

# Grade 1

**Projects:** Edible fire, pack lunch & wash hands, tie shoes, map of park or neighborhood, basic knife safety, dressing for the weather. GS Promise, Law and Camp Willolinn song.

**Supplies:**

## Fire Skills - Edible Fire

Objective	Learn fire safety rules. Practice building a little fire ring and laying a fire.
Supplies	Paper Plate or Napkin (Safety Circle) Small Cup with water/juice (Water Bucket) Fork (Rake or Shovel) Toothpick (Match) Mini Marshmallows or Jelly Beans or M&M's & Cheerios or Raisins (Fire Ring) Potato Sticks or Shredded Coconut (Tinder) Pretzel Sticks or Chinese Noodles (Kindling) Pretzel Logs or Bread Sticks (Fuel Logs) Red Hots or Red Licorice (Sparks, Small Fire) Candy Corn (Large Fire)
Preparation	Wash hands and prepare a clean place to "build" such as a paper plate, napkin or paper towel.
Instructions	<a href="https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/virtual-programming/building-an-edible-fire-outdoors-at-home.pdf">https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/virtual-programming/building-an-edible-fire-outdoors-at-home.pdf</a>
Wrap-up	With a real fire, when done the fire bucket would be used to put out the fire and the rake or shovel would be used to stir it up until cold to the touch. However, in this case just eat the fire and drink from the fire bucket and leave a clean fire area!

## Cooking - Pack a Lunch / Wash Hands

Objective	Learn how to pack a nutritious sack lunch. Proper hand washing without leaving water running
Supplies	Hand soap; fruits, veggies and other healthy snacks. Snack containers and lunch bag
Preparation	Prepare a clean work surface

Instructions	
Wrap-up	

## Knots

Objective	Lace and tie shoes
Supplies	Lace up shoes
Preparation	
Instructions	
Wrap-up	

## First Aid & Safety Skills

Objective	Review all camp safety rules, truddy system and boundaries, what to do if you get lost.
Supplies	
Preparation	
Instructions	<p>When lost: S-T-O-P!</p> <p>If you don't know where you are or which way to go, STAY PUT. People will start looking for you as soon as someone realizes you're missing. Meanwhile, it's time to use your No. 1 survival tool — your brain. Follow the S-T-O-P signs.</p> <p><b>S. Stay calm:</b> You can't use your brain well if you're in a panic. Breathe slowly and deeply. Drink some water, eat a little something.</p> <p><b>T. Think:</b> How did you get here? Get out your map and see what you can figure out.</p> <p><b>O. Observe:</b> Look for your footprints. What about landmarks? Find the clues and maybe you can solve the mystery of where you are.</p>

	<p><b>P. Plan:</b> If you're pretty sure of the way back, move carefully. But what if you're wrong? Mark your trail as you move — piles of stones, broken branches. That way you can always come back to where you were.</p> <p>Help searchers find you. The universal distress call always comes in threes: Three shouts, three blasts on a whistle. Start calling. Make a smoky fire in the daytime (toss grass or green leaves on the flames) or a bright fire at night. Spread extra clothing or any bright gear in the open to catch the eye of a rescue pilot.</p>
Wrap-up	

## Knife Skills

Objective	Teach campers basic knife safety rules. Practice cutting clay with plastic knives.
Supplies	Paper knife
Preparation	We recommend using red lipstick on the cutting edge of the paper knife to help see if the girls open, close, and pass a knife safely
Instructions	<p>Learn what is meant by a “circle of safety”, practice using one, and demonstrate your skills.</p> <p>A circle of safety is a ring about an arm’s length in all directions around an individual where she is unable to touch anyone or anything. This circle is important for everyone’s safety.</p> <p>To establish your circle of safety, hold a closed pocket knife (paper) in your hand. Extend your arm with the closed knife straight in front of you. Rotate your body to either side. No one or thing should be in this imaginary circle around you. Practice your skills while maintaining your circle of safety (opening and closing), and then demonstrate your skills.</p> <p>To open a pocket knife, hold it in your left hand (if right handed) using your thumb and your pointer finger on opposite sides of the blade, swing the blade out. Always use two hands to open a folding knife and keep your fingers on the side of the knife and blade.</p> <p>To close your pocket knife, hold the handle with one hand with your fingers on the sides. Hold the blade of the knife with your other hand, making sure you do not wrap your fingers around the blade. Push the blade up and around to meet the handle so that the blade is securely in the slot in the handle.</p>

	When passing a knife, you always close the knife first. If the knife does not close (like a kitchen knife), hold the dull edge of the blade with the sharp edge facing the ground. Offer the handle to the person receiving the knife. Before you let go of any knife, the person receiving the knife must acknowledge and indicate that they are ready by saying “thank you”.
Wrap-up	Ask your Daisy to demonstrate and talk through opening, closing, passing a knife, and the circle of safety.

## Outdoor Skills

Objective	Teach how to dress for the weather; pack a daypack and the 10 Essentials. Use a map and help them see how to use a compass and to mark the coordinates of each location.
Supplies	
Preparation	
Instructions	10 Essentials: <a href="https://scoutingmagazine.org/2013/02/the-10-essentials/">https://scoutingmagazine.org/2013/02/the-10-essentials/</a>  Using a Compass: <a href="https://www.gsutah.org/content/dam/girlscouts-gsutah/documents/Navigation_Outdoor_Skills_All_Levels.pdf">https://www.gsutah.org/content/dam/girlscouts-gsutah/documents/Navigation_Outdoor_Skills_All_Levels.pdf</a>
Wrap-up	

## Girl Scout Ways

Objective	Teach the Girl Scout friendship circle and squeeze. Teach the GS Promise.
Supplies	
Preparation	
Instructions	<b>Girl Scout Friendship Circle &amp; Squeeze</b> The Friendship Circle is often formed at the end of meetings or campfires as a closing ceremony. Everyone gathers in a circle, and each girl crosses her right arm over her left and holds hands with the person on each side. Once everyone is silent, the leader starts the friendship squeeze by squeezing the hand of the person next to her. One by one, each girl passes on the squeeze until it travels around the full circle.

	<p><b>Girl Scout Promise</b> On my honor, I will try:     To serve God* and my country,     To help people at all times,     And to live by the Girl Scout Law.</p> <p><i>*Members may substitute for the word God in accordance with their own spiritual beliefs.</i></p>
Wrap-up	

# Grade 2

**Projects:** Edible fire, stick cooking, dish washing, lacing boots, dialing 911, knife safety, rollig a sleeping bag, 10 essentials, sit-up-on, promise / law / motto / friendship circle. Lead a song.

**Supplies:**

## Fire Skills - Edible Fire

Objective	Learn fire safety rules. Practice building a little fire ring and laying a fire.
Supplies	Paper Plate or Napkin (Safety Circle) Small Cup with water/juice (Water Bucket) Fork (Rake or Shovel) Toothpick (Match) Mini Marshmallows or Jelly Beans or M&M's & Cheerios or Raisins (Fire Ring) Potato Sticks or Shredded Coconut (Tinder) Pretzel Sticks or Chinese Noodles (Kindling) Pretzel Logs or Bread Sticks (Fuel Logs) Red Hots or Red Licorice (Sparks, Small Fire) Candy Corn (Large Fire)
Preparation	Wash hands and prepare a clean place to "build" such as a paper plate, napkin or paper towel.
Instructions	<a href="https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/virtual-programming/building-an-edible-fire-outdoors-at-home.pdf">https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/virtual-programming/building-an-edible-fire-outdoors-at-home.pdf</a>
Wrap-up	With a real fire, when done the fire bucket would be used to put out the fire and the rake or shovel would be used to stir it up until cold to the touch. However, in this case just eat the fire and drink from the fire bucket and leave a clean fire area!

## Cooking - Stick Cooking & Dish Washing

Objective	Learn how to cook an item on a stick, and properly wash dishes.
Supplies	Dishwashing pdf
Preparation	
Instructions	<a href="https://www.girlscoutsla.org/content/dam/girlscouts-girlscoutsla/documents/program/outdoors/Recipes%20from%20Camping%20Skills%20Training.pdf">https://www.girlscoutsla.org/content/dam/girlscouts-girlscoutsla/documents/program/outdoors/Recipes%20from%20Camping%20Skills%20Training.pdf</a>

Stick Cooking recipes:

**Angel's Halos** – You will need a large glazed doughnut and a large marshmallow. Place the marshmallow in the center of the doughnut's hole. Then with a long skewer, run it through the doughnut and marshmallow. Toast this combination carefully.

**Chicken on a Stick** – Slice thinly chicken tenders or skinless boneless chicken breast and marinate in your favorite sauce. One easy no mess method is to use a gallon size re-sealable plastic bag. Many marinades can be made 24 hours in advance. Skewer the chicken and place over the coals and grill. If vegetables are also being grilled, place the vegetables on a separate skewer. This prevents the raw chicken from contaminating the vegetables that can be eaten at any stage of doneness. WASH HANDS THOROUGHLY AFTER TOUCHING CHICKEN AND BEFORE TOUCHING ANY OTHER FOOD.

