



BC TREX CHALLENGE



FROM THE BC CAMPING COMMITTEE

Participants need to complete the required challenges in the four categories: **Leave No Trace, Camping Experiences, Camp Cooking, and an Overnight Adventure.**

We know that each participant and unit is unique in their camping skills, so we encourage you to adapt this program to work for all youth in your unit. The purpose of this challenge is to enable the youth to take the next step in building their skills.

Remember to follow Safe Guide for all activities.

Completing this fun challenge will most definitely help complete program work. Remember to cross-reference the challenge with the Program Areas in Girls First and award the girls accordingly for their efforts.

We encourage every group to submit pictures, and possibly a write-up of their activities to the BC Camping Committee to be used in our Headlamp newsletter. Please email them to bc-campingheadlamp@girlguides.ca.

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

Copyright © 2025 Girl Guides of Canada-Guides du Canada, British Columbia Council, 107-252
Esplanade Ave W, North Vancouver, British Columbia V7M 0E9

Unless otherwise indicated in the text, reproduction of material is authorized for non-profit Guiding use within Canada, provided that each copy contains full acknowledgment of the source. Any other reproduction, in whole or in part, in any form, or by any means, electronic or mechanical, without prior written consent of the British Columbia Council, is prohibited.

TREX

To complete this challenge and earn a crest please carry out the minimum number of challenges from each of the four sections as follows:

Be a No Trace Camper

- ☐ Leave your campsite in better condition than you found it.
- ☐ Explain the principles of No Trace Camping to someone.

Camp Experiences – complete 7

- ☐ Learn about (and try if possible) camping equipment repairs
- ☐ Prepare you equipment list, bring the equipment to camp and return it clean and dry after camp
- ☐ Find directions without a compass
- ☐ Learn about back packs and how to properly fit them
- ☐ Demonstrate how to properly pack a kayak, canoe, bicycle or trekking horse.
- ☐ Use, sharpen and care for a knife
- ☐ Put together a first aid kit and a blister kit and know how to use the items
- ☐ Prepare and carry your own personal 10 essentials kit
- ☐ Learn about campsite selection in relation to cooking, water, biffies, bear caches, environment, etc.
- ☐ Have knowledge of emergency preparedness including reading the weather, local regulations and appropriate clothing and gear for different situations.
- ☐ Break in your hiking boots, and learn about foot care, how to prevent blisters, and keeping your feet dry
- ☐ Practice and build on your canoeing, kayaking, cycling, backcountry, or winter camping skills
- ☐ Use a tech device such as SPOT, InReach, etc.
- ☐ Build and spend at least one night in an emergency shelter.

Camp Cooking - complete 3

- ☐ Create your camp menu from a theme
- ☐ Learn how to use lightweight camping stoves and cook on it
- ☐ Cook your entire meal on a fire, where/when regulations permit
- ☐ Dehydrate and rehydrate food
- ☐ Plan and carry out a camp using food for lightweight camping
- ☐ Learn about and practice water purification methods and hydration needs
- ☐ Make and enjoy a type of food that you've never eaten before.

Overnight

- ☐ Go Adventure Camping or Adventure Tripping for a minimum of 2 consecutive nights sleeping in a tent, an emergency shelter, a hammock or under the stars.