

Chapter 7: Outdoor Skills

Information about **building charcoal fires** and creating **kaper charts** is found in Chapter 5 which focuses on cookouts. Here you will find additional useful outdoor skills.

Dunk Line

Each morning in your unit's "home", you will set up a dunk line and hand washing area. Your unit basket contains everything you will need.

Using a bowline, attach the rope to a tree. Stretch the rope to another tree and tie off using two half hitches or a clove hitch.

Attach: garbage bag, water bottle, soap in a stocking or liquid soap, and paper towels. (Put a separate rope through the towels, and then tie to the line for easy replacement.) The paper towels are not for hands – air dry after washing!!

Hang dunk bags from the line using clothespins, a small stick, or a knot.

Outdoor Cooking Methods

Your unit may enjoy experimenting with these alternate methods of camp cooking.

Foil Cooking

Foil cooking is a great way for everyone to create and cook her own meal. Each camper makes her own stew, quesadilla or other foil cooked item. Wrap the item in foil and mark each pouch with Sharpie pen so you can identify to whom it belongs. Place pouches over a hot wood or coal fire. Every camper is responsible for watching her own meal. Carefully remove from grill with tongs when it's ready to eat.

Box Oven

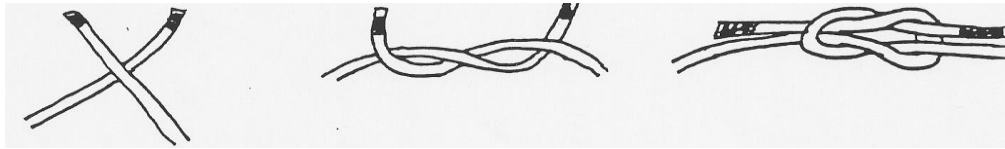
A box oven simulates your kitchen oven. First, select a safe, flat surface on the ground on which to set up the oven. Fill 4 soda cans with water or sand (for stability). Place at the four corners of a cake cooling rack to hold it above the fire. Build a charcoal fire in an aluminum foil pan, under the rack. Each coal represents approximately 25 – 30 degrees, depending on the outdoor temperature. (For cake, you will use approximately 14 coals.)

A heavy cardboard box (lined completely and securely with heavy-duty foil to prevent it from burning) is placed over the heated coals, rack and baking dish. Lift one corner of the box with a rock to let air flow into the box (remember fire needs fuel and oxygen!) Resist the temptation to lift the box before time is up or you will release the heat. Enjoy – it's a fun way to make a pretty fierce pan of brownies!

Knots

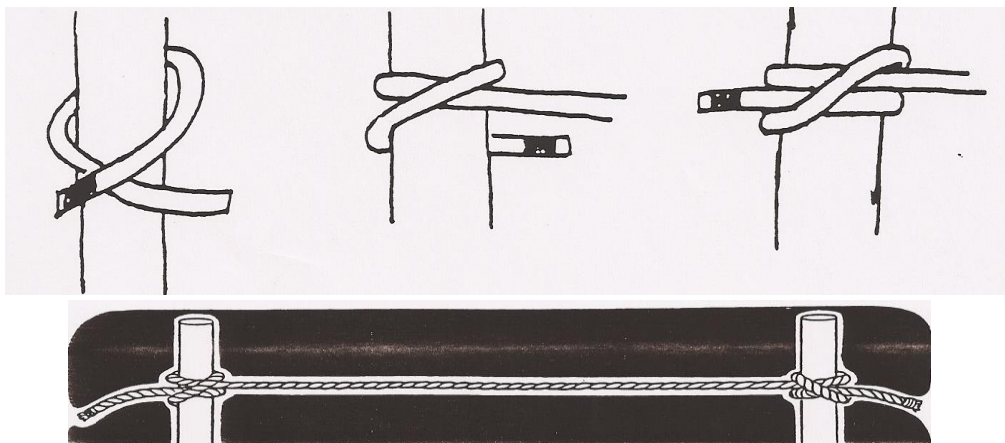
Square Knot

Right over left and under. Left over right and through.



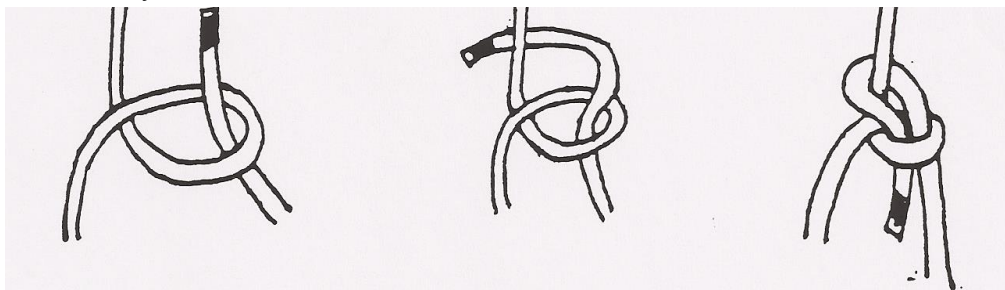
Clove Hitch: Originally used to hitch horses to a hitching post

Around the tree and under, crossover. Around the tree and through.



Bowline

The bunny comes out of the hole—around the tree and back down into the hole.



Slip Knot

Place rope on a flat surface. Make a loop and pull the top end through the loop, holding everything together.

Knives

Circle of Safety

Before using any knife, check to see that you have enough room to work safely. Extend your arms in a half circle in front of you and then to the sides. Turn around slowly. If you do not touch another person or any object, then you have enough room.

Cooking with Knives

Tips to teach girls about using kitchen knives:

- An adult should always be present when you use a knife.
- Always hold knife by the handle – never hold it by the blade.
- Never point a knife at a person.
- Always use a cutting board (a paper bag at camp!)
- Secure object you are cutting with opposite hand with fingers curled under. Curling the fingers under ensures they don't get cut!
- Always cut away from yourself.
- Go slowly. Take your time learning how to use the knife correctly.
- Make sure each child has a safety area around her.
- Don't encourage passing a knife. (Set it down to be picked up by another.) If you must pass it, grasp blade along dull edge and pass the handle to the other person.
- Knives should be washed separately from dishes, pots, and pans to avoid cuts. Adults should wash knives for younger girls, but older girls can wash them with supervision.

Using Pocket Knives

Always remember the Circle of Safety. Open and close the knife with *both* hands so fingers will be behind the blade if it should snap closed. Close your knife when finished so that another person does not step or fall or sit on an open blade. Close your knife when you walk around so that if you trip you do not hurt yourself or someone else.

Opening the Knife: Hold the knife firmly with the fingers of one hand. Hold the top edge (slot) of the blade with your thumb and forefinger. Keep your fingers away from the sharp cutting edge of the blade. Pull the blade all the way out until it clicks into its open position.

Closing the Knife: Hold the handle in one hand with the sharp cutting side of the blade upward. Hold the dull, non-cutting side of the blade in the other hand. Push the blade up and around toward the slot in the handle.

Using the Knife: Always cut away from your body. Hold the knife with your whole hand. (Make a fist so you will not press on the blade which could cause it to close.)

Knife Care: Always keep the knife sharp. A dull knife is dangerous because it requires you to apply a lot of pressure and will more likely slip out of your hands. To sharpen your knife you will need a sharpening stone. Lay the knife blade flat on the stone and use a circular motion to hone the edge. Always wipe the blade clean before putting it away.