**Doughboys** – This long-time favorite recipe uses wooden dowels instead of skewers. When done correctly, they're fantastic and girls love them. The coals need to be hot for this to work well. Make this recipe when there is plenty of time. Use a ¾" to 1" by 2 ft wooden dowel that has the ends sanded. Label one end of the dowel. This is the handle end. The dough is always placed on the "food" end. Before using, soak the food end of the dowels in 12" of water. This helps prevent the wood from burning. When the dough is cooked, it will easily slip off the dowel. Use store brand biscuits or Pillsbury Biscuits (8 in a tube). These are premade and are found in the refrigerated section of the grocery store. Gently pull the biscuit dough so that it is long like a bread stick. Wrap this over the dowel trying to seal any holes. Keeping the dough an even thickness around the dowel helps for even baking. Hold over the coals rotating often to prevent burning. The biscuit is done when it is brown and it easily slides off the dowel. There are many ways to eat this: roll it in butter and then add cinnamon sugar, put pudding inside the pocket and top with whip cream down the outside, add a hot dog or Vienna sausage to the pocket, add peanut butter or jelly, or honey to the pocket, add chocolate to the pocket while still hot. Fruit Kabobs – Alternate bananas, pineapple, maraschino cherries and marshmallows on a skewer and toast.

**Hiker's Knapsack** – You will need thin slices of ham, thin slices of cheese, ½ slice of pineapple ring, and bun of your choice. Wrap the ham around the cheese and pineapple. Secure it with a toothpick. Then skewer it and heat until the ham is golden brown and the cheese is melted. Remove and place in a warm bun.

**Mock Angel Food** – Cut day-old bread into 1 inch cubes. Dip in condensed milk and roll in coconut. Slide on a stick and toast slowly. Can substitute cinnamon and sugar for coconut.

**Sausages** – Hot dogs, kielbasa, Polish sausage. Skewer it the long way.

**Spam and Cheese Dogs** – Alternate cubes of Spam and cheese on a skewer. Serve in hot dog buns. 05/2016 8 of 32 Woodsman's Brownies – Combine equal parts by volume of Nestlé's cocoa mix and sweetened condensed milk. Spread this over cubes of toasted bread and broil until it bubbles

**Yummy Cheese** – Toast cubes of cheese, spreading the melted part on crackers, then melt the rest of the cube.

## Knots - Lace Hiking Boots

Objective	Lace and tie hiking boots.
Supplies	Lace shoes
Preparation	Remove the laces from a pair of shoes, and have a third shoe already laced to use as an example.
Instructions	Demonstrate lacing on one pair of shoes while she follows along on the second.
Wrap-up	

## First Aid & Safety Skills

Objective	How to help in an emergency. (not sure if this is dialing 911 or getting an adult at this age?)
Supplies	
Preparation	
Instructions	
Wrap-up	

## Knife Skills

Objective	Teach campers basic knife safety rules. Practice cutting clay with plastic knives
Supplies	Plastic knife Soft clay
Preparation	To establish your circle of safety, hold a closed pocket knife (paper) in your hand. Extend your arm with the closed knife straight in front of you. Rotate your body to either side. No one or thing should be in this imaginary circle around you.



Instructions	Working within your safety circle, practice whittling or carving something such as a soap sculpture (Ivory soap works well) or lump of clay. When using a knife, always use “pushing” strokes away from your body. Never cut towards you. Cut at a slant. Do not “saw” with a knife.
Wrap-up	

## Outdoor Skills

Objective	Teach unit how to roll/stuff a sleeping bag. Review what to take on a day hike, review how to dress for the weather, how to get help in an emergency, & 10 essentials - plan a hike using a map and compass.
Supplies	Sleeping bag
Preparation	
Instructions	10 essentials: <a href="https://scoutingmagazine.org/2013/02/the-10-essentials/">https://scoutingmagazine.org/2013/02/the-10-essentials/</a>  Using a Compass: <a href="https://www.rei.com/learn/expert-advice/navigation-basics.html">https://www.rei.com/learn/expert-advice/navigation-basics.html</a>
Wrap-up	

## Girl Scout Ways

Objective	Teach how to make a Sit-Upon. Review the Girl Scout friendship circle, handsign, handshake, and squeeze. Practice the GS Promise, teach the GS Law.
Supplies	
Preparation	
Instructions	<b>Girl Scout Sign</b> The Girl Scout sign is made when you say the Girl Scout Promise. The sign is formed with the right hand, by using the thumb to hold down the little finger, leaving the three middle fingers extended to represent the three parts of the Promise.  <b>Girl Scout Handshake</b>

The Girl Scout handshake is the way many Girl Guides and Girl Scouts greet each other. They shake their left hands while making the Girl Scout sign with their right hand.

**Girl Scout Friendship Circle & Squeeze**

The Friendship Circle is often formed at the end of meetings or campfires as a closing ceremony. Everyone gathers in a circle, and each girl crosses her right arm over her left and holds hands with the person on each side. Once everyone is silent, the leader starts the friendship squeeze by squeezing the hand of the person next to her. One by one, each girl passes on the squeeze until it travels around the full circle.

**Girl Scout Promise**

On my honor, I will try:  
To serve God\* and my country,  
To help people at all times,  
And to live by the Girl Scout Law.

*\*Members may substitute for the word God in accordance with their own spiritual beliefs.*

**Girl Scout Law**

I will do my best to be  
honest and fair,  
friendly and helpful,  
considerate and caring,  
courageous and strong, and  
responsible for what I say and do,  
and to  
respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place, and  
be a sister to every Girl Scout.

How to make a Sit Upon:

[https://www.gsutah.org/content/dam/girlscouts-gsutah/documents/Sit\\_Upons\\_Short\\_and\\_Snappy.pdf](https://www.gsutah.org/content/dam/girlscouts-gsutah/documents/Sit_Upons_Short_and_Snappy.pdf)

Wrap-up

# Grade 3

**Projects:** build a fire, cook in foil, square knot, contents of first aid kit and identifying plants. Knife safety, identify plants, trails signs & hiking manners, promise / law / motto / friendship circle. Plan and hold a Scouts Own.

**Supplies:**

## Fire Skills - Building a Fire

Objective	Review fire building and extinguishing. Practice building an A-frame and TP fire. Observe fire-starting techniques.
Supplies	
Preparation	<p><b>Fire Safety Protocol</b> 1. Walk when around the fire. 2. Use designated fire rings. 3. When collecting wood, only collect dead wood from the ground. 4. Always have a bucket of water and shovel at the fire ring BEFORE you start a fire. 5. Everyone should have their hair pulled back and secured with a bandana, hair tie, or hat. 6. Everyone should make sure that all loose fitting clothing is taken off, all long sleeves are pulled up, all strings or anything else that would fall over the fire is tucked back. 7. Everyone should be wearing closed toed shoes. 8. Build a fire just big enough to do the job. Rarely do you need a roaring fire, but make one large enough to produce enough coals to cook your food. 9. Make sure someone is always watching the fire and not leaving it unattended. 10. Adults should be nearby when around a fire. 11. When a stick goes into the fire, it should stay in the fire. We should not play with burning sticks. 12. Make sure your fire is completely out before leaving. You should be able to feel no more heat from the coals.</p>
Instructions	<p><b>TeePee Fire</b> Put some tinder on the ground. Then you build a teepee configuration around it. Start your teepee with your smallest sticks and work up to your larger sticks. Once your teepee is built, use a match or lighter to light the tinder. You'll have to keep adding kindling to the fire until you've got a solid bed of embers. After that, you'll be able to easily keep the fire going and add your fuelwood.</p> <p><b>A-Frame Fire</b> Lesson Plan: 1. Explain to the girls: "We are now going to build a campfire. What do you think we need before we start our fire?" a. Possible answers: Wood, matches, water bucket, etc. 2. Ask: "What is something we should review before we start trying to make our fire?" a. The Fire Safety Pledge! Review with girls their Fire Safety Pledge and ways that we can all stay safe</p>

around fires. 3. Explain, "Before we can start building a fire, we need to collect wood for our fire. There are three different types of wood we need to collect and put into three different piles: (It is helpful to have examples of these types of wood while explain to the girls) a. Super tiny stuff. This is also called tinder. These sticks should be really thin. They should be skinner than your pinky finger and about the thickness of a pencil lead or match. b. Medium sized stuff. This is also called kindling. These sticks should be about the thickness of your thumb. c. Big stuff. This is also called fuel. These should be at least the thickness of your arm. Many sites will have chopped logs available to use as fuel. d. Whenever we collect fire wood we want to be sure not to break branches off of living trees and bushes. We only want to pick up stuff off the ground that is already dead. 4. "Now it is time to go collect wood! First I want everyone to collect the super tiny stuff. Remember it should be about the size of the lead in a pencil. I want everyone to try and collect a handful of the tinder. Please stay within [set boundaries for the girls; keep them within eyesight of an adult]. Once you have your handful, come back and show me and put it into the pile." You can have the girls go in groups as well so it is a team effort. a. Girls may struggle with collecting the super small stuff. If they bring back sticks that are too thick, have them place it in a separate pile to be used as kindling or as sticks to be added once the fire is started. Try to not tell them to find "smaller" sticks, this often Outdoor Skills Patch | Fire Building – Brownies rownies translates to shorter in their minds and girls will bring similar thickness sticks that they have broken into "smaller" pieces. b. You will want to collect about double as much as you think you will need, especially as the girls are first learning. c. Once you have collected what you think looks like enough, gather the girls back together. 5. "Whoa! You girls are awesome stick collectors! I think that we are going to be able to start a great fire using all the small sticks you collected. Now we are going to do the same thing, but finding medium sized sticks, called kindling, instead. These are the ones that about the thickness of your thumb. What amount of these sticks do you think everyone should collect? (About an armful is a good start for the girls.) Remember to stay within the boundaries. Once you have your sticks, come back and we can add it to our pile." a. Start a second pile for these sticks so you can still access your small stuff when it comes time to start your fire. b. Collect a large pile, then gather the girls back together. 6. "Gee-wiz! You all have impressed me again. This is a lot of sticks that you have gathered. But since we've put the time to gather these sticks first, it will make it easier once we have our fire going." 7. "We have one more set of sticks to find. We have tinder and kindling – what else do we need?" (FUEL!) These are the ones that about the thickness of your arm. What amount of these sticks do you think everyone should collect? (About an armful is a good start for the girls.) Remember to stay within the boundaries. Once you have your sticks, come back and we can add it to our pile." c. Start a third pile for these sticks so you can still access your tinder and kindling when it comes time to start your fire. d. Collect a large pile, then gather the girls back together. 8. "Now we need to start building our A-frame to start our fire with!" Have girls volunteer for different parts of the fire building process. Different tasks include: building the frame, lighting the match, and feeding the fire. 9. Lead the team of girls with the following steps: a. Before starting any fire, be sure there is a water bucket available next to the fire pit. b. Make the letter "A" out of large kindling or small

