources.
- Feeding animals may sicken them.
- Animals sometimes carry diseases such as rabies. If you find a sick or injured animal, leave it alone. Notify a game warden or ranger.
- Make sure animals can't get into your food. Animals that have become accustomed to humans can become nuisance animals and may have to be relocated or destroyed.

- If food storage rules are followed, bears are not a big problem when camping. If a bear does come into the campground, retreat and notify a ranger or the campground manager.

Girl Activities

Role Reversal

1. Ask the girls to imagine that they have had a guest in their house who ate all the food, left trash on the floor and dirty dishes in the sink, walked on the carpet with dirty shoes, etc. Explain that, when we visit the outdoors, we have a responsibility to treat animals' homes with respect.
2. Have each student pick their favorite wild animal. Give them each a minute or two to describe how they (the animal) would feel if it were shown disrespect by humans. Have them verbalize what an animal would say if it could speak its mind. Examples: a bear that had all its berries eaten, a beaver that had its lodge destroyed. Then ask each student how humans could have behaved in a way that would have shown respect.

Be Considerate of Other Visitors

Girl Scouts promise to be considerate. Not only are we there to enjoy the outdoors but so are other people. There are many ways that a group can minimize its social impact on an area:

- Travel in small groups, go in the off-season or during the week when possible, and avoid holiday weekends.
- Be courteous when you meet other groups on the trail. Yield the right of way to other hikers and to all horse riders.
- Take rest breaks off the main trail.
- Let nature's sounds prevail. Try not to be too noisy in campgrounds and maintain quiet hours so other campers can sleep.
- Leave radios and CD players at home.
- Choose colors that blend into the background. Bright colors attract the eye and may make an area seem more crowded.
- If you are concerned about being able to spot your girls in an emergency, have each one carry a red bandanna or carry a white or orange trash bag (which can double for emergency shelter/rain gear) rather than wear brightly colored shirts or jackets.



- Respect both public and private property. Leave gates as you found them. Don't leave any signs that you have passed through.
- Pick up trash when you see it.
- Be courteous when you meet other visitors.

Girl Activities

Solitude Sit

The purpose of this activity is to increase personal awareness of solitude and quiet. If possible, have two sites available—one quiet with natural qualities, and one in a busy area. You may have to do the activity as two different times. If you can only do the activity at one site, use a quiet place since most people are more familiar with civilized sites.

1. Have each participant sit quietly in the selected site. Record impressions. What sights, sounds, smells and touches are there? What would you expect? What did you actually observe.
2. After experiencing each type of surrounding, ask participants:
 - How did your perception of solitude change in each area?
 - How were your expectations different from what you actually experienced?
 - Did anything seem out of place in either site?
 - From the point of view of solitude, how might a group of Girl Scouts affect each environment?

Make Leave No Trace part of your outdoor experience, part of your attitude, and part of your life!

For more information on Leave No Trace, including free down-loadable teaching materials, go to www.lnt.org. Leave No Trace resources available through the Leave No Trace website include:

Books

Teaching Leave No Trace: An Activity Guide. Illustrations & activities to help share the Leave No Trace message

Soft Paths 2nd Edition A practical guide to minimum-impact recreation techniques and ethics.

Leave No Trace Cookbook Guide for educators providing "training recipes" that have been created and submitted by Leave No Trace Masters. "Recipes" help educators with specific activities that illustrate the seven principles for all different age groups and experience levels.

Skills and Ethics Booklets The Leave No Trace Skills & Ethics booklet series (each approximately 24 pages) offers techniques for specific regions or outdoor activities, although the general Leave No Trace principles are universal across all environments.

Boy Scout Teaching Leave No Trace handbook

Videos

The **Soft Paths videos** (15 & 30 minute versions) describe, using narration and visuals, effective minimum-impact backcountry techniques. The Soft Paths video is a pre-trip teaching or review tool. A 30-minutes and 15 minute version are available.

Plastic Reference Cards

The plastic reference cards list and explain the seven Leave No Trace principles. These waterproof 3" x 5" cards can be hung from jackets and backpacks. Adult, child and front country (day outing) versions are available.

Chapter 2

GIRL READINESS FOR CAMPING

Girl Scouts need to be prepared emotionally and physically, have proven competency in skills involved, and want to go troop camping. Use these readiness indicators as a checklist to determine if each girl in your troop is ready to go camping overnight:

Emotional Readiness

- Is not afraid to be away from home and parents overnight
- Wants to go
- Is willing to sleep, eat, play with all girls, not just with best friends.
- Can cope with strange place, darkness, woods and night noises, spiders, bugs, and worms
- Can manage with little or no privacy
- Doesn't always have to have own way
- Can function as a member of a group

Physical Readiness (Accommodate girls' physical development and special needs)

- Does not tire quickly
- Is strong enough to carry own gear, bucket of water, pot of food, armload of wood.
- Has strength and coordination needed for planned activities



Has Necessary Skills and Knowledge

- Can plan a simple trip
- Can use a hand operated can opener, grater, peeler, paring knife
- Can read and follow a recipe and a kaper chart
- Can wash dishes, clean up, and store food properly
- Can build a fire and/or operate camp stove to be used
- Can dress properly for the weather
- Can sweep the floor and clean a toilet
- Knows how to operate a flashlight
- Demonstrates a concern for safety
- Can follow directions satisfactorily
- Has been on a series of day trips, cookouts, and sleep outs
- Can pack and keep up with gear and roll and tie or stuff a sleeping bag

Behavioral Expectations

Knowing what is expected ahead of time will help the girls to behave in an appropriate way. As a troop, the girls with adult guidance should make their own behavior plan. These may include the following:

- Stay with the group, don't wander from camping area
- Use the buddy system
- If lost, stay where you are, and blow a whistle
- Avoid contact with strangers
- Report suspicious sounds, activities, or people to an adult
- Follow safety rules
- Do kapers on time
- Respect other campers' property
- Leave a place better than you found it
- Make no unkind remarks
- Be a friend to all

Handling Girls' Fears

You have used a progression of experiences to enhance the troop's readiness, prepared them with skills, and practiced those skills in your meeting. Some ways to deal with challenges for which the girls may not be ready:



- Create a safe, non-threatening environment.
- Recognize that girls come from different backgrounds.
- Set behavioral expectations (safety rules, no unkind remarks, all help)
- Let girls know what to expect (night noises, kapers, caring for own belongings, bathroom facilities)
- Plan activities to help girls get over their fears and build excitement for camping (for example: stargazing, night hikes, or a bug experience)
- Take troop to visit camp area prior to the trip, if possible.

