

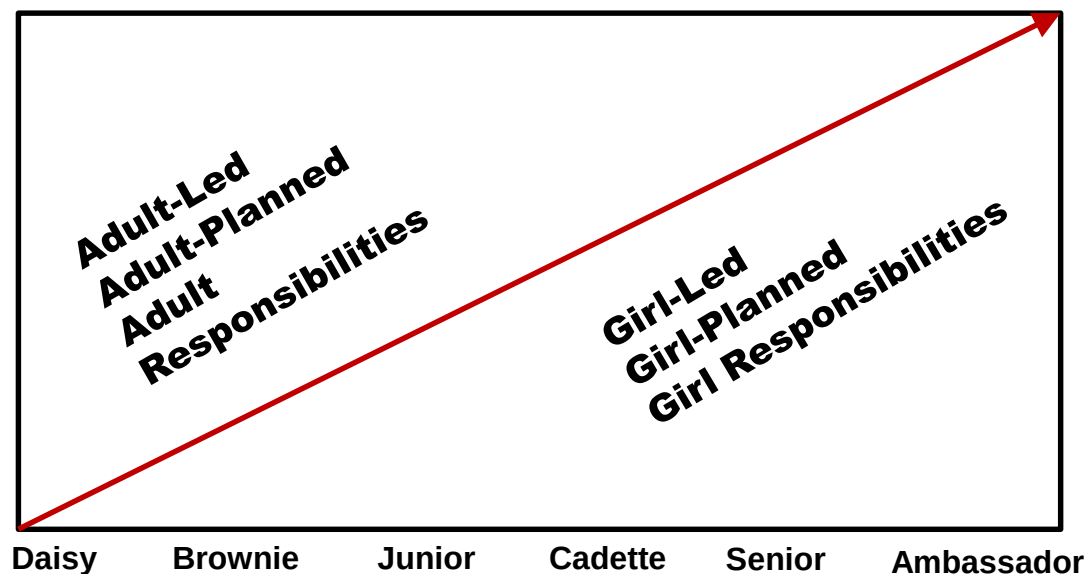
Trip Readiness

Travel Progression Checklist

If your group is thinking about travel, consider first whether the girls are mature enough to handle the trip. Determine a group's readiness for travel by assessing the girls':

- Ability to be away from their parents and their homes
- Ability to adapt to unfamiliar surroundings and situations
- Ability to make decisions well and easily
- Previous cross-cultural experiences
- Ability to get along with each other and handle challenges
- Ability to work well as a team
- Skills, interests, and language skills (*where applicable*)

Progression of Transitioning from Adult-Led to Girl-Led



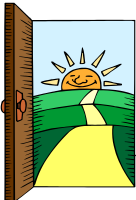
It begins with the first experience away from the troop meeting place and progresses to more advanced camping and trips.

The responsible adult must take the training appropriate for the planned experience.

Allow enough time to teach new skills to the girls prior to the activity.

Outdoor education emphasizes teaching the girls the skills they need to have a positive outdoor experience.

(Progression) It starts slowly...

 <u>Look Out</u> Wonder what the world is like at our doorstep	 <u>Meet Out</u> Look outdoors See trees, birds, buildings Listen outdoors Hear nature sounds and city sounds Feel outdoors Enjoy games and songs outdoors Learn ways to protect the environment	 <u>Move Out</u> Plan a walk around the block Touch a tall tree Locate a food chain Watch the sky Examine a micro-habitat Trace neighborhood smells Look for tracks, trails, traces of other living things Find pollution problems	 <u>Explore Out</u> Walk/hike with a purpose Rock hike Gadget hike Metric hike Penny hike Color hike Shape hike Compass hike Day pack Visit nature centers Plant a tree Plant a garden
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(Progression) ...and then it soars!



Sleep Out

Prepare for overnight

List and prepare equipment

Bedroll
Sit-upon
Toiletries

Plan menus (NO cooking)

Learn knot tying

Spend night away from home

Learn about *Leave No Trace*



Cook Out

Prepare menus

Prepare shopping lists

Learn/try cooking

No-cook meal
Nosebag lunch
One-pot meal
Skillet
Stick cooking
Foil cooking
Charcoal
Box oven
Propane stove

Learn knife safety

Learn fire building

Learn safety and first aid rules

Camp Out

Prepare packing lists

- For troops
- For individuals

Plan activities at camp

Budget for troop activities and meals

Know safety and first aid rules

Prepare shopping lists

Shop for menu items

Establish campsite

- Sleeping areas
- Latrines
- Kitchen areas

Pitch and strike a tend

Use sound environmental policies

Pack Out

Plan meals, menus, shopping lists

Purchase and provide storage of food

Plan routes, transportation, travel arrangements

Use maps, charts, timetables, compasses

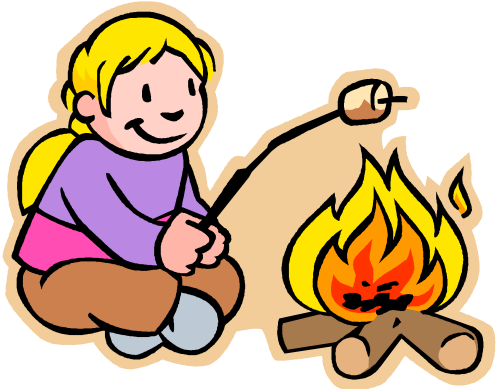
Budget trip costs

Keep financial records

Select and transport minimum personal and group equipment



Progression at GSSEM Camps



Council Sponsored Weekend Camp

Activities are planned and delivered by GSSEM camp staff. Meals provided in dining halls.

Community Sponsored Weekend Camp

Activities are planned by a Community (older girls & adults). At Camp Hawthorn Hollow & Innisfree, meals are provided in dining halls. At Playfair community volunteers & girls cook their meals.

Facility Rental

Camp activities are planned and delivered by the troop/group. The troop/group cooks all their own meals.

Council Sponsored Summer Camp

This is an outdoor experience for an individual girl. A girl chooses activities planned and delivered by GSSEM camp staff and eats meals in the dining hall.

Trip & Camp Readiness

Ask yourself and the girls:

- Are the girls ready for trip camping?
- Are you ready?
- Have you given yourself enough time to prepare/plan?
- Do you have a checklist?
- What is your mode of transportation? Have you practiced yet?
- Are you including your parents/guardians in the planning?



What advance preparation needs to be done to prepare the girls for the activity planned? How long will that take?