	fuel in the center of your fire pit. Make sure all logs are short enough to fit completely within the ring. c. Place the tiny stuff (tinder) inside the top triangle of the “A” so that one end of each twig is resting on the floor of the fire pit and the twigs are all leaning against the crossbar of the “A”. The result should be a sort of miniature lean-to of twigs. Don’t pack your tinder too closely – make sure you’re leaving enough space for good ventilation. d. Using three points of contact, have a girl light a match and light the tiny tinder from underneath. As the fire catches add more tiny sticks gradually.
Wrap-up	<b>Tips for Successful Fires</b> 1. When adding wood to your fire, place it carefully. Throwing wood onto the fire causes embers to fly outside of the fire. 2. Fires need oxygen to burn. Be careful when placing your wood to allow space for air to flow through between branches. 3. Larger sticks and logs should be added as the fire is going well. Thicker sticks are harder to start, but will burn longer.

## Cooking - Foil Cooking

Objective	Learn how to do foil cooking.
Supplies	Hand soap; fruits, veggies and other healthy snacks. Snack containers and lunch bag
Preparation	Prepare a clean work surface
Instructions	<a href="https://www.girlscoutsla.org/content/dam/girlscouts-girlscoutsla/documents/program/outdoors/Recipes%20from%20Camping%20Skills%20Training.pdf">https://www.girlscoutsla.org/content/dam/girlscouts-girlscoutsla/documents/program/outdoors/Recipes%20from%20Camping%20Skills%20Training.pdf</a>
Wrap-up	

Foil Pack recipes:

**Chicken and Rice with Cream of Mushroom Soup** Cut chicken tenders or breasts into smaller pieces, about two fingers wide. Mix 1/3rd cup of cream of mushroom soup with ½ cup of instant rice. Add ½ cup of mixed frozen vegetables. Cut a rectangle of heavy-duty foil. Place the chicken on the bottom of the foil, then the rice and cream of mushroom mixture. Add the vegetables on the top. Fold the foil drugstore style. Place directly on the coals, approximately 15 minutes on the chicken side and 10 minutes on the vegetable side.

**Chicken and Vegetables** (this is the process for any meat & veggie wrap) 1-2 pieces of chicken Cut up vegetables: potatoes, onions, bell peppers, celery, carrots, tomatoes, broccoli, squash, mushrooms, etc. seasonings of choice 1 T liquid (usually regular Italian dressing or water) Cut chicken and vegetables in pieces that cook at approximately the same time. Place vegetables

that brown nicely (like sliced onions or potatoes) on heavy duty aluminum foil, then chicken with more delicate vegetables on top. Wrap using drugstore fold. Mark (using yellow mustard) to identify individual wraps. Place in embers or grill and cook for 20-30 minutes total. Turn once outside mustard turns brown and starts to smell. Serves 1

**Foil Packs\*** 2 lbs Hamburger meat (lean) 2 pkg Dry onion soup mix 3 -5 Potatoes (peeled & sliced) Ketchup for color (Optional) 1 -2 Onions (sliced) 1 Small head of cabbage Carrots (sliced) Gear: Heavy Duty Foil – Serves 10 - 12 For each individual foil pack - Cut about 12 pieces of foil (approx. 18” squares). Place food on shiny side: Cabbage leaf, some crumbled hamburger meat, 1-2 slices of onion, ¼ cup sliced carrots, ¼ cup sliced potatoes, salt and pepper optional, Add 1 ½ tsp. of dry onion mix over top, wrap using drug store method/folding over method so juices don’t leak out. Keep rotating over coals, beware of steam when verifying. Individual packs can be marked using mustard. \*This recipe can become vegetarian by substituting the meat and onion soup with water and additional vegetables.

**Zucchini and Red Onion Zucchini**, washed and sliced crosswise into ¼ inch slices Red onion, sliced thin and separated into rings Mushrooms Bottled Italian salad dressing (not “lite”) Cut a rectangle of heavy-duty foil. Place sliced zucchini and red onion on foil. Pour in enough salad dressing to moisten and coat vegetables (about ¼ to 1/3 c). Wrap securely using double-fold seals across top and on one end. Seal last end, allowing room for heat expansion. When ready to grill, place packet on charcoal grill 4 to 6 inches from medium coals. Heat until zucchini is cooked, but still slightly crisp. These veggies cook very quickly as soon as the salad dressing gets hot. Be sure to turn packet over halfway through cooking time. Number of servings depends upon amount of zucchini and onion used. Figure approximately ½ cup cooked veggies per person.

## Knots - Tie a Square Knot

Objective	Teach unit to tie a square knot and demonstrate how it can be used
Supplies	Knots pdf
Preparation	
Instructions	
Wrap-up	

## First Aid & Safety Skills

Objective	Learn about the contents of a simple first aid kit. Learn how to care for simple cuts and scrapes. <a href="#">Learn to identify poison ivy, poison oak, and</a>
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	stinging nettle.
Supplies	
Preparation	
Instructions	
Wrap-up	

## Knife Skills


















Objective	Teach campers basic knife safety rules. Practice cutting clay with plastic knives.
Supplies	
Preparation	To establish your circle of safety, hold a closed pocket knife (paper) in your hand. Extend your arm with the closed knife straight in front of you. Rotate your body to either side. No one or thing should be in this imaginary circle around you.
Instructions	
Wrap-up	

## Outdoor Skills

Objective	Teach about packing for an overnight campout. Teach 3 trail signs and have them practice setting them up and marking them on the camp map. Practice good hiking etiquette and manners. Go on a hike.
Supplies	Trail sign graphic
Preparation	
Instructions	<p>Packing for a campout:</p> <p><b>Clothing</b></p> <ul style="list-style-type: none"> <li>Sturdy walking shoes that are closed-toed and have support</li> <li>Sweatshirt or warm tops</li> <li>Weather appropriate clothing</li> </ul>

	<p>Raincoat or poncho Bandana or hat</p> <p><b>Equipment</b></p> <p>One bottle of personal hand sanitizer Daypack/backpack for hiking Water bottle Insect repellent Sleeping bag and pillow Tent, stakes, tarp Sunscreen (SPF 15 or higher)</p> <p><b>Bathroom Items</b></p> <p>Medications, if applicable</p> <p><b>Optional Items</b></p> <p>Sunglasses Camera (that isn't on a mobile device) Lip balm or chapstick Facial tissue Notebook/journal and pencil or pen</p> <p>Hiking Etiquette: <a href="https://www.nps.gov/articles/hikingetiquette.htm">https://www.nps.gov/articles/hikingetiquette.htm</a></p>
Wrap-up	

## Trail Signs

straight ahead	turn right	turn left	do not go this way
Rocks 			
Pebbles 			
Sticks 			
Long Grass 			
Number of paces in direction indicated 	I have gone home. 		



# Girl Scout Ways

Objective	Review the Girl Scout friendship circle, squeeze, Promise, Law, and Motto.
Supplies	
Preparation	
Instructions	<p><b>Girl Scout Motto</b> The Girl Scout motto is “Be Prepared”. A Girl Scout is ready to help out wherever she is needed. Willingness to serve is not enough; you must know how to do the job well, even in an emergency.</p> <p><b>Girl Scout Friendship Circle &amp; Squeeze</b> The Friendship Circle is often formed at the end of meetings or campfires as a closing ceremony. Everyone gathers in a circle, and each girl crosses her right arm over her left and holds hands with the person on each side. Once everyone is silent, the leader starts the friendship squeeze by squeezing the hand of the person next to her. One by one, each girl passes on the squeeze until it travels around the full circle.</p> <p><b>Girl Scout Promise</b> On my honor, I will try: To serve God* and my country, To help people at all times, And to live by the Girl Scout Law.</p> <p><i>*Members may substitute for the word God in accordance with their own spiritual beliefs.</i></p> <p><b>Girl Scout Law</b> I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.</p>
Wrap-up	

## Leadership

Objective	Teach unit how to teach younger girls a song. Have them teach a song to the Tags or a Daisy (1st grade) unit. Plan and hold a Scout's Own.
Supplies	
Preparation	
Instructions	
Wrap-up	

# Grade 4

**Projects:** Light a stove, one pot meal, bowline and clove hitch, assemble and use a first aid kit. Knife safety and care, pitching a tent, leave no trace, Bronze award and cootie catchers.