Girl Activities

The Clean Sweep Obstacle Course Relay

Make an obstacle course for each team to sweep around, under, and through. Scatter paper or if outside dry leaves along the course.

Position one team member at the end of the course with a dustpan. The sweeper sweeps their dirt into the dustpan and the dustpan holder then runs to the trashcan lined with a plastic grocery bag and empties the dustpan.



There is another team member waiting at the trashcan who takes the bag out of the can, ties it up, runs to a cardboard box labeled dumpster, and deposits the trash.

Another team member is waiting at the dumpster and when the trash is deposited, they run back to the starting place where there is a bucket of water, toilet brush and a squirt bottle of water. They squirt the water around the rim of the bucket, brush the inside of the bucket then rings a bell. First team to ring the bell wins. (They have now learned to sweep the floor, empty the trash, and clean a toilet.)

Bug Detective Walk



Divide your troop up into groups of 3 or 4. Give each group a magnifying glass and a notebook and pencil. Tell your girls that you are going on a hike to look for bugs, if they find a harmless bug, stop look at it through the magnifying glass and record the number of legs, how many body sections it has, and does it have antennae or wings.

Take a short walk around your meeting place or in a park. Make sure you define the boundaries of where the girls can go. After time enough has elapsed to observe a few bugs, blow a whistle for everyone to meet at a central place. Have insect identification books available for girls to look up their bugs. Then have them share their observances.

PROGRESSION IN THE OUT-OF-DOORS

Whether you are planning a hike, cook out, camp out, or more, you need to prepare your troop for the best experience. Progression in the Out-of-doors is The Girl Scout way of helping you get your troop ready. Working through these steps will let girls learn the simple skills before moving on to more complicated ones, help them overcome fears, and make them more likely to have successful and positive experiences in the out-of-doors.

Exploring Nature



Look Out

Your troop is just getting started to observe the Out-of-doors. They do an activity that gets them looking out the window at nature.



Meet Out

Your troop steps out of your meeting place to observe the sight, sounds, touch, and smell of nature. They learn nature songs and games, learning about protecting and improving the world around them.



Move Out

Your troop takes a walk around the block to see what they can see. They do an activity to help them explore nature a short distance from their homes.

Getting Ready to Hike and Cookout



Explore Out

Your troop is ready to plan a hike. They learn what to wear and take, make a snack, and how to stay safe Out-of-doors. They plan and take a hike.



Cook Out

You're trained in fire building, stove use, and cooking outdoors. Your troop is ready to plan a cook out. They learn about fire safety, lighting a stove, building and putting out a fire, and preparing a meal. They plan and cook a meal outdoors.

Getting Ready for a Campout and More



Sleep Out

Your troop is getting ready to sleep out. This is practice for going camping. They learn about camping gear and what to pack and eat. They plan an overnight close to home.



Camp Out

Your troop is getting ready to camp out. They have done a sleep out. They learn about tents, knife use, and simple first aid. They plan and go on a camp out.



Travel out

You will want more specialized and advanced training for your troop to do more extensive outdoors travel such as backpacking.

When The Trip Is Over; Evaluating the Activity

Outdoor activities are learning and growing experiences. To gain the full value from an outdoor activity the girls should talk about what they did, what they learned, what they would change if they went again. Applying the lessons learned to the next activity is a sure sign that this experience was worthwhile.

Schedule time at the end of an outing to review your outdoor experience by asking questions, discussion, rating parts of the activity, or brainstorming the good and the bad.

A good progression step after your first trip is to evaluate what the girls liked and what they felt needed improvement. Then plan another trip enforcing what they liked and working on what needed improvement. Be sure to incorporate further progressive steps to help the girls gain more skills and grow in their experience.

Remember: Practice, practice, and practice! If the girls know the skills before you go, the trip will be a breeze.

Chapter 4 KAPERS

In all Girl Scout camping activities, most of the housekeeping jobs are done by the girls. Girl Scouts call these jobs “Kapers.” A kaper chart is a method to assign these jobs, by chance and in rotation, to individuals or groups.

The girls, with leader guidance, should plan all kapers and make the charts. They can include concise job descriptions (Job descriptions could be on pull out laminated card) and should be posted at the campsite.

A kaper chart serves several purposes:

- Relieves the leader of the need to tell the girls what to do or give individual instructions.
- Gives a girl the knowledge of all jobs so that she understands the importance of her job and how it fits into the whole experience.
- Helps a girl to see that, by rotation, she will get to do various jobs so that she is less likely to resent a “dull” job.
- Teaches a girl gradually, as her kaper chart experiences progress, the planning need prior to any group event.

A kaper chart should be creative and graphic to make the jobs more appealing. Encourage your girls to try different methods of choosing who does which job. For example:

- Draw names from a hat
- Match jobs according to age, experience, or even what color they are wearing.
- Assign patrols to be responsible

On the next trip girls will be assigned to a different kaper. Below is an example of a kaper chart.

