



## **BROWNIE MAGIC GOES EXPLORING**

A CAMP TO GO  
FROM THE BC CAMPING COMMITTEE

---



Copyright © 2019 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.



---

# CONTENTS

<b>INTRODUCTION</b> .....	<b>4</b>
<b>PROGRAM SCHEDULE</b> .....	<b>5</b>
<b>PROGRAM WORKSHEET</b> .....	<b>7</b>
<b>SAMPLE NAME TAG</b> .....	<b>9</b>
<b>TIPS &amp; HINTS</b> .....	<b>10</b>
<i>Patrol Duties/Chores</i> .....	10
<i>Designating Boundaries</i> .....	10
<b>PROGRAM NOTES</b> .....	<b>11</b>
<b>CRAFT IDEAS</b> .....	<b>13</b>
Candle Making.....	13
Hat Craft Ideas.....	13
Soap Carving.....	14
Dream Catcher.....	14
Photo Frames.....	15
<b>GAMES AND ACTIVITIES</b> .....	<b>16</b>
<b>MENU &amp; RECIPES</b> .....	<b>20</b>
<b>GRACES</b> .....	<b>23</b>
<b>CAMPFIRE</b> .....	<b>24</b>
<b>GUIDES OWN &amp; REFLECTIONS</b> .....	<b>28</b>
<b>GUIDER EQUIPMENT LIST</b> .....	<b>30</b>
<b>KIT LIST</b> .....	<b>31</b>
<b>EVALUATION FORM</b> .....	<b>32</b>

---

## INTRODUCTION

Welcome to Brownie Magic Goes Exploring, a special event for Brownies. We hope the girls and adults will be active and have lots of fun in a circus environment. In this camp package, you will find the program outline for a two night event and a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides Own and a kit list. Build your camp to suit your season of the year, building or campsite, number of girls and available time. Pick those activities that work the best for you and your girls and remember to be *flexible*. Adapt this package to have fun pretending to join the circus!

Remember to use the most recent [Safe Guide forms](#) and to have them assessed as appropriate. Be sure to inform your Camping Advisor and District Commissioner of your camping plans, and draw on the resources available to you within your district (Camping, Music, Program Advisers, local trainers, etc.).

Crests order forms are available on the BC Girl Guides website (<https://www.girlguides.ca/WEB/BC/>), and crests are \$1.00 each for units from BC. There is also an evaluation form at the end of this package, and we would love to hear feedback from you regarding this camp. We love receiving pictures, so please send photos from camp (making sure that everyone in them has image releases in iMIS) and feedback to the BC Camping Committee at [bc-camping@girlguides.ca](mailto:bc-camping@girlguides.ca).

In this camp, as in every camp, a vast amount of material has been covered and learning has happened. Please, be sure you are adding activities completed to the girl's Girls First program.

The BC Camping Committee has two rules in addition to Safe Guide that we ask you follow at each and every camp:

1. Be a No Trace Camper – Take only pictures, leave only footprints
2. Have FUN!!

## PROGRAM SCHEDULE

### Friday

- 6:00pm** Registration - Campers arrive at camp having eaten dinner.  
Set up beds in cabins, decorate cabins.  
Girls colour nametags, make scarves and passports
- 7:00pm** Opening  
- Welcome the girls  
- review camp rules and tour the camp area
- 8:00pm** Sing along & Mug Up
- 9:00pm** Get ready for bed, bed time story (TTT- teeth, toilet, tuck-in)
- 9:30pm** Lights out for girls

### Saturday

- 7:30am** Wake up (you may want to have colouring or a craft for early risers)
- 8:00am** Breakfast & Lend a Hand duties
- 9:00** – Four round robin stations (30 min each plus transition time, snack as girls are  
**12:00am** hungry).  
Choose stations from pages to follow. Mix of crafts and games is recommended.
- 12:00** – Lunch & Lend a Hand Duties
- 1:30pm**
- 1:30 – 2:00** Craft
- 2:00-3:45** Hike or 2 Round Robin stations
- 3:45pm** snack
- 4:00pm** Free Time
- 5:00pm** Dinner prep and Dinner  
Lend a Hand Duties
- 6:30pm** Dress for Square Dance and photo op
- 7:00** Square Dance
- 7:30pm** Campfire  
- Stargaze or night game
- 8:00pm** Mug Up
- 8:30pm** Ready for bed, Bedtime Story

---

**9:00pm** Lights out for girls

**Sunday**

**7:00am** Girls allowed to get up; pack up before breakfast

- Have a craft or quiet activity ready for girls who are ready quickly

**8:00am** Breakfast & Lend a Hand Duties

**9:30am** Wide game, Scavenger Hunt, and/or outdoor clean-up for girls while Guiders clean and pack up for check-out

**10:00am** Closing ceremonies, Guides Own, and photo op

**10:30am** Depart camp



## PROGRAM WORKSHEET

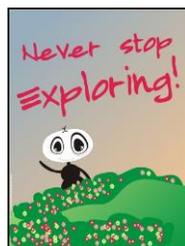
### Friday

Time	Activity	Responsible Guider	Equipment Needed
6:00pm	Greet Campers		
	Organize cabin assignments		
	Place-mats		
	Name Tags		
7:00pm	Opening		
8:00pm	Sing along & Mug Up		
9:00pm	Bed		

### Saturday

Time	Activity	Responsible Guider	Equipment Needed
7:30am	Colouring or Craft		
8:00am	Breakfast		
9:00 – 12:00	Station 1		
	Station 2		

<b>Time</b>	<b>Activity</b>	<b>Responsible Guider</b>	<b>Equipment Needed</b>
	Station 3		
	Station 4		
	Snack		
<b>12:00pm</b>	Lunch		
<b>1:30- 2:00</b>	Craft		
<b>2:00-3:45</b>	Hike or Station 5		
	Station 6		
<b>3:45</b>	Snack		
<b>4:00pm</b>	Free Time		
<b>5:00pm</b>	Dinner Duties		
<b>7:00pm</b>	Square Dance		
<b>7:30pm</b>	Campfire		
<b>8:00pm</b>	Mug Up		
<b>8:30pm</b>	Bedtime Story		



