



Camp Skills for Youth & OAL 2 Tent Training for Guiders

April 2025

BC Camping & Training Committees

Girl  Guides
BC Council

INTRODUCTION	5
SUGGESTED TIMELINE	6
SUGGESTED CAMP TEAM	7
Core Staff Responsibilities	7
Unit Guider Responsibilities	7
Trainee Responsibilities	7
BC Camping Committee Responsibilities	7
UNIT PREPARATION FOR CAMP	8
Kit List	8
Sleep System Check	8
Self-Care & Behaviour	8
Planning Your Camp Site	9
10 Essentials (for hiking and outdoors)	10
Leave No Trace	10
PRE-CAMP TRAINING	11
Diversity and Inclusion	11
Campsite Requirements	11
Guiding Team	11
Safety	12
Food and Water	12
Garbage and Recycling	12
Personal Care	12
DECORATING IDEAS	13
From your recycling bin:	13
Light up the night	14
CAMPING JOKES	15
CAMP / TRAINING SCHEDULE	16
OPENING	17
Arrival	17
Flag Ceremony	17
Land Acknowledgement	17
Camp Expectations:	17
Advice from the forest:	17
Opening Activities	18
Hula Hoop Teamwork Game	18
Chain bracelet	18
Hydration Tracker	19
MENU IDEAS	19
Meal Suggestions	19
Saturday Dinner – Cooking Challenge	20
ROUND ROBIN SESSIONS	21
SESSION 1 - TENTS AND STORM LASHING	21
Tents (45 minutes)	21

Youth Tent Set Up	21
Adult Tent Set Up – optional blindfolds	21
Storm Lashing (15 minutes).....	23
Storm Lashing Tents	23
SESSION 2 - COOKING AND CAMP STOVES	25
Camp Stoves (45 minutes)	25
Propane Stoves	25
White Gas Stoves	25
S'mores Krispies	26
Lanterns (15 minutes)	27
SESSION 3 - GADGETS AND KNIVES	28
Making Gadgets (30 minutes).....	28
Catapults Activity	29
Knife Skills and Carving (30 minutes)	29
SESSION 4 - FIRES AND FIRE STARTERS	30
Fire Skills (30 minutes)	30
Light a match	30
Fire Building	30
Fire Starters (30 minutes)	32
Toilet Paper Tube	32
Egg Carton and Lint	32
SESSION 5 - COMPASSES AND TRAIL SIGNS	33
Compasses and Trail Signs (60 minutes)	33
How to Use a Compass to Follow a Bearing	33
Water Bottle Walk	34
Compass Treasure Hunt.....	34
Compass and Map Navigation Hike.....	34
SESSION 6 - TARPS AND SHELTERS	35
Knots and Tarps (60 minutes).....	35
Trucker's Hitch	35
Taut Line Hitch	35
EVENING ASSIGNMENT FOR TRAINEES	36
CAMPFIRE.....	36
NIGHT GAMES.....	37
FLASHLIGHT GAMES:.....	37
CLOSING.....	38
Lower Flags	38
Closing Songs.....	38
Event Evaluation	38
Final Thoughts	38
RESOURCES.....	39
Catapult.....	39
Shelter Building: Truckers Hitch Method.....	40
Shelter Building - Tautline Hitch Method.....	41
Fire Building	42
Knife Skills	43

Recipe Card Booklet	44
Flags	48
Progression of Camp Skills	50
Guides	50
Pathfinders and Trex.....	51
GUIDER RESOURCES	52
Tent Camping - Personal Gear List	52
Tent Camping - Group Equipment List.....	53
Sample Camp Itinerary	54
Sample Menu Planning Template	55
Sample Camp Budget Template	56
Food Quantities & Servings Chart	57
Camp Planning Timeline	58
ACTIVITY SUPPLIES	59
Tents and Storm Lashing	59
Fire Making	59
Firestarters	59
Camp Stoves and Cooking	59
Knife Skills	59
EVALUATION FORM.....	60

INTRODUCTION

This is a weekend camp designed for Guides and Pathfinders that also includes OAL 2 (Outdoor Adventure Leadership) Tent training for adult Guiders and Rangers, to run concurrently. Districts and Areas can organize the event as a coordinated effort that combines youth camping and adult training.

The camp structure ensures that the material for both youth and adults is aligned but with tailored depth and focus. Adults and Rangers participating in OAL 2 Tent training move through the same stations as the youth, but under the guidance of a trainer. This trainer's role is to ensure that all aspects of the training are thoroughly covered. While youth and adults cover similar program, youth activities are more fun-focused, and adults engage in hands-on experiences for greater mastery.

It is important for training participants to have some separation from the Guides and Pathfinders to benefit from the training, rather than managing youth. Ideally, core staff Guiders with prior tent training would provide supervision ratio during stations, allowing Guiders and Rangers to focus on their learning. To complete OAL 2 Tent training, attendees must spend at least one night in a tent.

A required pre-training will occur prior to the weekend, covering topics like camp planning, group gear, budgeting, and menu planning. This approach supports participants by preparing them for the weekend and covering additional required training material. Guides and Pathfinders can be included, if you have capacity. This could be in-person or online training.

Crests are available for purchase for campers. Rangers, Core Staff, and Guiders completing the OAL 2 Tent training receive crests free of charge.

This package includes a planning timeline, suggested agenda, kit list, and other materials. An evaluation form is at the end. We appreciate your feedback and event photos (with participants who have image releases in iMIS).

Please send event photos to bc-campingheadlamp@girlguides.ca.

Event feedback should be sent to the BC Camping Committee at bc-campingevents@girlguides.ca.

The Camping Committee has two rules to follow at every camp (in addition to Safe Guide):

- ☐ Be a No Trace Camper – Take only pictures, leave only footprints.
- ☐ Have fun!

For further assistance, please contact bc-campingevents@girlguides.ca.

SUGGESTED TIMELINE

8 weeks before camp

- ☐ Book a tentative site (GGC campsite, local park, etc.).

7 weeks before camp

- ☐ Build your Camp Staff Team.
 - Find a First Aider, a GGC Trainer, a Responsible Guider, and Alternate Responsible Guider – at a minimum.
 - Advertise your event and send the Save-the-Date notice.

6 weeks before camp

- ☐ Continue to advertise the event. Send event information and permission forms (SG.1 and SG.2) to Guide, Pathfinder, and Ranger caregivers.

5 weeks before camp

- ☐ Collect permission forms and event fees from caregivers.
- ☐ Hold a planning session with your Camp Staff Team. Plan the program based on the number attending.

4 weeks before camp

- ☐ Communicate with participants. Provide the kit list and any specific information related to the site: i.e., map with directions, arrival time, etc.
- ☐ Using the electronic submission portal, submit Safe Guide forms for assessment. We will send a how-to guide and draft templates to get you started.
- ☐ Create an Emergency Contact List for your Home Contact.
- ☐ Remind Guiders to bring printed H.1 or ePACT health forms for their unit participants. (Note: ePACT is not always accessible due to signal strength at camp sites.)
 - Conduct your pre-training for Guiders and Rangers
 - Ensure you have the necessary group gear and it is in good working order.
- ☐ Start preparing your campers for the event. See page 7.

2 weeks before camp

- ☐ Notify your Commissioner and Area Camping Adviser of the event.
- ☐ Forward the Emergency Contact List to the Home Contact.
 - Check your venue and the weather for any changes.
 - Prepare welcome kits if required.

1 week before camp

- ☐ Have a unit 'packing meeting' to ensure the participants have what they need.

At camp

- Have fun.