KAPER CHART		
Wood Gatherers/ Fire Builders 	Sat. Breakfast Unicorns	Sat. Lunch Groovie Girls
Cooks 	Troopers	Unicorns
Clean up 	Groovie Girls	Troopers

OVERNIGHT KAPER CHART				
Kaper	Dinner	Breakfast	Lunch	Closing Camp
 <p>Fire builder</p>  <ul style="list-style-type: none"> • Fire bucket • Lay fire • Start fire • Tend fire until it is out • Fire safety checker • Replenish wood 				<p>Fire Clean up</p> <ul style="list-style-type: none"> • Clean out used wood • Distribute ashes • Pickup trash in area • Empty & pack fire bucket • Pack all fire building equipment
<p>Cooks</p> <ul style="list-style-type: none"> • Wash hands • Prepare food • Soap pots • Cook food • Get food ready to serve • Soak pots & pans for clean up • Put away all food after meal 				<p>Cooking Clean up</p> <ul style="list-style-type: none"> • Pack all cooking equipment • Pickup trash in cooking area
<p>Hostess</p>  <ul style="list-style-type: none"> • Set tables • Make centerpieces • Select & lead grace • Seat guests • Serve guests first • Responsible for good table conversation & manners • Wash guest's dishes 				<p>Campsite & Restroom area</p> <ul style="list-style-type: none"> • Pack all Sleeping equipment • Inspect sleeping areas for cleanliness • Inspect restrooms for cleanliness
<p>Clean-up</p> <ul style="list-style-type: none"> • Heat dishwater • Set up dishwashing area • Wash all cooking dishes • Wash tables • Sweep • Dispose of garbage • Dispose of dishwater 				<p>Dishwashing area & trash</p> <ul style="list-style-type: none"> • Pack dishwashing equipment • Make sure eating area is clean • Dispose of garbage according to camp policy

Kaper Chart Job Description

Fire Builder

- Responsible for fire bucket (before lighting fire)
- Lay Fire
- Start Fire
- Responsible for fire until it is put out
- Responsible for fire safety
- Responsible for replenishing wood used and seeing that tarp is secure
- Put out fire, working it until it is completely out

Hostess

- Set tables
- Make tables look presentable
- In charge of selecting and leading grace
- Seat guests
- Serve guests first
- Responsible for good table conversation and manners of her patrol
- Wash guest's dishes

Cook

- Wash hands
- Prepare food
- Soap pots
- Cook food
- Get food ready for the hostesses to serve
- Responsible for health and safety in her area
- Put away all food after meal
- Soak pots and pans for clean up

Clean-up

- Responsible for heating dishwater
- Sets up dishwashing area
- Wash all cooking dishes
- Wash tables
- Sweep or pick up dropped food
- Tend and disposes of garbage in accordance with camp policy
- Dispose of dishwater according to camp policy

Girl Activities

Trying different kinds of Kaper Charts

Divide your troop into groups or patrols
Each group makes a different type of Kaper Chart making sure to rotate jobs if applicable, choosing from the following:

- Meeting Kaper Chart
- Outdoor Cooking Kaper Chart
- Camping Trip Kaper Chart
- 2 night Camping Trip Kaper Chart
- Special Program Kaper Chart
- Ceremony Kaper Chart

Then have each group share the Kaper Chart they made and why they made it that way.

Girl Activities

Kaper Chart Rotation Game

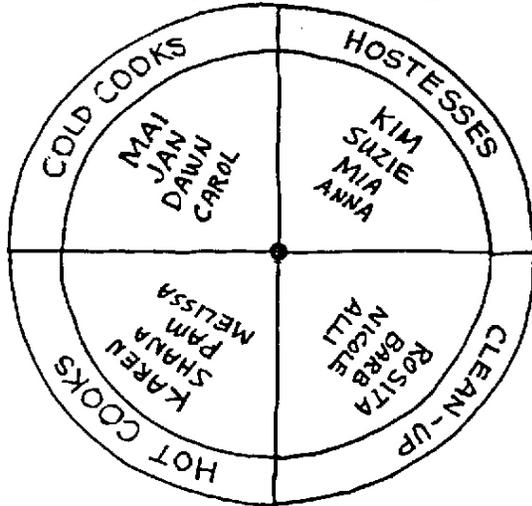
Assign each girl a job to pantomime.
There can be more than one girl per job.
Choosing from the list below:

- Sweeping
- Dishwashing
- Fire building
- Cooking
- Setting tables
- Leading Grace

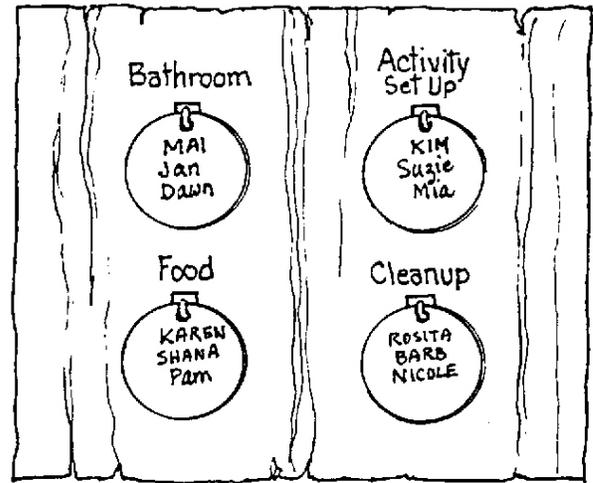
Have girls get into a circle. When you ring a bell they act out their jobs. Ring the bell again they circle left and do the job of the person who was at that spot. Keep going until they are back to their original space.

Kaper Charts

A kaper chart is a Girl Scout way of organizing activities. Kaper charts are a visible reminder of the tasks that need to be done. Symbols or names for particular jobs are usually drawn from a container. The girls' names or their logos are put on the kaper chart. Charts are designed so that jobs are rotated and girls share all the responsibilities. Here are some sample ways to make a kaper chart:



Inner wheel turns.



Tags are moved around on board.

