

GETTING READY FOR CAMP

AN INSTANT MEETING FOR SPARKS FROM THE BC CAMPING & PROGRAM COMMITTEES

Preparing for camp is an essential part of the camping experience. Girls who have had the chance to practice and prepare for camp will have a better idea of what to expect. Hopefully, they will then be able to approach the camping experience with confidence.

Meeting Plan

5-10 min:	Gathering: Camp Colouring
5 min:	Spark Opening
10 min:	Opening Discussion and Story: Crystal Goes Camping
5 min:	Menu Choices
10 min:	Camp Clothing Fashion Show
10 min:	Be Prepared Kits
5-10 min:	Putting on Band-Aids
if time:	Campfire Songs
5 min:	Spark Closing

60 minute meeting. Approximate activity times shown.

Program Connections

Going Camping Keeper:

Camping Story
Campfire

Going Outside Keeper:

Additional Activity (clothing)

In My Community Keeper:

Be Prepared Kit

Being Healthy Keeper:

Band-Aids
Additional Activity (menu)

Meeting Supplies

- | | |
|---|---|
| <input type="checkbox"/> printed colouring sheets | <input type="checkbox"/> containers for Be Prepared kits |
| <input type="checkbox"/> pencils, crayons, markers | <input type="checkbox"/> permanent markers |
| <input type="checkbox"/> poster paper | <input type="checkbox"/> items for Be Prepared kits, such as Band-Aids, small pencil and paper, safety pins, small wipes, whistle |
| <input type="checkbox"/> tape | <input type="checkbox"/> music source |
| <input type="checkbox"/> clothing items for various weather conditions | <input type="checkbox"/> extra Band-Aids |
| <input type="checkbox"/> silly dress-up clothes that don't belong at camp | <input type="checkbox"/> song lyrics |

Gathering: Camp Colouring

Download a variety of colouring sheets from the Internet:

<https://www.google.com/search?q=camp+coloring&tbm=isch>

or

<https://www.google.ca/search?q=camping+hidden+picture+coloring&tbm=isch>

Supplies

- printed colouring sheets
- pencils, crayons, markers

Opening Discussion and Story: Crystal Goes Camping

Talk with the girls about Spark sleepover or camp. When you go camping, there are some things that you need to bring with you, and some things that need to stay at home. At this meeting they will be learning about some of the things they will need at camp. We also talk about the cabins where we are going and describe the bunks, running water, type of toilets and lights.

Crystal Goes Camping

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"Yahoo! We're going camping!" shouted all the girls in Sparks.

But Crystal didn't shout yahoo. Crystal didn't want to go camping. She'd never gone camping. Every summer she visited her grandmother's cottage by the lake.

At the cottage, she slept in a cozy bedroom. She fed ducks and swam in the lake. She played on the swings and ran through the trees. She picked berries with her mother.

But camping was different! What if she saw a bear? What if she heard a wolf? What if a snake crawled into her tent? What if she missed her mother?

"I can't wait to go camping," said Crystal's friend Maria. "We go camping every summer. Maybe we can share a tent on the camping trip," said her other friend, Molly.

Crystal didn't know what to say. How could she tell Molly and Maria she didn't want to go on the Spark camping trip? How could she tell them she was scared? So she said nothing.

That Saturday Molly and Maria came over to Crystal's house for a sleepover. They ate noodles and cheese. They watched a funny movie and munched on a big bowl of popcorn.

Then they talked and laughed in bed until Crystal's mother called, "Lights out, girls!"

Crystal closed her eyes, but before she fell asleep, she heard a strange noise. Her eyes flew open! The noise was coming from the next bed. The noise was coming from Molly.

Molly was crying. Her cries woke Maria up, too.

"What's the matter?" asked Crystal. "There's something under my bed," stammered Molly.

Crystal looked under Molly's bed. Two glowing eyes stared back at her. "It's just my cat Cuddles!" said Crystal, running to turn on the light. "See?" Crystal coaxed Cuddles out from under Molly's bed. Molly wiped her eyes and smiled.

"Sometimes I get scared at night in the dark. I think I see big ugly monsters," said Molly.

"Sometimes I get scared too," said Maria. "I'm scared I'll see bears or wolves or snakes when we go camping. I've never gone camping before."

"Don't worry," said Molly. "I've never seen any bears or wolves or snakes on our camping trips. And we won't be alone. Our Spark Guider Sue is coming with us and so are three mothers, including my mom."

"Your mom is coming?" asked Crystal and Maria together. Crystal and Maria liked Molly's mom.

"Yes," said Molly, "and she told me we'll hike, play games, tell stories and sing songs around the campfire. It's going to be so much fun."

Crystal smiled. "I hope we can all share a tent."

"That will be the most fun of all!" said Molly, smiling back. "Let's ask my mom."

After the story, ask:

- Why is camping fun?
- What do you like to do in the summer?
- What's fun about having a friend sleep over?
- What would make a perfect sleepover party?