1 week after camp

- Complete the event evaluation and send it to the BC Camping Committee.
- Ensure all camp expenses are paid and finalize financial reports.

SUGGESTED CAMP TEAM

You will need a Responsible Guider, Trainer(s), First Aider(s), and Program Leaders. The team size will depend on the number of participants. Use the resources in your District or Area: District Guiders, Training Advisers, Camping Advisers, Trefoil Guild.

Core Staff Responsibilities

- ☐ Book a location with adequate space for each unit.
- ☐ Prepare application forms (SG.1 and SG.2), kit list, information sheets, handouts, etc.
- ☐ Share kit list, travel directions, event expectations, etc.
- ☐ Find Trainer(s). Conduct pre-training, ensure necessary content is covered during the training weekend, and ensure participants receive pins and are added to iMIS.
- ☐ First Aider must hold, at minimum, a current Emergency First Aid Certificate (for yellow-level activity). Ensure a 1:25 ratio of First Aider to participants.
- ☐ Complete all necessary Safe Guide forms and submit them to the Safe Guide portal for review and approval.
- ☐ Clearly identify all participants without photo releases (IR no). Do not share any photos where they are visible.
- ☐ Find an Emergency Home Contact person, listed in iMIS, not attending camp, and is available during the event. Provide them with a list of all participants and their emergency contacts, as well as location and how to reach the Responsible Guider(s).
- ☐ Gather and train your camp team for this event.
- ☐ Inform Area Camping /Training Advisers and District/Area Commissioners about the event.
- ☐ Information and Safe Guide form templates, and group gear list.
- ☐ Assign camping areas for units and activities.
- ☐ After event: Send evaluation to the BC Camping Committee.

Unit Guider Responsibilities

- ☐ Communicate directly with your campers and caregivers about camp requirements.
- ☐ Gather and review health forms. Make sure they are fully completed.
- ☐ Check photo releases on the roster and identify participants with 'No' photo releases.
- ☐ Collect camp fees to cover food, facility costs, and extra supplies.
- ☐ Meet with the Camp Team to review plans and roles.
- ☐ Sign-in and sign-out your unit participants. Have a contact list for your unit.
- ☐ Actively support and supervise your campers during camp.
- ☐ Complete event evaluation with campers.
- ☐ Help clean and return camp equipment.

Trainee Responsibilities

- ☐ Attend all parts of the training.
- ☐ Help clean and return camp equipment.

BC Camping Committee Responsibilities

- ☐ Provide direction and assistance as required.
- ☐ Provide electronic resources.
- ☐ Supply crests for those who order.

UNIT PREPARATION FOR CAMP

Take time to do camp preparation during unit meetings. We recommend including some camp activities in the four weeks before the event. If

- ☐ The Girls First program platform has instant meetings to help prepare for camp: **More than Marshmallows** and **Camping: It's InTents**.
- ☐ Offer a camp information meeting so that caregivers are also prepared. Help them understand the expectations, such as:
 - the importance of following the kit list
 - pick-up and drop-off times and procedures
 - youth expectations such as helping with chores and having a positive attitude
 - with tenting camps, group gear is sent home for youth to help clean. Explain how to clean the items that are coming home.
 - deciding how their child will participate — it is better to have youth come for the day rather than an overnight stay if they are not ready.
 - the goal is to show everyone that camping is FUN!

See below for more meeting activities leading up to your camp.

Kit List

- ☐ Before camp, review the items on the kit list that campers should bring. Make it fun!
- ☐ Play a relay game about what to bring to camp.
- ☐ Guiders bring a range of items (some on the kit list and others that are not needed, including funny or wacky items).
- ☐ Spread the items around the room. Have each person run and select one item they should bring to camp. After everyone has chosen an item, discuss what was chosen, why those items are important (or not), and what else they may need. By the end, all items on the kit list should have been collected.

Sleep System Check

- ☐ Have the youth bring their bedding to the meeting before camp.
- ☐ Discuss the weather and nighttime temperatures.
- ☐ Check each youth's bedding – they may not have very good equipment. What strategies could be used to be more comfortable? More layers underneath keeps away the cold from the ground (add space blankets, wool / fleece blankets, extra sleep pads)
- ☐ Tying bedrolls is a great team-building activity. Look in Girls First: More than Marshmallows has [Step-by-Step Instructions for Making a Bedroll](#). Give a demo and have youth work in pairs to tie their bedrolls (tips: use your body weight, make sure your shoulders are above your hands when you are rolling up the bedroll).

Self-Care & Behaviour

- ☐ Before camp, discuss ways to stay healthy.
- ☐ Make a get-along plan that the group agrees to. What does it look like to be a positive team member? How will you communicate if there is an issue? What are the consequences of problematic behaviour? Is there a daily reward for good behaviour?

- ☐ If you are not doing the Self-Care and Conflict Resolution modules during camp, please do them at a unit meeting before camp. Guiders read the [Camp Comfort](#) document in Girls First and have a unit discussion.

Planning Your Camp Site

- ☐ Practice setting up a tent and tarping the tent.
- ☐ Check all your group equipment to ensure it is in good working condition. Check the [Tent Repair](#) activity in Girls First and see if there is anything you can fix.
- ☐ Where will you wash your face and brush your teeth? How will you dispose of dirty water?
- ☐ How will you manage group gear like patrol cooking and cleaning equipment? Below is a photo of a patrol bin. Explore your patrol bin(s). Is anything missing? Is there anything on the menu that needs special equipment?
- ☐ We wash dishes hygienically using the 3-sink method and ditty bags (below). Discuss where your washing station will be.



- ☐ Practice laying out your campsite on graph paper. Mark your site, cut out your tents, shelter, and any other items for your campsite to size, and try arranging them differently.
- ☐ Think about games and activities to play during downtime.
- ☐ Brainstorm ways to make your space more luxurious and fun:
 - A banner to show your unit or theme
 - Mascot or theme for your site
 - Lanterns
 - Floor mats
 - Inflatable chairs
 - Kiddie pool (to soak feet)
 - Fairy lights



10 Essentials (for hiking and outdoors)



Carry these items in a backpack to be properly prepared:

1. **Navigation:** map, compass, altimeter, GPS device, personal locator beacon (PLB) or satellite messenger
2. **Sun Protection:** sunglasses, sun-protective clothes, and sunscreen
3. **Insulation:** jacket, sweater, extra layer of clothes
4. **Illumination:** flashlight, headlamp, lantern and extra batteries
5. **First Aid supplies:** include foot care and insect repellent as needed
6. **Fire Making:** matches, lighter, tinder, and/or stove
7. **Repair Kit and Tools:** multi-tool utility knife (e.g., Swiss Army)
8. **Nutrition:** extra non-perishable food
9. **Hydration:** extra water, water filter
10. **Emergency Shelter:** carried always; can be a light emergency blanket

Leave No Trace

Go beyond picking up garbage and learn ways to conserve and protect our natural areas. There are 7 key principles of Leave No Trace.

- ☐ Plan Ahead and Prepare
- ☐ Travel and Camp on Durable Surfaces
- ☐ Dispose of Waste Properly
- ☐ Leave What You Find
- ☐ Minimize Campfire Impacts
- ☐ Respect Wildlife
- ☐ Be Considerate of Other Visitors

PRE-CAMP TRAINING

With the addition of youth members at camp, not all content can be covered during the weekend. These are topics that should be discussed outside of the training weekend. Guiders must cover the [unit preparation with their youth](#). (send them the pages from this document)

Diversity and Inclusion

- ☐ **Dates:** Use school and other calendars to choose camp dates
- ☐ **Financial accessibility:** Build camp fee subsidies into the budget
- ☐ **Equipment accessibility:** Help families find gear if needed
- ☐ **Physical accessibility:** Consider the needs of youth and Guiders
- ☐ **Songs:** Use DEIA-approved sources for campers to choose songs
- ☐ *Let's Sing* on Member Zone

Campsite Requirements

For Guides and Pathfinders

- ☐ Campsites are a maximum 20-minute walk from the parking area or road.
- ☐ 24-hour vehicle access to a parking area, or a road within a 20-minute walk of campsites to allow for non-emergency support if required.
- ☐ 24-hour access to a vehicle or permanent shelter for groups in case of unwanted visitors, inclement weather, or other emergencies.

