

Camping In

Camping In is an at home study course designed to prepare adult volunteers in the supervision of girls and equip them with the skills necessary to safely and effectively conduct and lead outdoor activities and to create an enjoyable outdoor experience in the following areas; day programs in an **outdoor setting** (e.g. Girl Scout Camp, state park, city or local park etc.), overnights in a camp lodge, dining hall, recreation hall or an equivalent facility, **for a maximum of two nights**. Upon successful completion of the Camping In home study course, you must complete and submit the Camping In Specialist Form to complete the certification process.

Building a Solid Foundation

Girl Scout Mission Statement

Girl Scouting builds girls of courage, confidence and character, who make the world a better place.

The Girl Scout Leadership Experience

The Girl Scout Leadership Experience engages girls in discovering self, connecting with others, and taking action to make the world a better place.

The Three Keys to Leadership

- **Discover:** Girls understand themselves and their values and use their knowledge and skills to explore the world.
- **Connect:** Girls care about, inspire, and team with others locally and globally.
- **Take Action:** Girls act to make the world a better place.

The Girl Scout Leadership Experience provides three processes for adults partnering with girls to incorporate: Girl Led, Cooperative Learning, and Learning by Doing. **The Girl Scout Leadership Experience should be entwined and laced throughout outdoor programs and activities**

Outdoor Education Defined

The effective utilization of the Girl Scout program in an outdoor setting enabling girls to **Discover, Connect** and **Take Action**.

Benefits of Outdoor Education

Outdoor activities and programs help meet the needs of today's girls to:

- Feel safe and secure in a non-threatening environment.
- Feel a sense of accomplishment by trying new activities.
- Build confidence.
- Discover more about themselves and the world around them.
- Build girls courage to move beyond their comfort zone to try something new and test their own limits.
- Build and foster leadership skills.
- Encourage and inspire girls to take action to make the world a better place.
- Feel like they are accepted and their differences appreciated.
- Take an active part in planning their own activities.
- Enjoy recognition and approval.
- To have fun and enjoy leisure activities with a positive adult role model.
- Empowers girls to be self assured and self reliant.
- Promotes healthy relationships both with people and the environment.
- Provides girls an opportunity to be active and exercise.
- Becomes stewards of the environment.



Focusing on the Girls in the Outdoors

Outdoor activities provide a wide variety of opportunities for girls to grow as individuals, to develop their own recreational interest and skills. The most important outcomes are the positive changes and differences that are made

**In every walk
with nature one
receives far
more than he
seeks.
John Muir**

It Takes Two

Girl/Adult Planning and Partnership

A vital ingredient in Girl Scouting is the **partnership of girls and adults** working as a **team** to successfully plan and carry out the Girl Scout Program



Girls feel involved, take ownership and become more responsible and self-reliant when true girl and adult planning takes place. They learn how to make decisions democratically, and they develop leadership and interpersonal skills. Regardless of the type of activities the girls wish to participate in, they need to make choices and plans, to mature and develop their competence and self-esteem. Girl and adult planning begins at the Daisy age level and changes and matures as the girls grow older and gain experiences.

Active listening is one of the most important skills the leader can use to foster an atmosphere in which the girl and adult partnership and planning thrive.

Creating a strong girl and adult partnerships in relation to outdoor programs and activities, the leader must take in to account that some girls will have outdoor experience while others may not have any. For girls with little or no outdoor experience, encourage activities in the most familiar outdoor environment before venturing far from home.

It is important to remember, however, the level of planning and authority assumed by the leader and the girls may not always be constant. Safety concerns or trying an activity for the first time will require more responsibility of planning to fall to the leader.

Everyone should be included in the planning process and express to the girls that **good planning requires compromise, give and take and flexibility.**

Keys to a successful planning partnership -

Make it SPECIAL!

Make it IMPORTANT!

Make it FUN!

Make it EXCITING!

Method to the Madness

As adults, we realize that it is much quicker, easier and more efficient to plan the activities ourselves. But who is getting short-changed in the long run? So take the time, the energy and the effort necessary to guide and support the girls through theirs and yours enriching planning process.



Making It Fun and Collecting Ideas

Use a variety of methods and supplies to create active and hands-on planning sessions. Use post-its, markers, crayons, colored paper or index cards, clothes pins, stickers, charts, lists, and many other items.

Idea Collecting

- **Brainstorm**—this gives girls the feeling that anything is possible.
- **Use Checklist**.—provide a list of possible activities, let each girl check or vote on the ones that appeal to her. Leave space for girls to write in activities.
- **Offer .taster. or .teaser. activities.**—give the girls a chance to sample activities to see what they may really like and enjoy.
- **Keep an .Outdoor Fun. suggestion box**

In making decisions, some girls may wish to do an activity, while other girls may choose not to. It's okay. Girls have different interests so naturally they may wish to do different activities. There's no reason why more than one activity shouldn't take place. Respect and appreciate their differences.

Other Considerations

Planning plays such an important role in having a successful Girl Scout outdoor adventure. When working with girls you have a responsibility to ensure all considerations are looked at or thought of as the planning process progresses. Items to keep in mind, are:

- What are the interests of the girls?
- How many girls will be taking part?
- What facilities are available for use?
- What age and what are the abilities of the girls?
- What equipment may be needed and is it available?
- Are their special skills, knowledge or abilities needed?
- Does there need to be a budget or fund raising?
- Ask yourself what do they already know and how can we build on what they know and can already do?

It is up to you to give the girls guidance in making sound decisions.

The Progression Factor

The Girl Scout program is built on the foundation of progression—**acquiring the skills needed to progress to more difficult or highly skilled activities.**

As girls explore, discover, and learn they build their confidence through an array of age level specific outdoor activities. Their progressive outdoor experience can reach new levels with each one being supported by a solid foundation and knowledge gained through their own previous outdoor experiences.

Progression is the key. Too much too soon may create a bad experience while too little too late may cause girls to become uninterested or bored.

Progression underlies all avenues of Girl Scouting, from age level handbooks to cooking, from Girl/Adult planning, to use of

tools, from tent camping to backpacking, from roasting a marshmallow to preparing a gourmet dish using a Dutch oven.

Whatever the avenue chosen, it is important to remember that following progression will make all the difference in the outcome.

In each aspect of outdoor activities, begin where the girls (and you) feel comfortable. Girls new to your troop/group will catch on quickly if the more experienced ones share their skills and knowledge.

Girls teaching girls is an especially rewarding method for both new and experienced troop/group members.

Are You Ready?

Before embarking on your first outdoor adventure, do a self check. It is not only important to make sure the girls are ready but you are ready as well. Don't get in over your head!. Take baby steps and progress slowly staying within your comfort level. Remember, your attitude is contagious, progress too quickly and it may make for a rough situation where you may feel disappointed, overwhelmed, scared, upset, angry, etc. These feelings will be echoed by your troop/group. Don't start an epidemic, keep yourself in check.

Gage your own comfort level, ask yourself.