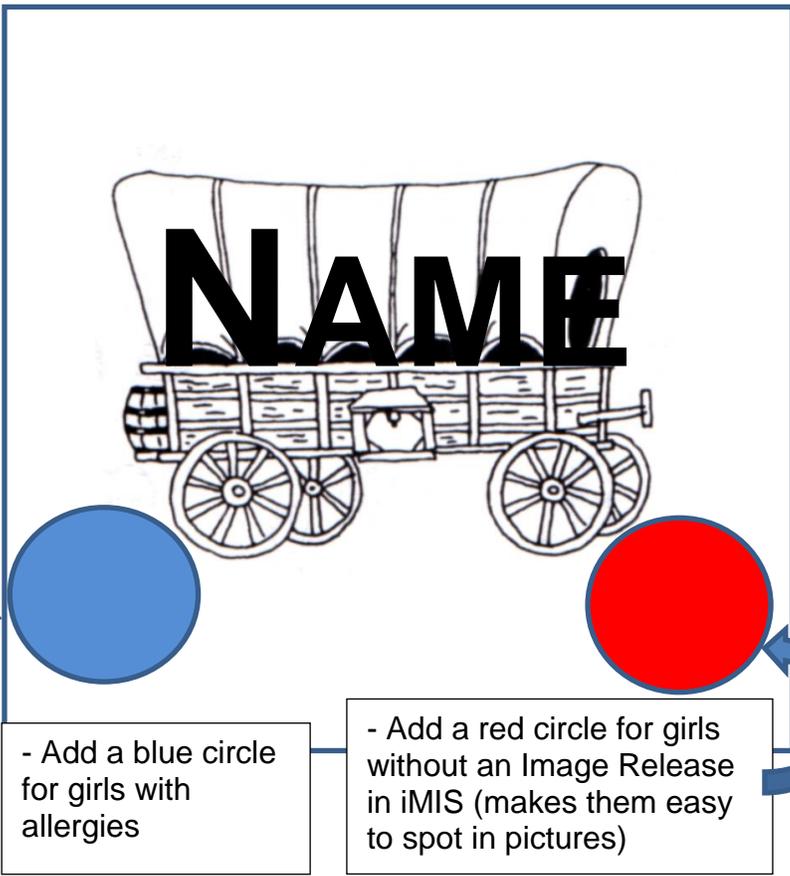
**Sunday**

Time	Activity	Responsible Guider	Equipment Needed
7:00am	Pack up		
8:00am	Breakfast		
9:30am	Group Photo		
10:00am	Guides Own		
10:30am	Depart camp		

**SAMPLE NAME TAG**

A printable name tag template can be found on the last page of this document.

- Background colour/shape denotes program and chore group



## TIPS & HINTS

### Patrol Duties/Chores

Duties should include: helping with meal preparation, setting and clearing the table, dishes, sweeping the floors, tidying washrooms, etc. You know your girls and your camp location best, so your team can decide how and where the girls can be most helpful.

NOTE: Often the girls aren't terribly helpful, but it is important for them to get used to helping with chores at camp. Try to find jobs at each station that the girls can help with: washing and cutting fruit, flipping one pancake, ripping lettuce for salad are all great ways the girls can help in the kitchen.

#### Sample Chore Chart

Time	Meal prep & setting tables	Wiping tables, sweeping floors	Lats	Dishes
Saturday Breakfast	Group A	Group B	Group C	Group D
Saturday Lunch	Group D	Group A	Group B	Group C
Saturday Dinner	Group C	Group D	Group A	Group B
Sunday Breakfast	Group B	Group C	Group D	Group A

### Designating Boundaries

For Sparks and Brownies you can use "Mr. Happy" and "Mr. Grumpy" faces cut out of fluorescent poster board. Use a plate to trace then cut out 9 per page. Use bright pink and lime green colours. Draw happy faces on the pink ones and grumpy faces on the green ones then post them around the camp to establish boundaries. If you have Guides or Pathfinders attending the camp with Sparks and Brownies they love to put these up for you. At the end of camp take them down and give them to the girls to take home.



## Program Notes

**Name tags** can be made in advance or made/decorated at camp. You can use name tags to help identify girls with an Image Release “No”, food allergies, or other health concerns. There is a sample name tag on page 9, and a printable template is available with this package. In addition to the sample provided, name tags could be made to depict covered wagons, tall ships, the shape of our province, maps, etc. idea for name tags is to have someone cut angled center cuts from a branch. This works well with cedar or other wood that has a nice grain. You will also need a small hole drilled at one end. The girls then write their name on one side and the camp and date on the other. Thread a ribbon through the hole and they are ready.



## Scarves

Cut inexpensive cotton into squares for scarves. Stitch or cut the edges with pinking shears to prevent fraying. Have a different colour for each Circle. Girls may like to sign and date their scarf as a keepsake!

## Passbooks

Make up passbooks with challenges that the girls will complete during the camp. This is something you may want to do before camp at a regular Unit meeting. Use stamps or stickers on the pages when the Brownie has completed an activity, challenge or an outdoor badge.

## Program group suggestions (Brownie names from other countries):

Do soe research on the history of your par of the province and see who who the early explorers were in your area. Use water names or old town names, or mix and match!

- Fraser
- Thompson
- MacKenzie
- McLeod
- Vancouver
- Quadra

**Decorating Ideas:** If you can get a canvas tent your venue could be decorated to look like a pioneer camp or perhaps a gold miner’s camp. Look for tin plates and mugs to serve meals on. The girls could dress up as gold miners, pioneer women or explorers for campfire on Saturday night.

