

# Camp Fun for Brownies



Year 2

This booklet has been created so that the same training is being given to all Brownies who attend Camp Fun for Brownies no matter who is the host or what the location is. This is a guideline. Each facilitator can put their own swing on the training while covering the material in the booklet.

Camp Fun for Brownies takes place each year at the end of March in 2 Areas under NB Council. If you are the host area a location and date will need to be set before December of the year before.

The Provincial Camping Adviser will make sure that the information is in the January issue of Ebb & Flow for registration.

A crest is earned for each year that a girl attends Camp Fun for Brownies. Year 1 is the Toadstool and year 2 is the Owl. The crest will be provided to the host area from the Provincial Camping Adviser before the event takes place.

## CAMP FUN FOR BROWNIES SCHEDULE YEAR 1

Registration at 9:30 am

Girls will be put into groups

Each group will be given a colour to follow

There will be juice available for the girls at lunch

The girls can swap their traders at lunch time

Coffee & Tea will be available all day for adults.

Time	First Aid	Camp Chores	Bed Rolls	Knots	Hug a Tree
10:00-10:30	Red	Yellow	Blue	Green	Orange
10:30-10:45	Break				
10:45-11:15	Yellow	Blue	Green	Orange	Red
11:20-11:50	Blue	Green	Orange	Red	Yellow
11:50-12:30	Lunch				
12:30-1:00	Games for All				
1:05-1:35	Green	Orange	Red	Yellow	Blue
1:35-1:45	Break				
1:50-2:20	Orange	Red	Yellow	Blue	Green
2:25-3:00	Singing and closing				

## **First Aid**

This section covers basic first aid. Girls should have an understanding of looking after themselves and being prepared while camping.

You should go over what goes in a first aid kit and who the girls should see if they need first aid treatment. Talk about carrying a first aid kit and what they should have in it. Explain when to see a first aider and when they can look after themselves. Explain about epi-pens and inhalers.

Activity: once this section has been completed a basic first aid kit can be made and put into a snack size baggie and may even be pinned on their camp hat.

Make a sticker that says basic first aid kit

Have small snack size baggies

In each baggie put: alcohol swab, q-tip, safety pins, Band-Aids in various sizes, and a cotton ball.

## **Bed Rolls**

Girls should have an understanding of how to keep their bedding dry while attending camp whether it is for 1 night or 5 nights. Talk about bedrolls not being unwrapped until bedtime and that it is important to keep your bed dry. A demonstration should be done on how to roll a bedroll and explain why each item is used. Make sure to show how a stuff sack as well as a tarp can be used in the water proofing of your bedroll. Have enough materials there so each girl has the opportunity to try it.

Make this a fun activity and once the demonstration has been done have the girls practice and then have a relay race to see what team can complete their bedroll first. Put everything in a large pile in the middle of the floor and have each girl grab an item for the bedroll and then once they have everything they must roll and tie it.

Material needed for a bedroll:

Tarp or heavy duty vapour barrier

Rope (not too thin because it cuts hands)

Mat or insulate foam. Do not use open foam pads as this will soak up the damp

Sleeping bag (regular not kids ones with the characters on them)