- What is my comfort level in the outdoors?
- What are my experiences in the outdoors or how much experience in the outdoors do I have?
- Do I have any phobias relating to the outdoors, how will I keep them in check?
- Do I need training or is training required for the activities we wish to do?
- Do I need any special skills for the activities we wish to do?
- What are my expectations of myself, the girls and others?
- Do I have a support network from parents/volunteers and council staff?

Preparing for your first .Big Adventure. -

- Read and follow Safety-Wise. **Complete the Safety-Wise self study.**
- Actively use girl and adult planning.
- Receive appropriate training.
- Obtain parent permission or any other type parental permission prior to the .adventure..
- Make and post emergency procedures and plans.
- Ensure that a first aider and a first aid kit will be present at the .adventure..
- Prepare girls, following progression.
- Complete necessary paperwork.
- Do a site visit, know local emergency services phone numbers and addresses and know directions to local hospitals.
- Select age level appropriate activities and secure back-up rainy day activities.



The Making of a Great Outdoor Activity

Progression is the key to successful outdoor activities and programs, however, there are key characteristics in making a good outdoor activity a great outdoor activity. When working with girls to determine what activities will be done on their adventure., guide the girls in their decision making by keeping the following in mind:

Encouragement and Variety

All girls should be encourage to participate in a variety of outdoor activities.

Quality and Quantity

Quality and quantity count when it comes to outdoor experiences. There are a wide variety of settings, from zoos and nature centers, to camps from farms. Girls who develop a sense of deep appreciation and respect for the environment are the girls who have had many opportunities to discover and explore the natural world. Significant attitude changes occur in girls who have had exposure to multiple outdoor experiences.

Do It Outdoors

Physically doing the activities in the outdoors has greater impact on the girls. You can supplement activities with videos, DVD.s, computer games or surfing the net but nothing can take the place of an outdoor classroom.

See, Touch, Smell, Taste & Hear

Connect the girls to the outdoors by using all of their senses. Use a multi-sensory approach. When planning activities be sure to try and touch on using as many senses as possible.

The smell of food cooking outdoors may be familiar but what about the smell of dirt, wildflowers, pine, friendly skunk, or the air after a quick summer rainstorm?

Have the girls seen a sunset, a sunrise or gazed up into a starlit night in a peaceful outdoor setting?

By touch, can they feel the difference in the bark of a pine tree and a oak tree?

With their eyes shut, sitting on a beautiful mountain bald, have they counted the many different sounds you may hear on cool crisp autumn day?



Fish, honey and pine nuts just to name a few are the many foods found in nature, have their taste buds yet discover the many treats nature has in store for them?



Caution Statement. Don't forget to use one of the most important senses—**COMMON** sense. Never expose girls to dangers, poisonous plants or other hazards.



Keep It Real

Whenever possible, use authentic items or objects.

Hands-On

Keep girls involved by doing hands-on activities. Each girl can build her own skills by doing rather than watching.

Making the Connection

Show interrelationships of different elements of the outdoors. Discuss how nature is connected, every living thing is dependent on another. A certain species of bird may



solely depend on one type tree to live. If our actions cause these tree to die, so may this bird species.



Fun and Challenging

Make it fun and safe with an element of challenge based upon age level and progression. Make it different and unique. At times, focus on individual interest and firsthand experiences, the activities then have built-in motivation.

Leave No Trace

Follow the seven principles of .Leave No Trace., doing activities with minimal impact to our natural environment. Girl Scouts leave a place better than they found it!



Plan It Together

Involve girls in planning the activities. Girl/adult planning and partnerships promote positive attitudes and builds and strengthens girl and adult relationships.



Role Models

Surround the girls with good role models. Provide girls with positive adult role models who can set and maintain a positive tone in the group.

Being Enthusiastic

Enthusiasm creates enthusiasm.

I Am Unique



Be aware a balance must exist in decision making for the troop/group as a whole and the individual needs and interest of each girl. Each adult and girl will be unique, have their own experi-

ences, their own interests, needs, likes and dislikes. A truly diverse group of people, creating an awesome learning environment for girls. Along with differences, you have age-level characteristics you must consider when planning activities. Plan activities that fit the physical, emotional, and learning capabilities, and the interest of the girls so they are fun and challenging, but not frustrating. Here is a quick review of the general characteristics of each Girl Scout age level.

Girl Scout Daisy

- Short attention span.
- Do things for themselves.
- Friendly, helpful, cooperative.
- Need adult and peer approval.
- Developing fine motor coordination.
- Understand more than can be verbalized.
- Questions lots of things about their environment; they want to know **why**.
- Learn by doing, experiencing, playing.
- Are curious.
- Like to collect things.
- Can't easily see a viewpoint different from their own.
- Like to make things.

Girl Scout Brownie

- Better control of large muscles than small ones.
- Like to join groups, but often need individual attention.
- Can cut and paste, hammer and tie things.
- Are learning to read and write, developing copying skills.
- Developing number concepts, beginning time and distance concepts.
- Like to start projects—may not finish them.
- Can remember and do things in a sequence of commands.
- Have limited understanding of abstract words.
- Love to playact.
- Want to assume responsibility.
- Are usually very cooperative.
- Reflect values, attitudes, and prejudices of family.

Girl Scout Junior

- Good manual and manipulative skills.
- Good eye-hand coordination.
- Like peer group activities; friendships are important.
- Mastering concepts of time and distance.
- Express abstract ideas in poetry, drawings and songs.
- Show special talents; art, music, etc.
- Take personal pride in completion of their own projects.
- Assume responsibility for their own acts.
- Wish to be helpful.
- Question values and attitudes; start to set their own.
- Can apply logic; can understand some abstract concepts.
- Develop pronounced hero worshiping.

Girl Scout Cadette

- Are undergoing rapid physical growth and development.
- Are self-conscious about body image.
- Need more physical activity.
- Are prone to peer pressure.
- Maintain close, supportive relationship with friends.
- Idolize public figures, e.g., rock stars, teachers, leaders.
- Seek more privacy.
- Test imposed limits.
- Develop own sense of values, influenced by peers.
- Can use logic and alternatives to solve problems.
- Are able to plan ahead.

Girl Scout Senior and Ambassador

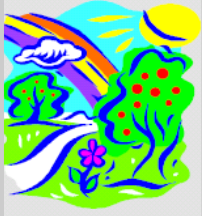
- Emerging sexual feelings.
- Interested in clothing and appearance.
- Think abstractly.
- Organize ideas written and orally.
- Develop goals and values.
- Able to formulate complex plans.
- Take high risks, thinking themselves immune to consequences.
- Passionate about beliefs and causes.
- Show anxiety and guilt in conflicts between parents and peers.
- Seek acceptance from peers, but becoming more independent.
- Friendships will last longer.
- Often over committed.
- Enjoy family activities but prefers peers.



ance.



Ready or Not?



Readiness in adults is very important but readiness in girls can make or break a great outdoor experience. Adults need to ensure that girls are ready and prepared before that first overnight ad-

venture. Read the following statements to determine how or if your troop/group is ready.