Guiding Team

Split up the tasks and responsibilities to make planning easier. Share the load!

- ☐ **Responsible Guider:** Coordinates and runs the camp. Ensures Safe Guide is followed, involves youth and Guiders in planning, and keeps caregivers informed.
- ☐ **Alternate Responsible Guider:** Has the knowledge and experience to take over if Responsible Guider gets called away or becomes ill. Helps the team in any way needed.
- ☐ **First Aider:** Must hold first aid qualifications as per Safe Guide. Checks health forms prior to camp for allergies, health conditions, and any other issues. Collects and secures medication. Ensures confidentiality. Ensures well-stocked and accessible first aid kit(s). Monitors the well-being of participants including hydration and heat/cold-related issues. Brings any concerns to the attention of the Responsible Guider.
- ☐ If possible, the Responsible Guider should not be the First Aider.
- ☐ **Quartermaster:** Plans the menu with the youth, orders and stores food and supplies, and supervises the kitchen, including meal preparation, dishes, garbage, and recycling. Works with the First Aider to ensure allergies, dietary needs, and food aversions are planned for. Food Safe is required when serving meals for non-members.
- ☐ **Program Specialists:** Especially for archery, boating, swimming, etc.
- ☐ **Home Contact Person:** A person listed in iMIS who will be available by phone for the entire time at camp. They are provided with a complete contact list to communicate with families in the case of an emergency
- ☐ **Experienced Tent Camper:** Guider with a minimum of two 2-night supervisory experiences (Guiding or otherwise) with a comparable number of children or youth in a similar setting within the last seven years. If using portable camp stoves, at least one Guider must have experience with lighting, re-fueling, and basic stove maintenance.

- ☐ **Location:** Should be familiar to at least one supervisor. If not, the Responsible Guider does a site check before the event.

Safety

- ☐ Establish 'out of bounds' areas and emergency procedures for the camp location.
- ☐ Inspect the location for hazards: tree limbs, wires, nearby waterways or dry stream beds, road or traffic flow, wildlife activity, security from other users.
- ☐ All participants should have a way to communicate emergencies, such as a whistle.
- ☐ Tents should be located away from the cooking area, if possible.
- ☐ No flame or fire in or near tents.
- ☐ Use the buddy system and keep buddies in the same tent.
- ☐ Consider creating a path from the tenting area to toilets using glow sticks.
- ☐ Toilets/latrines: consider using 'pop lights' so campers don't need to take their flashlights inside. A flashlight down the hole stays down the hole!
- ☐ Mark Guider tents so youth can find adults at night, especially in bear / cougar country.
- Brush your teeth before bed.

Food and Water

- ☐ Responsible Guider must ensure that potable water is available at the campsite. If not, a water filtration, treatment, or purification system must be used for all drinking water (including toothbrushing).
- ☐ Make sure the kitchen area is kept clean, and all food is stored properly.
- ☐ Use the 3-sink method for washing dishes.
- ☐ Pack enough camp stove fuel to keep water hot all weekend.
- ☐ All food must be stored in vehicles or animal-proof containers overnight (no food in tents).
- ☐ Establish a handwashing procedure if facilities do not exist.
- ☐ Use a ditty bag to keep your dishes clean.

Garbage and Recycling

- ☐ Garbage must be sorted and dealt with, so animals aren't attracted to your campsite.
- ☐ Garbage control starts before you get to camp. In your packing and planning stages, consider how items are packaged and minimize what you bring to camp.
- ☐ Have 3 labelled containers set up: compost, metals and plastics, and paper/cardboard.
- ☐ All garbage must be packed out, if garbage facilities do not exist.

Personal Care

- ☐ Tie back long hair – for cooking, fire safety, ticks and lice. Bring extra pony elastics for campers who forget. Braids are best.
- ☐ Wear a hat with a brim for sun protection and to protect from ticks.
- ☐ Serve high protein and high fat snacks every couple of hours, especially in cooler weather.
- ☐ Dress for the weather. Stay warm and dry and provide sun protection.
- ☐ Each person should bring a filled water bottle.

DECORATING IDEAS

If you are inclined to decorate for camp, look for ideas that use renewable or recyclable items for a sustainable camp.

From your recycling bin:



Light up the night



CAMPING JOKES

Jokes can be useful to fill time if your station has stragglers or you're done a bit early.

What's another name for a sleeping bag?

A nap sack.

Why did the park ranger quit their job?

Because it was always in tents.

Can a frog jump higher than the average tent?

Of course. Tents can't jump.

What do bears call campers in sleeping bags?

Soft tacos.

Knock, knock! Who's there? Moose! Moose who?

Moose you. I hope you're having fun away at sleep-away camp!

What do you call a bear with no teeth?

A gummy bear.

Why don't mummies go camping?

They're afraid to relax and unwind!

Why does Humpty Dumpty love camping in autumn?

Because Humpty Dumpty had a great fall!

What did the beaver say to the tree?

"It's been nice gnawing you!"

What is a tree's favorite drink?

Root beer.

Why do trees have so many friends?

They branch out.

Why did the fish blush?

Because it saw the lake's bottom.

Why shouldn't you invite a tree to a party?

Because they never leaf.

What is the colour of the wind?

Blew.

Why did the rope get into trouble?

Because it was being knotty.

CAMP / TRAINING SCHEDULE

FRIDAY NIGHT	
4:00 PM	Core staff arrive: decorate, debrief, mark camping areas
5:30 PM	Guiders arrive
6:00 PM	Girls arrive, set up tents and kitchen, etc.
7:30 PM	Welcome, Land Acknowledgement, Opening, Camp Expectations and Safety
8:00 PM	Night Game
9:30 PM	Mug Up
10:00 PM	Lights out
SATURDAY	
7:00 AM	Pick up food for breakfast and lunch, make breakfast, clean up
9:00 AM	Session 1
10:15 AM	Session 2
11:30 AM	Session 3
12:30 PM	Lunch, clean up, downtime
2:00 PM	Session 4
3:15 PM	Session 5
4:30 PM	Session 6
5:30 PM	Trainer review material covered with training participants
6:00 PM	Pick up food for dinner and mug up, make dinner, clean up
7:00 PM	Camp Cook-off
8:30 PM	Campfire
9:30 PM	Mug up, clean up
10:30 PM	Lights out
SUNDAY	
7:00 AM	Pick up food for breakfast, make breakfast, clean up
9:00 AM	Closing, star and wish, present Guiders/Rangers with OAL 2 pins
9:30 AM	Take down tents and clean up
11:30 AM	Caregivers pick up at end of camp

OPENING

Arrival

- Ask families to wait if they arrive before the designated time. Guiders need to get ready.
- Campers sign in with their Unit Guider and get a nametag. Set up your planned campsite.

Flag Ceremony

Check Resources for information on [flag ceremonies](#).