- Straw bales situated around the tent
- Large placard with face cut outs for photo ops
- Old photos
- old tools



**Place Mats:** Copy pioneer related pictures onto 8 ½ x 11 sheets of paper. Have the girls colour them (don't forget their names) and slip them into a page protector. Then for meal time as part of the lend a hand duties the girls can put out the place mats for the others to find and sit beside new friends.



**Sing along/campfire:** Friday evening sing-along is an informal time to sing the girls' favourite songs and perhaps learn some new ones for Saturday's campfire.

**To use this camp for Sparks:** You can take portions of the program and adapt it for a one night camp or day camp. Feel free to use other age-appropriate activities related to the theme or adapt Unit favourites to fit the theme.

**To use this camp for Guides:** While most of the activities would be suitable for girls of Guide age, you may want to make the games more challenging. If you plan to do patrol cooking allow more time for preparation, cooking, eating and clean-up!

**Additional Activities:** If you have time before your camp, check out resources in your local library for information on the explorers and pioneers of British Columbia. You may want to focus on a specific event in our history such as Captain Cook and his meeting with the First Nations in Nootka Sound, the Gold Rush era or the mountaineering accomplishments of Phyliss Munday.

If there is a heritage society in your community, invite resource people to visit and share with the girls.



## CRAFT IDEAS

The activities can be mixed and matched as needed. One half hour has been allowed for each station; but you can stretch them out adjust the time as needed.

### Candle Making

If you have a resource person to teach the “old fashioned” method – great! Otherwise, here is a safe, simple way to make fun candles.

Making candles will require lots of adult supervision. You can buy fancy candle making supplies at most craft stores but simple ingredients work just fine.

#### Materials:

paraffin wax

wick

small jars or cans as molds

double boiler to melt the wax

oil spray for molds

wooden spoon for stirring the wax

scissors to cut wick

pencil as a wick holder

scent (optional) such as peppermint or vanilla

colouring (optional)

#### Method:

Melt the wax in the top of a double boiler, stirring gently. Spray the molds and set aside.

Once the wax has melted, add your scent if using.

Using oven mitts, pour melted wax into molds leaving a one inch space at the top.

As the wax is hardening, cut a piece of wick to the appropriate length and tie one end to the pencil, slowly drop the free end of the wick into the wax and rest the pencil on top of the mold.

It will take several hours for the wax to completely harden and then you can slide the candle out of the mold.

### Hat Craft Ideas

Make a mini compass out of fun foam.

Make a canoe – cut a shape out of fake leather that will form into a canoe and have the girls sew the ends together.

Make a bird's nest – small forked twig and wool. Stitch or glue the wool into a bird shaped nest and glue it to the twig.

Make a pair of snow shoes – twist a pipe cleaner to form a snowshoe shape. Weave embroidery thread in the opening to form the webbing.



## Soap Carving

### Materials:

- bar soap (Ivory brand is recommended)
- dish sponge pen or pencil
- sharp knife or jackknife



### Method:

Run each bar of soap under warm water. Using a dish sponge, gently rub off the top layer of soap to get rid of the carved brand name. This will probably take a few minutes of gentle rubbing and provide a smooth, clean surface to work with. Let the soap dry out overnight. Using a soft pencil, gently draw the design on the soap. This will be your guide when you are carving. It's okay if the marks don't show up very well (it's kind of difficult to write on soap).

A slight indentation in the soap will work just fine as a guide.

Using a sharp knife start carving away the excess soap, leaving the design raised. Note: It is a good idea to give the girls a brief lesson in handling sharp knives. Note: Have the girls carve outside or on some newspaper for easy clean up.

## Dream Catcher

### Materials:

- strong thread: waxed thread or twine, leather cording, fishing line or any similar material
- metal ring (30 cm diameter is good) or a flexible twig that can be bent into a circle
- suede or leather lacing (at least 60 cm)
- medium size beads
- feathers

### Method:

Tie one end of the suede lacing on the metal ring. Make sure to leave four or five inches of lacing to hang the dream catcher before winding the suede tightly around the ring until it is entirely covered in suede. Tie off the suede and knot the two remaining ends together to form a loop to hang the dream catcher on.

Cut off several feet of thread or sinew. Tie one end to the top of the ring. The webbing is made up of a net of "half-hitch" knots. To make the first knot, loop the thread over the hoop towards the back then bring it to the front again by pulling it up through the hole you've made between it and the hoop. Make sure to keep the thread pulled taut.

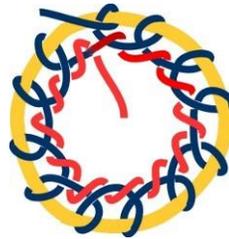
Going around the hoop, keep making these knots at seven or eight evenly spaced points. When you get back to the top of the hoop, start the next round of webbing by making knots on the loops of thread from the first round.

Thread a bead into the webbing whenever you'd like.

When you finish the webbing you should have a small hole. Tie a double knot and cut off the remaining thread off.

To make the feather tassels that hang from the dream catcher, cut a few lengths of suede to whatever length you'd like and tie them to the bottom of the dream catcher.

Push a few beads onto each piece of suede and tie a knot at the end of the suede to make sure they don't move. Push the ends of the feathers through the beads to complete the dream catcher

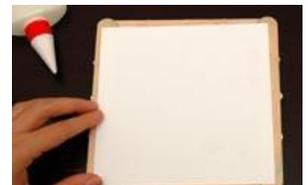


## Photo Frame Decorating

Decorate photo frames with pieces or gathered sticks or bark.

### Materials:

- sticks or bark
- Cardboard
- White glue or hot glue gun
- dry flowers, moss, etc.
- Photo



### Method:

1. Gather or assemble the material
2. Arrange and glue or tie the pieces together
3. To make a backing board, trace the outer outline of your frame onto cardboard. (All photo frames can be the same size and cut prior to camp)
4. Draw a slightly smaller square inside the outer outline. The idea is to make a backing board that is slightly smaller than your craft stick frame.
5. Cut out the board along the inner outline.
6. Cut out your photo to a size that fits well on your frame. Glue the photo at the center of your frame.



