

# Sparks Can Camp!



Year 1

This booklet has been created so that the same training is being given to all Sparks who attend **Sparks Can Camp** 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 Fall or early Spring in Areas under NB Council. If you are the host area a location and date will need to be set before the end of the previous year.

A crest is earned for each year that a girl attends **Sparks Can Camp**. The crest is a two part crest but can stand alone. The crest will be provided to the host area by the Provincial Camping Adviser before the event takes place.

Girls attending will need to wear their Spark shirt, comfortable pants and indoor shoes. They should bring a snack.

Depending on the size of your Area, we recommend hold this event in one or two locations.

The cost of this event is \$5 per person. Funds to be submitted to the Provincial Office after the event.

Once you have decided to hold this event, please notify [camping@girlguides.nb.ca](mailto:camping@girlguides.nb.ca) to let them know how many crests you will need.

It is recommended that the groups of Sparks be mixed so they have the opportunity to meet with other Sparks.

Please also notify [camping@girlguides.nb.ca](mailto:camping@girlguides.nb.ca) when you have booked your date and location so that we can promote this event provincially.

This is a great opportunity for the girls to meet other Sparks and realize (on a small scale) that Guiding is BIG and that there are lots of other little Sparks just like them, and that **Sparks Can Camp**.



**Sparks Can Camp SCHEDULE YEAR 1 (odd numbered years)**

Registration at 9:00 am

Each girl will be put into a group

Each group will be given a colour to follow

Coffee & Tea will be available for adults.

Time	First Aid	Bed Rolls	Being a Buddy
9:30-10:00	Red	Yellow	Blue
10:00-10:15		Break	
10:15-10:45	Yellow	Blue	Red
10:45-11:00		Break	
11:00-11:30	Blue	Red	Yellow

This will be followed by Cooperative games, singing and closing of your choice.

## First Aid

Explain that it is important to tell an adult how you are feeling. (Home sickness, illness)

Have the girls make a simple first aid kit. Make a red cross out of electrical tape on the front of a small zip lock bag and put wet naps and band aids in the bag.

Understand what first aid is, tell why it is important to have clean hands. Learn how to clean a cut and scrape.

Practice cleaning a cut and putting on a band aid.

## Bed Rolls

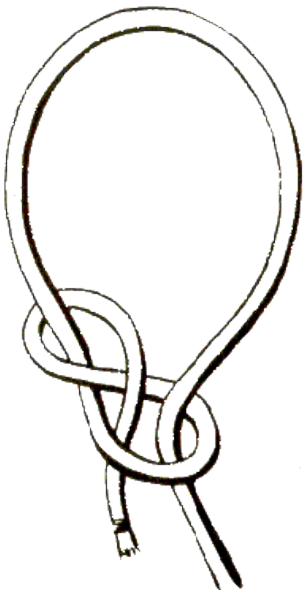
Talk about the importance of a bedroll and why you need to keep your bed dry.

Talk about each piece and why it is needed. Practice making a bedroll in pairs or threes.

Make a bedroll hat craft using a piece of felt (bedroll), 1 piece of foam (sleeping pad) and a piece of plastic (ground sheet). With a buddy use a piece of small cord to close and put on their hat.

### *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.



# Being a Buddy

What makes a good buddy?

What would you need a buddy for? (short skit/puppet show)

Give each girl a bead. Then must go and find the girl who has the same bead. They will be buddies and can tell each other something important about themselves. Their buddy will share this with the other girls.

# Sparks Can Camp!



Year 2

This booklet has been created so that the same training is being given to all Sparks who attend **Sparks Can Camp** 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.

**Sparks Can Camp** will take place each year in late fall in Areas under NB Council. If you are the host area a location and date will need to be set before the end of September of that year.

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

A crest is earned for each year that a girl attends **Sparks Can Camp**. The crest will be provided to the host area by the Provincial Camping Adviser before the event takes place.

Girls attending will need to wear their Spark shirt, comfortable pants and indoor shoes. They should bring a snack.

**Sparks Can Camp SCHEDULE YEAR 2 (even numbered years)**

Registration at 9:00 am

Each girl will be put into a group

Each group will be given a colour to follow

Coffee & Tea will be available for adults.

Time	Camp Chores	Packing	Tent Care
9:30-10:00	Red	Yellow	Blue
10:00-10:15		Break	
10:15-10:45	Yellow	Blue	Red
10:45-11:00		Break	
11:00-11:30	Blue	Red	Yellow

This will be followed by Cooperative games, singing and closing



## 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.

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.

# Packing

This section is to teach the girls what to pack to take to camps and how to pack it to keep it dry. How to pack for themselves so they know where everything is.

Your kit list should include what is needed to the specific activity you are going to attend. The girls should understand what can and cannot be taken to camp. Go over with the girls the importance of close toed 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/kit 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

## Tent Care and 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 Sparks fit into a tent and look at all the static electricity on your hair in the winter when you are in a tent.