	Food Prep.	Cooks	Hostesses	Clean-up
Tues. Lunch				
Tues. Supper				

	Food Prep.	Cooks	Hostesses	Clean-up
Tues. Lunch	Amy, Susan, Cheryl, Ann	Karen, Barbie, Michelle, Jenny	Carrie, Marie, Elena, Jo	Laura, Kristin, Joanna, Shana
Tues. Supper	Laura, Shana, Karen, Jenny	Kristin, Amy, Carrie, Marie	Joanna, Cheryl, Michelle, Barbie	Susan, Ann, Jo, Elena

	Elena Sharon	Kristen Mary	Shana Joanna	Mia Dawn
Sat. morn.				
Sat. noon				
Sat. eve				
Sun morn.				

	Bathroom clean up	Site & Garbage	Food	Unit Surprises
Fri eve	Amy, Susan, Cheryl, Ann	Karen, Barbi, Michelle, Jenny	Carrie, Marie, Elena, Jo	Laura, Kristin, Joanna, Shana
Sat. morn.	Laura, Kristin, Joanna, Shana	Amy, Susan, Cheryl, Ann	Karen, Barbi, Michelle, Jenny	Carrie, Marie, Elena, Jo
Sat. noon	Carrie, Marie, Elena, Jo	Laura, Kristin, Joanna, Shana	Amy, Susan, Cheryl, Ann	Karen, Barbi, Michelle, Jenny
Sat. eve	Karen, Barbi, Michelle, Jenny	Carrie, Marie, Elena, Jo	Laura, Kristin, Joanna, Shana	Amy, Susan, Cheryl, Ann

Meal Planning for Camping

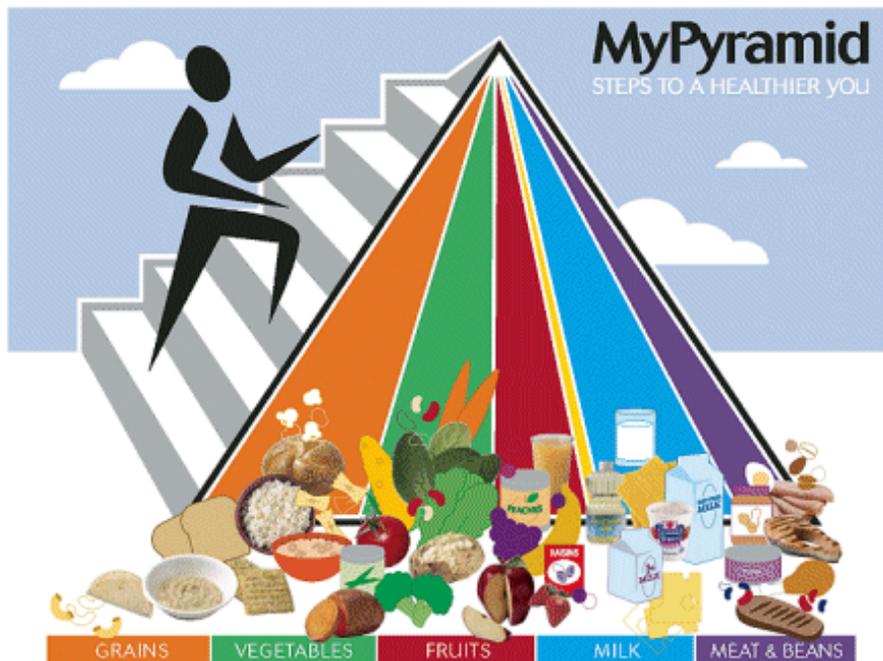
Good nutrition and hydration (drinking plenty of fluids) are necessary for any outdoor activity. A well-nourished camper is more apt to be healthy, energetic, and strong. She will be more eager to participate in program activities. Sufficient food for every person is essential.

Everyone included in an outing should take part in planning menus. Start with simple meals—ones that are nutritious but easy in preparation and clean-up. Considerations include the following:

- Level of physical activity planned; sizes of appetites
- Weather expected—more calories needed for cold weather
- Sources of food—grocery store to specialty freeze-dried products
- Food preferences—likes, dislikes, allergies, religious or other restrictions
- Method and space for transporting food
- Available refrigeration
- Nutritionally balanced menus
- Food budget
- Facilities for food preparation
- Time to experiment with different foods and types of preparation

Let the girls use the food pyramid as a guide to plan nutritional meals. Principles include eating more fruits, vegetables, and whole grains; reducing intake of saturated fat, trans fat, cholesterol; limiting sweets and salt; controlling portion sizes and number of calories consumed. Remember: No single food group provides all nutrients your body needs.

Energy supplied by food is measured in calories. Calories are best obtained by eating a balanced variety of foods containing carbohydrates, fats, and proteins. Be sure to include high-energy snacks such as dried fruit, nuts, cheese, and chocolate.



Drinking adequate amounts of fluids is vitally important. In order to stay well hydrated, each person should drink water with every meal and also frequently throughout the day. Drink water even when not thirsty. Avoid drinks such as colas, tea, and coffee, which act as diuretics.

Girls should be sure that all menus are balanced: main dish, vegetables, fruit, bread, beverage, dessert (lunch & supper, optional)

Girl Activities

Nosebag Lunch Relay

Discuss balanced meals/food pyramid or groups. Cut out pictures of food from the various food groups and other food which would not be appropriate for a nosebag lunch. Spread the pictures on a table. Divide the troop/group into relay teams. Provide a lunch bag for each team. Have the girls come forward and fill a lunch bag with appropriate food. Check the bag of the winning team to be sure appropriate foods have been included.

Variation on Nosebag Relay

Locate foods for different meals.

Nutritious Meals Exercise

Display and talk about the food pyramid. Using pictures cut from magazines or printed from the internet, place foods in the correct part of the pyramid.

Snack for Meeting

As a snack for a troop meeting and to practice for an outing, prepare a walking salad (no-cook; portable). Provide an apple for each person. Core apples and fill with a mixture of peanut butter, raisins, and nuts. Eat as a crunchy snack.