## GAMES AND ACTIVITIES

### Bark Rubbings

#### Materials

paper, crayons, a tree.

#### Method:

Take the paper wrapper off of the crayons.

Take paper and crayons outside and choose the tree(s) you want to rub.

Hold the paper with one hand and gently run the long side of the crayon over the bark.

Try different colours and textures to see how many different looks you can get.

Use your paper to create an autograph/memory book of your camp or a placemat.



### Butter Making

The Brownies can make their own butter and use it on the bannock they will make at lunch! Note: This could take a bit of time.

#### Materials:

- a clear glass jar with a tight fitting lid
- a bowl
- a wooden spoon
- heavy cream (4% butterfat) at room temperature.

#### Method:

Pour cream into jar, only half full, put the lid on and make sure it's tight. Shake the jar up and down but not too fast.

Encourage the girls switch off with a buddy when their arm gets tired.

The cream will start to get thick and coat the side of the jar, continue shaking.

As the cream turns to butter it will form clumps and come off the sides of the jar. You will know it's ready when you have a yellow clump and some liquid.

Pour the butter and the buttermilk into the bowl and press the butter up against the side of the bowl with the wooden spoon to squeeze out the remaining buttermilk.

You can add a pinch of salt for flavour if you like. Enjoy.

### Snowshoe Races

You can make snowshoes at an activity station or make them ahead of time at a Unit meeting. (If you have access to the real thing by all means use them!)

#### Materials:

- |                           |           |
|---------------------------|-----------|
| poster board or cardboard | duct tape |
| hole punch                | string    |
| scissors                  |           |

The snowshoes don't have to be huge but large enough for the girls to get the idea.

Cut cardboard in a basic snowshoe shape and, either punch holes around the edges and make "laces" with the string, or use duct tape to make straps.

Set up a course and run team relays as well as individual races

### Map and Compass

These are some simple compass drawings. They can be done outside using popsicle sticks to mark each point and coloured wool to create the pictures or if you wish to do this inside use tape to secure the wool at each point or draw it on graph paper with markers. You may wish to draw them on paper first so you know where the girls should be going. Each number represents one step or square in the direction given.

#### A Sailboat

6S, 6E, 6NW, 6SW, 6E, 1S, 6W, 2SE, 10E, 2NE, 8W

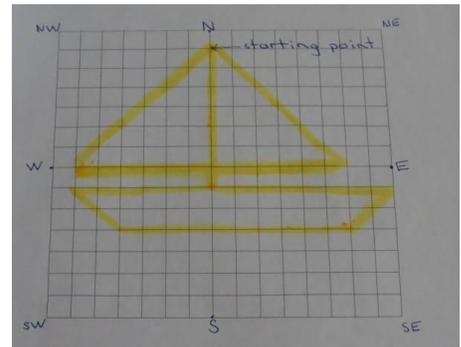
#### Trefoil

1NE, 3N, 1NW, 2W, 1NE, 1N, 2NW, 3W, 2SW, 1S, 1SE, 2W, 1SW, 3S, 1SE, 1E, 1NE, 2E,

3S, 2W, 1NW, 2W, 2S, 1SE, 9E, 1NE, 2N, 2W, 1SW,

2W, 2N, 2E, 1SE, 1E Toadstool

7N, 2SW, 3W, 1NW, 2N, 4NE, 6E, 4SE, 2S, 1SW, 3W, 2NW, 7S, 1SE, 4W, 1NE



Try making your own designs. Older Brownies can also be challenged to create a design.

### Gold Panning

Make gold pans out of tin pie plates with holes punched in the bottom and use small pea gravel for the riverbed. Set up several gold panning sites using large basins or containers to hold the water and gravel. You can paint small rocks gold or use shiny new pennies for the gold nuggets. Mix into the gravel well. Give each girl a time limit on her panning. You could also set it up as a team event and see which prospecting team finds the most nuggets.

### Hike or Off-Site Adventure

Have the girls pack up their afternoon snack and water bottle and go on a hike. Pretend to be gold miners on their way to the Klondike or... for even more of a challenge, have them dress in long skirts just the way the women who came and settled BC would have done! Check out your local thrift store for possibilities.

If you are fortunate enough to live or camp near one of the many wonderful historic landmarks in our province, plan to visit it this afternoon. Most communities have a museum rich in the history of the local area and people who would be happy to share tales of pioneer times.

**Other "Pioneer Games"** Many more of these games are available on line

Fox and Geese

Drop the Handkerchief

Blind Man's Bluff

Marbles

Hop Scotch

Skipping

### **Heritage Scavenger Hunt**

If you are in a rural area, go out ahead of time and create a list of suitable items for the girls to find that fits with the local history.

### **Simon Fraser says...**

Play the traditional Simon says game using actions that relate to explorers such as Simon Fraser says paddle the canoe, dig for gold with an axe, follow the stars by night, build that railway, climb that mountain pass, etc.

### **Snap Apple**

Hang an apple from a string and suspend from another length of string. Make the apple swing back and forth while the Brownie tries to get a bite without using her hands.

### **Square Dancing**

How about an old fashioned square dance? Again, reach out into your community and bring in resource people.

### **Firefly – Night Game**

Materials:

three or four flashlights

Method:

Gather all the girls in one spot.

Send three or four girls out into the play area with their flashlights. These are the "fireflies". These girls can either walk around the play area or stay in one spot, but either way they must flick their flashlight on-off, on-off, like a firefly.

The rest of the girls must try and catch a firefly by stalking up to her.

If one of the fireflies sees or hears a stalker, she may stop flashing her light for 30 seconds. Once all the fireflies have been captured, the game is repeated with new girls as fireflies.