Extra blanket

Pillow

Bed buddy

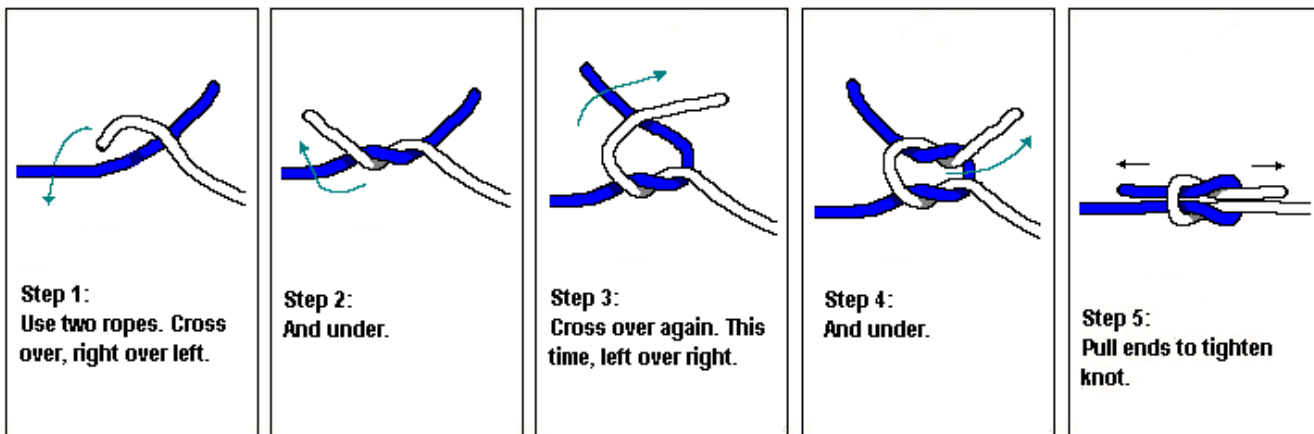
PJ's

Make sure your name is on everything.

# Knots

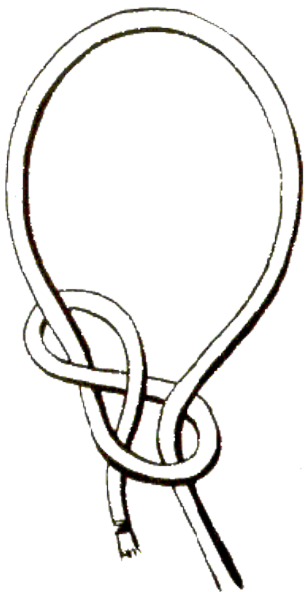
## Reef knot

The reef knot is for tying two ropes together. It is also used for tying the reefing points on a sail when the wind blows up. It can also be used to tie the end of a triangular bandage.



## Packer's Knot for Bedroll

The Packer's Knot is one of the best ways to begin to wrap a package. It is simply a Figure Eight Knot tied around the standing part. In wrapping packages or bundles, make the first turn by passing the loop of the Packer's Knot around the package and pulling it tight.



Once you have covered the knots, play the human knot game.

Starting in a circle, have everyone extend their arms and grasp the hands of two different people across the circle from them, and then attempt to untangle themselves without letting go.

See how long it takes you to get untangled. Once you have completed the task carry on to the next station.



## **Camp Chores & Duties**

This section covers what chores and duties need to be done at camp. This should cover cleaning and meal prep and how to read a duty chart.

Make up a duty chart showing everything that would usually be done at camp. Show the girls how to read it and explain what each item is. Girls will follow the example that you set as an adult. Show the girls how to do each task.

Duties:

Dishes – 3 buckets- 1) wash (includes dish soap), 2) rinse (includes javex or detol) and 3) rinse #2. Then dishes go into dish bag and get hung to dry. Once everyone has completed their own dishes, the dish patrol can wash the dishes used for cooking. Water must be dumped in grey water location.

Reflections- Raise the flag, have a song, poem or reading.

Mess-. Gathering all ingredients for meal prep. Setting up tables, washing tables before and after meals. Choosing Grace. Returning all unused food to QM. Return all clean pots, utensils etc to where they belong.

Cook - prepping and stirring ingredients. Depending on ability of girls, cooking toast over fire under supervision. Stirring pots on a camp stove. Mashing potatoes etc.

Sanitation – cleaning of bathrooms, checking toilet paper and hand sanitizer, sweeping out latrines, and cleaning toilets, garbage removal and disposal.

Wood & Water – Help to gather kindling for starting the campfire and or cook fire. Make sure there is water or a fire hydrant by any fire that has been lit. At some locations, make sure that there is enough water in buckets to flush toilets.

## **Hug A Tree**

Hug-A-Tree and Survive is a nation-wide program designed to teach children how to survive and become found if they are lost in the woods. This program is under copyright to the RCMP/Canadian Search & Rescue based in British Columbia. Local Search & Rescue groups can facilitate this program for Guiding. This is a free service and they have the books. As the program is owned by Search & Rescue we are not supposed to be facilitating it. If we do, we should use their video. Their video explains all of the below in a calm sensible, understandable way. We should not need an explanation for the facilitator of this program so the section below would be superfluous.