Some-mores

Use a portable charcoal grill that can be safely lighted outside troop meeting area. Provide marshmallows, graham crackers, and chocolate bars for each person. Place part of a chocolate bar on half a graham cracker. Using toasting forks, toast marshmallows and place them on cracker and chocolate. Top with second half of cracker—and ENJOY!



Meal Planning

Which meal? _____ How many people? _____

Menu

Main dish _____

Vegetables _____

Fruit _____

Bread _____ Dessert _____

Beverage _____

Grocery List

Quantity	Item	Equipment

Basic Items:

Salt Bleach Charcoal Other
Pepper Soap Spices
Sugar Toilet Tissue Foil

SAFE FOOD PACKAGING AND STORAGE

Camping meals are meant to be enjoyed without the worry of food spoilage or being a tasty treat for local animal population.

What is the number one issue in food storage safety? Avoiding spoilage! This means providing adequate cooling for perishable foods.

- When camping, take two coolers—one for perishable foods, one for drinks and snacks.
- Keep lids closed as much as possible to retain cooling.
- A drink cooler will be opened more often than one containing food.
- Invest in a quality cooler.
- Replenish ice as necessary. Blocks of ice last longer than cubed or crushed ice.
- Food safety experts recommend using freezer ice packs or frozen jugs of water because they drip less. Loose ice can melt, then drip and possibly transfer contaminants from one food to another.
- Keep food wrapped or enclosed in containers to avoid having it sitting in water at bottom of cooler.



Separate raw food from cooked food. Place raw meat and poultry in sealed containers and pack them at the bottom of the cooler to keep juices from dripping on to other food.

Freezing foods ahead of time will extend their storage life and decrease the need for replenishing ice. (This is very useful for chicken, which should be eaten the first day or two, because it spoils faster than other meats.) Many recipes can be prepared ahead of time, frozen, and then finalized at the campsite.

Keep coolers in the coolest part of a vehicle when traveling and out of the sun at the campsite.

Never store food in tents. It will attract wildlife—everything from snakes to raccoons to bears. Sealing foods in air-tight containers will help minimize smells. Scented articles such as soap, sunscreen, hairspray, and toothpaste also attract animals. Store these items the same way you do food, in sealed containers. Never leave food unattended at your campsite, and always dispose of all garbage properly. Repackage food at home to get rid of extra packaging materials.

Bears are wild and their behavior is sometimes unpredictable. Treat all wild animals with caution, and keep food stored so as not to attract them. Special bear-proof lockers are available in such places as national parks. If your campsite has special bear-proof storage, use it. Camp Pisgah unit shelters have a metal-lined shelf for food storage.

Girl Activities



Repackaging Party

Visit the grocery store or bring packaged food items to your meeting. Ask the girls to evaluate the amount of extra packaging the foods have. For instance, are they in a bag inside a box? On a camping trip that will just be extra trash for you to carry home.

Plan a Repackaging Party before your camping trip to eliminate extra packaging trash.

Unwelcome Guests

Talk with the girls about how much better animal's sense of smell is than humans'. Perhaps they've watched a dog sniff something out? Because we don't have that great sense of smell, we're going to use sound as a substitute in this activity.

One girl becomes our "Camper." What is her favorite snack treat? Give her a cell phone or some other item that will make a lengthy noise in a few minutes. This item represents her snack.

The Camper has taken her favorite treat to camp and hidden it out-o-sight in her tent. Ask the Camper to go to an adjoining room (her "tent") and hide the "snack." She should call to you when the "snack" is hidden, and then sit there in her "tent."

Meanwhile, other girls draw slips of paper which are labeled either "mouse," "snake," or "skunk."

When it is hidden, call the cell phone to make it ring. Tell the group that mice love _____ snack food and can smell it from a long distance away (the girls hear it ringing). Send the mice into the "tent" to find the "snack."

But snakes love to eat mice! Now send the snakes in to the tent to catch a tasty mouse. And who thinks snakes are yummy? In go the skunks, to catch a snake/mouse pair.

When everyone is in the "tent" have the girls discuss what has happened because of sneaking a snack into the tent. Do they want these visitors on their camping trip?



Chapter 7

CLOTHING

Make sure you have the right clothing.

- Check the weather forecast before you go.
- Bring appropriate clothing for all planned activities.
- Bring clothing for unexpected rain or cold.



“Think Layers”

- A base layer, warm layer and weatherproof layer are the basic clothing layers. Put on and take off the pieces as you get warm or cold.
- Whenever possible, **use clothes the girls already have.**

Fabric Choices

- Cotton can be worn in warm weather. However, it won't keep you warm if it gets wet. Make sure the girls (and leaders!) have a warm jacket or sweater and rain gear with them.
- Warm layers should be of wool, fleece or a synthetic such as polypropylene. These days, many girls have fleece jackets and pants for sports activities.
- Nylon wind pants also make a good outer layer.
- Check second-hand stores for wool garments.

Shirts and Pants

- Leave tank tops, halter tops, crop tops and short shorts at home. Exposed shoulders or midriffs can easily get sunburned or bitten by insects!
- Long sleeves and long pants will help protect you from insects, poison ivy, or brambles.
- Shorts can be worn in warm weather but watch out for sunburn.
- Clothing should be loose enough to allow easy movement.

Shoes and Socks

- To prevent cuts, scrapes, blisters and general discomfort, closed-toe shoes and socks must always be worn for outdoor activities. Check that socks do not have holes in them.
- Tennis shoes are appropriate for most outdoor activities.
- Flip-flops and sandals are not allowed for outdoor activities.
- Shoes should be broken-in before going on long hikes.
- For an extended hike, wool or polypropylene socks are best but are expensive.

Raingear

- Regardless of weather forecast, each person should have a waterproof layer with her.
- An emergency waterproof layer can be a garbage sack with holes cut for the head and arms.

Hats

- In cool weather pack a warm knit hat. Sleeping in it will even help keep your feet warm
- During the summer bring a hat with a brim. You'll appreciate the shade and the protection from sunburn.