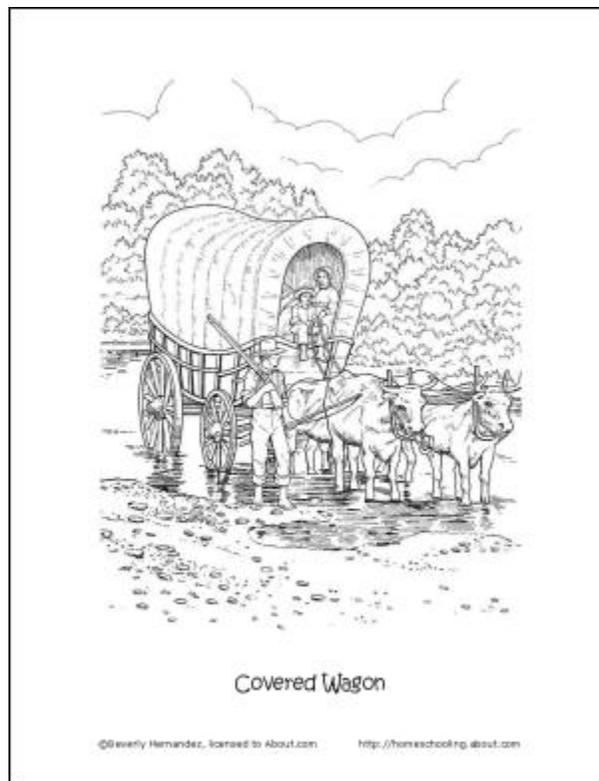
---

### Navigate by the Stars

If you have a clear night and minimal light pollution, take the girls outside and look at the stars and talk a little bit about how the explorers navigated by the stars. Use star charts to help find constellations. Star charts can be found on the internet for most parts of the province.

### Unstructured Free Time

Provide a variety of options such as books, quiet games, pictures or puzzles that do not require supervision. Some girls may prefer to sit and talk quietly.



## MENU & RECIPES

<b>Friday Mug Up</b>	<b>Johnny Cake</b>
	Juice, Water, or hot chocolate <u>Johnny Cake</u> Ingredients: <ul style="list-style-type: none"> <li>• 1 cup cornmeal (white or yellow)</li> <li>• 1 tsp salt</li> <li>• 1 cup boiling water</li> <li>• 1/2 cup milk</li> </ul> <ol style="list-style-type: none"> <li>1. Grease skillet or griddle and set on medium heat</li> <li>2. Mix cornmeal and salt, add water gradually stirring constantly until smooth (will be thick).</li> <li>3. Add milk and stir</li> <li>4. Drop spoonfuls of batter onto frying surface; cook, flipping when browned (like a pancake)</li> <li>5. Serve warm with butter and jam</li> </ol>
<b>Saturday Breakfast</b>	<b>Oatmeal</b>
	Yogurt, cold cereal, muffins, fruit, juice, milk
<b>Saturday Snack</b>	Trail mix Raisins, dried fruit, sunflower seeds, nuts (check allergies), cereal, pretzels, chocolate chips
<b>Saturday Lunch</b>	<b>Chicken Noodle or Minestrone soup, grilled cheese sandwiches</b>
	S'mores, juice, milk <b>S'mores</b> Graham crackers, marshmallows, chocolate piece Roast marshmallows over fire. Place chocolate on cracker. Top with marshmallow and a 2nd graham cracker.
<b>Saturday snack</b>	Fruit leather and or beef jerky
<b>Saturday Dinner</b>	<b>Beef Stew, bannock, salad, mud apples</b>
	<b>Beef Stew</b> – serves 4 to 6 You may have your own tried and true recipe but if not, here is a simple, filling stew <ul style="list-style-type: none"> <li>1 1/2 lbs stew beef, cut in cubes</li> <li>4 medium potatoes, peeled and cubed</li> <li>4 carrots, peeled and sliced</li> <li>3 stalks celery, sliced on the diagonal</li> <li>2 – 3 cups of water</li> <li>3 – 4 tbsp. flour, salt and pepper combined</li> <li>2 tbsp. oil</li> </ul> <p>Heat the oil in large dutch oven, coat the meat in flour</p>

	<p>mixture and brown on all sides. Add potatoes, vegetables and water. Reduce heat, cover and simmer until meat is tender and vegetables are cooked but not mushy.</p> <p>Take 1 cup of stew broth out of pot, combine with 3 tbsp. of flour, stir until smooth and add back into stew to thicken your gravy. Season with salt and pepper to taste.</p> <p><b>Bannock</b> – the staple of a pioneer diet – makes approximately 24 – 2 inch biscuits</p> <ul style="list-style-type: none"> <li>4 cups flour</li> <li>4 tsp. baking powder</li> <li>1 tsp. salt</li> <li>4 tbsp oil</li> <li>water</li> </ul> <p>Mix ingredients and add one cup of water. Add more water if needed to make a soft dough. Knead 10 minutes.</p> <p>Grease and heat frying pan, form dough into cakes about 1/2 inch thick, put in frying pan, flip when bottom surface has formed a crust.</p> <p>Cook 12 – 15 minutes.</p> <p>Note: To cook over the fire, reduce the amount of water to make a thicker dough. Roll the dough out into a long snake about one inch wide. Wind around a green hardwood stick and cook over the fire, turning until bannock is cooked.</p> <p><b>Mud Apples</b></p> <p>The girls will like this one. Make and light a fire early so it has time to burn down. one apple per person</p> <p>Bucket of mud</p> <p>Coat the apples with 1 inch of mud on all sides, making sure the mud is thick!</p> <p>When the fire has burned down enough to make coals, scoop coals to one side and bury the apples in the coals for approximately 45 minutes.</p> <p>Knock the dried mud off the apples and discard the skins. Serve the steamy pulp with ice cream if you like.</p>
<p><b>Saturday Mug Up</b></p>	<p><b>Edible campfire, popcorn and apple juice or hot apple cider</b></p>
	<p><b>Edible Campfire</b></p> <p>Napkins, pretzels, cheerios, shredded coconut, cheezies, cinnamon hearts, toothpick</p> <p>Each girl makes 3 piles of firewood: coconut(tinder), pretzels and</p>

	cheezies (logs) Make an A or V shape for the logs, lay the tinder against the crossbar of the A or on the V. the toothpick is the match and the cinnamon hearts are added to show the fire is burning. Add more kindling and then logs as the fire gets going. Eat and enjoy
<b>Sunday Breakfast</b>	<b>Hot Cakes (Pancakes) and sausages</b>
<b>Sunday Lunch</b>	<b>Sandwiches, carrot and celery sticks, chips</b>