Menu Choices

1. Talk about the meals that you will be eating at camp and get some Spark involvement about the menu choices.
2. You may want to have three choices and the Sparks vote for their two favourite items. Draw the items on the poster paper. If you are having the Sparks select dinner and breakfast, use a separate sheet for each meal.
3. Have the Sparks come and put a checkmark by the two menu items they like the best.
4. Look at the results and discuss the top choices by the Sparks.
5. Try to incorporate the Spark preferences into your final decisions.

Supplies

- poster paper
- markers
- tape

Camp Clothing Fashion Show

1. Talk about how weather affects the way we dress. Clothing can protect us from cold, sun, rain, snow and wind.
2. Choose a few Sparks to model the camping clothes and have one Spark wear silly clothes, such as fancy shoes, a sombrero for a hat, a tank top or evening dress. A leader or two will help to slip the clothes over the Sparks' uniforms.
3. Ask the Sparks to come forward and "model" the clothes.
4. The leader then points out the different clothing items and asks when it would be good to wear the item, and if it would be good for camp. The Sparks make suggestions about when the clothes would work best. (For example: at a fancy ball, ski hill or camp.)
5. Ask the Sparks if they have questions about what they need for camp.

Supplies

- clothing items for various weather conditions, such as rubber boots, rain coats, t-shirts, sweaters, mittens, shorts, bathing suits, etc. If the mannequin is a Guider, ensure these items are adult sized!
- silly clothes for dress-up for "what not to wear"

Be Prepared Kits

1. Have the Sparks each take a watertight container and decorate the lid with permanent markers. Make sure each kit is labeled with the girl's name.
2. Explain to the Sparks about the Be Prepared kit and that they should always bring it in their daypacks when camping or hiking.
3. Have the Sparks fill their kits and close the lid tightly.

Supplies

- waterproof containers
- permanent markers
- Band-Aids
- whistle
- safety pins
- pencil and paper
- wipes

Putting on Band Aids

1. Talk to the Sparks about getting help if they or someone else is hurt. Discuss who is a good person to provide help.
2. Talk about the proper way to put on a Band-Aid and demonstrate the steps, making sure not to touch the sterile gauze.
3. Have the Sparks practice putting Band-Aids on their own legs or feet.

Supplies

- Band-Aids

Campfire Songs

If you have time, sing a variety of songs themed around the outdoors. Some ideas are (from the “[Arts to Go – Music](#)” resource on the BC Girl Guides website):

Supplies

- song lyrics

Song Title	Lyrics	Music	Song book	Page
Canoe Song (My paddle...)	http://guidingjewels.ca/resources/songs/587-song-canoe-song	http://guidingjewels.ca/resources/songs/587-song-canoe-song	SCGG	24
Cuckoo	http://guidingjewels.ca/resources/songs/532-song-the-cuckoo	http://peninsula-guides.webs.com/guidesongs.htm	Jubilee	39
Fire's Burning	http://guidingjewels.ca/resources/songs/506-song-fires-burning	http://tuneguide.e-guiding.com/fires.mp3	Jubilee	5
Frogs, The	http://guidingjewels.ca/resources/songs/533-song-the-frogs	http://guidingjewels.ca/resources/songs/533-song-the-frogs	Jubilee	39
Happy Wanderer	http://dragon.sleepdeprived.ca/songbook/songs6/S6_31.htm	http://peninsula-guides.webs.com/guidesongs.htm	Jubilee	23
I Like the Flowers	http://guidingjewels.ca/resources/songs/574-song-i-like-the-flowers	http://peninsula-guides.webs.com/guidesongs.htm	CWS	54
Land of the Silver Birch	http://guidingjewels.ca/resources/songs/516-song-land-of-the-silver-birch	http://tuneguide.e-guiding.com/Land-of-the-Silver-Birch.mp3	Jubilee	15
Listen to the Earth	http://guidingjewels.ca/resources/songs/572-song-listen-to-the-earth	http://tuneguide.e-guiding.com/listen.mp3	CWS	54
Little Green Frog	http://dragon.sleepdeprived.ca/songbook/songs3/S3_20.htm	http://www.youtube.com/watch?v=dkj50rmJV9A	CA	135
Mr. Sun, Please Shine Down on Me	http://www.songsforteaching.com/folk/ohmrsun.php	http://www.youtube.com/watch?v=FwOomEMSx0	Traditional	
Raindrop Round	http://www.scribd.com/doc/85829/tons-of-GS-songs-688-pages	http://tuneguide.e-guiding.com/raindrop.mp3	CWS	38
Squirrel	http://guidingjewels.ca/resources/songs/529-song-squirrel-squirrel	http://tuneguide.e-guiding.com/squirrel.mp3	SSSB	19
Tall Trees	http://guidingjewels.ca/resources/songs/593-song-tall-trees	http://tuneguide.e-guiding.com/tall-trees.mp3	SCGG	41