- Girls have expressed excitement and enthusiasm about an overnight.
- Girls have all spent the night away from home
- either at a friend's house or attended a slumber party. (A night at a grandma's house does not count)
- Girls would be able to cope with things like darkness, night noise or sounds, seeing insects, etc.
- Girls can manage with little or no privacy.
- Girls get along with each other.
- Girls can compromise when it comes to decision making with no hard feeling, forgive and forget.
- Girls rarely argue and can peacefully settle disagreements.
- Girls listen and can follow verbal instructions.
- Girls have used a Kaper Chart.
- Girls have been given responsibilities in planning troop/group activities.
- Girls can remember to bring items needed for troop activities when necessary.
- Girls take responsibility for their personal belongings.
- Girls can make their own beds at home.
- Girls have experience preparing food or snacks.
- Girls can cleanup after themselves.
- Girls can wash dishes and clean up cooking area with minimal adult assistance.
- Parents are ready to let girl go.

A camper's first night away from home is an important one. We want to help you make it a happy one so she will eagerly look forward to future camping!

Comfort Level

Assess your campers' comfort level about the outdoors. Psychologically, humans are most comfortable with what is familiar. Unfamiliar sound, sights, and smells may produce some anxiety among girls and adults. Understand that this is a natural reaction for many first time overnight campers. Think about fears that a girl may have about camping.

Common Fears

- Fear of snakes or insects.
- Fear of bears, lions, tigers, alligators, sharks, etc.
- Fear of plants (itchy plants, plants with thistles or thorns)
- Fear of getting lost.
- Fear of getting dirty.
- Fear of being alone.
- Strangers, killers in the woods (too many scary movies)
- Fear of using latrine.
- Fear of wetting bed. (embarrassment in front of peers)
- Too quiet.
- Fear of the dark.
- Fear of the unknown.
- Fear of thunderstorms and lightning.



Overcoming the Common Fears

Help relieve a girl's fear by having fun and taking time to discuss what to expect on their first overnight camp experience.

What to Do -

- Be aware of fears, don't discount a camper's feelings.
- Explain about night sounds, like frogs, insects, raccoons, etc.
- Explain where you will be, even in the middle of the night.
- Explain the **Buddy System** and always take a flashlight when moving around in the dark.
- Make sure they know where the restroom is located.
- Don't eat in your sleeping area only in designated areas to ward off critters.
- Plan fun activities. Sing peppy camp songs or play a get acquainted game. Keep it light, fun, and active. Inspire girls to look forward to the activities that tomorrow will bring.
- Say good night to each girl individually. This is the time when a friendly smile and a cheerful word mean the most.
- Be aware if other campers are telling scary stories.
- If a girl does get scared, calmly take her away and discuss her fears.

Our First Overnight

Planning An Overnight For Beginners Suggested Meeting Planning Calendar

The girls in your troop have already decided to go on the first camp overnight. Below are some suggestions for meeting activities to prepare for the overnight with the girls.

	Meeting Content	Leaders Do
Meeting 1	<ul style="list-style-type: none"> Discuss what to wear Do relay race dressing for particular activity or weather. Do Pack It or Leave It activity 	<ul style="list-style-type: none"> Make site reservations Submit necessary trip forms to council Bring sample clothes for games Review Safety-Wise activity check-points to ensure all precautions are followed.
Meeting 2	<ul style="list-style-type: none"> Plan menu for overnight Create shopping list Plan budget for overnight Plan what equipment might be needed from council Do sleeping bag relay game 	<ul style="list-style-type: none"> Alert girls' parents/guardians of overnight date Ask for adult volunteer support for shopping, drivers, chaperones, etc. Bring supplies for game If necessary, submit equipment request form to council
Meeting 3	<ul style="list-style-type: none"> Plan activities for overnight Learn an active song and a grace Make a sit-upon Begin learning principles of Leave No Trace Look at a map to see where they are going 	<ul style="list-style-type: none"> Send parent permission slips home Make sure all Health Histories are updated Bring supplies for sit-upon Obtain Leave No Trace information
Meeting 4	<ul style="list-style-type: none"> Practice safety skills, emergency signal, buddy system, fire drill, etc. Review personal packing list, explaining what to pack and what not to pack Continue learning the principles of Leave No Trace 	<ul style="list-style-type: none"> Send packing list home to parents Display appropriate items to pack and non-appropriate items to pack
Meeting 5	<ul style="list-style-type: none"> Discuss expectations and behaviors for overnight Practice other skills that may be needed Continue learning principles of Leave No Trace Learn two quiet songs 	<ul style="list-style-type: none"> Permission forms due from parents/guardians with payment Set up transportation for trip Call on adults who volunteered to take girls shopping for food
Meeting 6	<ul style="list-style-type: none"> Make a Kaper Chart Plan a Girl Scout's Own ceremony Review plans for trip with everyone Answer all question Give final details 	<ul style="list-style-type: none"> Check arrangement with drivers, shoppers and chaperones If possible, do a site visit—highly recommended Get ready Enjoy!

The above mentioned activities are merely suggestions. However, you should plan and prepare girls for several weeks before the overnight. Good planning and preparation are essential for a successful overnight.

Kaper Charts

The jobs or tasks that may need to be done while on an overnight, such as cooking, setting the table, and cleaning up are called kapers and may be listed on a kaper chart. The kaper chart is done previous to the overnight so that everyone knows what jobs or tasks need to be



done and who will be responsible for completing them. The easiest way to divide up the jobs or tasks is for the girls to work together in patrols, pairs, units or committees. You can rotate the jobs or tasks through each of the groups, to give everyone an opportunity to do each of the jobs or tasks.



Kaper charts can be simple or elaborate, on paper, card stock or poster board. You can use pencil, pen, markers, stickers, drawings, clothes pins, etc. to create your kaper chart. Girls can choose names for their work groups to create a fun work environment. A description of each job or task can be posted on or next to the kaper chart to help girls complete their jobs or tasks properly.

Purpose of a Kaper Chart

- It relieves the leader from the need to make arbitrary assignments and from giving individual instructions.
- Since it gives a girl knowledge of all jobs or tasks of the group, she understands the importance of her own part (takes ownership) and how it fits into the whole picture.
- Kaper charts give assignments by chance, therefore, there is little likelihood that a girl will resent a dull job or task because she knows she will get a different one next time.
- As a girl's kaper chart experience progresses from the simple to the more elaborate, she gradually learns the planning needed prior to any event. This helps a girl be prepared to participate in planning.
- Leaders of beginning groups will probably need to take the lead in planning the kaper chart. As girls gain experience in planning, they can begin to design the kaper chart themselves.

Steps in Making a Kaper Chart

1. List all of the jobs or tasks to be completed.
2. Consider the number of girls to do the job.
3. Consider the number of kapers to be completed.
4. Divide girls into work patrols, pairs or units.
5. Combine kapers to fit the number of work groups available.
6. List what each job entails.