### **Tin Can Ice Cream (this can also be make with freezer plastic bags)**

3¾ oz. pkg. instant pudding mix                      a 1 lb. coffee can  
12-13 oz. evaporated milk                            a 3 lb. or No. 10 can  
regular milk    crushed ice and rock salt

Place pudding mix and evaporated milk in a clean one pound coffee can. Add enough regular milk to fill the can three quarters full. Mix well.

Cover with plastic lid. Tape lid securely with duct tape so that can is air tight. Place the 1 pound can in a 3 pound or No. 10 can.

Add layers of crushed ice and rock salt around the smaller can until it is surrounded by ice and salt on all sides. Put lid on larger can and secure with duct tape.

Roll the can back and forth on a table or the ground for 20 to 25 minutes. The kids can form two lines to do this, rolling it back and forth to each other. Carefully undo the tape and open the large can.

Remove the smaller can and wipe off all salt before removing the lid. Scrape ice cream from insides of can, replace lid, tape securely. Place smaller can back in the larger can and add more ice and salt. Tape lid on can, continue rolling for about 10 minutes.

The ice cream should now be ready to eat.



## GRACES

Singing a grace before a meal is a tradition that has lost popularity over the years, but it is still nice to thank those responsible for your food before eating it. Singing grace doesn't have to be involved in religion at all, try some of these out for example:

### **Modified Superman Grace (to the tune of the Superman theme)**

Thank the coook, for making us food,  
Thank the coook, for making us food,  
For the food we eat, and the friends we meet,  
Thanks the coook, for making us food  
Looks great!

### **Modified Adams Family Grace (to the tune of the Adams Family theme song)**

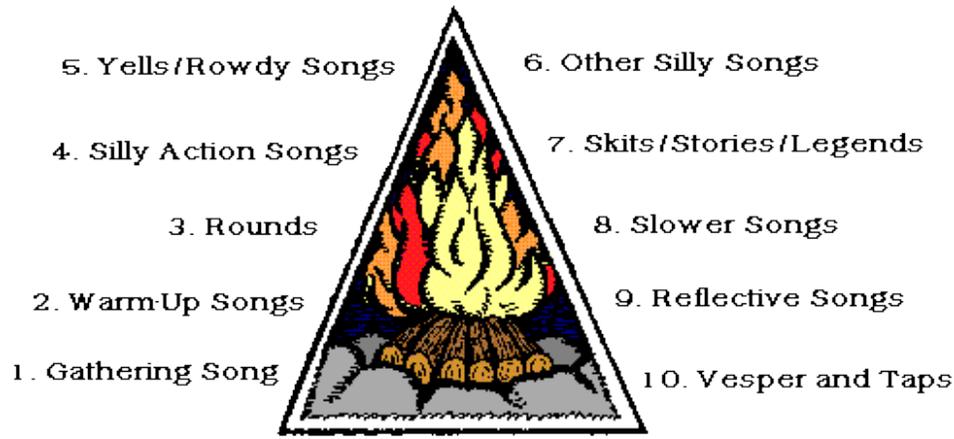
Da duh da duh <snap><snap>  
Da duh da duh <snap><snap>  
Da duh da duh da duh da duh da duh da duh <snap> <snap>  
We're thirsty and we're hungry  
The food looks mighty yummy  
We want some in our tummies  
And so we thank the cook  
Da duh da duh <snap><snap>  
Da duh da duh <snap><snap>  
Da duh da duh da duh da duh da duh da duh <snap> <snap>

### **Fork Knife Spoon Spatula**

I'm a fork, knife, spoon, spatula  
Cha Cha Cha  
I'm a fork, knife, spoon, spatula  
Cha Cha Cha  
I'm a fork, knife, spoon, I'm a spoon,  
knife fork, I'm a fork, knife, spoon,  
spatula  
Cha Cha Cha

*Actions: put your arms above your head and mimic the shapes of a knife, fork, spoon and spatula, and wave your arms back and forth for the Cha Cha Cha*

## CAMPFIRE



### Tall Trees (Our Chalet Song Book II)

Explorers are the first people to arrive  
**When I First Came to this Land** (Musical  
 Fun with Brownies and Sparks)

Often you have to explore of foot  
**Happy Wanderer** (Jubilee song Book)

In BC it usually ends up raining at sometime  
**Raindrop round** (Celebrate with Song)

Or create a rainstorm:

Beginning with the leader and each person to the left in sequence begin by rubbing your palms together.

Once the whole circle is doing this, the leader snaps fingers alternating left and right, followed by the person on her left....etc.....

Next in the sequence is clapping hands together, clapping hands on thighs,

clapping hands on the floor (or if at a campfire stamping feet on ground).

This is the high point of the rainstorm and once everyone is clapping hands on the floor (you can omit this one and change at clapping hands on thighs) then the leader changes the actions to quieter ones...

first clapping hands  
 on thighs, then

clapping hands,

snapping fingers,

rubbing palms together and

finally stopping any hand movements until silence fills the space as fewer and fewer of the campers are rubbing their hands. Silence.

*Of course, explorers camp out.*

**B.C. Camping Song** (Jubilee Song Book, p. 29)

We sing a song of the country that lies on the Western shores; And heard in its ancient forests is the grind of the axe and saws.

Come out when the Guides go camping, where the rocky ramparts rise;  
Where the woods are green by field and stream and the lakes reflect with skies.