- 1) ALWAYS TELL SOMEONE WHERE YOU ARE GOING so that the searchers will know where to begin their search.
- 2) ALWAYS CARRY A GARBAGE BAG AND WHISTLE on a picnic, hike or camping trip. If lost, make a hole in the bag for your face and put it over your head; it will keep you dry and warm. A bright colored bag (orange ) is preferable. The noise from a whistle will carry further than your voice and requires less energy.
- 3) ADMIT IT YOURSELF WHEN YOU BECOME LOST. It can happen to anyone, even adults. When you become lost, admit it, and take actions to be comfortable and maintain a positive outlook until searchers arrive. Use your head. It is your best survival tool.
- 4) HUG A TREE once you know you are lost. One of the greatest fears a person of any age can have is of being alone. Hugging a tree, sitting by a tree, and even talking to it will calm you down and prevent panic. By staying in one place, you will be found far more quickly and wont be injured trying to find your own way out.
- 5) YOUR PARENTS WONT BE ANGRY WITH YOU. Time and again, children have avoided searchers because they were ashamed of getting lost, or afraid of punishment. Please assure your children that both you and the searchers will be happy to find them. If children know a happy reunion filled with love is awaiting, they will be less frightened, less prone to panic and will work hard to be found.

6) **HELP SEARCHERS TO FIND YOU.** Listen for their yells and whistles, and respond. Children need to know that searchers are friends and volunteers who do it because they care and want to return them to their parents safe and sound. They need to know that searchers are not strangers who want to hurt them. Children who have not been taught this fact may actually hide from searchers. Children need to understand that if they stay in one spot, its easier for searchers to find them.

7) **MAKE YOURSELF BIG.** From helicopters, people are hard to see when they are standing up, especially when they are in a group of trees, or wearing dark and drab clothing. Find your tree to hug near a small clearing if possible. If you are rested, make crosses or other signs with broken shrubbery, rocks, or by dragging your foot in the dirt. Remember to wave your orange bag when you hear the searchers.

8) **THERE ARE NO ANIMALS OUT THERE THAT WANT TO HURT YOU.** If you hear a noise at night, yell at it, or blow your whistle. If it is a searcher, you will be found.



## CAMP FUN FOR BROWNIES SCHEDULE YEAR 2

Registration at 9:30 am

Each girl will be put into a group

Each group will be given a colour to follow

There will be juice available for the girls at lunch

The girls can swap their traders at lunch time

Coffee & Tea will be available all day for adults.

Time	Compass	Trail Signs	Back Pack & Kit List	Tent and Tent Etiquette	Campfire Safety
10:00-10:30	Red	Yellow	Blue	Green	Orange
10:30-10:45	Break				
10:45-11:15	Yellow	Blue	Green	Orange	Red
11:20-11:50	Blue	Green	Orange	Red	Yellow
11:50-12:30	Lunch				
12:30-1:00	Games for All				
1:05-1:35	Green	Orange	Red	Yellow	Blue
1:35-1:45	Break				
1:50-2:20	Orange	Red	Yellow	Blue	Green
2:25-3:00	Singing and closing				

## Compass

Here is a basic outline:

Talk about 8 compass points on the floor using large letters on bristol board. N is opposite S. W is left of N. E is right of N.

Compass Story - "The Wedding" (scanned & attached)

- Hand out compasses. May need to share. Show how to hold
- 
- Line red end with point of arrow - turn body, not compass - now facing North
- 
- Turn dial on compass to W - turn body until arrow & red end line up
- 
- Do the same for E & S
- 
- Where is NW? NE? SW? SE?

Give each team a marker & spread them out. Following my instructions, put marker on the floor as a starting place & set compass to N & face N. Now take 5 paces N, 10 paces W, 20 paces S, 15 paces E, 15 paces N, 5 paces W. They should end up close to their start marker. (I can't remember how this one went. It might have been too complicated.)