A list of possible kapers:

- Meal preparation—Prepares food for cooking, makes salads, cut vegetables, opens cans or bags, etc.
- Dishwashing—Washes, dries and puts dishes away.
- Trash pick-up—Picks up, takes out trash and replaces garbage bag.
- Mopping/sweeping—Mops or sweeps where needed.
- Bathroom cleanup—Empties trash, ensure there is toilet paper, soap and towels to dry hands. Sweeps.
- Raising the flag—participate in flag ceremony
- Lowering the flag—participate in flag ceremony
- Cooking—actively cooks meal.
- Table setter—places dinnerware, flatware and condiments on table.
- Hostess—lead grace, welcomes everyone to meal and helps serve.
- Table Decorations—creates a wonderful dining experience.

Hints for Kapers:

- Kaper charts should be planned by the girls and adults.
- When assigning kapers, keep in mind the age and skill level of the girls.
- Kaper charts should be posted so girls can easily determine their responsibilities—the girls aren't as tall as you are—charts should be clear and easy to read.
- Kaper charts should have clear, specific written descriptions of jobs or tasks and girls should be trained in their jobs or tasks.
- Kaper charts for young girls can be made with pictures instead of words.
- Kapers encourage girls to work together and distribute the work evenly.
- If a kaper chart is going to be posted outdoors, be sure to weather-proof it.
- Be careful not to combine difficult or conflicting kapers.
- Encourage girls to have fun; adults should try not to interfere with the girls' kapers.

Sample Kaper Chart

Saturday's Kaper Chart	Meal Preparation	Table Setters	Cook	Dish Washers
Breakfast	Patrol 1 Badgers	Patrol 2 Chipmunks	Patrol 3 Groundhogs	Patrol 4 Coyotes
Lunch	Patrol 2 Chipmunks	Patrol 3 Groundhogs	Patrol 4 Coyotes	Patrol 1 Badgers
Dinner	Patrol 3 Groundhogs	Patrol 4 Coyotes	Patrol 1 Badgers	Patrol 2 Chipmunks

The 411 on Meal Time



Nutrition always plays a part in any camp experience, ensuring the girls and adults are receiving healthy meals and snacks. When guiding girls in their menu

selections use the new food pyramid to make final menu decisions. Include grains, vegetables, fruits, fats, milk and dairy products, meats, beans, fish and nuts. Be sure to plan well balance meals. For more information go to the website *MyPyramid.gov*.

Outdoor Cooking Progression—following outdoor cooking progression is another essential step to ensure a great first time overnight. Cooking on your first overnight can be one of many great experiences for troop/

group camping. Progression in cooking should be built into every troop camp experience. It can be time consuming, since it must be done by the campers themselves to be meaningful and fun. Plan ahead with them, and take into consideration:

Preparation time and cooking time.

Equipment needed.

Storage space.

The keeping quality of food items.

Safety precautions and *Safety Activity Checkpoints*.

Make it low impact to the environment.

Refrigeration needs.

Carrying distance

Nose Bag Lunch—no cooking. Usually prepared at home and brought to outdoor activities. The first step toward outdoor meals. Emphasize balance, variety, amount, and packing of lunches, be sure to include a drink. Skills achieved are: planning nutrition and well balanced meals, packing food, learning about foods that require no or little refrigeration or alternative ways to keep foods chilled properly.

Fireless Cooking—foods that can be prepared without cooking. Usually salads and sandwiches.

One Pot—Easy and simple recipes using multiple ingredients cooked in one pot. No other cooking is needed; you can include bread, salad and desert for a well balanced meal. One pot recipes usually include meat and vegetables combined into one pot, for example soups, stews, and chowders. Spaghetti is also consider a one pot meal.

Skillet—Skillet cooking refers to food fried, steamed or otherwise prepared in a skillet. Usually bacon, eggs, sausage, hotdogs, hamburgers, pancakes, etc., Usually additional one pot or skillet cooking is required along with bread, salad and desert for a well balanced meal.

Food Storage

- All food must be stored in a manner that prevents spoilage and contamination.
- Hot foods must be kept at 140 degrees Fahrenheit, but it is suggested when placed in serving bowls it is at 170 degrees Fahrenheit.
- Perishables, such as creamed dishes, pudding, dairy products, poultry, meat, and salads must be stored at or below 40 degrees Fahrenheit in a refrigerator or insulated cooler with ice enclosed. If this food storage temperature can not be maintained use dehydrated, freeze-dried or canned goods.
- Refrigeration is available at all Girl Scouts of Black Diamond Council's camps.
- Food should be stored at least 6 inches from the ground or in sealed air tight containers.
- Store meat separately from produce and beverages to prevent cross contamination.
- Ice that will be used in drinks should be kept separate from ice that is used to keep foods cold and should be dispense with a scoop or tongs.
- Do not store food in sleeping quarters.
- Store all food in animal proof containers, even indoors.
- Use zipper sealed baggies when possible to reduce packaging and weight, whenever possible. Do not Use slide lock type, they have a tendency to open.
- Do not use glass containers for storage and avoid buying glass containers when shopping.


At the Camping In level, fire building is not permitted; it will be included at the Camping Out level. Therefore, the primary focus for outdoor cooking progression in Camping In is nose bag, fireless cooking, one pot and/or skillet meals prepared over a kitchen stove.

The 411 on Meal Time Cont.

Safe Water

There must be safe water for drinking, cooking and personal use. Safe drinking water is defined as water from tap that has been tested and approved by the local health department. Store bought bottled water is considered safe water.

Food Preparation

- Always wash hands and clean preparation area.
- Raw fruit, vegetables and poultry should be washed before preparation.
- When using preparation utensils (usually knives, spatulas, peelers, can openers etc.) be sure not to cross contaminate with other food items, or clean between uses. 
- Safe water must be used to reconstitute powdered, dehydrated, or freeze-dried food.
- Some foods can be prepared in advance and frozen to keep fresh until needed, for example, ground beef.
- Thoroughly clean surfaces on which meat has been prepared before preparing other foods on the same surface.
- Thaw frozen foods in refrigerated area.
- The maximum periods in which perishable foods (e.g. fish, poultry, meats, eggs, and milk) should be allowed to sit in 46 to 139 degree Fahrenheit range is two hours.
- Girls and adults who have any type of contagious condition should not participate in the preparation of meals.

Food Disposal

Be as conservative as possible. Plan for limited food waste. Never bury or burn food. If food must be thrown away, double bag the trash bag. All grease should be carried out, never put grease in fire or down the sink.

Garbage Removal and Disposal

Try to conserve and recycle where possible and practical the amount of trash you create. At GSBDC trashcans are provided and the ranger will pick up the trash, however, make sure if the contents of the trash bag are leftovers or other items that could cause a major mess if the bag was ripped or torn, please double bag your trash. It is suggested you separate your trash; a can for paper type waste, food items, etc. Never put liquid in the trash can,



Food Allergies

Be aware of possible food allergies. Ask questions. Check health histories. Common food allergies or special dietary needs include .nuts, cinnamon, peanut butter, certain grains, lactose intolerances, diabetes, hypoglycemia, etc. If persons in your troop/group suffer from food allergies and or special dietary needs educate yourself and read labels.