Take off and put on layers as the temperature changes

- Dress in layers rather than in a single heavy coat. Put on or take off layers as your temperature changes. Sweat soaked clothes lose insulation value.
- Pay attention to what the girls are wearing. Often they will ignore the warning signs of getting chilled until they are thoroughly cold and will then have a hard time getting warm again.

Odds and Ends

- Bring gloves or mittens for cool mornings.
- Sunglasses are recommended on sunny days.
- A bandanna is a very useful clothing item. Its uses range from handkerchief to pot holder to blindfold to belt.
- Be sure that **loose, floppy or synthetic clothing** is **not worn around stoves** or fires or around any moving parts (such as playground equipment or bikes).

In Safety Wise, see pages 82-83 and specific activities for more information on clothing.

Tips for Keeping Warm

Take a Change of Clothes

- Make sure everyone has a **change of clothes**. To prevent hypothermia, change into dry clothes as soon as practical after getting wet. Damp clothes and wet skin can cause chilling quickly.
- Keep a change of clothes in a plastic sack to keep it dry in case of rain.

Avoid wearing too many clothes in your sleeping bag

- With too many clothes on, you may compress the insulation, making you colder rather than warmer. In cold weather, wear long johns or long underwear made of a synthetic material (e.g., polypropylene) to sleep in.
- And since you're not wearing it, your fleece jacket makes a great pillow!

Sleep in dry clothes

- Even if you don't realize it, your clothes get damp during the day during normal activities. Changing before bedtime means you are wearing dry clothes.
- Bring extra socks to change into before bed. Sleeping in clean dry socks will keep you warmer.

Wear that warm hat!



Girl Activities

Fashionable Camp Clothing

Have a fashion show. Show the girls a selection of clothing items. Describe an outing and the expected weather. Let them model the right clothes for the day.

Clothing Collage

Clip pictures of a variety of clothing items from magazines or catalogs. Have the girls choose those that would be appropriate for a given activity or weather type. Some examples are: hot summer day hike; camping in the fall when overnight temperatures will be below freezing, spring cookout, etc.

Test Fabric Types

Get three pairs of socks, one each of cotton, wool, and nylon. Have three volunteers put the socks on their hands, then dip one hand in water. After a few minutes, ask each to compare how the wet and dry hands feel, in terms of temperature. This is especially effective on a breezy day. The cotton should feel cold and clammy and wool the warmest.

PLANNING (a 3-step review) AND PACKING

Step 1: Ask the girls to determine where their experience level falls on this list:

- **Look Out:** wonder what the world at our doorstep is like
- **Meet Out:** see, listen and enjoy nature sites and sounds
- **Move Out:** walk around block to see what you can find
- **Explore Out:** walk with a purpose. Follow trail signs and learn how to be safe outdoors
- **Cook Out:** select safe place for a campfire and prepare a one pot meal
- **Sleep Out:** prepare for a overnight close to home
- **Camp Out:** choose campsite, plan equipment, pitch a tent
- **Travel Out:** plan trip, budget, use map or compass

The girls' experience level will determine what type of trip they are ready for. A hike around where you meet with your troop? A cookout in a local park? Are you going to cabin camp or tent camp? In your back yard, at Camp Whispering Pines, or at another campsite?

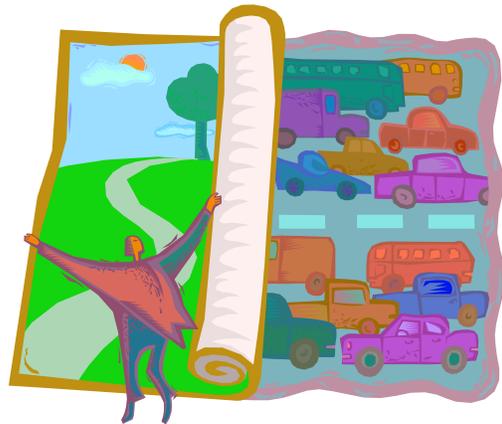
Are the girls ready to learn the skills for a more advanced outdoor event? What training do they need? When and how will they get it?

Step 2: Put the girls to work planning the event.

It is easy for leaders to do it all, but the girls need the opportunity to develop the leadership skills that come with trip planning. They will be more responsible and more receptive to getting things done when they have been the ones to plan the activities.

The girls can plan

- when and where to go
- what to do; what to take
- what to eat and how to purchase, store, and cook it
- kaper charts to spread the work evenly
- what behavior is acceptable (talking all night?)
- for special needs (allergies, mobility issues, dietary needs and religious preferences)
- how to pack, carry, and keep up with their own gear
- what new skills they need to learn (pitching tents, cooking methods, clean-up—or spending a night away from home!)



Step 3: Cross your “t’s” and dot your “i’s”

- Fill out necessary forms and have them approved by Council staff
- Have Troop Camper and First Aid person at event at all times
- Have all permission slips and health history signed and copies made for leader and other adults anytime you go on an outing away from your regular meeting place
- Have copies of the itinerary for all parents and an emergency contact person who will start a phone chain in case of emergency
- Have an emergency plan in place prior to taking trip
- Check to see if area has cell phone service or regularly phone lines to make a call if there is an emergency
- Add extra insurance if needed

WHAT WILL YOU NEED?

Once you’ve made some decisions about your camping trip, you and your troop will have to decide what you’re going to need.

When planning what you’ll need, consider:

- ❑ Supplies/clothing for planned activities
- ❑ Time of the year/weather
- ❑ Group size
- ❑ Length of trip (more than two nights? Contact the Council Office for extra insurance.)
- ❑ Special tools for cooking methods you’re planning
- ❑ Keeping your food cool and away from animals
- ❑ Health and Safety equipment (permission slips, health history, first aid kit, emergency numbers)
- ❑ Equipment for shelter and sleeping
- ❑ How to secure your valuables (it’s better to leave them at home)
- ❑ How will you transport all these items?