Land Acknowledgement

Do a land acknowledgement at the beginning of camp. The details will depend on where your event takes place. To find out who to acknowledge, try the following options:

1. Download **Whose Land** – a web-based app that uses GIS technology to assist users in learning about the territory your event is situated on.
2. Contact a local Friendship Centre.
3. If you reside in a city with a university, this resource (<https://www.caut.ca/content/guide-acknowledging-first-peoples-traditional-territory>) created by the Canadian Association of University Teachers lists land acknowledgements for many cities and towns.

Opening and Promise

Guiders lead participants with a unit-specific Opening and Promise.

Camp Expectations:

- Use the buddy system and sound-offs to count campers after each station change.
- Set boundaries for your unit.
- Establish evacuation location for fire or other safety reasons. Signal: 3 quick whistle blasts.
- Identify First Aid Guider(s).

Advice from the forest:

- ☐ Breathe deeply
- ☐ Reach high
- ☐ Be full of life
- Stretch your limbs
- Be surrounded by beauty
- Let the gentle winds soothe you
- Try your best and have fun!



Opening Activities

You may not have an opportunity for an opening activity, but here are some ideas:

Hula Hoop Teamwork Game

Materials: 1-3 hula hoops

Directions

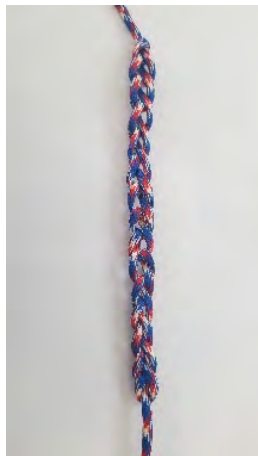
- ☐ Everyone stands in a circle
- ☐ Slip a hula hoop onto one person's arm
- ☐ Have everyone join hands
- ☐ Move the hula hoop all the way around the circle without letting go of each other's hands

Large groups

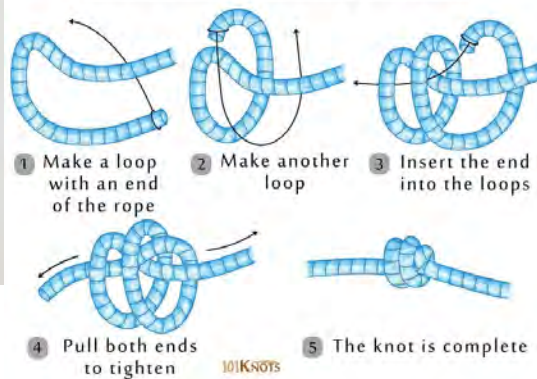
Use more than one hula hoop. One hula hoop can try to chase and catch up with the second

Chain bracelet.

Materials: 1-metre pieces of colourful paracord (1 per participant), scissors



Barrel Knot Instructions



Hydration Tracker

Materials per person

- ☐ Thick embroidery thread
- ☐ 12 beads with large holes (pony beads) or metal nuts

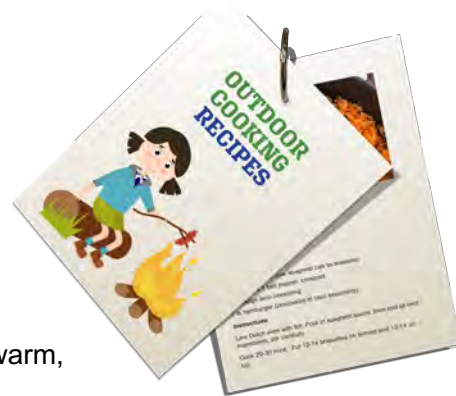


- ☐ Leave a 1" loop at the top to attach it to your water bottle.
- ☐ Thread the cord through the beads from each side.
- ☐ Leave some slack so the beads can be moved up and down. One finger width.
- ☐ Tie the end – you can add a charm to the knot.
- ☐ Attach to your water bottle
- ☐ Move a bead every time you drink 1 cup / 250 ml of water.
- ☐ Set a goal to drink more than 8 cups each day!

MENU IDEAS

Meal Suggestions

Many different camp recipes are available – check the [BC Girl Guides Camping Resources Page](#). The event resources include a [Cooking Methods and Camp Recipes Flip Card Booklet](#). The following are some tried-and-true suggestions.



Mug-Up

Participants often arrive without eating dinner, despite instructions. A warm, easy, low-sugar mug-up will help everyone get a good night's sleep.

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> Loaded baked potatoes (you will want to have them pre-cooked and warm them up in the fire) | <input type="checkbox"/> Bannock |
| <input type="checkbox"/> Meat cheese & crackers | <input type="checkbox"/> Hot Dogs |
| | <input type="checkbox"/> Bean Dip |

Saturday and Sunday Breakfasts

Help groups by planning easy prep and clean-up. On Saturday, participants have not yet learned about camp stoves! On Sunday, everyone will be eager to clean up.

- | | |
|--|---|
| <input type="checkbox"/> Omelets in a bag | <input type="checkbox"/> Breakfast burritos |
| <input type="checkbox"/> Frozen waffles with warm fruit | <input type="checkbox"/> Yogurt parfaits |
| <input type="checkbox"/> Iron Pies | <input type="checkbox"/> Dutch oven monkey bread |
| <input type="checkbox"/> Fully loaded oatmeal | <input type="checkbox"/> Dutch French toast casserole |
| <input type="checkbox"/> Toast or Bagels on a camp stove toaster | |

Saturday Lunch

You will have been making fires; this is a great time to put them to use.

- ☐ Burlap or milk carton sandwiches
- ☐ Hot dogs
- ☐ Buddy burner grilled cheese or quesadillas
- ☐ Box oven English muffin or naan pizzas

Desserts

- ☐ Lazy cobbler
- ☐ Box oven tuna can pineapple epside-down cake
- ☐ Berry crumble
- ☐ Orange cakes
- ☐ Banana boats

Saturday Dinner – Cooking Challenge

This is an excellent opportunity for campers to cook using their new skills. Keep the groups small, 4-6 campers, so everyone gets a chance to be hands-on. Using the challenge approach might make dinner prep a lot more fun.

Depending on the average age of your youth, you can keep it simple or make it more complex. Also consider the dietary needs in your group.

You could opt for vegetarian (tofu, ground round, beans, chickpeas) ingredients or gluten-free (potatoes, rice, corn tortillas, etc.) ingredients for the whole group. Another option is to create cooking teams based on dietary needs. To avoid issues with allergies, it's best to keep your site allergen-free (e.g., no nuts, no sesame, etc.) to avoid accidental exposure or cross-contamination.

Here are a few tips for creating a fun cooking challenge:

- ☐ **Pick a mystery ingredient that must be incorporated.** This could be a local and seasonal item (cranberries, fiddleheads, blueberries) or mix it up by giving each group a canned vegetable with no label. Use your imagination – but make sure the ingredient(s) won't prevent everyone from eating their meals.
- ☐ Offer cooking ingredients by (1) using a lottery system with various ingredients on a table and groups selecting them one at a time, or (2) providing a set box of items to each group (faster but less individual creativity).
- ☐ Give the groups a timeline, so they can plan ahead.
- ☐ Each group should make a serving for the judges to test, plus enough for their group.

Choose a theme to add a little creativity. For example:

- ☐ Canadiana
- ☐ Pop music lyrics
- ☐ Around the world
- ☐ Fairy tale food
- ☐ Galactic gourmets
- ☐ Food faces
- ☐ Wonderful wraps
- ☐ Forest feast

ROUND ROBIN SESSIONS

Tips:

- This event works well with 2, 3 or 6 groups.
- ☐ For larger camps, divide into smaller groups and travel around different rotation sites. You could run three stations at the same time and rotate through them. After lunch, set up new stations and rotate again.
- ☐ When you divide campers into groups, mix and match skill levels for the best results.
- ☐ Allow 10 minutes for participants to tidy up and travel between the stations.