Steps for Meal Planning and Shopping and Equipment List


- Consider food allergies and dietary restrictions or consideration.
- Choose menu items and recipe selections.
- Determine if the amounts listed on the recipe are sufficient for your group size. If not, readjust.
- List the ingredients, including the amount needed and the approximate cost.
- Pretend to prepare meals and walk through each step making a list of food and equipment needed.

Steps in Dishwashing

- Scrape
- Polish off with napkin
- Wash in warm soapy water
- Rinse in warm water
- Place in a dunk bag (small fish net type bag), if necessary.
- Dip in sanitizing solution (bleach water.1 tablespoon of bleach to one gallon of water)
- Hang on line to dry or place on a dry rack.

Disposing of Dishwater When Using Dish Pans

Prepare a plastic bag or other strainer to collect any garbage still in dishwater. If using a plastic bag:

- Use bag appropriate to size of dishpan.
- Punch several small holes in one corner of bag. 
- Place a small amount (one or two handfuls) of leaves/pine needles in bottom of bag to collect food particles.

By using the following procedure for disposal of dishwater, all three containers will be clean and have some sterilization. Empty dishwater pan into rinse pan and rinse pan into sanitize pan. Dispose of water properly.

The 411 on Meal Time

Graces

Traditionally a grace is song at the beginning of each meals. Listed below are several to get you started.

Let's Join Hands (tune of Mary Had A Little Lamb)

Let's join hands and give our thanks,
Give our thanks, give our thanks,
Let's join hands and give our thanks,
Give our thanks to God.

Ten Big Thank You's to God (tune of Ten Little Indians)

One little, two little, three little thank You's,
Four little, five little, six little thank you's,
Seven little, eight little, nine little thank you's,
Ten big thank you's to God

What's Available at GSBDC Camps

All of our camps come equipped with stoves, refrigerators, and freezers. Most of the camps have microwaves and coffee makers. Usually the kitchen is well equipped to provide pots, pans, skillets and utensils for preparing meals along with a pot holders. There is a limited number of plates, bowls and cups for use. Sharp knives for slicing, can openers, peelers, etc. may be available.

Wherever you may be planning your overnight adventure, be sure to check out was cooking facilities are available.

Nose Bag/Brown Bag Meals

A nose bag or brown bag lunch simply means packing your lunch.

- Things to consider when preparing:
- Will it spoil without refrigeration?
- Is it high in fat, salt, sugar and low in nutrition?
- Will it arrive in the same shape as when you started (crushed, smashed, etc.)?
- Stay away from foods and drinks with dye, especially red dye.

Recommended beverages:

100% Fruit Juice Boxes

Bottled Water

Bottled Flavored Sugar-Free Water

Some good choices to think about when packing a nose bag or brown bag lunch:

- Peanut Butter and Jelly
- Celery Sticks
- Carrot Sticks
- Apples
- Cheese
- Peanuts or Other Nuts
- Cauliflower
- Broccoli
- Granola Bars
- Trail Mix
- Gorp
- Pudding
- Raisins



Fireless Cooking Recipes

Walking Salad (serves 8)

8 apples
8 ounces of cream cheese or peanut butter
1/2 cup chopped nuts
1/2 cup raisins

Wash and core apples. Mix nuts, cream cheese or peanut butter, and raisins. Fill apple centers with mixture



Hiker's Birdseed (serves 24)

1 small Sugar Pops or Cheerios
2 cups peanuts
2 cups raisins
1 pound M & M.s candy

Mix all together. Pack in individual bags.



Ants On A Log (serves 8)

1 bunch of celery
4 ounces of raisins
8 ounces of cream cheese or peanut Butter

Wash celery. Cut into 2. logs. Fill with cream cheese or peanut butter. Cover with raisins (ants).



Graham and Cinnamon Crackers

Spread frosting, honey, peanut butter or butter with cinnamon and sugar on graham crackers.



S'More Trail Mix

1 package small marshmallow
1 package milk chocolate chips
1 package peanut butter chips
1 box golden graham cereal

Mix ingredients together; be creative add caramels, M & M.s, or other candy.



Shake-a-Pudding (serves 4)

2 cups cold milk
1 package instant pudding

Combine cold milk and pudding in a shaker, quart jar, or other suitable container. Seal tightly and shake just until blended about one minute. Pour at once into serving dishes and let stand to set about 5 minutes. Makes about 2 1/3 cups, enough for 4 servings.



Pita Pocket Bread

Fill with any of the following:

Peanut butter and honey/jelly/jam
Alfalfa sprouts, chopped tomatoes, cucumber, avocado with bits of ham, bacon or leftover meat and a teaspoon of mayonnaise or try egg salad.



Trail Mix

4 ounces roasted peanuts
4 ounces pumpkin seed or sunflower seed
4 ounces toasted chopped pecans
4 ounces dried apricots, cut into pieces
4 ounces dried coconut chips
4 ounces Pitted chopped dates
4 ounces shopped crystallized pineapple

Mix and package into individual servings to keep on hand for snacks. Makes about 4 1/2 cups.

Other possible ingredients:

Raisins
Banana Chips
Almonds
Chocolate Chips
Cereal



Simple Recipes

Tic-Tac-Taco Mix (serves 4)

1 1/4 cup popped popcorn
1/2 cup bit-size shredded wheat biscuits
1/2 cup rounded toasted oat cereal


In a bowl stir together popcorn, wheat biscuits, and oat cereal.

1 tablespoon margarine or butter
1/4 teaspoon chili powder
Several dashes onion salt
Several dashed ground cumin

In a small sauce pan stir together margarine or butter, chili powder, onion salt, and cumin. Heat and stir till margarine is melted. Drizzle over cereal mixture, toss to mix.



Cocoa Peanut Squares

3  1/3 cup Karo syrup
1/2 cup firmly packed brown sugar
1/2 cup peanut butter
cups Cocoa Krispies

Mix syrup and sugar in a 3 quart sauce pan, cook until mixture bubbles around the edges. Add peanut butter, mix well, and stir in cocoa Krispies. Press into a buttered 8 or 9 inch pan, cool for 20 minutes, and cut into squares.

Festive Popcorn

6.8 cups popped corn
1/3 cup melted margarine
1/4 cup Parmesan Cheese
Dash of salt to taste
Large bowl

In a large bowl, stir together popcorn, melted margarine, Parmesan Cheese, and salt.



Orange-Peanut Butter Drops (serves 30)

3/4 cup sugar
1/4 cup thawed frozen orange juice concentrate
1/4 cup butter or margarine
1/4 cup chunky peanut butter
1 1/2 cups quick cooking oats
1/2 cup raisins



In medium size saucepan over medium heat, stirring constantly, bring to a boil 3/4 cup sugar, 1/4 cup thawed frozen orange-juice concentrate and 1/4 cup butter or margarine. Remove from heat, stir in 1/4 cup chunky peanut butter until blended, then 1 1/2 cups quick cooking oats and 1/2 cups raisins. Drop by teaspoonfuls on waxed paper lined trays. Chill until firm.