On the next page you will find some suggestions for helping the girls plan what they need to take on a camping trip. You’ll also find suggested packing lists for personal and group gear and a Quick-Check Planning Sheet to remind you of all the details.

Girl Activities

Earn an Award

Find a badge or try-it that will fit into the activities you are doing on your camping trip. Have the girls plan what they need to accomplish before and during the trip.

Take A Tour

Plan a trip to check out your campsite ahead of time, or, if you're going to Camp Whispering Pines or the Hacienda, take the virtual tour online on the council website.

“Dress-up and Decide”

Fill two bags with clothing items from home. Have two teams dress up and have girls review the outfits to see which outfit is appropriate for their particular camping outing. Here's an example:

Scenario: You are going camping in November. It will be warm in the day and cold at night.

Bag 1: put in a tank top, flip flops, shorts, little tiny t-shirt, hat and anything else you want that won't fit the outing you're going on.

Bag 2: put in sweatshirt, long sleeved shirts, t shirt, long pants, hat, raingear, sneakers and warm socks.

Can you Carry?

Have girls bring everything they plan to take camping to a troop meeting. Girls carry their own stuff around the block. Do they still want to take as much? How can they trim down or pack more efficiently?

Fill in the Blank

Give girls a partial list of items needed for the camping trip. Let the girls fill in the blanks.

Me and My Teddy

Talk with younger girls about a favorite toy/stuffed animal that makes them feel secure when they're away from home.

Discuss what accidents can happen to “teddy” on a camping trip (fall in a puddle, get rained on, become lost...). Guide them to decide whether to bring “teddy” or to leave it at home—and maybe bring another cuddly toy that's not quite as important.



Top Down

Have the girls create a packing list from the “Top Down.” Begin with what they might need for their heads, eyes, teeth, face, and move down the body.

PERSONAL PACKING LIST

All items, except sleeping bag and pillow should be packed in a duffel bag or backpack that each girl can carry.

- Closed toe shoes (no flip flops or sandals)
- Flashlight / extra batteries
- Girls medicines, prescription and over the counter medicines are to be in original containers and to be given to First Aid person or leader to be administered
- Hairbrush or comb
- Hat, as needed for sun protection or for warmth
- Hat/gloves/scarf if necessary
- Insect repellent, not aerosol
- Jacket, sweater, or sweatshirt
- Knife, fork, spoon
- Large plastic bag
- Long pants/long sleeved shirts
- Mesh dunk bag
- Pajamas
- Permission slip and health history form
- Pillow (optional)
- Plate, bowl, cup or a mess kit
- Rain gear
- Sanitary items
- Shorts/t-shirts
- Sleeping bag
- Socks, bring an extra pair
- Sturdy shoes or boots, as needed for hiking
- Sunscreen and chapstick
- Toothbrush and toothpaste
- Towel, washcloth, soap
- Underwear, long johns for cold weather
- Water bottle



Leave at home:

- Radios, MP3 players, iPods, CD players and girls cell phones
- Valuables (jewelry, expensive cameras or money)
- Chewing gum
- Snack food

TROOP CAMPING EQUIPMENT

Shelter

- Tents
- Tent repair kit
- Tent stakes and rope
- Tarp(s) or ground cloth
- _____
- _____

Tools/Supplies

- Hammer
- Shovel
- Rake
- Flashlight or lantern
- Compasses
- Rope/twine
- Water buckets
- Charcoal
- Camp Stove
- Propane
- Matches
- Fire Grate
- Fire Starters
- Container for food storage



Cooking/Clean-up Supplies

- | | |
|---|--|
| <ul style="list-style-type: none">○ Hot mitts○ Baking soda○ Dunk bag○ Rope for dunk bags○ 3 dishpans○ Dish rag○ Strainer○ Soap detergent○ Chlorine bleach○ Cooking pots○ Cooking utensils○ Skillet○ Shovel/ rake○ 2 water buckets (heating water)○ Kaper chart○ Hand sanitizer | <ul style="list-style-type: none">○ Can openers○ Pots/containers for heating water○ Paper towels○ Salt and pepper○ _____○ _____○ _____ |
|---|--|

QUICK-CHECK PLANNING SHEET

Use this quick check sheet to ensure you haven't forgotten anything for your camping trip.

- Description of Outing
- Destination
- Date
- Time(s)
- Copy of reservations
- Council Approval (when necessary)
- Costs (for each girl or for the troop)

- Name of First Aider
- First Aider Cell #
- Troop Emergency Contact Person – Home Phone and Cell Phone #
- Council Emergency Contact Person—Cell Phone #
- Emergency Procedures (lost camper, weather emergency, accident)
- Safety Considerations, *Safety-Wise*
- Location and telephone #'s of police, fire department and rescue squad or ambulance.
- Permission Slips
- Health History form information on all Girls and Adults
- First Aid kit
- All prescription medicines are with the First Aider along with a journal to record when medications were administered or first aid given

- Type of Transportation, Drivers' information
- Names of Adults Attending
- Names of Girls Attending
- Trained Supervision (example: Swimming, must have certified lifeguard)

- Schedule
- Program Activities
- Food
- Troop Equipment
- Personal Gear



OUTDOOR ADVENTURE BOUND

REVIEW QUESTIONS

Answer the following questions on the attached answer sheet. Forward the answer sheet to the Council Office for grading and crediting you with course completion.

