

Camp Fun for Brownies



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 at least 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(odd numbered years)

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	Karen First Aid	Olivia Camp Chores	Jenna Bed Rolls	Juanita Knots	Jane 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

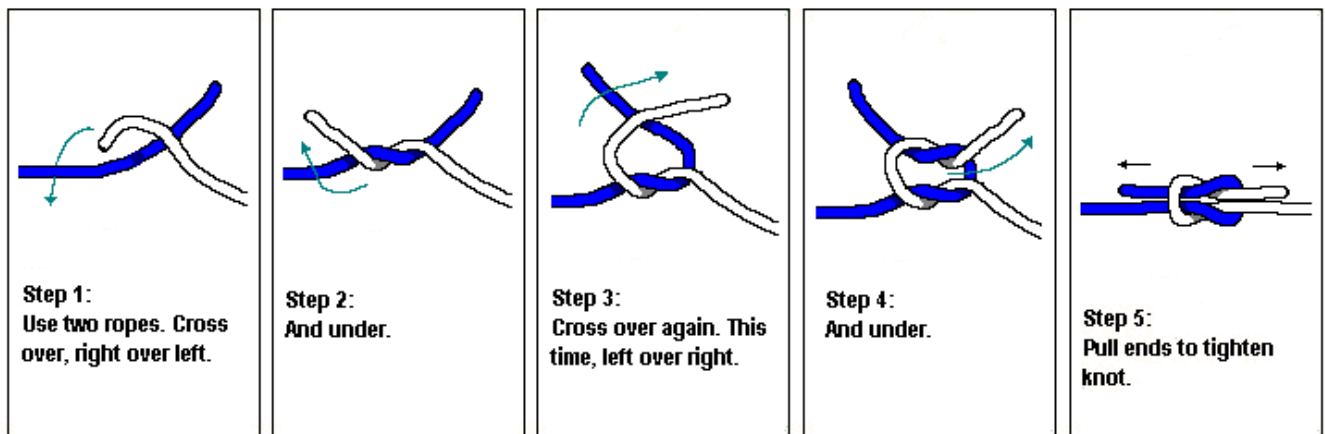
PJ's

Make sure your name in on everything.

Knots

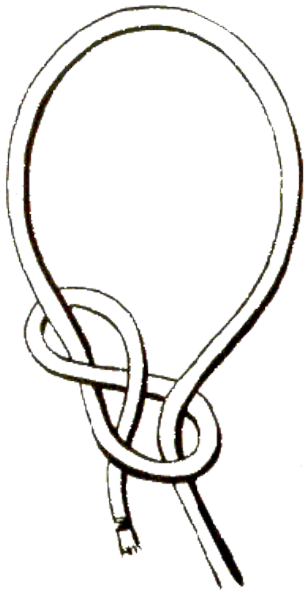
Reef knot

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.