Master Plan for One Pot Meals - (serves 12)

Into one pot add:
3 pounds of hamburger, browned
1 medium onion, diced
1 green pepper, dices
2 can tomato soup or sauce



Then add for:

Beefy O.s

4 cans Spaghetti O.s

Jungle Stew

1 large box macaroni, cooked
3 15 ounce cans kidney beans

Spanish Rice

3 cups minute rice, heat to boiling, cover, let stand

Macaroni Beef

1 box macaroni, cooked

Spaghetti

1 large package of spaghetti noodles, cooked

Campfire Stew

4 cans vegetable soup



Budgeting 101

The following is an estimated cost of meals. The cost includes food, beverage, paper products, first aid supplies, and clean up supplies. The amount is also based on a minimum of 20 participants, if the number of participants will be less than 20 you may have to adjust the dollar amounts.

If the facility you are using has fee, don't forget to include the fee in the price per girl and adult.

Meal	Girls	Adults
Breakfast	\$1.50	\$2.00
Lunch	\$2.00	\$2.50
Dinner	\$3.00	\$3.50
Snack	\$1.00	\$1.00

Sample: Site Rental + \$50.00 Number of People + 25 Site Rental Per Person + \$2.00

What will your overnight cost?

Budgeted Items	Projected Cost	Final Cost	Notes
Food			
Cleaning Supplies			
Paper Products (No Styrofoam please)			
First Aid Supplies			
Program Supplies			
Site Rental			
Travel Expenses			
Emergency Fund			
Totals:			

Please note, if you are a troop leader, you will need to account for these costs in your End of the Year troop report.



Standard Food Quantities



Food	Total Servings	Average Serving Size Per Person
Frozen Concentrate - 6 ounces	6 Servings	1/2 Cup
1 Can of Instant Cocoa	21 Servings	1 Cup
1 Gallon of Milk	16 Servings	1 Cup
Loaf of Sandwich Bread	30 Slices	2 Slices
French Loaf of Bread	16 Slices	1 Slice
1 Box Graham Crackers	66 Squares	2 Crackers
1 Box Saltine Crackers	88 Doubles	4 Crackers
1 box Pancake Mix	70 Small Pancakes	2 Pancakes
Bottle of Salad Dressing	16 Tablespoons	1 Tablespoon
1 Box of Cereal	18–20 Cups	1/2 Cup
Scrambled Eggs	8 Per Dozen	1 1/2 Eggs
Pack of Cheese Slices	16 Slices	1 Slice
Package of Hotdogs	8–10 Hot Dogs	2 Hot Dogs
1 Pound Bacon	20–24 Slices	2 Slices
1 Pound Ground Beef	4–5 Servings	4 Ounces
Tomato	5–8 Servings	1/2 Cup
Cucumber	2 Sliced	1/2 Cup
Onion	4–5 Medium; 3 Cups Diced	1/4 Cup
Can of Vegetables (small)	4 Servings	1/2 Cup
Carrots	20 Sticks or 2 1/2 Cups Sliced	1/2 Cup
1 Head of Broccoli	6 Cups	1/2 Cup
1 Bunch of Celery	16–20 Sticks	1/2 Cup
1 Head of Iceberg Lettuce	8 Cups	1 Cup
1 Pound Box Spaghetti	8 Servings	1/2 Cup
1 Medium Jar Peanut Butter	15–20 Sandwiches	1 Sandwich
1 Medium Jar Jelly	15–20 Sandwiches	1 Sandwich
1 Bag Marshmallows	60 Marshmallows	2 Marshmallows

Remember there is a difference between a snack and a treat. A snack is nutritional, whereas a treat has less nutritional value and usually something very sweet.

Health and Safety

Health and Safety should take priority. When planning any type of activity with girls, consider all safety and health factors. Always consult the *Safety-Wise* section of *Volunteer Essentials* and the appropriate *Activity Checkpoints* to ensure all policies, procedures and safety measures have been addressed. If you have questions or concerns, please call the Council Service Center at 304.347.7722 for more information.

Safety Management

What is Safety Management?

It is an organized system to manage.

- Behavior of people
- Conduct of activities
- Program delivery site

It also helps to identify and address potential accidents and safety situations and prevent them from occurring,

It makes everyone aware of their roles and responsibilities in creating a safe environment.

Who is responsible for Safety Management?

We all are responsible, it will take constant caring of all involved in Girl Scouting to maximize safety in Girl Scout programs and activities.

Adventure

- Check out the facility before you go.
- Check Safety-Wise.
- Purchase supplemental Girl Scout Insurance, if necessary.
- Have a first aid kit.
- Have a first aider.
- Have appropriate girl/adult ratios.
- Know emergency services and phone numbers.
- Collect Health History forms from participants.
- Educate yourself about medical conditions within your troop/group.

Buddy Systems—Two girls always travel together, there are no exceptions! Girls should either choose or be assigned a buddy. Each girl is responsible for staying with their buddy at all times, warning their buddy of danger, giving immediate assistance if it is safe to do so and calling for or going for help if the situation warrants it.

Emergency Drill and Signal—Prepare girls and adults on what to do in case of emergency. Practice drills and decide on an emergency signal and ensure everyone is aware of the signal and what to do if it is sounded.

Lost Person—Before your outing tell girls and adults, if they become lost from their group and are unable to find their way back, they are to remain where they are located. It might be helpful to attract attention by blowing a whistle, singing or make a signal with a bandanna or mirror.

Appropriate Clothing—Always ensure girls and adults wear appropriate clothing with weather considerations in mind. **Open toe shoes are not appropriate at camp**, this includes sandals, flip flops etc. Tennis shoes and socks are required.

Weather Emergencies—Before your outing check the weather forecast and prepare accordingly, have a severe weather plan in the event plans have to change.

Medications—It is the responsibility of the troop/group leader to ensure that all medications are stored in a safe and secure manner not accessible by girls.



Program Concepts and Activities

Two Focuses of Program

Progression is the key to a successful outdoor experience, remember to keep program activities in line with your troop/group's age and experience.

Program concepts and activities can range from a walk in the woods, creating crafts, listening to a park ranger discuss wildflowers or participating in a service project. What makes a program concept or a activity program for girls? It is the fact that the activities and the concepts you are sharing relate to

Overnight Ideas

Listed below are program activities you might do on an overnight:

- Earn Badges
- Do Skits & Songs
- Star Gaze
- Do A Service Project
- Learn A New Skill
- Do Activities from a Program Kit
- Make Crafts
- Practice and Learn Leave No Trace
- Learn the Girl Scout Promise & Law
- Play Games
- Scrap Book

Nature Rambles

In other words short walks in the woods.