If there is still time do "Curious Traveller" (scanned & attached)

You can also make a large compass out of bristol board with the 8 points on it & a moveable needle.

## COMPASS GAME

Each girls brings a chair or sit-upon into the Ring. Divide into 8 points of the compass. Leave clearly defined space between each point, when for instance NORTH is mentioned in the story, the players who are in the NORTH SECTION stand up and turn around and then sit down. The same applies to the other Sections when their point is mentioned. When the story teller says WORLD, each player moves on one chair, so that it is necessary for each player to note which Section they are now occupying.

### COMPASS STORY --THE WEDDING:

A big important wedding is being held this year. The daughter of King NORTH is being married to the son of King SOUTH. It is going to be a very grand affair with guests from all parts of the WORLD.

From the land of the Rising Sun, the Emperor of the EAST, and his Empress, and from the other side of the WORLD, King and Queen WEST with the little Prince NORTH-WEST, and the Princes SOUTH-WEST.

The Bridegroom, son of King SOUTH, has invited his cousin SOUTH-EAST to be Best-man, and the bride, daughter of King NORTH has asked her best friend NORTH-EAST, who is also a cousin of SOUTH-EAST to be her Maid of Honour.

The Queen of the NORTH was very busy trying to find places for the visitors from all over the WORLD to stay. The Emperor EAST and his wife, Empress EAST had brought so many servants to wait on them, that the little town was beginning to be overcrowded, and to add to the confusion, King and Queen WEST had brought so much luggage that it took three wagons to haul it to NORTH Palace. Queen NORTH looked quite worried; where in the WORLD was she to put it all!!

In the last wagon Prince NORTH-WEST and the Princess SOUTH-WEST had put all their pets which they couldn't bear to leave behind. Four SOUTH-WEST cats, four big dogs which came from the other side of the WORLD, a cow and a goat from the EAST. The cousins SOUTH-EAST and NORTH-EAST thought they were very odd things to bring halfway across the WORLD TO a wedding.

At last the great day dawned, beautiful and sunny. The procession to NORTH Cathedral from NORTH Palace and the people from all over the WORLD cheered. After the ceremony in NORTH Cathedral the procession returned to NORTH Palace for the wedding breakfast.

First came King NORTH with Queen SOUTH on his arm, then King SOUTH With Queen NORTH. Following them came King and Queen WEST with Prince NORTH-WEST and Princes SOUTH-WEST, looking very grand in their silk robes came the Emperor EAST and the Empress of the EAST. The guests from this part of the WORLD and that part of the WORLD, in fact from all over the WORLD came next. Cousins SOUTH-EAST and NORTH-EAST then appeared, and then came the moment the whole WORLD was waiting for. The beautiful bride, daughter of King NORTH and the handsome bridegroom, a son of King SOUTH, were standing in the doorway. Guests from all over the WORLD threw confetti and rice as they ran down the steps to the famous NORTH glass coach. After the wedding breakfast at

NORTH Palace the bride & groom left on their honeymoon around the WORLD Prince NORTH-WEST had tied an old boot on the back of the car, Princess SOUTH-WEST had printed "Just Married" on the front. ~~So ends a happy and exhausting day.~~ (The whole WORLD laughed and cheered & waved goodbye & good luck, along with Prince NORTH-WEST, Princess SOUTH-WEST, Cousins NORTH-EAST and SOUTH-EAST, Emperor and Empress EAST, King & Queen WEST, King & Queen SOUTH & finally King & Queen NORTH.

*So ends a happy & exhausting day.*

COMPASS GAMES

COMPASS (To teach) Sit on the floor, find North, move Compass very slowly till N is under point. West is always left of North, East is always right to spell WE. South is directly opposite North. In small groups decide which direction areas of the room would be. Draw a picture and mark in 8 compass points or mark room with pictures at different compass points and ask girls what is at East, West, NE, etc. Have girls write answers down as a game.

OBSERVATION: Paste on cardboard, 8 pictures, ie birds, animals, etc. Tack pictures on wall at 8 compass points, Let Brownies locate North and give each a list of the objects and ask them to find at which compass points each object is posted and write that point opposite the object name. The first Brownie or Six to locate all items correctly wins.

