

BC CAMPING CHALLENGE – SPLENDID SLEEPOVER

A SEASONAL CAMPING CHALLENGE
FROM THE BC CAMPING COMMITTEE



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1476 West 8th Avenue, Vancouver, British Columbia V6H 1E1

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Overview

The BC Camping Challenge – SPLENDID SLEEPOVER contains four categories: Camp Preparation, Camp Cooking, Camp Skills, and Outdoor Activities.

Challenge Requirements

To earn the seasonal Challenge Crest, the girls need to have an **overnight** camping experience, and complete the required number of challenges from each section. Sparks can camp for one or two nights; Brownies, Guides, Pathfinders and Rangers all need to camp for two nights

	Sparks	Brownies	Guides	Pathfinders	Rangers
Camp Preparation	2	2	3-5	3-5	3-5
Camp Cooking	2	2	3-5	3-5	3-5
Camp Skills	2	2	3-5	3-5	3-5
Outdoor Activities	1	1	2	2	2

All Branches: Complete the mandatory, “Be a No Trace Camper – leave your campsite in better condition than you found it.”

Guiders do the same number of challenges as the girls they are working with.

When you have fulfilled the requirements, complete the **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Program > Challenges & Activities > Provincial Challenges). Instructions on how to order the crests are provided on the form.

Planning and Preparing

When you are planning your camp, please refer to the BC progression of camping skills and help the girls to acquire those skills for each level. Be sure to get the girls involved and ask them which challenges they want to do.

<http://www.bc-girlguides.org/WEB/Documents/BC/camping/Progression-of-Camp-Skills.pdf>

Note: This challenge is primarily written with Sparks, Brownies, and younger Guides in mind; Pathfinders, Rangers and older Guides may want to complete this challenge by helping to organize and run a sleepover for girls in a younger branch.

Camp Preparation:

- Pack your own bag. Make sure you know how everything is supposed to fit.
- Discuss what needs to be brought to a sleepover. How is it different from what we need to bring to camp?
- Help to plan your sleepover by choosing a theme, and suggesting activities you would like to try.
- Have a conversation with your unit and your parents: Have you been to a sleepover before? What should you do if you get scared or have to go to the bathroom in the night?
- Practise and learn how to unroll and/or inflate your sleeping pad, mat, or thermarest.

Camp Cooking:

- Help to plan the sleepover menu using the Canada Food Guide
- Try something different: a food you've never tried before, a dish from another country, or eating with a utensil other than a fork or spoon.
- Make an edible campfire as a snack
- Does anyone in your unit have allergies? Talk about what foods may not be safe for some people, and how to make sure you aren't bringing these things to camp, sleepovers, meetings, etc.
- Make a dish at home and bring it to share with the group.
- Learn about kitchen tools; what might you make using a spatula, whisk, ladle, kettle, etc?

Camping Skills:

- Choose and set up where you are going to sleep making sure that there are clear paths to any exits, washrooms, etc.
- Sleep in a tent inside or outside.
- Take part in a campfire sing-along with or without a campfire; learn a song that goes with the theme of your sleepover.
- Listen to, tell, or act out a bedtime story.
- Learn about composting at home, at camp, at your meetings, etc.
- Pack up your own sleeping bag and belongings in the morning.
- Learn a new knot and make a friendship knot craft.
- Build something out of recycled materials that would be helpful at camp (be creative)!

Outdoor Activities:

- Learn about animals that come out at night in your area and in other parts of the world.
- Do an obstacle course or play an active game outdoors.
- Make an owl or raccoon craft.
- Play a game using a flashlight.
- Go on a nature walk
- Draw a picture of yourself on your next camping trip, and the clothes/gear that you will need to bring.

Be a No Trace Camper

- Leave your campsite in better condition than you found it!

Completing the BC Camping Challenge

Want to earn the complete set of 5 BC Camping crests? Simply complete the other 4 challenges: Fall Fun, Wonderful Winter, Super Spring, and Sensational Summer.



The BC Camping Committee can be reached at camp@bc-girlguides.org for questions and feedback!