Walk with a purpose and make it fun. Giving your walk purpose will stimulate imagination and create a sense of adventure. Listed below are just a few of the .Nature Rambles you could do:

Bird Ramble—Look for different types of birds, listen to their songs, count they many varieties you may see. Look for nest but never touch.

Sound Ramble—Listen for all kinds of sounds in nature; close ones, far away, soft, harsh etc.

Color Ramble—Look for specific colors in nature.

Four Sense Ramble—Smell, see, touch and hear. Find something with each sense. Use caution—Don't let girls taste some plants are poisonous.

Soundless Hike—As you hike look for the smallest of opportunities where nature is happening but it doesn't make a sound. For Example a spider spinning a web.

***Let nature be your teacher.
Williams Wordsworth***

**Need More Program Ideas and Activities?
Check out our website at www.bdgsc.org**

Program Concepts and Activities Cont.

Progression In Outdoor Ceremonies

Once again, progression plays a role, when planning and conducting outdoor ceremonies use the following table when planning ceremonies.

First.

Girls move outside the troop meeting place to hold simple ceremonies.



Next -

Girls help plan a ceremony to take place at a neighborhood or service unit event that involves planning with members of other troops.

Next -

Girls plan and conduct troop or day camp ceremonies that involve working with others and have several components to organize and rehearse.

Next.

Girls work with others to plan, organize, rehearse, and conduct a large outdoor ceremony for a council-wide event or large-scale event.



Flag Etiquette and Ceremonies

A flag ceremony is a way of showing respect for one's country. Flag ceremonies can be used for many different occasions, such as:

- Opening and Closing Meetings
- Beginning or Closing a Day
- Opening and Closing Special Events
- Honoring a Special Day/Event
- Retiring a Worn Flag

Flag ceremonies can take place indoors or outdoors. Regardless where the flag ceremony is being held flag ceremonies all share one thing in common—respect for the flag.

Guidelines for a Flag Ceremony

Keep it simple, emphasis should be on the flag not on the commands or technique. Questions to ask when planning a flag ceremony.

1. Where will it take place?
2. Do you have a flag? If you don't do you know where to get one?
3. Where will the flag be posted?
4. Who will carry the flag?
5. Who will be the color guards?
6. Will there be singing and who will lead?
7. Will a poem or quotation be included? Who will say or read it?
8. After the Pledge of Allegiance, will the Promise and Law be said?
9. In what order will the parts of the ceremony take place?
10. Will you practice?

Flag Ceremony Terminology

Color Bearer—carries the flag. There is one color bearer for each flag used in the ceremony.

Color Guard—is a team that guards the flag. Any even number of guards may be used, but usually four or six girls are sufficient.

Girl Scout In-Charge or Caller—is a designated Girl Scout who announces or calls each part of the ceremony.



Program Concepts and Activities Cont.

Possible Commands for a Flag Ceremony

“Girl Scout Attention” - used to announce that the flag ceremony is about to begin.

“Color Guard Advance”- this signals the color guard to advance with the flag.

“Color Guard, Post the Colors” - directs the color guard to place the flag in standard or to attach the grommets to a flag pole rope.

“Color Guard, Honor Your Flag” - color guard salutes the American Flag.

“Please Join Us In Saying The Pledge Of Allegiance”- all would join in reciting the Pledge of Allegiance.

“Color Guard, Retire The Colors” - this ask the color guard to remove the flag from standards or grommets and fold prior to being dismissed.

“Color Guard, Dismissed.”- the color guard leaves in formation, with or without flag.

“Girl Scouts Dismissed.”- girls may leave in formation or be at ease where they have been standing.

Showing Respect for the American Flag

- The American Flag should be placed in the center, and higher, when displayed with other flags.
- The flag should be hoisted briskly and lowered slowly with dignity.
- The flag should never be allowed to touch anything beneath it, nor should it ever be carried flat or horizontally. Always aloft and free.
- Never use a flag as a cover or place anything on top of it.
- No disrespect of any kind should be shown to the flag and it should be kept clean.
- When displayed after dark the flag should be illuminated.

Girl Scout's Own Ceremony

The Girl Scout's Own is a special ceremony in Girl Scouting. It is set apart from the other activities of troop and camp life as a time for quiet and reverence. A Girl Scout's Own is based on the ideas of Girl Scouting and makes these ideas more meaningful to the girls in their daily lives. It is also an opportunity for the girls to express their serious thoughts and deeper feelings.



A Girl Scout's Own may be carefully planned and rehearsed ceremony, or it may be an almost spontaneous interlude when all the girls reflect together on some shared experience. Any time, outdoors or in, where Girl Scouts are gathered together is the right time and place.

Samples Symbols and What They Could Mean For Your Ceremony

Archway—entering a different atmosphere or phase.

Bridge—crossing over.



Feather—nature.

Dove and Olive Branch—peace.

Eagle—courage.



Handshake—welcome.

Trefoil—three parts of the promise.

Quiet Silence—silence.

Wishing Well—hopes and dreams



Minimal Impact Outdoors

Minimal impact is a method that encourages each person to live lightly on the land and leave no trace of their presence after a trip or activity outdoors. Minimal impact skills require each person to adopt a code of behavior that reflects a commitment to preserving the natural quality of our lands.

Minimal impact outdoor activities require advance planning and on-the-spot action. Through these experiences, girls learn and understand how they can apply these skills so they leave no mark on the land. Each girl can learn and practice simple activities that will lead to an understanding and application of minimal impact outdoor activities and camping.

Please follow the principles of Leave No Trace when participating in outdoor activities.

For more information on Leave No Trace visit their website at Int.org or contact the GSBDC Program Department at 304.345.7722 or 800.756.7616.



PRINCIPLES OF LEAVE NO TRACE

Plan Ahead and Prepare: Know the regulations and concerns for the area. Prepare for extreme weather and emergencies. Use a map and compass.

Travel and Camp on Durable Surfaces: Use established trails and campsites. Protect areas by camping at least 200 feet from lakes and streams.

Dispose of Waste Properly: Pack out all trash, leftover food and litter. Whatever you pack-in, to camp, you must "pack-out." before you leave.

Leave What you Find: Preserve the past, examine, but do not touch. Leave rocks, plants and other natural objects as you find them.

Minimize Campfire Impacts: Use a lightweight stove for cooking. Use established fire rings. Keep fires small.

Respect Wildlife: Observe wildlife from a distance. Never feed animals. Avoid wildlife during sensitive times such as mating or nesting.

Be Considerate of other Visitors: Be courteous and yield to other campers. Let nature's sounds prevail. Avoid loud voices and noises.

Evaluating the Experience

Evaluating the experience is vital to the success of your future program activities and outings. It allows girls to express themselves and share what they learned, liked, didn't like etc. There are many methods to evaluating, choose one that works for your troop/group. Listed below are a couple of evaluating techniques:

Sharing Circle—girls form a circle, each girl shares something about the experience.

Paper Evaluation—create a set of questions about the experience and ask the girls to complete.