CURIOUS TRAVELLER

This game should be a surprise to the Brownies to review what they have learned. Brown Owl repeats each line and the Brownies carry out actions.

- 1. The traveller stood up and jumped to get warm.
2. He looked to the North.
3. Then he looked to the South and hopped on his right foot.
4. Then to the East.
5. And the West and hopped on his left foot.
6. Then he turned around and faced the North; clapping his hands over his head 3 times.
7. Then he faced West.
8. Then he faced South, put his hands on his hips and bent his knees
9. Then he turned east and bowed low & turned SE
10. Then he stood on tiptoe to see over his neighbour's shoulder
11. But he could see nothing (Leader pauses then with a sigh)
12. So he sat down.

COMPASS DANCE (Skip to My Lou)

North to the center you must go
South to the center, dosie doe
Back to your places you must go
Now you know your opposites.

East to the center you must go
West to the center, dosie doe, etc.

NE to the center you must go
SW to the center, dosie doe, etc.

SE to the center you must go
NW to the center, dosie do, etc.

(raise hands over head -- join hands & skip clockwise to words)


















Early in the morning in the East
The sun gets up and then it creeps
Away to the South and then to the West
Hides itself till the morning.

Have girls stand in circle to make human compass, 1 girl (2, 3) for each of the 8 compass points. As point is sung girl from point does actions. At end of last verse girls should be in new compass position & game may be repeated.

## Trail Signs

The girls should learn that trail signs are made on the ground, close to the left-hand side of the trail and what different materials can be used to make trail signs. Demonstrate how to make each trail sign and what they mean. Have the girls follow a pre made trail and then have them practice by making their own.

The girls could also make a trader by laminating the below picture and pinning it to their hat and then they will always have a copy to help them build their next trail.

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. 	

## Packing

This section is to teach the girls what to pack to take to camps and how to pack it to keep it dry.

Kit Lists Your kit list should include what is needed to the specific activity you are going to attend. A kit list for a day event will differ greatly from a kit list for a week long camp. The girls should understand what can and cannot be taken to camp. There are great resources on the Memberzone for kit list.

Go over with the girls the importance of close toe shoes and wearing their camp hats and why we should not wear tank tops. This will help better understand what should be on a kit list.

Do Not Bring:

- valuable items like jewelry
- Electronics (cell phones, I ponds etc)

Bring:

- clothes
- toiletries
- dishes
- bedroll
- extra socks
- flashlight
- extra socks
- flashlight

Go over what should be in their daypack and what should be in their duffle bags

Daypacks

Go over with the girls the items that should be in their daypack. Show them that they should always have their daypack with them at all times.

List of items:

- Extra socks
- flashlight
- whistle
- water bottle
- snack
- paper and pen

Duffle bag

This section should explain to the girls on how to pack for camp, and how to keep their items stored neatly and dry while they are at camp.

The girls should be able to carry their own gear when arriving at camp so the back pack/duffle bag should not be too big.

A duffle bag with pockets works best if you are camping for longer periods as it is easier to find items. If you are doing an overnight then a kitbag should hold everything you need.

Teach the girls how to put everything into the backpack/duffle bag. The items that you need every day should be on the top and the items that you might need only once during camp should be on the bottom. Keep items that you need to find quickly in the front pockets, like your flashlight so when you have to get up in the middle of the night you can find it, rather than losing it in your bed.

Show the girls how clothing should be packed to keep them dry. Use a large Ziploc bag and pack a day's worth of clothes in the bag and show how to get the air out. Explain that clothes need to be kept dry. Give the girls the opportunity to try packing these items.

#### Activity:

Relay race: Have a large pile of clothes and get the girls to put together a day's worth of clothes and put it in the baggie and seal it shut, then race back and let the next person go. Once everyone has packed a bag of clothes have them pick from another pile with the other items that may go in your bag and have them pack everything into the duffle bag such as flashlight, Kleenex, book, bed buddy etc.... At the end have the girls explain why they made the choices they did and make corrections on items that should not have been packed.