SESSION 1 - TENTS AND STORM LASHING

Tents (45 minutes)

Youth: in groups of 4

Adults: in groups of 4-5

Equipment:

- ☐ 1 tent with ground sheet, pegs, and fly
- ☐ Small hammer, if necessary
- ☐ Blindfolds – for training only
- ☐ Ropes for storm lashing

Youth Tent Set Up

Ask the youth what order they should follow when putting up a tent. Lead them through the steps:

- ☐ Remove the items from the tent bag.
- ☐ Lay out the ground sheet (and ask questions like, “Where does the ground sheet go?”)
- ☐ Lay out the tent. Orient the door in the direction the campers choose as the best.
- ☐ Extend the first tent pole and gently slide it into the sleeve/clips. Use care with the pole.
- ☐ Repeat with the 2nd pole (depending on the style of tent, there may be additional poles).
- ☐ With youth on each end of the poles, gently raise the tent and anchor the poles into the correct places.
- ☐ Open the fly and orient it to the door opening. Depending on the style of tent, you may need to insert a pole in a sleeve. Place the fly over the tent and anchor it according to the tent instructions (e.g., clips, velcro, etc.).
- ☐ Peg the guy lines as necessary.

Debrief the group once the tent is set up. How is the location? Is there a better direction for the door and why? What was the hardest part?

Have the youth to take down the tent in preparation for the next group. It's important to learn how to roll up the components and put them back into the tent bag.

Adult Tent Set Up – optional blindfolds

Two options for this station:

- ☐ Do the same activity as the youth, or
- ☐ Do the tent set up while blindfolded

Blindfolded Tent Set Up

- ☐ One member of the group will give instructions: either selected or volunteers
- ☐ All other members are blindfolded and must follow the directions
- ☐ The Guider leading the station intervenes only when necessary (risk to participants or equipment).
- ☐ Remove blindfolds once the tent is set up. Debrief the group:
- ☐ How difficult was the activity? Can we equate it to youth new to setting up a tent?
- ☐ How important is it to give clear instructions and remain calm?
- ☐ How important is it to review and understand your equipment before teaching youth?

Trainer Notes for OAL 2 Tent Training Participants:

- ☐ Every tent style is different. Emphasize the importance of practicing tent set up with the style you are going to use. Make sure your participants have a chance to master this important skill. Check the poles, pegs, and zippers are in good repair before you go to camp, and make sure all the components are in the tent bag.

Points to discuss, including:

- Location:
 - Use tent pads if available.
 - Choose an area free of roots, rocks and branches for minimum impact.
 - Choose a level area. If on a slope, place head at top and feet at bottom.
 - Choose a site free of water run-off or collection.
 - No trench digging – minimize your impact.
 - Choose a site well away from the fire pit – no embers on tent.
- Set up:
 - ☐ Choose a suitable spot.
 - ☐ Lay out your ground sheet.
 - ☐ Roll out your tent – orient the door in the direction you want (consider the location of leader tent, latrine, other tent doors, etc.).
 - ☐ Connect the poles – slide them through the sleeves, if applicable.
 - ☐ Raise the tent – 1 person on each corner if possible.
 - ☐ Tuck the ground sheet under the tent using a fold under, not over.
 - ☐ Peg the tent to the ground – pegs at 45° angle away from the tent.
 - Put up the tent fly.
 - ☐ Place the tent bag in one corner of the tent.
 - ☐ Care of tent:
 - ☐ Open zippers fully before entering the tent.
 - ☐ No shoes/boots, food, or toiletries in the tent.
 - ☐ Nothing should touch the sides or roof of the tent.
 - ☐ Don't hang things on the tent poles.
 - ☐ Orient the sleeping mats: no one is across the door, and everyone can access their sleeping mats.
 - ☐ Place your gear at the foot or head of your sleeping mat.
 - Keep all your personal belongings tidy and in your own space.
 - ☐ Open tent zippers at night for ventilation.
 - ☐ Strike the tent (take it down):
 - ☐ Pack all personal gear and empty the tent.
 - ☐ Clean the inside of the tent.
 - ☐ Dry the tent as much as possible.
 - Take down the tent and put it away carefully.

Suggested Activities

- ☐ Combined activity: setting up a tent and getting ready to sleep in it. Talk about what to wear, how to stay warm, etc.
- Emphasize the importance of living in tight spaces together.

Storm Lashing (15 minutes)

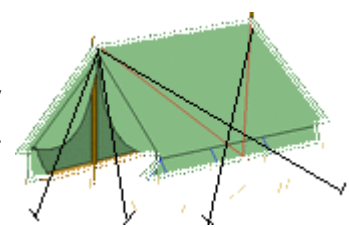
Storm Lashing Tents

- ☐ Important during windy, stormy weather
- ☐ Protects you and your equipment
- ☐ Position your tent so the entrance is downwind, if possible.
- ☐ If your tent has guy lines, use them.



A-Frame tents

Run twin guy lines from each pole peak. Extend these lines outward at 45° angles to the poles. You will now have 3 lines running from each pole. Extra guy lines can also be run from each pole diagonally across the tent (see top picture).

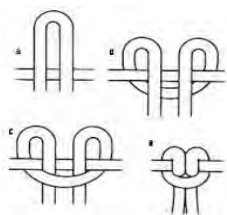


Self-supported A-Frame tents

Attach twin guy lines directly to the poles and crossbars as you would with the traditional A frame tents. Be sure to reach up under the fly, so you fasten the tent and not just the fly. Use a lark's head knot to attach the extra lines. Attach lines to the frame and not the fabric (see bottom picture).



Lark's head knot



- ☐ Fold the rope in half, holding the middle as your loop.
- ☐ Use a pencil for the horizontal piece (this would be a rope, branch, pole, etc.)
 - Fold the loop over the pencil and pass the ends through the loop;
- ☐ Pull the two ends tightly and evenly;
- ☐ OR pass the rope around the object, back around itself, around the object in the reverse direction, and down beside itself.

Dome tents

Prepare a rope ring for the top of your dome tent or pop-up. To make the rope ring, tie a rope together with a reef knot. Suspend at least 4 double guy ropes from the ring using lark's head knots. The size of this ring depends on the size of your tent or pop-up. Place the rope ring over the dome of your tent or the top portion of your pop-up. Extend the guy lines at 45° angles and secure them to the ground.

**Pop-up Shelters**

Lower the shelter if you are going to be away from your campsite or if you expect wind.

SESSION 2 - COOKING AND CAMP STOVES

Camp Stoves (45 minutes)

Ensure all participants have their hair tied back and there is no loose clothing. If participants are not comfortable lighting matches or lighters, have them practice with matches and lighters first.

Start with a safety talk and demonstrate how the camp stoves work.

Supplies per group

- | | |
|---|--|
| <input type="checkbox"/> Camp stove | <input type="checkbox"/> Mini marshmallows (vegan options) |
| <input type="checkbox"/> Fuel | <input type="checkbox"/> Rice Krispies |
| <input type="checkbox"/> Oven mitts | <input type="checkbox"/> Chocolate chips |
| <input type="checkbox"/> Matches or lighter | <input type="checkbox"/> Teddy Grahams or other cookie |
| <input type="checkbox"/> Package of baking soda (could be shared) | <input type="checkbox"/> Wax paper or paper muffin liners |
| <input type="checkbox"/> Small saucepan | |

Safety Notes

- ☐ Single canister propane bottles often make a noise when they are almost empty, and they will develop frost on the outside. Don't be alarmed by this, but it is a good sign to watch for while cooking.
- ☐ Propane and gas fires can be extinguished by smothering the flames. If there is a fire, use extreme caution and act immediately. If the propane bottle gets too hot, it could explode! If possible, turn off the stove and smother the fire with baking soda. Sand and dirt also work but never use water on a gas or propane fire.
- ☐ Fill white gas tanks well away from the stove site. Wash your hands afterwards.
- ☐ Store unused propane bottles upright, out of direct sunlight, and well away from any open flame.
- ☐ Dispose of empty propane bottles correctly.