Weather Report—ask each girl to evaluate the activities, like a weather forecast, for example if they learned something new, they would report the weather as sunny and clear, if perhaps, they weren't confident in their new skills, they may report the weather as overcast.

Paper Work

Now that your getting closer to the Big Adventure, let's talk paper work. Paper work is important and can't be overlooked. It ensures the safety and well being of all involved on your adventure.

Parent Permission—permission slips must be obtained, there are generic permission slips available from the Service Center or you can make your own. Permission slips should accompany you on your adventure.

Health History—You should have this form already completed as part of the troop paper work. These are available from the Service Center. Health Histories should accompany you on your adventures.

Photo Release—You should have this form already completed as part of the troop paper work. This form needs to be kept with your files.

Medication Form—This form is to accompany girls or adults who take medication and will be joining you on the adventure. All medications must be in the original container with written dosage directions. Medications must be safe guarded at all times. This form is available from the Service Center.

First Aid Report—This report is for your benefit to keep record of any first aid administered or the administering of any prescribed medications or over-the-counter medications participants brought with them.



Report of Troop Camping—This form is to be complete after your adventure on one of our camp/program sites and will be given to the camp ranger on site. The forms are available from the Charleston Service Center

Incident Report—This report is to be completed in the event of serious accident, someone must go to the hospital or there are questions on how any injury occurred, it simply documents what happened and include witnesses. This report is available from the Service Center. All Incident Reports that are complete should be sent to the Service Center.

Application to Go Tripping—If your adventure will take you more than 100 miles one way from your meeting place or you are staying at a facility in an outdoor setting that is not owned by GSBDC you must complete a Tripping Form and must be approved by your Field Executive. These are available from the Service Center or your Field Executive.

Camp Reservation Form—If you wish to use one of our camp/program sites for day use or to stay in one of the lodges or dining halls, you must complete a Camp Reservation Form approximately 4.6 weeks before your desired date. Be sure to submit an alternate date in case your first date is not available. These are available from the Service Center and are to be sent to the Registrar Service Center.

Equipment Request—If you wish to borrow equipment (example: coolers, cast iron cookware, dining canopies, etc.) from the council, you must complete this form and submit to the Service Center approximately 46 weeks

Where Do We Go From Here?

Camping In Certification

One you have completed the Camping In Self Study, please complete the [Outdoor Specialist Training Credit form](#). Once you submitted, you will receive a Camping In certification via the email you supply. This will also go on your Council Training Record.

The Next Step

Upon successful completion of Camping In you can expand your outdoor limits by attending a Camping Out course which will allow you to take your troop/group camping in tents, build your outdoor skills and confidence and allow you to cook outdoors. You can also expand your outdoor skills by taking a canoe, archery, Hiking or Backpacking course.

For more information on outdoor training please visit us online at www.bdgsc.org.

Girl Scout Camps/Program Sites

We have two unique and beautiful Girl Scout Camps/Program Sites that may be reserved for a minimal fee.

Camp Giscowheco—is located in Ohio County, WV near the town of Triadelphia, WV.

Camp Rocky Ledges—is located in Cabell County, WV near the town of Milton, WV.

For more information on our camp properties, please email customer care@bdgsc.org, call 304-345-7722 or visit us on line at bdgsc.org.

Other Important Information

What to do in a crisis:

1. Call 911 if necessary. Make sure all emergency services are notified first.
2. Assign one or more persons to calm the girls and adults present & lead them to a safe location. Assign another person to serve as contact person with the council.
3. Notify the council:
 - o From 8:30am- 4:30pm Monday-Friday, call (304) 345-7722 or 1-800-756-7616
 - o After normal office hours and on the weekend, call Beth Casey (304) 767-1175, Jessica Richards (304) 634-9477, Roberta Richmond (304) 545-4992
4. Assign someone to receive any media people who may have picked up the alert on the police or other emergency radio. Please do not issue any statements or speak informally to reporters. Simply indicate to reporters that a statement will be issued as soon as accurate information is available. Be courteous, but state firmly that the adults on hand have a responsibility to care for the girls present.
5. Collect names, addresses, and phone numbers of witnesses and parents or guardians, if necessary.

Statement on Child Abuse

Girl Scouts of Black Diamond Council's primary concern is always the health and safety of the girls we serve. All adults who work directly with girls are carefully selected. Candidates complete a screening process and are required to complete a training on how to recognize signs of abuse in children and how to file report of suspected child abuse.

If a volunteer suspects child abuse, they are instructed to contact the appropriate law enforcement and social welfare authorities. Girl Scouts of Black Diamond Council cooperates fully with investigating authorities and provides all possible support to our membership.

Day Camp staff should complete the child abuse awareness training self-study. The self-study is available at www.bdgsc.org.



Drug, Alcohol and Smoking

The use, abuse, or possession of illegally obtained drugs and the abuse of over-the-counter drugs and prescription drugs are prohibited for all Girl Scout volunteers. The consumption of alcoholic beverages in the presence of girl members is prohibited. Smoking in the presence of girls is prohibited.

Insurance Information

All registered Girl Scouts and volunteers are protected by Girl Scout Accident Activity Insurance Basic Coverage. Basic insurance coverage is limited and is not meant to replace benefits available under a personal or family plan. Girls and adults are insured while traveling to and from or participating in any supervised Girl Scout activities such as troop meetings, summer day programs, troop camping experiences and trips.

Not—The group/troop must be complying with Girl Scouts of the U.S.A. and Girl Scouts of Black Diamond Council Policies, Standards and Procedures at the time of the accident.

Liability and sickness insurance coverage is required of all troops traveling for two or more nights or traveling outside of the United States.

IMPORTANT NUMBERS TO KNOW

Camp Ranger/Park Ranger or Site Administrator _____

Local Emergency Services _____

Local Hospital _____

Local Fire Department _____

Local Police Department _____

Poison Control Center **1-800-222-1222**

Local Weather _____

Local Radio/Television Stations (for Emergency Cancellations)

Nearest Phone (if not Camp Ranger's) : _____

Membership Deliver Manager: _____

Council Office: **(304) 345-7722 or (800) 756-7616**

Crisis Plan Telephone Numbers:

Beth Casey, Chief Executive Officer

(304) 767-1175

Roberta Richmond, Chief Finance and Business Officer

(304)545-4992

Jessica Richards; Chief Operations Office

(304)634-9477

When calling in an emergency situation, please give the following information:

Your Name:

How you are involved:

Location:

Street Address:

City/Town:

Telephone Number:

Who was involved:

What happened:

Directions: (if needed)

Notes

Please complete the [Outdoor Specialist Training Credit form](https://www.cognitoforms.com/GirlScoutsOfBlackDiamondCouncil/ActivitySpecialistCertification) available here:
<https://www.cognitoforms.com/GirlScoutsOfBlackDiamondCouncil/ActivitySpecialistCertification>
Once you submitted, you will receive a Camping In certification via the email you supply.
This will also go on your Council Training Record.