**Supplies:**

## Fire Skills - Start a stove

Objective	Striking a match, using a lighter, starting a stove. Observe how to start a charcoal fire. Start a propane stove.
Supplies	Stoves_Lanterns pdf Matches, bucket of water
Preparation	<b>Match Safety</b> 1. Have the wind at your back before lighting. 2. Make sure everyone else is an arm's length away when striking a match. 3. Strike the match away from you. 4. Make waterproof matches by coating stick match ends with clear nail polish and allow them to dry completely before putting back into the container.
Instructions	
Wrap-up	<b>Putting Out a Fire</b> 1. Let the fire die down until only ashes are left. This should not be a problem if you only built a fire big enough for your needs. 2. Stir the ashes with the shovel. Sprinkle water on ashes. Stir again and repeat until no more heat is felt with your hand above the coals. 3. Clean up the fire circle before leaving on your last day of camp, there should be no warm coals left.

## Cooking - Propane Stove, One Pot meal

Objective	Learn how to use a propane stove and make a one-pot meal. Teach the proper care of cooking utensils and pots.
Supplies	
Preparation	

Instructions	
Wrap-up	

## Knots - Bowline and Clove Hitch

Objective	Tie bowline and clove hitch and demonstrate how it can be used
Supplies	Knots pdf
Preparation	
Instructions	
Wrap-up	

## First Aid & Safety Skills

Objective	Review poison ivy, poison oak, and stinging nettle. Teach rules for safety around water. Put together a simple First Aid Kit and know how to use it. Learn how to care for simple cuts, scrapes, bandaging, blisters, sunburns, glove wearing, and washing methods
Supplies	
Preparation	
Instructions	
Wrap-up	

## Knife Skills

Objective	Pocket knife safety and care. Teach how to safely handle, clean and care
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	for a pocket knife. Practice knife safety skills while cutting raw carrots.
Supplies	
Preparation	To establish your circle of safety, hold a closed pocket knife (paper) in your hand. Extend your arm with the closed knife straight in front of you. Rotate your body to either side. No one or thing should be in this imaginary circle around you.
Instructions	<p>How to clean your knife.</p> <ul style="list-style-type: none"> <li>● Open blade.</li> <li>● Use a Q-tip or toothpick with a small bit of cloth twirled onto the end moistened with light oil.</li> <li>● Wipe the inside of the knife.</li> <li>● To rid the knife of bacteria from food, wash the blade with hot soapy water, being careful when handling the blade.</li> <li>● As needed, slightly oil the hinges with a light oil.</li> <li>● Make sure to keep dirt off the knife - this can damage the knife.</li> <li>● Keep the knife out of fire. The heat can damage the steel and the edge of the blade may become soft over time.</li> </ul> <p>Learn why a sharp knife is safer than a dull one (a sharp knife requires less pressure, and therefore has less chance to slip). A Whetstone or other sharpening device is used to sharpen a pocketknife. Practice sharpening a knife using a stone.</p> <ul style="list-style-type: none"> <li>● Place the stone on a level surface.</li> <li>● If using a whetstone, wet the stone with a little water.</li> <li>● Place the blade of the knife flat on the stone, then raise the back edge about the width of the blade itself, keeping the cutting edge on the stone. Keep the knife at the same angle at all times.</li> <li>● Push the blade along the stone as through you were slicing a layer off the top. Repeat this pushing motion 3 or 4 times. Turn the blade over and place it at the far end of the stone.</li> <li>● Repeat the process of the other side an equal number of times by pulling the knife towards you. Remember to keep the blade on the stone at all times.</li> </ul>
Wrap-up	Wipe the knife blade off on a rag or towel on a flat surface. Do <b>not</b> hold the towel in your hand and wipe the blade off in your palm.

## Outdoor Skills

Objective	How to make camp (pitch a tent, set up a cooking area, water access). Know weather signs. Know deciduous and coniferous trees and sword ferns. Cover Leave No Trace.
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Supplies	Setting Up Camp pdf
Preparation	
Instructions	<p><b>Making Camp - Four Main Functions of a Campsite</b></p> <p>1. Place to Cook: Stoves must be on a steady surface. If you are cooking by fire, clear around an open fire area and make an orderly woodpile (bring wood with you if at all possible). Have a shovel and full water/sand buckets handy for putting the fire out when you are done.</p> <p>2. Places to Sleep: Pitch the tents on ground slightly higher than the surrounding area so that water will drain away from the tent if there is a storm. Keep sleeping bags rolled up when not in use to keep out bugs and snakes. <b>ABSOLUTELY NO FOOD IS ALLOWED IN THE TENTS.</b> This will attract ants and other animals.</p> <p>3. Places to Store Food: It is best to keep the food in an ice chest, car, or food cache raised high in the trees. If you can't keep perishables cold at this site, plan meals with dehydrated foods.</p> <p>4. Place to be Safe: Use the Buddy System ALWAYS. Check the site for hazards (cliffs, poison oak, etc.) and discuss boundaries in which the girls may wander, arrange an emergency signal or whistle that, when heard, all girls know when to return to you.</p> <p><b>Leave No Trace</b>  Girl Scouts strive for minimal impact outdoor experiences and follow Leave No Trace principles.</p> <p>Plan Ahead and Prepare</p> <ul style="list-style-type: none"> <li>● Know the regulations and special concerns for the area you'll visit.</li> <li>● Prepare for extreme weather, hazards, and emergencies.</li> <li>● Schedule your trip to avoid times of high use.</li> <li>● Visit in small groups when possible.</li> <li>● Consider splitting larger groups into smaller groups.</li> <li>● Repackage food to minimize waste.</li> <li>● Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.</li> </ul> <p>Travel and Camp on Durable Surfaces</p> <ul style="list-style-type: none"> <li>● Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.</li> <li>● Protect riparian areas by camping at least 200 feet from lakes and streams.</li> <li>● Good campsites are found, not made. Altering a site is not necessary. <ul style="list-style-type: none"> <li>○ In popular areas: <ul style="list-style-type: none"> <li>○ Concentrate use on existing trails and campsites.</li> <li>○ Walk single file in the middle of the trail, even when wet or muddy.</li> <li>○ Keep campsites small. Focus activity in areas where vegetation is absent. In pristine areas:</li> </ul> </li> </ul> </li> </ul>

- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.

#### Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

#### Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

#### Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

#### Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

#### Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

#### **Deciduous vs Coniferous:**

<https://study.com/academy/lesson/deciduous-vs-coniferous-trees-lesson-for-kids.html>

	<p><b>Weather Signs:</b></p> <p><b>1. “Red sky at morning, sailor take warning.”</b> Dry, dusty air is moving away from you toward the east. Clouds and moist air might be coming in from the west.</p> <p><b>2. “Swallows flying near the ground mean a storm will come around.”</b> The low air pressure that pulls in stormy weather causes insects to fly close to the ground on heavy, moist wings. Swallows that feed on the insects will follow.</p> <p><b>3. “If smoke hangs low, watch out for a blow.”</b> Low air pressure can prevent campfire smoke from rising very high.</p> <p><b>4. “When grass is dry at morning light, look for rain before the night.”</b> On a cloudy night, grass might not cool enough for dew to form.</p>
Wrap-up	

## Girl Scout Ways

Objective	Teach about the Girl Scout Bronze Award
Supplies	<a href="https://www.girlscouts.org/en/our-program/highest-awards/bronze-award.html">https://www.girlscouts.org/en/our-program/highest-awards/bronze-award.html</a>
Preparation	
Instructions	
Wrap-up	

## Leadership

Objective	Teach how to make Girl Scout Promise Cootie Catchers. Teach how to teach a younger child how to make them.
Supplies	
Preparation	
Instructions	
Wrap-up	



# Grade 5

**Projects:** Fire starters, Dutch oven cooking, knot boards, purifying water, first aid techniques. Using a map and compass, soap carving, pipe cleaner creatures, Silver award info.

**Supplies:**

## Fire Skills - Fire starters

Objective	Make an egg carton fire starter and use to start cooking fire. How to make a fire in inclement weather.
Supplies	Firebuilding pdf <ul style="list-style-type: none"><li>• Dryer Lint or Sawdust</li><li>• Paper Egg Carton: The size of the egg carton does not matter. It can be a dozen, a carton that holds 18, or even more. (Not styrofoam or some other material you might buy eggs in)</li><li>• Wax: Use the wax from old candles, or paraffin wax or beeswax.</li></ul>
Preparation	Gather supplies
Instructions	<b>Egg Carton Fire Starters:</b> <ol style="list-style-type: none"><li>1. Stuff the Dryer Lint or sawdust in the Egg Carton</li><li>2. Melt your wax. Set up a double boiler to melt your wax. You need a pot with water in it, and a can or jar of some kind- soup cans and mason jars both work great. Basically, you need a metal or glass container that will fit inside your pot of water with room to spare around it, preferably one that you can throw away later, and not have to clean wax out of.</li><li>3. Pour wax over sawdust or dryer lint. When the wax is melted, pour it onto the lint in the egg carton. Use a hot pad or towel so you do not burn yourself on the can or jar. You'll want to put your egg carton on something that the wax can leak through onto (like waxed paper, foil, or piece of cardboard, basically something you don't mind getting wax on). Some of the wax will soak through the egg carton, be prepared.</li><li>4. Let them cool until wax is solid and room temperature</li><li>5. Cut fire starters apart</li></ol> <b>Fires in Inclimate Weather</b> <p>Here's how you can make a fire when the woods are wet with rain.</p>

This method isn't fast, but it works with any kind of wood — even damp wood. You'll need a:

**Sharp knife.** To split fine kindling, set the sharpened edge of the knife on the end of an upright piece of wood then pound the spine through with a thick stick. Use a folding knife with a secure lock so the blade won't close on your hand when you pound on the spine.

