

# Meeting-in-a-Box: Be Prepared for Camp

This meeting is aimed at **Guides** and provides a nice introduction to camping and Wa-Thik-Ane. There are enough elements for about **2-2.5 hours'** worth of activities. You can pick and choose the ones you like or run more than one meeting with this theme.



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# Note to Guiders

Camping is one of the most amazing areas where a girl or young woman can grow as a person. This meeting in a box is designed to introduce girl members to our fantastic summer camp program. Try it on for size by having a “Camp Night” meeting with the following suggestions. On the provincial website you will also find a camp promo video that you can show the girls.

Often working in stations and having the girls rotate in patrols or groups for the evening gives the meeting time some movement and keeps the girls’ attention.

## Learning Objectives

- Introduce Guides to the summer camp program at Wa-thik-Ane
- Foster enthusiasm for camping
- Increase girls’ confidence level in preparation for camp

## Learning Outcomes

- Girls will become comfortable with camp-related skills
- Girls will become aware of the fact that they have the opportunity to camp at Wa-Thik-Ane with their unit or during the summer

## Supplies

- Paper
- Pencils
- Ground sheet
- Sleeping bags
- PJs and toques
- Extra blankets/pillows
- Rope
- Blue fun foam cut into 5 x 11 cm pieces
- Green felt cut into 10 x10 cm pieces
- Plastic sandwich bags, split at the seam to become to squares
- Cord
- Safety pins
- String

## Activity 1: Packing for camp



(15 minutes)

As the girls come in have paper and pencils available for them and ask them to create a kit list for a week-long camp with their patrol. Give each patrol a different season to camp in. After a sufficient amount of time, have each patrol read off their kit list and have a group discussion on what is good and what is missing on their kit list.

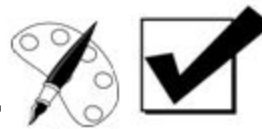
## Activity 2: How to Pack a Backpack



(10 minutes)

Show the girls how to use ziplock bags to waterproof their clothing and compress them airtight. They can have fun rolling up some shirts and sitting on the ziplock to get all the air out. Who can make the smallest bag? Do you prefer to bag your clothing by category; one for undergarments, one for socks, one for t-shirts, ect.? Or do you prefer to pack your clothing by an outfit a day?

## Activity 3: Make a Firestarter



(15 minutes)

1. Place wax or parchment paper on cookie sheet and place toilet paper rolls out on the tray.
2. Stuff each roll with lint until it's pretty full.
3. Light a candle, tilt on the side and drip wax into the roll onto the lint (always taking care not to burn yourself or light the roll or lint on fire).
4. If you have fresh herbs, place on top of the lint in the roll.
5. Roll a sheet of newspaper around the toilet paper roll and tie off with string so that they look like Christmas crackers.



## Activity 4: Light a Match



(10-25 minutes)

Take the group outside and teach them how to safely light a match. Make sure you have enough time and matches for each girl to light one. If you have the equipment and space, you can even show them how to set up a coleman stove correctly and light it.

## Activity 5: Bedroll Game



(15 minutes)

Demonstrate a proper bedroll first and split the group into teams. Each team has a die (I made big ones out of cubes of foam and put the dots on with Sharpie markers)

- 1 spot = ground sheet
- 2 spot = sleeping bag
- 3 spot = p.j.'s and toque
- 4 spot = extra blanket/pillow
- 5 spot = roll up
- 6 spot = rope & tie-off

The girls work as a team and roll the die. They cannot do a step in bedroll prep until the number has been rolled i.e. the team MUST roll a one first, then cannot do the next step until a two is rolled, etc.

## Activity 6: Bedroll Hat Craft



(15 minutes)

This is a great craft to follow the bedroll game.

1. Lay out the plastic “groundsheet” made from a sandwich bag split at the seams
2. Place your blue foam “mattress” in the centre
3. Fold a piece of felt in half (sleeping bag) and place on foam.
4. Make a packer’s knot in one end of your string so you are ready to tie your bedroll at one, once rolled.
5. Fold groundsheet over the top and roll tightly, keeping sides tucked in as you roll.
6. Secure the bedroll with the cord.

## Activity 7: Camp Terminology



(15 minutes)

On strips of paper print words such as: pitch, strike, guy ropes, runners, grommet, upright, ridge pole, tent pegs, lats, tinder, kindling, Liquid Disposal Unit (LDU), gadget, inspection, etc. Stick the papers around the room. Girls go in small groups to define the words. Call everyone together and have a quick group discussion to clear up any misinterpretations. (Also a good gathering activity.)

## Activity 8: Cat's Tail



(10-15 minutes)

Cut 30 pieces of string of the same length. Hide all but three or four pieces. Divide the girls into three or four teams of equal size. Each team chooses a "cat" who is given one of the extra pieces of string. At a given signal, all players except the "cats" scatter to hunt for the hidden strings. As a girl finds one, she takes it back to her "cat", and uses a reef knot (or a knot of your choice) to tie it to the string tail the "cat" is holding. The team with the longest cat's tail wins.

## Activity 9: Camp Songs



(15 minutes)

Come together in a circle and sing a few camp songs to end your meeting. Maybe you have a few guides who have been to summer camp that would like to lead in the singing!

# Program work completed

\* Please note that the program doesn't necessarily match up exactly with the numbers indicated, but that the activities accomplish similar goals

	<b>Guides</b>
<b>Packing for Camp</b>	Hiking #3 Learn How to Plan #6 Explore the Outdoors and Nature #5 Basic Camper #2
<b>How to Pack</b>	Explore the Outdoors and Nature #2
<b>Make a Firestarter</b>	Outdoor Cooking #2 Recycling #5 Experienced Camper A2
<b>Light a Match</b>	Outdoor Cooking #5 Learn About Safety #6 Try New Things #6
<b>Bedroll Game</b>	Campout #3
<b>Bedroll Hat Craft</b>	Creative Craft #4 Campout #3
<b>Camp Terminology</b>	
<b>Cat's Tail</b>	Explore the Outdoors and Nature #4
<b>Camp Songs</b>	Singing #1 Campfire Leading

*Meeting created by Joanne Cardinal in February 2017.*