Propane Stoves

- ☐ Set up the stove on a flat surface, away from all flammable items.
- ☐ Propane stoves can either be hooked up to small canisters or to a large propane tank, using an adapter cable or propane tree.
- ☐ Before lighting the stove, make sure the dial on the stove burner is turned to the off position and the propane bottle is turned on.
- ☐ Light a match, then slowly turn on the burner until the flame ignites.
- ☐ Youth should work in pairs

White Gas Stoves

- ☐ The tanks on these stoves must be filled with fuel. Only use a funnel that is kept especially for this use. Only fill the tank three-quarters full. Never fill the tank when it is attached to the stove.
- ☐ Pressurize the fuel by pumping air into the tank, using the small pump at the end of the tank. 15-20 times should be enough.
- ☐ Check that the stove is turned off. Strike a match, then slowly turn on the burner until the flame ignites.



- ☐ As the fuel burns, pressure in the tank decreases. It will be necessary to pump the stove again; this can be done while it is burning.

S'mores Krispies

Making an easy recipe is a great way to let participants try out their skills. This recipe is for each group of 4 participants.

Recipe (4 portions)

- ☐ 2 Tbsp butter or margarine
- ☐ 1 cup marshmallows (or vegan marshmallows, such as Dandies)
- ☐ 1 cup Rice Krispies
- ☐ ¼ cup chocolate chips (optional)
- ☐ ¼ cup Teddy Grahams (optional)

Directions

- ☐ Melt butter (or margarine) in a small saucepan over low heat.
- ☐ Add marshmallows and stir until ingredients are melted and well combined.
- ☐ Remove from heat and stir in Rice Krispies and other ingredients.
- ☐ Divide into 4 paper muffin tin liners or pieces of wax paper.

Lanterns (15 minutes)

Many units are moving away from using gas and propane lanterns. If guiders have access to lanterns and propane trees, it is useful to show how they work.

- ☐ Set up the lantern on a flat surface, away from all flammable items. Lanterns can be hung up once they are lit.
- ☐ Make sure the propane bottle is turned off.
- ☐ Light a match, then insert it up through the hole in the bottom metal plate, just above the propane bottle.
- ☐ Slowly turn on the fuel until the mantle ignites.
- ☐ Caution: the wire hanger will get hot very quickly. If you are going to hang the lantern, do this right after lighting it.



Changing Lantern Mantles

- ☐ Mantles can burn out and will look broken or incomplete.
- ☐ Start by removing the top and globe from the lantern.
- ☐ Take off all the old mantle parts.
- ☐ Take the new mantle and tie it in place on the lantern (it will look like it is way too large for the lantern).
- ☐ Using a match, carefully light the new mantle. Do not touch the mantle with the match.
- ☐ When it is finished burning, the mantle will look much smaller. Carefully reassemble the lantern without touching the mantle

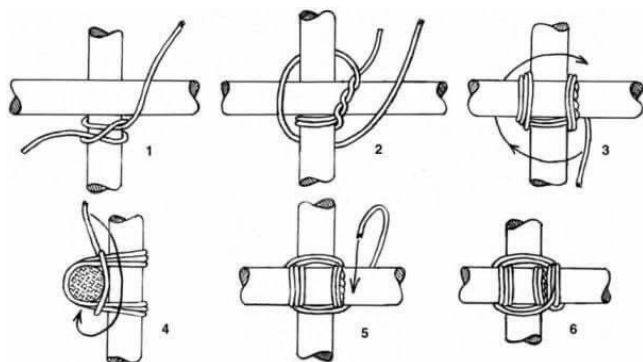
SESSION 3 - GADGETS AND KNIVES

Making Gadgets (30 minutes)

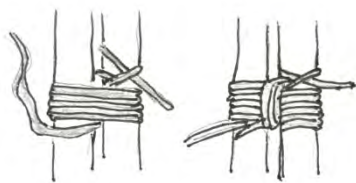
Have some fun making gadgets. For example, you can make catapults and see which one can launch a water balloon the farthest. Another option is to let campers get creative with their gadgets. You can make tripod bowl stands, drying racks, shoe racks, or be more adventurous and make a chair or bench.

Materials: Various lengths of rope and sturdy sticks

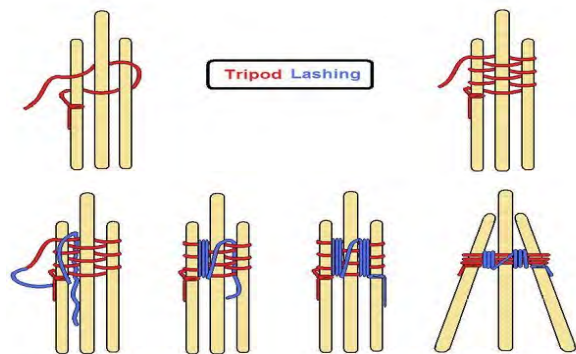
Square lashing: Used to tie two poles at right angles to each other. Start and end this lashing with a clove hitch.



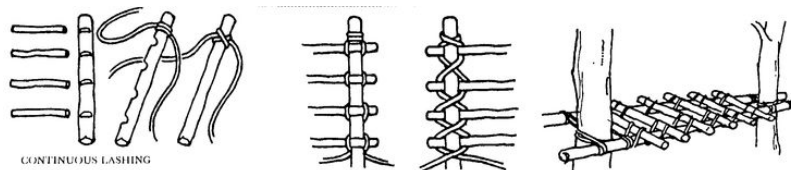
Sheer lashing: Used to tie two or more poles parallel to each other.



Tripod lashing: Used to tie three poles together to make a tripod stand.



Continuous lashing: Used to join flat planks (lath) or small poles onto a horizontal surface. This is the last step in building a tabletop or chair seat.



Catapults Activity

Work in teams of 3-4. Use the instructions in the resources section of this booklet to [build catapults](#).

See whose catapult can throw a water balloon or beanbag the furthest.

Knife Skills and Carving (30 minutes)

Materials

- ☐ Bars of soap (1 per person)
- ☐ Plastic knives (1 per person)
- ☐ Optional: pocket knives, sticks about size of a thumb and 15 cm long to make fuzz sticks

How to use a knife:

- Make sure that you have a clear area before using a knife. Your danger zone is the circle around you if you hold an open knife in your hand, extend your arm, and turn around in all directions. You must be the ONLY person in your danger zone.
- Check that the knife is in good condition and sharp.
- Always cut away from your body.
- Ensure that your fingers are tucked in and above the cutting area and your leg is not in the down sweep area.
- Use the soap bar and plastic knife to demonstrate your knife skills.
- Once the basic knife skills are clear, have participants use real knives to make fuzz sticks out of sticks. Fuzz sticks are a type of fire starter, made with a stick that has little cuts to lift small sections of wood along the edges.