**Folding saw.**

Small hatchet to use as a splitting wedge, never as a chopper.

First, collect your wood. Locate a dead, downed tree, out-of-sight of tents, trails and waterways. Saw off an arm-thick limb. Touch the sawed end of the limb to your cheek (the center should feel dry). Don't worry if there's a ring of wet wood near the bark; you'll discard it when you split the piece. Reject the wood if it smells damp or punky. The wood is good if it passes both cheek and smell tests.

Saw the limb into footlong sections and split each section into kindling. The hatchet should be used as a splitting wedge so there's no chance of an accident.

Splitting wood is easier (and safer) with two people. Hold the hatchet with both hands and have a friend knock it through.

Hold the hatchet firmly with both hands and allow a friend with a log chunk to pound the hatchet head through.

Use that same procedure (with a lighter log) to split fine kindling with your knife. Then, use your knife to prepare your tinder. Cut a handful of wafer-thin shavings from your dry splittings.

Now that you've reached the dry part of the wood splittings, slice off several wafer-thin shavings to use as tinder.

Assemble the tinder (a handful of dry wood shavings no thicker than a match), kindling (one-eighth to one-quarter-inch thick dry wood splittings) and fuel (quarter-split logs). Trim all bark and damp wood from your tinder and kindling, and separate your wood into piles — tinder, kindling and fuel.

If it's raining, work under a tarp so that all the materials stay dry.

**Starter Accessories**

Carry a candle and chemical fire-starters.

Cotton balls dipped in Vaseline, a flattened wax milk carton and cigar-size newspaper logs that have been dipped into melted paraffin make good fire-starters. Don't use loose newspaper pages; they absorb moisture on damp days.

Make a "fire blower" as a bellows to nurse a developing flame by attaching a 6-inch piece of aluminum or copper tubing to a piece of rubber hose.

Once you have gathered the materials, build your fire from the ground up by

	<p>following the four steps below.</p> <p><b>Build It Right</b></p> <p>Set two 1-inch-thick sticks about 6 inches apart on the ground (see the figure at right). Place four pencil-thin support sticks across the base. Space the support sticks about half an inch apart.</p> <p>Stack an inch-thick layer of wafer-thin shavings on top of the support sticks. Leave some space between each shaving to allow for airflow. Set two half-inch thick “bridge” sticks across each end of the base structure to support the heavier kindling you’ll add next.</p> <p>Place fine, split kindling across the support sticks. Splittings should be parallel to one another with plenty of space in between. They should not compress the tinder below.</p> <p>Apply your match directly underneath the tinder (shavings). When the first flame appears, hand feed shavings (not kindling) into the developing flame. Don’t add kindling until you have a reliable blaze. The raised firebase will produce a powerful draft that creates a bright, smoke-free flame.</p>
Wrap-up	Clean up your area and ensure any flammable items are stored away from heat sources.

### Cooking - Dutch Oven cooking

Objective	Cook a meal in a dutch oven
Supplies	Outdoor Cooking pdf
Preparation	<p>(In the absence of a dutch oven, cook a one-pot meal in a casserole dish or other baker, and read the dutch oven webpage for instruction on coal placement.)</p> <p>Practice good hygiene by thoroughly washing your food prep area and hands. Practice good knife safety while preparing your ingredients.</p>
Instructions	<ol style="list-style-type: none"> <li>1. Read through Outdoor Cooking pdf and read through instruction and materials found online here:  <a href="https://www.freshoffthegrid.com/camping-dutch-oven-cooking/">https://www.freshoffthegrid.com/camping-dutch-oven-cooking/</a>  <i>Note: At camp, we would cover the lid of our dutch ovens with foil, which makes removal of briquettes easier and keeps the oven clean and tidy for easy storage.</i> </li> <li>2. Choose a recipe, a dutch oven size and use the chart on the website to calculate how many coals you would need on top, and how many at the bottom of your dutch oven.</li> <li>3. If you have the resources, gather ingredients for your chosen recipe</li> </ol>

	<p>and bake in a dutch oven, or in a casserole/baker dish.</p> <ol style="list-style-type: none"> <li>4. Following the recipe, prepare and bake your chosen meal, being careful to check the dish near the end of baking time as even home ovens can run hotter or cooler than their set temperature.</li> <li>5. Store or share leftovers.</li> <li>6. Review how to properly clean a dutch oven and understand what 'seasoning' is.</li> </ol>
Wrap-up	<p>Dutch ovens can be used over wood fires (with the aid of a grill or tripod), and with coal fires, in all sort of weather. Bake desserts, pizza, casseroles, bread, or flip the lid over to fry bacon and eggs. Versatile and durable, dutch ovens are excellent options for outdoor living, especially when a camp stove is unavailable or runs out of propane.</p>

## Knots - Knot Boards

Objective	Demonstrate 8 knots and how to make a knot board
Supplies	Knots pdf
Preparation	Gather lengths of rope, heavy string or twine, scissors and a "board" such as thick cardboard or thin particle board.
Instructions	<p>Knot boards are made for one of three purposes: to teach, to inform, or to showcase knots as art. As a first step, carefully plan your board's layout before you begin affixing anything to a board. You may find you need much more or much less space than you thought. As you plan, allow enough space for each knot and its label, and for enough space between the knots so the board does not appear crowded.</p> <p>A knot board that is well laid out is very pleasing to look at. Here are some reliable approaches that are good for projects of all levels:</p> <ul style="list-style-type: none"> <li>• The structured rectangular grid or pigeon hole layout is easy to work with because each knot has only a certain amount of space. The size of that space is determined based on the size of the largest knot. NOTE: If your display includes a sheep shank or other similarly long knot, simply allow two spaces for each one.</li> <li>• Arranging knots in an obvious sequence is important if you intend the viewer to follow steps or are arranging the knots in order of importance or complexity.</li> <li>• An arrangement that places small knots around a larger centerpiece knot is useful for showcasing something special. Knots are sometimes laid out around a centerpiece in an "invisible X."</li> <li>• If it's done neatly, even a random layout can be effective. It is easy because there are no structured borders. If you use a random layout, avoid confusion by making sure your labels are close to the knots they describe.</li> </ul>

	Each arrangement has advantages and disadvantages, and each can be done very well. As you gain experience in displaying your knots, consider using artistic rules such as the rule of thirds or the golden mean in making your design decisions.
Wrap-up	Labels range from names carefully written on the display medium to printed and laminated labels carefully glued.

## First Aid & Safety Skills - Purifying Water, Aid Techniques

Objective	How to purify/ filter water using bandanas. First Aid Kit contents. Basic First Aid Techniques: slings, immobilization, sprains, strains, buddy system to seek help.
Supplies	<a href="https://www.mountsinai.org/health-library/injury/how-to-make-a-sling">https://www.mountsinai.org/health-library/injury/how-to-make-a-sling</a> <a href="https://www.mountsinai.org/health-library/injury/how-to-make-a-splint">https://www.mountsinai.org/health-library/injury/how-to-make-a-splint</a> <a href="https://www.mountsinai.org/health-library/condition/sprains-and-strains">https://www.mountsinai.org/health-library/condition/sprains-and-strains</a>
Preparation	If you have one at home, get out the first aid kit so to review what the different contents look like and think about how they might be used.
Instructions	<p><b>Review contents of First Aid Kit</b></p> <p>You never know when you might need to provide basic first aid. To prepare for the unpredictable, considering storing a well-stocked first aid kit in your home and car. It's also a good idea to have a first aid kit available at work.</p> <p>You can buy preassembled first aid kits from many first aid organizations, pharmacies, or outdoor recreation stores. Alternatively, you can create your own first aid kit using products purchased from a pharmacy.</p> <p>A standard first aid kit should include:</p> <ul style="list-style-type: none"> <li>adhesive bandages of assorted sizes</li> <li>roller bandages of assorted sizes</li> <li>absorbent compress dressings</li> <li>sterile gauze pads</li> <li>adhesive cloth tape</li> <li>triangular bandages</li> </ul>

antiseptic wipes  
aspirin  
acetaminophen or ibuprofen  
antibiotic ointment  
hydrocortisone cream  
calamine lotion  
nitrile or vinyl gloves  
safety pins  
scissors  
tweezers  
thermometer  
breathing barrier  
instant cold pack  
blanket  
first aid manual

It's also smart to include a list of your healthcare providers, emergency contact numbers, and prescribed medications in your first aid kits.

**How to make a sling:**

<https://www.mountsinai.org/health-library/injury/how-to-make-a-sling>

**How to make a splint:**

<https://www.mountsinai.org/health-library/injury/how-to-make-a-splint>

**Sprains and Strains:**

Symptoms of strains include:

- Muscle stiffness, tenderness, or soreness
- Swelling

Symptoms of sprains include:

- Pain at the time of injury
- Swelling
- Bruising

The joint may be unstable or you may not be able to use the affected part of your body if the injury is serious, involving a muscle or ligament tear.

*What Causes It?*

Sprains generally happen when a twisting force is applied to a joint while it is bearing weight, which causes the ligament to stretch beyond its usual limit. Sprains tend to happen with sudden, unexpected movement, like a fall or a twist.