Leave No Trace

1. LNT is a program we can use to help the girls learn to enjoy the outdoors without loving it to death.
True False
2. According to LNT principles, you should never have a campfire while camping.
True False
3. Which of the following are part of Planning Ahead?
 - A. Checking the weather forecast.
 - B. Calling the ranger to find out about programs planned at the park.
 - C. Getting permission slips for all the girls
 - D. Planning a menu for lunch
 - E. All of the above.
4. Examples of durable surfaces include:
 - A. Gravel
 - B. Boggy meadow
 - C. Dirt
 - D. A and C
5. Camping, dishwater disposal, and catholes should all be at least 500 feet from water or trails.
True False
6. It's okay to bury toilet paper when you make a cathole.
True False

Girl Readiness for Camping

7. A girl is not ready to camp if she
 - A. has no concern for safety
 - B. Has never spent the night away from home
 - C. Has not learned the necessary skills
 - D. Any of the above
8. Leaders really can't do anything to prepare girls for camping.
True False
9. Adults should make all the decisions about what girl behavior is appropriate
True False
10. Experiencing night noises, being away from parents overnight, and learning about bugs prior to a camping trip can help girls to overcome some of their fears.
True False

Progression

11. Progression in Girl Scouting is important because
 - A. It lets girls master simple skills before moving on to more challenging ones
 - B. By preparing girls for a camping experience gradually the girls can better overcome their fears.
 - C. Girls are more likely to be successful when they've already developed needed skills
 - D. All of the above
12. Your troop is ready to plan and go on a hike after they have
 - A. Looked outside to discover the great outdoors
 - B. Met outside to experience the out-of-doors
 - C. Moved outside taking a walk around the block near home
 - D. All of the above
13. Your troop is ready to cook a meal outside when
 - A. They have planned what to cook
 - B. They've watched you cook
 - C. You've completed the Firebuilding and Outdoor Cooking class
 - D. You've taken required training and taught the girls meal planning and outdoor cooking skills
14. Your troop is ready to plan and go camping when
 - A. You have completed the appropriate training
 - B. They have developed the skills necessary
 - C. They have experienced a sleep out
 - D. All of the above
15. A good time frame for preparing a new troop to go camping is
 - A. 2 or 3 meetings
 - B. One month
 - C. When you've spent enough time to go through all the steps in progression
 - D. As soon as you have completed this training
16. A good starter trip for a Daisy troop is to go on a nature walk near the troop's meeting place
True False
17. Evaluations after a trip aren't of value because they only point out what went wrong.
True False

Kapers

18. You need a kaper chart only when your troop doesn't do what you ask of them.
True False
19. A kaper chart helps a girl to see how her job fits into the big picture.
True False
20. Kaper charts can include concise job descriptions
True False
21. Kaper charts should be posted at the campsite
True False

Meal Planning

22. Only adults should plan meals for camping trips and other outdoor activities.
True False
23. Likes and dislikes should be considered when planning menus.
True False
24. It is OK to disregard balanced meals when camping; girls can “catch up” when they return home.
True False
25. Weather conditions should be considered when planning food for an outing.
True False
26. Using a food pyramid can help you plan nutritional meals.
True False
27. Chocolate is the only high-energy snack.
True False
28. Drink water even if you are not thirsty.
True False
29. Colas, tea, and coffee are the best beverages during outdoor activities.
True False

Food Packaging and Storage

30. Litter can be reduced by repackaging food.
True False
31. The number one issue in food storage is spoilage.
True False
32. One cooler is usually sufficient for food storage while camping.
True False
33. Coolers containing food are usually opened more often than those containing beverages.
True False
34. Raw food and cooked food should be kept separate.
True False
35. Freezing food ahead of time extends its storage life.
True False
36. Crushed ice generally works better in coolers than ice packs.
True False
37. Animals are attracted to items other than food—such things as soap, toothpaste, and sunscreen.
True False
38. The safest way to protect food from bears is to use a special bear-proof locker, available at many national parks.
True False

Clothing

39. Which of the following should not be taken on a camping trip:
- A. flip flops
 - B. tank top
 - C. high heeled shoes
 - D. all of the above
40. Wearing a hat to sleep in will keep your whole body warmer.
True False
41. Cotton is a good choice for clothes in cool damp weather.
True False
42. Warm layers are best made of:
- A. Fleece or polypropylene
 - B. Wool
 - C. Cotton knit
 - D. A or B
43. Waterproof layers can be
- A. Raincoats
 - B. Ponchos
 - C. Garbage sacks with holes for head and arms
 - D. All of the above
44. A bandanna can be used for:
- A. Hot pad
 - B. Strainer
 - C. Bandage
 - D. All of the above and many more things
45. Everyone must buy specialized clothing for outdoor activities with the troop.
True False
46. A heavy winter coat is a better choice for activities on a cold day than two sweaters and a windbreaker jacket.
True False

Planning and Packing

47. Girls should have a sleep out before going on a camping out.
True False
48. Permission slips and health forms are needed any time the troop leaves the regular meeting place.
True False
49. It is important to plan for emergencies before you go on your trip.
True False
50. The girls learn leadership by planning their own activities.
True False

**OUTDOOR ADVENTURE BOUND
INDEPENDENT STUDY
ANSWER SHEET**

Name: _____ Service Unit: _____

Address: _____ Phone: _____

_____ E-mail: _____

For Office Use:

Date Received: _____

Date credited: _____

Leave No Trace

- 1. True False
- 2. True False
- 3. A B C D E
- 4. A B C D
- 5. True False
- 6. True False

Girl Readiness

- 7. A B C D
- 8. True False
- 9. True False
- 10. True False

Progression

- 11. A B C D
- 12. A B C D
- 13. A B C D
- 14. A B C D
- 15. A B C D
- 16. True False
- 17. True False

Kapers

- 18. True False
- 19. True False
- 20. True False
- 21. True False

Meal Planning

- 22. True False
- 23. True False
- 24. True False

- 25. True False
- 26. True False
- 27. True False
- 28. True False
- 29. True False

Food Packaging and Storage

- 30. True False
- 31. True False
- 32. True False
- 33. True False
- 34. True False
- 35. True False
- 36. True False
- 37. True False
- 38. True False

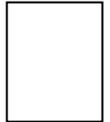
Clothing

- 39. A B C D
- 40. True False
- 41. True False
- 42. A B C D
- 43. A B C D
- 44. A B C D
- 45. True False
- 46. True False

Planning and Packing

- 47. True False
- 48. True False
- 49. True False
- 50. True False

Comments



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