SESSION 4 - FIRES AND FIRE STARTERS

Fire Skills (30 minutes)

Fire safety:

- ☐ Tie hair back so it does not fall forward when working with fire.
- ☐ Tuck in clothing and push back sleeve. Check for strings on jackets/hoodies and scarfs.
- ☐ Have a fire extinguisher or water bucket close to each fire pie plate
- ☐ Clear your area for fire. Look up too. You will need a hard surface like gravel or dirt under your pie plate. Move away any brush, sticks, or other materials that burn easily.
- ☐ Walk only. No running or being silly.
- ☐ Never leave your fire unattended.

Light a match

- ☐ Collect a bucket of water and matches.
- ☐ Squat next to the bucket of water. The Guider will demonstrate how to light a match.
- ☐ Always strike the match away from the body while keeping the match in a horizontal position.
- ☐ Once it has lit, drop the match into the bucket of water.
- ☐ Each girl practices lighting a match under close Guider supervision.
- ☐ Once each girl is comfortable striking and dropping the match into water, try holding the match upright and blowing it out. Next, light a tea light candle before blowing out the match.
- ☐ It's important to stress that lighting matches must be done under adult supervision. It is only done for lighting a stove, lantern, candle, or campfire.

Trainer notes:

1. Youth often light a match and hold it down at an angle, causing the flame to move up the stick and potentially burn their fingers. Be alert for this and guide their hand to hold the match horizontally or upright.
2. Youth may have a fear of matches or were told matches are dangerous and not to touch them. They may not wish to take part in the activity or demonstrate fear. Use your judgement to encourage safe learning, such as striking the match with them or letting them hold the match once lit. This can build confidence over time.

Fire Building

Goal: To create a small fire in a pie plate. Ensure that all fire safety rules are followed.

*If the group is not lighting the fire, build the structure. Then return items for the next group.

Materials per group

- | | |
|--|--|
| <input type="checkbox"/> Tinfoil pie plate | Wood: must be dry |
| <input type="checkbox"/> Oven mitts | <input type="checkbox"/> 5-7 cm kindling sticks—very skinny |
| <input type="checkbox"/> Poker stick | <input type="checkbox"/> 15 cm fuel sticks—the size of a finger, enough for each person to make a fire |
| <input type="checkbox"/> Small matchbox | |
| <input type="checkbox"/> Bucket with water | |
| <input type="checkbox"/> Newspaper (1 sheet per participant) | |

Station Instructions:

In a pie plate, create a tiny fire pile, and then light it:

- ☐ Add tinder. Start with a piece of newspaper crumpled into a loose ball (fires need air space)
- ☐ Build a triangle cabin around the paper ball with larger fuel sticks.
- ☐ Lay kindling (small sticks) like a cone over the paper inside the triangle cabin.
- ☐ Light a match, striking away from your body. Hold the match head parallel to your fingers.
- ☐ Light the paper. Watch your fire begin to burn
- ☐ Add oxygen. If needed, lightly blow at the base of the fire to help it get it going.
- ☐ Add more kindling as the fire gets going. Add small sticks in a cone shape (to leave air).
- ☐ Watch the fire. Never leave a fire unattended.
- ☐ Use a long stick to poke the fire as needed to adjust fuel sticks.

* The pie plate can get hot – be careful not to touch it.

Putting out your fire:

- ☐ Spread out the fire: move the embers away from each other with your stick.
- ☐ Pour water at the edge of the pie plate. Stir with the stick until all embers are wet and the fire is out.
- ☐ Do not pour water directly on top of embers. They can steam and cause a vapour burn.
- ☐ Dispose of the embers. Have a Guider dump the wet embers into a large roaster pan (or fire pit, etc.) so the next patrol can use the pie plate. (The Guider can strain some water out if very wet.)

TYPES OF CAMPFIRE



Fire Starters (30 minutes)

There is a Fire Starter activity in Girls First with more options.

Toilet Paper Tube

Materials:

- ☐ Dryer lint
- ☐ Toilet paper/paper towel rolls
- ☐ Wax paper
- ☐ Scissors



Directions:

1. Before camp, remove lint from your dryer lint trap. Campers could bring lint from home.
2. Cut the paper towel rolls into thirds. Leave toilet paper rolls intact.
3. Stuff the paper rolls loosely with dryer lint. Don't pack it too tightly.
4. Cut a 15 cm piece of wax paper.
5. Place your paper roll in the centre of the wax paper, wrap the long sides over each other, and twist the ends closed.

Egg Carton and Lint

Materials:

- ☐ Candles or any wax
- ☐ Paper egg carton
- ☐ Laundry lint
- ☐ Scissors or box cutter



Directions:

1. Melt leftover candles or available wax.
 2. In a paper egg carton, place some lint, about the size of a cotton ball, into each pod.
 3. Pour in the melted wax until the lint is fully submerged.
 4. Let it dry.
 5. Cut each pod.
- * Optional: you can place these pods into ziplock bags for storage or to send home after camp.

SESSION 5 - COMPASSES AND TRAIL SIGNS

Compasses and Trail Signs (60 minutes)

A compass is a navigation instrument that indicates direction. It has a magnetized needle that rotates in response to the Earth's magnetic field. The pointer end of the compass, which is often red, points North.

Parts of a Compass

Direction-of-Travel Arrow: Indicates which direction to point the compass when you are taking or following a bearing.

Rotating Bezel (aka Azimuth Ring): The large circle marked with degrees from 0 to 360 around its circumference.

Index Line (a.k.a. Read Bearing Here Mark): A small marker, located directly above the bezel, that marks where you read the bearing.

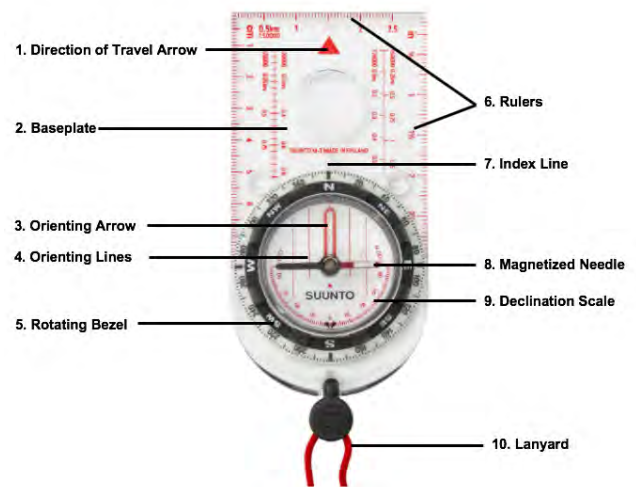
Magnetized Needle A needle inside the bezel that always points to the North pole.

Orienting Arrow A big red arrow, inside the rotating bezel, which you use to orient the bezel.

Orienting Lines Parallel lines inside the bezel that you use to line up the compass with north-south lines on the map.

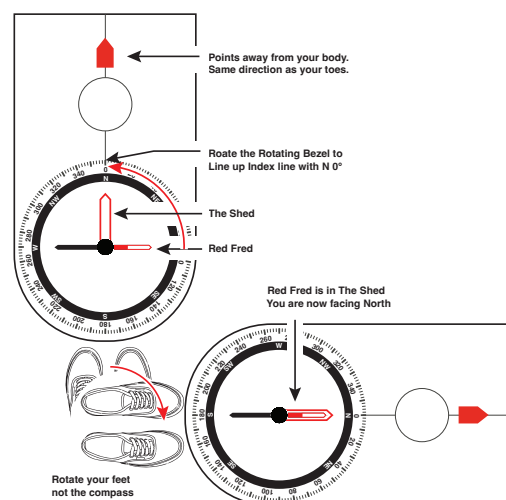
Declination Scale This is used to adjust declination.

Lanyard A cord attached to the compass to help you carry it.