Muscle strains happen when the weight on a muscle is greater than the weakest part of the muscle can bear. Strains tend to happen during activities that require your muscles to stretch and bear weight at the same time. Being injured before or having limited flexibility may contribute to sprains. You are at risk for a sprain or strain if you:

	<p>Exercise without warming up properly          Use athletic equipment that does not fit properly          Participate in sports and activities that you are not conditioned for          Exercise when bones and muscles are fatigued</p> <p>Ice reduces pain, bleeding, and inflammation. It may also reduce more damage to other parts of the joint. Some evidence suggests that applying ice and using nonsteroidal anti-inflammatory drugs (NSAIDs) helps you heal faster. For more severe cases, wrap the affected area in an elastic bandage. You may need a cast to stabilize injuries. (DO NOT give aspirin to children under 18)</p> <p>Rest the injured area for about 7 days. Your doctor may refer you to a physical therapist, who will give you exercises to help you strengthen muscles, joints, and ligaments.</p> <p><b>Buddy System:</b></p> <ul style="list-style-type: none"> <li>• The buddy system should be used at all times, and helps to ensure safety and accountability</li> <li>• Teaches scouts to have responsibility for others.</li> <li>• Buddies should check into and out of an area together. They are to stay in the same assigned area, too.</li> <li>• It's recommended that buddies know and be comfortable with each other. No youth should be forced into or made to feel uncomfortable by a buddy assignment.</li> </ul> <p>Quick buddy checks: Assign each group of buddies a number. When performing a buddy check, each set of buddies calls out their number in order. You know a set of buddies is missing when a pair misses calling out their number.</p>
Wrap-up	<p>Check the first aid kit(s) you have at home. Note anything that might be missing or in need of replacement.</p> <p>Note a situation in which you might need to make a splint? If you are away from home, what objects might you be able to find to make a splint?</p>

### Knife Skills

Objective	Pocket knife safety and care; soap carving. Teach how to safely handle, clean and care for a pocket knife.
Supplies	<p><a href="https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Pocket-Knife-Skills-Toolkit.pdf">https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Pocket-Knife-Skills-Toolkit.pdf</a></p> <p>Pocket knife, soap, prepared work area such as table with cardboard to</p>

	protect the tabletop.
Preparation	<p><b>Review knife safety and etiquette:</b>  Here are some general safety guidelines to follow whenever using a pocket knife.</p> <ul style="list-style-type: none"> <li>• A knife is a tool, not a toy.</li> <li>• Treat a knife with respect and the right to use the knife as an honor and privilege.</li> <li>• Always use a sharp knife, never a dull knife.</li> <li>• Keep the knife clean and dry.</li> <li>• Never pass or carry an open pocket knife.</li> <li>• When you are not using your pocket knife, close it and put it away.</li> </ul> <p><b>Take the Knife Safety Pledge</b></p> <ul style="list-style-type: none"> <li>• I promise to keep the safety of myself and others around me as my top priority.</li> <li>• I will treat my pocket knife, or any other knife I use, with respect.</li> <li>• I will always close my pocket knife when not in use.</li> <li>• I will use my pocketknife only during designated and appropriate times, and under the supervision of an adult.</li> <li>• I will use my pocketknife in a safe manner at all times.</li> <li>• I understand that if I do not abide by my pledge, I may lose my privilege to use a pocketknife.</li> </ul>
Instructions	<p><b>Demonstrate the following:</b></p> <ul style="list-style-type: none"> <li>• Opening and closing your knife</li> <li>• Passing your knife</li> <li>• Sharpening your knife</li> <li>• Cleaning your knife</li> </ul> <p><b>Caring for Your Pocket Knife</b>  A sharp knife is safer than a dull one. A Whetstone or other sharpening device is used to sharpen a pocketknife. How to sharpen your knife with a whetstone:</p> <ol style="list-style-type: none"> <li>1. Place the stone on a level surface. If using a whetstone, wet the stone with a little water.</li> <li>2. Place the blade of the knife flat on the stone, then raise the back edge about the width of the blade itself, keeping the cutting edge on the stone. Keep the knife at the same angle at all times.</li> <li>3. Push the blade along the stone as through you were slicing a layer off the top. Repeat this pushing motion 3 or 4 times. Turn the blade over and place it at the far end of the stone. Repeat the process of the other side an equal number of times by pulling the knife towards you. Remember to keep the blade on the stone at all times.</li> <li>4. Wipe the blade off on a rag or towel on a flat surface, not in your hand.</li> </ol> <p><b>Learn how to clean your knife.</b></p> <ol style="list-style-type: none"> <li>1. Open blade.</li> </ol>



	<ol style="list-style-type: none"> <li>2. Use a Q-tip or toothpick with a small bit of cloth twirled onto the end moistened with light oil.</li> <li>3. Wipe the inside of the knife.</li> <li>4. To rid the knife of bacteria from food, wash the blade with hot soapy water, being careful when handling the blade.</li> <li>5. As needed, slightly oil the hinges with a light oil.</li> <li>6. Make sure to keep dirt off the knife - this can damage the knife.</li> <li>7. Keep the knife out of fire. The heat can damage the steel and the edge of the blade may become soft over time.</li> </ol> <p><b>Soap Carving</b> Collect knife, soap, and prepared area. You may draw a design on your bar of soap with a pencil if desired. (You may also wish to draw a design on paper, cut it out, and use like a stencil to copy the design onto the soap). Be sure to choose a very simple design.</p> <p>Begin slowly carving away excess soap with downward strokes. It is easier and safer to cut off several thin layers than to cut large blocks off at a time. You may find inspiration here: <a href="https://www.youtube.com/watch?v=Y17RweezGi8">https://www.youtube.com/watch?v=Y17RweezGi8</a></p> <p>Alternatively, you may choose to create a fuzz stick: <a href="https://scoutlife.org/outdoors/outdoorarticles/170299/how-to-make-a-fuzz-stick-to-help-start-a-fire/">https://scoutlife.org/outdoors/outdoorarticles/170299/how-to-make-a-fuzz-stick-to-help-start-a-fire/</a></p>
Wrap-up	Clean your knife and work area. Store knife safely.

## Outdoor Skills

Objective	Demonstrate how to use a map and compass. Set up an orienteering course for others. Review what to carry on a hike, take a hike.
Supplies	Map Compass Paper Pen or pencil <a href="https://www.rei.com/learn/expert-advice/navigation-basics.html">https://www.rei.com/learn/expert-advice/navigation-basics.html</a>
Preparation	Lay out your map, and log onto the REI website listed above
Instructions	<ol style="list-style-type: none"> <li>1. Read through how to use a compass: <a href="https://www.rei.com/learn/expert-advice/navigation-basics.html">https://www.rei.com/learn/expert-advice/navigation-basics.html</a></li> <li>2. Outside, point your compass toward an object of interest, such as a tree. Mark it on your paper as you create a map, along with the degrees. Also be sure to mark your starting point.</li> </ol>

	<p>3. Do this for several objects in your yard, noting each on the map you are creating.</p> <p>4. Also note how many paces (steps) are between each object.</p> <p>From this map, are you able to give instructions that you can later follow using your compass? For example:</p> <p>340 degrees, 15 steps (tree) 150 degrees, 11 steps (rock) and so on...</p>
Wrap-up	<p>A compass is a great tool for finding your way when other methods (landmarks, mobile phone, etc) are not available. It doesn't take batteries and you never have to recharge it.</p>

# Grade 6

**Projects:** Striking a match, Dutch oven cooking, knot boards, first aid for backpacking, soap carving, emergency shelters, Gold award info, LIA.

**Supplies:** matches, lighter

## Fire Skills - Striking a Match

Objective	Striking a match, using a lighter, starting a stove. Practice lighting matches and using lighters.
Supplies	Firebuilding pdf
Preparation	Prepare a container of water in which to drop matches. Ensure the surrounding area is clear of flammable items.
Instructions	<ol style="list-style-type: none"><li>1. Hold the safety <b>match</b> with your dominant hand.</li><li>2. Hold the <b>match</b> box in your non-dominant hand.</li><li>3. Swiftly <b>strike</b> the head of the <b>match</b> against the side of the <b>match</b> box. Important: <b>Strike</b> in the direction away from your body, so the fire ignites and starts away from you, not towards you.</li></ol>
Wrap-up	

## Cooking - Dutch Oven cooking

Objective	Cook a meal in a dutch oven
Supplies	Outdoor Cooking pdf
Preparation	(In the absence of a dutch oven, cook a one-pot meal in a casserole dish or other baker, and read the dutch oven webpage for instruction on coal placement.) Practice good hygiene by thoroughly washing your food prep area and hands. Practice good knife safety while preparing your ingredients.