The fish boats search the ocean, and the salmon catch comes in; Halibut, herring, cod and prawn the harvest of shell and fin.

Come out when the Guides go camping, where the rocky ramparts rise;  
Where the woods are green by field and stream and the lakes reflect with skies.

*You might even have to hunt for your food.*

**Going on a Lion Hunt** (Campfire Activities, p. 79)

This is a repeat after me story. The leader says a line and the group repeats it. Everyone can keep a 1,2,1,2 beat by slapping their knees with alternating hands to represent walking between the obstacles.

We're going on a lion hunt.                      But I'm not afraid. Going to snap a big one.  
*(mime taking picture)*

Is everybody ready?                              Let's go! *(begin slapping knees while you walk)*

I see a field of grass.                              Can't go under it. Can't go over it.  
Gotta go through it. *(rub hands together to imitate grass rustling, resume "walking")*

I see a river.    Can't go under it. Can't go over it.  
Gotta swim through it. *(pretend to swim the river, then resume "walking")*

I see a swamp.    Can't go under it. Can't go over it.  
Gotta go through it. *(make squishing noises with hands or suck in cheeks, resume "walking")*

I see a tree.    Can't go under it. Can't go over it.  
Gotta climb it. *(mime climbing tree, at top shade eyes and look around)*  
See anything?                              Nothing here. *(climb down tree and resume "walking")*

I see a bridge.    Can't go under it. Can't go around it.  
Gotta go across it. *(thump fists on chest to make hollow sound, resume "walking")*

I see a cave.    Let's go inside.  
Shhhhhh!                                      *(pat knees lightly as you "tiptoe" inside)*

*(softly)*    It's cold in here.

It's dark in here.     *(cover eyes with one hand)*  
 I can't see anything.     *(grope around with your other hand)*  
 I feel something!  
*(scared)*     It's soft!     It's warm! *(very scared)* It's warm! It's furry!  
*(pause then yell)*     IT'S A LION!!!

With or without the words, repeat all the actions quickly in reverse as you run home. Bridge *(thump chest)*, tree *(climb up and down)*, swamp *(squishy noises)*, river *(swim)*, field of grass *(rub hands together)*

*(finally, with much relief)*     Safe at home!

*Sometimes, you travel by canoe.*

**Canoe Song** (Songs for Canadian Girl Guides, p. 24) My paddle's keen and bright, flashing with silver, Follow the wild goose flight, dip, dip and swing.

Dip, dip and swing her back, flashing with silver, Swift as the wild goose flies, dip, dip and swing.

*There are many different places that Brownies live in British Columbia.*

**For this is British Columbia** (Celebrate with Song, p. 70)

*The best thing about exploring is going home.*

**Land of the Silver Birch** (Jubilee Song Book, p. 15)

Land of the silver birch, Home of the  
 beaver Where still the mighty moose,  
 Wanders at will Blue lake and rocky  
 shore, I will return once more  
 Boom-diddy-ah-da, Boom-diddy-ah-da, Boom-diddy-ah-da, bo-oo-oom

High on a rocky ledge, I'll build my wigwam  
 Close to the water's edge, Silent and still  
 Blue lake and rocky shore, I will return once more  
 Boom-diddy-ah-da, Boom-diddy-ah-da, Boom-diddy-ah-da, bo-oo-oom

My heart grows sick for thee, Here in the lowlands  
 I will return to thee hills of the north  
 Blue lake and rocky shore, I will return once more  
 Boom-diddy-ah-da, Boom-diddy-ah-da, Boom-diddy-ah-da, bo-oo-oom

Land of the silver birch, Home of the  
 beaver Where still the mighty moose,

Wanders at will Blue lake and rocky  
shore, I will return once more  
Boom-diddy-ah-da, Boom-diddy-ah-da, Boom-diddy-ah-da, bo-oo-oom

### Brownie Closing

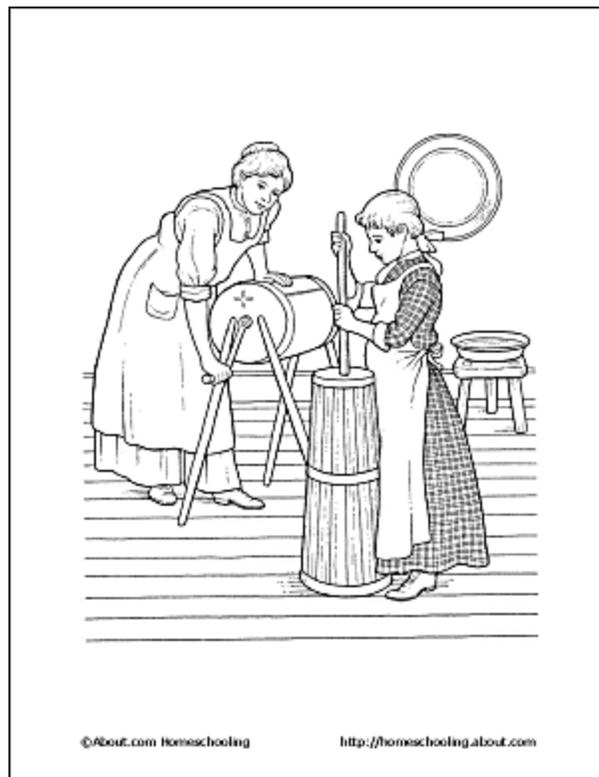
Additional possibilities:

Instead of singing going on a lion hunt, challenge the circle groups to create a skit (2-3 minutes maximum) that includes:

- one mode of transportation (e.g., canoe, train, wagon, ship, snowshoes), one animal (e.g., bear, moose, cougar, eagle or marmot), and
- one object (e.g., hammer, pillow, shoe, fork, broom).

Have the girls perform between songs in the middle (high point) of your campfire. You could also use the British Columbia campfire included in the BC Arts to Go Toolbox.