When you have your piles of clothes and misc items, make sure there are items that should not be taken to camp so the girls will need to make the decisions. For example have some tank tops and sandals in the pile.

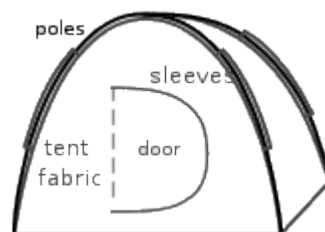
Or

Have paper cut-outs of many things that are needed at camp and the things that shouldn't go to camp. Have the girls put what they need for camp into a paper bag (this can be done in pairs or threes). After they are done, discuss why they chose each item.

## Tent Set Up and Etiquette

### Setting up a tent, step-by-step

- Once you've picked a safe and secure area, begin by clearing the tent site of any pebbles, rocks and fallen branches to provide a smooth bed.
- Unpack the tent and sort out all the parts. Common tent parts include the ground cover, (also known as the footprint) tent body (or fabric), tent stakes, tent pole sections, and a waterproof cover called the rain-fly.
- Lay your plastic ground cover over the area where you wish to set up your tent. The ground cover should either be as large as, or extend beyond, the floor of the tent.
- Next, unfold the tent over the ground cover. Find the front of the tent so it faces in the most desirable direction.
- Begin assembling your tent by first driving in the tent stakes securely, making sure to pull the floor of the tent as taut as possible as you do so.



- Assemble the tent frame poles. Nowadays, tent poles are shock-corded and collapsible. with each section snapping into place for easy assembly at the campsite. Tent poles may also be color-coded to guarantee that you use all the different pole lengths correctly.
- Next, build the frame by sliding the tent poles through the outside sleeves of the tent body. (Some tent setups call for securing the ends of the poles in grommets at the base.) Attach the tent body to the poles with fastening clips....and you're almost done.
- Lastly, don't forget to attach the rain-fly over the top of the tent. Most assembly manuals will provide instructions for fastening the corners of the rain-fly to the base of the tent. Some tent setups will include additional clips or ties that attach to the tent poles.

### **Tent Etiquette**

Set up a tent up and teach how to get into and out of a tent. Using the zippers and not yanking at the door, taking your shoes off as you enter, not touching the side, not tying knots in the guy ropes. Keeping it clean to keep critters away, not hanging things on the poles or ropes. Making sure that if the weather is bad that nothing touches the sides, that the guy ropes are tight. Keeping all of your personal stuff together.

Then the fun stuff, how many Brownies fit into a tent and look at all the static electricity on your hair in the winter when you are in a tent.

### **Campfire Safety**

Go over the rules of being around a campfire:

1. The campfire pit is defined as the stone ring containing the fire, as well as all the space between the fire pit and the benches/logs/stones which people sit upon.
2. NO RUNNING in this area! Ever. Even when there's no fire. Always walk behind the benches/logs/stones if you have to leave a campfire for any reason.
3. No balancing/teetering or other horseplay on the campfire ring logs. When singing action songs around a campfire, have everyone stand behind the logs/benches/stones to prevent tripping.
4. No one touches, pokes, or adds wood to the fire except your leader.
5. When the fire is burning, it is always attended.
6. Talk about why we have water buckets, sand buckets, etc., and explain what to do about flying sparks.



7. Talk about the placement and size of the fire itself - away from overhanging tree branches, keep the fire small and sheltered from the wind.
8. Talk about appropriate campfire clothing - no loose clothing, hair tied back, hats are fine but lots of dangling hat crafts are not, k-ways and other nylon clothing is not allowed (I usually show off the burn marks on my nylon pants at this point).
9. At the end of the campfire, show them (if Sparks or Brownies) or help them (Guides) or supervise them (Pathfinders etc.) to properly put the campfire out. Explain that the fire isn't out until the ashes are cold to the touch. Demonstrate by picking them up in your hand!

Practice making campfires by making edible campfires.

- 1) Foam cup filled with water for safety
- 2) Cheerios for looks like rocks
- 3) Pretzels for kindling
- 4) Cheezies for logs
- 5) Sweedish berries for fire

You can also get candy bricks that look like Lego from the bulk barn.