Instructions	<ol style="list-style-type: none"> <li>1. Read through Outdoor Cooking pdf and read through instruction and materials found online here:  <a href="https://www.freshoffthegrid.com/camping-dutch-oven-cooking/">https://www.freshoffthegrid.com/camping-dutch-oven-cooking/</a>  <i>Note: At camp, we would cover the lid of our dutch ovens with foil, which makes removal of briquettes easier and keeps the oven clean and tidy for easy storage.</i> </li> <li>2. Choose a recipe, a dutch oven size and use the chart on the website to calculate how many coals you would need on top, and how many at the bottom of your dutch oven.</li> <li>3. If you have the resources, gather ingredients for your chosen recipe and bake in a dutch oven, or in a casserole/baker dish.</li> <li>4. Following the recipe, prepare and bake your chosen meal, being careful to check the dish near the end of baking time as even home ovens can run hotter or cooler than their set temperature.</li> <li>5. Store or share leftovers.</li> <li>6. Review how to properly clean a dutch oven and understand what 'seasoning' is.</li> </ol>
Wrap-up	<p>Dutch ovens can be used over wood fires (with the aid of a grill or tripod), and with coal fires, in all sort of weather. Bake desserts, pizza, casseroles, bread, or flip the lid over to fry bacon and eggs. Versatile and durable, dutch ovens are excellent options for outdoor living, especially when a camp stove is unavailable or runs out of propane.</p>

## Knots - Knot Boards

Objective	Demonstrate 8 knots and how to make a knot board, and note their uses
Supplies	Knots pdf
Preparation	Gather lengths of rope, heavy string or twine, scissors and a "board" such as thick cardboard or thin particle board.
Instructions	<p>Knot boards are made for one of three purposes: to teach, to inform, or to showcase knots as art. As a first step, carefully plan your board's layout before you begin affixing anything to a board. You may find you need much more or much less space than you thought. As you plan, allow enough space for each knot and its label, and for enough space between the knots so the board does not appear crowded.</p> <p>A knot board that is well laid out is very pleasing to look at. Here are some reliable approaches that are good for projects of all levels:</p> <ul style="list-style-type: none"> <li>• The structured rectangular grid or pigeon hole layout is easy to work with because each knot has only a certain amount of space. The size of that space is determined based on the size of the largest knot. NOTE: If your display</li> </ul>

	<p>includes a sheep shank or other similarly long knot, simple allow two spaces for each one.</p> <ul style="list-style-type: none"> <li>• Arranging knots in an obvious sequence is important if you intend the viewer to follow steps or are arranging the knots in order of importance or complexity.</li> <li>• An arrangement that places small knots around a larger centerpiece knot is useful for showcasing something special. Knots are sometimes laid out around a centerpiece in an “invisible X.”</li> <li>• If it’s done neatly, even a random layout can be effective. It is easy because there are no structured borders. If you use a random layout, avoid confusion by making sure your labels are close to the knots they describe.</li> </ul> <p>Each arrangement has advantages and disadvantages, and each can be done very well. As you gain experience in displaying your knots, consider using artistic rules such as the rule of thirds or the golden mean in making your design decisions.</p>
Wrap-up	<p>Labels range from names carefully written on the display medium to printed and laminated labels carefully glued.</p> <p>Note which knot would be appropriate for each situation:</p> <ol style="list-style-type: none"> <li>1. Holding up a tarp (shelter), without slipping</li> <li>2. Hanging food high in a tree (to keep away from animals)</li> <li>3. Taking up slack in a rope</li> </ol>

## First Aid & Safety Skills

Objective	Review the contents of a large first aid kit for backpacking. Learn about signs of illness, and first aid for accidents, illness.
Supplies	<p><a href="https://andrewskurka.com/backpacking-first-aid-kit-gear-list-downloadable-checklist/">https://andrewskurka.com/backpacking-first-aid-kit-gear-list-downloadable-checklist/</a></p> <p><a href="https://uhs.princeton.edu/health-resources/common-illnesses">https://uhs.princeton.edu/health-resources/common-illnesses</a></p>
Preparation	Review basics of First Aid: <a href="https://www.healthline.com/health/first-aid#kit-list">https://www.healthline.com/health/first-aid#kit-list</a>
Instructions	<p><b>Review backpacker first aid recommendations on this website:</b></p> <ul style="list-style-type: none"> <li>• <a href="https://andrewskurka.com/backpacking-first-aid-kit-gear-list-downloadable-checklist/">https://andrewskurka.com/backpacking-first-aid-kit-gear-list-downloadable-checklist/</a></li> </ul> <p><b>Review the signs of and treatment for common illnesses:</b></p> <p><a href="https://uhs.princeton.edu/health-resources/common-illnesses">https://uhs.princeton.edu/health-resources/common-illnesses</a></p>

	<p><b>Symptoms of Serious Illness:</b>  Immediate medical care may be needed if a headache, vomiting, fever, or a seizure occurs along with another serious illness. Symptoms of a serious illness include:</p> <ul style="list-style-type: none"> <li>● Severe neck stiffness or pain.</li> <li>● Confusion or extreme irritability.</li> <li>● Extreme sleepiness.</li> <li>● Persistent nausea or vomiting.</li> <li>● Severe sensitivity to light (photophobia).</li> <li>● Unsteadiness that prevents standing or walking (ataxia or vertigo).</li> <li>● New double vision, blurred vision, or blind spots.</li> <li>● Very rapid, difficult breathing.</li> <li>● Severe pain.</li> <li>● New and different skin rash or severe bruises.</li> <li>● New swelling, pain, redness, or warmth in one or more joints</li> </ul>
Wrap-up	Check the first aid kit(s) you have at home. Note anything that might be missing or in need of replacement.

## Knife Skills

Objective	Pocket knife safety and care; soap carving. Teach how to safely handle, clean and care for a pocket knife.
Supplies	<p><a href="https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Pocket-Knife-Skills-Toolkit.pdf">https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Pocket-Knife-Skills-Toolkit.pdf</a></p> <p>Pocket knife, soap, prepared work area such as table with cardboard to protect the tabletop.</p>
Preparation	<p><b>Review knife safety and etiquette:</b>  Here are some general safety guidelines to follow whenever using a pocket knife.</p> <ul style="list-style-type: none"> <li>• A knife is a tool, not a toy.</li> <li>• Treat a knife with respect and the right to use the knife as an honor and privilege.</li> <li>• Always use a sharp knife, never a dull knife.</li> <li>• Keep the knife clean and dry.</li> <li>• Never pass or carry an open pocket knife.</li> </ul>

	<p>• When you are not using your pocket knife, close it and put it away.</p> <p><b>Take the Knife Safety Pledge</b></p> <ul style="list-style-type: none"> <li>• I promise to keep the safety of myself and others around me as my top priority.</li> <li>• I will treat my pocket knife, or any other knife I use, with respect.</li> <li>• I will always close my pocket knife when not in use.</li> <li>• I will use my pocketknife only during designated and appropriate times, and under the supervision of an adult.</li> <li>• I will use my pocketknife in a safe manner at all times.</li> <li>• I understand that if I do not abide by my pledge, I may lose my privilege to use a pocketknife.</li> </ul>
<p>Instructions</p>	<p><b>Demonstrate the following:</b></p> <ul style="list-style-type: none"> <li>• Opening and closing your knife</li> <li>• Passing your knife</li> <li>• Sharpening your knife</li> <li>• Cleaning your knife</li> </ul> <p><b>Caring for Your Pocket Knife</b>  A sharp knife is safer than a dull one. A Whetstone or other sharpening device is used to sharpen a pocketknife. How to sharpen your knife with a whetstone:</p> <ol style="list-style-type: none"> <li>1. Place the stone on a level surface. If using a whetstone, wet the stone with a little water.</li> <li>2. Place the blade of the knife flat on the stone, then raise the back edge about the width of the blade itself, keeping the cutting edge on the stone. Keep the knife at the same angle at all times.</li> <li>3. Push the blade along the stone as through you were slicing a layer off the top. Repeat this pushing motion 3 or 4 times. Turn the blade over and place it at the far end of the stone. Repeat the process of the other side an equal number of times by pulling the knife towards you. Remember to keep the blade on the stone at all times.</li> <li>4. Wipe the blade off on a rag or towel on a flat surface, not in your hand.</li> </ol> <p><b>Learn how to clean your knife.</b></p> <ol style="list-style-type: none"> <li>1. Open blade.</li> <li>2. Use a Q-tip or toothpick with a small bit of cloth twirled onto the end moistened with light oil.</li> <li>3. Wipe the inside of the knife.</li> <li>4. To rid the knife of bacteria from food, wash the blade with hot soapy water, being careful when handling the blade.</li> <li>5. As needed, slightly oil the hinges with a light oil.</li> <li>6. Make sure to keep dirt off the knife - this can damage the knife.</li> <li>7. Keep the knife out of fire. The heat can damage the steel and the edge of the blade may become soft over time.</li> </ol> <p><b>Soap Carving</b>  Collect knife, soap, and prepared area. You may draw a design on your bar of soap with a pencil if desired. (You may also wish to draw a design on paper,</p>

	<p>cut it out, and use like a stencil to copy the design onto the soap). Be sure to choose a very simple design.</p> <p>Begin slowly carving away excess soap with downward strokes. It is easier and safer to cut off several thin layers than to cut large blocks off at a time. You may find inspiration here:  <a href="https://www.youtube.com/watch?v=Y17RweezGi8">https://www.youtube.com/watch?v=Y17RweezGi8</a></p> <p>Alternatively, you may choose to create a fuzz stick:  <a href="https://scoutlife.org/outdoors/outdoorarticles/170299/how-to-make-a-fuzz-stick-to-help-start-a-fire/">https://scoutlife.org/outdoors/outdoorarticles/170299/how-to-make-a-fuzz-stick-to-help-start-a-fire/</a></p>
Wrap-up	Clean your knife and work area. Store knife safely.