These additional songs are in the BC Arts to Go Toolbox: Sing a Song of Canada  
My Brownie Windows



---

## GUIDES OWN & REFLECTIONS

Guide's Own is a special ceremony. It can be used at a camp or any event for personal reflection. It can also be used as a time to give thanks for all we have and our special guiding friends. Guide's Own can be adapted for use with girls of all ages.

A Guide's Own ceremony can be as simple or as complex as you would like to make it – but keep in mind the age of your girls. Also keep in mind the dynamics of your group. Some are much more introspective than others. As the girls get older this is an activity that they can participate in and eventually plan, similar to a campfire.

A Guide's Own can consist of a quiet time, some reflective poems depicting the theme of your camp, a reading of some sort, a song, a short story, or any combination of these.

### Simple Thank you to Camp

Ask the campers, as they are helping to pack and clean up, to pick up a rock, twig, or other piece of nature (not living) that is special to them. At your Guide's Own ceremony, ask the campers to come forward, one at a time, and place their rock/twig/etc. in the middle of the circle, and think of something at camp that they are thankful for or they will take away from camp. Campers don't need to share what it is they are thinking of or thankful for; it can be a silent reflection of camp, and a thank you to the camp itself.

### A Star and a Wish

This is a good one to use for Brownies since it involves the girls but in a relatively easy way. Each girl and adult takes a turn to say one thing they really liked about the camp (the star) and something that they might not have liked so much or something that they would have liked to do but didn't or something similar to that (the wish). You can incorporate that into the closing and not have a formal Guide's Own scheduled for a separate time.



## Activities

1. Every walk in the woods is different. Different people see different things. The woods change daily depending upon the time of day, time of year and the weather. Remember we are a guest so take only pictures and leave only footprints.

If you watch carefully, are quiet and observant you will see and hear many animals and birds in the woods. We can learn a lot from them.

2. Give the girls five minutes to search for one natural thing that she finds beautiful, amazing or fascinating. Remind them to respect nature and to destroy nothing. If they can't get the actual item they could choose something to represent it. For example: a twig or piece of grass could stand for a bird's nest they saw.

Have each girl bring their item to the Guides' Own.

Each girl will have a turn to walk into the circle and place her item in the center.

As she walks she tells the others in a very few words why she choose it.

### **Alternate suggestion**

Nature and I (Campfire Activities, p. 46)



---

## Guider Equipment List

Items not listed under Crafts, Games or Activities. Check with the camp to see what is provided.

- Tarps, blankets or tables to do crafts on
- Extra blankets for “cold” girls
- First Aid kit
- Whistle
- Watch or clock
- Camera for group photo & other pictures
- Camp Crests (Optional)
- Safe Guide forms: Girls' and Leaders' Health forms (H.1 & H.2), SG.3, SG.4, H.3, H.4
- Available phone if not provided (cell phone)
- Camp menus & food
- Camp tools- hatchet if needed for campfire, shovel for dirt for campfire safety
- Marshmallow sticks, if desired
- Matches, lighter, newspaper (for starting a fire)
- Duct tape
- Cooler
- Camp stove with extra fuel (propane canister if small or white gas if using this type of stove)
- Lantern with necessary hoses
- Cooking utensils & cookware

Suggested items: pots, fry pan, can opener, knives, spoons, spatula, juice jug, water jug, bowls, coffee pot, kettle, pot holder, cutting boards, grater, measuring cups/spoons, toaster

Other kitchen items: coffee, salt, pepper, baking soda (in case of grease fires), tin foil, paper towels, kitchen towel, wipes, non-stick cooking spray or oil, tablecloths, napkins, rubber gloves, garbage bags, food handling gloves, zip-lock bags, rope for clothes line & clothes pins

Dish washing – 3 pans, biodegradable soap, clothes and towels, bleach, scrubbies,

- Hand sanitizer if using biffies – hand soap if not
- Water jug
- Buckets, - water, fire safety

## KIT LIST



### BED ROLL:

- 1 warm sleeping bag
- 1 sleeping mat – nothing that needs a pump, please!
- 1 small pillow (or pillow case to stuff with clothes)
- 1 small tarp
- rope for tying bed roll

### CLOTHING:

- Brownie t-shirt (girls should travel to camp in it)
- 2 pairs of long pants
- 2 long sleeved shirts
- 3 changes of underwear
- 4 pairs of socks
- Warm pyjamas
- Warm sweater/sweatshirt
- Warm hat (toque)
- Gloves or mitts
- Rain gear (water-proof jacket & pants)
- Rain boots
- Outside shoes for dry weather
- Indoor shoes or slippers

### OTHER:

- Flashlight & extra batteries
- Sunscreen
- Sit-upon
- Water bottle
- Toothbrush/paste, soap, and other toiletries
- Brush/comb
- Small towel & wash cloth
- Daypack (school sized backpack)
- Dishes (unbreakable plate, mug, bowl, fork, knife, spoon in a mesh bag)



### OPTIONAL:

- 1 Small stuffed animal for bedtime
- Camera
- Book/quiet time activities
- Camp blanket



### REMINDERS:

- We will be going outside rain or shine, so please make sure you have the appropriate clothing for the weather.
- Girls are expected to wear hats at all times when outside at camp.
- Remember “**a warm camper is a happy camper**” and that wool, fleece and synthetic materials are warmer than cotton for ANY clothing items!

---

**Please ensure that ALL of your items are clearly labeled with names, especially sleeping bag bags!**

## **EVALUATION FORM**

Please share with us what you liked about this Camp in a Box, and any things that we could improve on for next time! Thanks for your input, and Happy Camping!

WHAT DID YOU LIKE BEST?

WHAT WORKED/DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS

Please return to:  
BC Camping Committee  
107-252 Esplanade Ave W.  
North Vancouver, BC V7M 0E9

or e-mail to:  
[bc-camping@girlguides.ca](mailto:bc-camping@girlguides.ca)