### Outdoor Skills

Objective	How to pack for a backpacking trip. Emergency trash bag shelter construction.
Supplies	Leave No Trace pdf
Preparation	
Instructions	<p>The A-Frame emergency shelter lets you stretch out completely so you don't have to sleep in a ball all night. For this to work you're going to need:</p> <ul style="list-style-type: none"> <li>● Cordage.</li> <li>● A tree.</li> <li>● Something to cut your bag (knife, hatchet, sharp rock).</li> <li>● Four small rocks.</li> <li>● Four Sticks (tent stakes)</li> </ul> <p>First you'll want to cut the side and the bottom of your bag. Then you'll need to use your cordage to string a low ridgeline.</p> <p>Then you'll need to use your cordage to string a low ridgeline.</p> <p>Now drape your bag over your line.</p> <p>Take your 4 rocks and wrap them around each corner of your bag.</p> <p>Then use your cordage to wrap around the rocks and stake them into place.</p> <p><b>These items should be part of your backpacking checklist:</b></p> <ul style="list-style-type: none"> <li>● Hiking boots or shoes</li> </ul>



	<ul style="list-style-type: none"> <li>● Backpack</li> <li>● Tent</li> <li>● Sleeping bag and sleeping pad</li> <li>● Stove and fuel</li> <li>● Kitchen supplies</li> <li>● Plenty of food</li> <li>● Water bottles and water-treatment supplies</li> <li>● Weather-appropriate clothing</li> <li>● Emergency and hygiene supplies</li> <li>● Small repair kit</li> <li>● The Ten Essentials</li> </ul> <p>Packed efficiently, a backpack can swallow an amazing array of gear. But what goes where? There's no one right way to pack. Lay out all your gear at home and try out different loading routines until you've found what works best for you.</p> <p>A well-loaded pack will feel balanced when resting on your hips and won't shift or sway as you hike with it.</p> <p>Packing can be broken down into three zones, plus peripheral storage:</p> <ul style="list-style-type: none"> <li>● Bottom zone: Good for bulky gear and items not needed until camp.</li> <li>● Core zone: Good for your denser, heavier items.</li> <li>● Top zone: Good for bulkier essentials you might need on the trail.</li> <li>● Accessory pockets: Good for essentials you'll need urgently or often.</li> </ul> <p>Tool loops and lash-on points: Good for oversized or overly long items.</p> <p>Visualize stacking cordwood. You're laying down rows, not building columns: Fill nooks and crannies until you have a solid, stable load—and be sure weight is equally balanced on each side. Tighten compression straps to streamline your load and prevent it from shifting as you hike.</p>
Wrap-up	

Level & Award	FIRE SKILLS	COOKING	KNOTS	FIRST AID & SAFETY SKILLS	KNIFE SKILLS	OUTDOOR SKILLS	GIRL SCOUT WAYS	LEADERSHIP
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1st Grade: Center Patch	UNIT CA - Learn fire safety rules. Practice building a little fire ring and laying a fire. (Supplies @ Rainbow Tent)	COOKSH ED - Learn how to pack a nutritious sack lunch. UNIT CA - Teach proper hand washing and handwashing stations @ Cookshed	UNIT CA - Teach unit to lace and tie shoes. (Supplies @ Rainbow Tent)	UNIT CA - Review all camp safety rules, truddy system and boundaries, what to do if you get lost.	UNIT CA - Teach campers basic knife safety rules. Practice cutting clay with plastic knives (Supplies @ Rainbow Tent)	UNIT CA - Teach unit how to dress for the weather; pack a day pack and the 10 Essentials (Supplies @ Rainbow Tent). Take the unit on a tour of the camp using the camp maps and help them see how to use a compass and to mark the coordinates of each location (Supplies @ Rainbow Tent)	UNIT CA - Teach the Girl Scout friendship circle and squeeze. Teach the GS Promise.	SONGS - Teach the unit the Camp Wilolinn song.
Timeline	:30	:90	:30	:30	:30	:30	:30	:30
2nd Grade: Red Section	UNIT CA - Review fire safety rules, practice how to build a fire, review fire terms (kindling, tinder, etc). Build an	COOKSH ED - Learn how to do stick cooking. Learn fire safety. UNIT CA - Teach the proper dishwashing method @	UNIT CA - Teach unit to lace and tie hiking boots (Supplies @ Rainbow Tent)	UNIT CA - Teach how to get help in an emergency. Take unit on a visit to First Aid Station.	UNIT CA - Teach campers basic knife safety rules. Practice cutting clay with plastic knives (Supplies @ Rainbow Tent)	UNIT CA - Teach unit how to roll/stuff a sleeping bag (Supplies @ Rainbow Tent). Review what to take on a day hike, review how to dress for the weather, how to get help in an emergency,	UNIT CA - Teach how to make a Sit-Up. Help unit make Sit Ups. (Supplies at Rainbow Tent) UNIT CA - Review the Girl Scout friendship circle, handsign, handshake, and squeeze. Practice the	UNIT CA - Help girls lead unit in a song. Help unit plan a game with Tags or Daisy (1st grade) unit. Help plan Scout's Own.



4th Grade: Yellow Section	RAINBOW TENT DEMO - Striking a match, using a lighter, starting a stove. UNIT CA - Help unit practice lighting matches and using lighters. COOKSHED - Observe how to start a charcoal fire. Start a propane stove.	COOKSHED - Learn how to use a propane stove and make a one-pot meal. Teach the proper care of cooking utensils and pots @ Cookshed. UNIT CA - assist COOKSHED CA teaching match lighting.	UNIT CA - Teach unit to tie bowline and clove hitch and demonstrate how it can be used (Supplies @ Rainbow Tent).	FIRST AID STATION - Review poison ivy, poison oak, and stinging nettle. UNIT CA - Teach rules for safety around water. Put together a simple First Aid Kit and know how to use it. Learn how to care for simple cuts, scrapes, bandaging, blisters, sunburns, glove wearing, and washing methods.	RAINBOW TENT DEMO - Pocket knife safety and care. Teach how to safely handle, clean and care for a pocket knife. UNIT CA - Help campers practice knife safety skills while cutting raw carrots.	RAINBOW TENT DEMO - How to make camp (pitch a tent, set up cooking area, water access). Know weather signs. Know deciduous and coniferous trees and sword ferns. Cover Leave No Trace. UNIT CA - Help campers practice setting up tents. (Equipment @ Rainbow Tent).	UNIT CA - Teach the unit about the Girl Scout Bronze Award (Display at Rainbow Tent).	UNIT CA - Teach unit how to make Girl Scout Promise Cootie Catchers (Supplies @ Rainbow Tent). Teach unit how to teach a 2nd grade unit how to make them. Help the unit teach a 2nd grade unit how to make them
Timeline	:30	3:30	:60	:30	:60	:60	:30	:30
5th Grade: Orange Section	COOKSHED - Make an egg carton fire starter and use to start cooking fire. How to make a fire in inclement	COOKSHED - Learn how to make a meal in a dutch oven.	RAINBOW TENT DEMO - Demonstrate 8 knots and how to make a knot board. UNIT CA - Teach how to tie 8 knots	RAINBOW TENT DEMO - How to purify/ filter water. UNIT CA - Help campers filter water using bandanas (Supplies @ Rainbow Tent) Review contents of larger First Aid Kit.	RAINBOW TENT DEMO - Pocket knife safety and care; soap carving. Teach how to safely handle, clean and care for a pocket knife. UNIT CA -	RAINBOW TENT DEMO - Demonstrate how to use a map and compass. Set up orienteering course for units. UNIT CA - help campers learn to use map and compass. Help unit	UNIT CA - Teach the unit about the Girl Scout Silver Award (Display at Rainbow Tent). Help unit plan their	UNIT CA - Help the unit teach a game to a 2nd grade unit how to make them. Teach your unit how to make Pipe Cleaner Creatures and then

	<p>t weather. <b>MAKE FIRE STARTERS PRIOR TO COOKS HED, THEN BRING WITH</b></p>		<p>and help make knot boards (Supplies @ Rainbow Tent).</p>	<p>Basic First Aid Techniques : slings, immobilization, sprains, strains, buddy system to seek help.</p>	<p>Help campers practice knife safety skills while carving soap (Supplies @ Rainbow Tent)</p>	<p>complete orienteering course. Review what to carry on a hike, take a hike.</p>	<p>skit for the Friday Night Campfire.</p>	<p>teach them how to teach a 3rd grade unit to make them (Supplies @ Rainbow Tent)</p>
Timeline		3:30	:60	:60	:60	:60	:30	:30
6th Grade: Purple Section	<p>RAINBOW DEMO - Striking a match, using a lighter, starting a stove. UNIT CA - Practice lighting matches and using lighters.</p>	<p>COOK SHED - Learn how to make a meal in a dutch oven. Fire starting with charcoal. Cooking over a fire.</p>	<p>RAINBOW TENT DEMO - Demonstrate 8 knots and how to make a knot board; UNIT CA - Teach how to tie 8 knots and help make knot boards (Supplies @ Rainbow Tent). Know how to use and put up tarps using appropriate knots.</p>	<p>FIRST AID STATION - Review the contents of a large first aid kit for backpacking. Learn about signs of illness, and first aid for accidents, illness.</p>	<p>RAINBOW TENT DEMO - Pocket knife safety and care; soap carving. UNIT CA - Teach how to safely handle, clean and care for a pocket knife. Help teach soap carving (Supplies @ Rainbow Tent)</p>	<p>RAINBOW TENT DEMO - How to pack for backpacking trip. Emergency trash bag shelter construction. UNIT CA - help campers construct their emergency shelters.</p>	<p>UNIT CA - Teach the unit about the Girl Scout Gold Award (Display at Rainbow Tent). Help unit plan their skit for the Friday Night Campfire.</p>	<p>UNIT CA - Mentor campers in unit to complete LiA Award activities</p>
Timeline	:30	3:30	:90	:60	:60	:60	:30	:60