How to Use a Compass to Follow a Bearing

- ❑ Think of the red magnetized needle as “Red Fred” and the open orienting arrow as “the shed.” To use the compass to follow a specific bearing, put “Red Fred in the Shed.” Rotate your entire body using your feet, not the compass, until the **magnetized needle** is inside the **orienting arrow**.
- ❑ **First, try a bearing of North or 0°.** Do the following steps:
- ❑ Turn the rotating bezel until the N or 0° mark is lined up with the direction of the travel arrow.
- ❑ Point the direction of the travel arrow away from your waist. Keep the compass level and in front of you.



- ☐ Turn your entire body until you get “Red Fred in the Shed”. You are now facing a bearing of 0°. Look straight ahead and find an object in the distance your arrow points to, like a tree or telephone pole. Move towards the object.

Water Bottle Walk

Equipment: Compass, water bottle

Instructions:

- ☐ Each youth places a water bottle (or other item) on the ground at their feet.
- ☐ Have them set their compass on a bearing of 50° and take a sighting. Now take 10 steps in the direction of the bearing. Stop.
- ☐ Have them set their compass on a bearing of 170° and take a sighting. Now take 10 steps in the new direction. Stop.
- ☐ Have them set their compass on a bearing of 290° and take a sighting. Ask them to take 10 steps in the new direction. Stop.
- ☐ Have them set their compass on a bearing of 50° and take a sighting. Take 10 steps in the new direction. Stop.
- ☐ Look down at the ground. They should see their water bottle.

Compass Treasure Hunt

Equipment: Compass, treasure item, slips of paper with bearings and number of steps

Instructions:

- ☐ Hide the treasure ahead of time. Prepare clues to the treasure using compass bearings and distance in number of steps to the next clue.
- ☐ Give each team a compass and the first clue. Subsequent clues will be given out once the team reaches the correct destination. Have leaders at each location with the clues.

Compass and Map Navigation Hike

Equipment: Compass, local map

Instructions:

- ☐ Pick a trail. Ideally, have a surprise at the destination (e.g., treats stored in a bear cache or maybe a scenic spot and a picnic lunch).
- ☐ Campers take turns being the navigator on the hike.
- ☐ All the participants have roles:
 - ☐ Pacesetter
 - ☐ Sweep
 - ☐ Timekeeper
 - ☐ Photographer
 - ☐ Wellness Person (snacks and water reminders)
 - ☐ Weather person
 - ☐ Trail song leader

SESSION 6 - TARPS AND SHELTERS

Knots and Tarps (60 minutes)

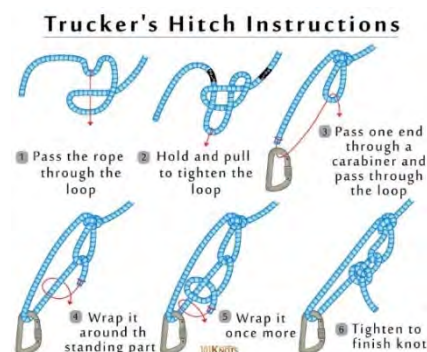
Teach the two knots: trucker's hitch and taut line hitch. The goal is to use the equipment to erect a basic A-frame tarp. If there is time, erect another tarp. Provide examples of different tarps.

Equipment:

- ☐ 1 small tarp
- ☐ 1 long rope (to hang the tarp)
- ☐ 1 or 2 pegs
- ☐ 1 or 2 smaller pieces of twine for guy line(s)

Trucker's Hitch

- ☐ Teach youth how to make a chain loop bracelet. Explain that the trucker's hitch is simply a series of loops. Make a series of chains and tuck the running end into the last loop. Tie the two ends together around the wrist.
- ☐ Anchor one end of the long rope to a tree or something solid. Any number of knots will work but it's best to have something that is easily untied.
- ☐ Teach the trucker's hitch (see illustration).

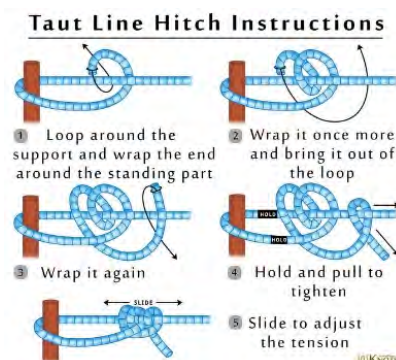


Taut Line Hitch

Anchor the tarp with a taut line hitch tied to a peg. Make sure the peg is at a 45° angle.

Trainer Notes for OAL 2 Tent Training Participants:

- ☐ Why do we tarp: To protect from rain, wind, sun; eat and relax in comfort; help keep tent dry while setting up; emergency shelter
- ☐ There are different types of tarp forms: A-frame (either pegged to the ground or raised higher and basic lean-to are the most common
- ☐ Trees work best to anchor your tarp but are not always available. Tent poles also work. Sometimes you need to get creative.



EVENING ASSIGNMENT FOR TRAINEES

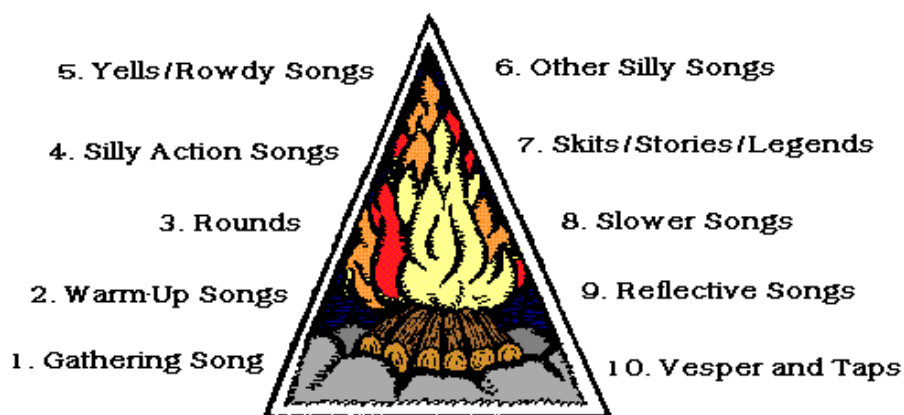
Send OAL 2 Tenting trainees back to their campsite to plan a 'dream' camp with their youth or a group of other trainees. They need to decide who is attending, what they will do/eat, where the camp will be held, when the camp will happen, how to organize camp and manage camper, and set a camp theme.

Give them the following items from the resources as a starting point. They will only need to edit pre-existing materials.

- [Personal Gear List](#)
- [Group Equipment List](#)
- [Tent Camping Itinerary](#)
- [Menu Planning Template](#)
- [Budget](#)

CAMPFIRE

Have a facilitator run a planned campfire, or have each group pick a couple of songs to lead. You can also combine these approaches.



- ☐ Campfires should include a variety of songs and can include skits and games.
- ☐ Remember fire safety when planning activities.
- ☐ Take into consideration: it is dark in the evening, participants are tired from the day's activities, and plan accordingly.

NIGHT GAMES

FLASHLIGHT GAMES:

Flashlight Limbo

You need 2 flashlights with highly focused beams for this game.

Two people stand facing each other and aim their flashlights at each other to create a beam of light. Others try to “limbo” under the beam. How low can you go?

Reflector Hunt

Think of a scavenger hunt with a twist. Buy small, inexpensive reflectors at your local hardware store or dollar store. Glue each reflector to an index card with a hole punched in it.

Hang the index cards outside in various places, high and low. Separate the players into teams and let them go searching with their flashlights. The team that finds the most cards wins. This game works best for wooded areas with branches to hang cards but can be adapted to most sites.

Shadow Puppet Show

Divide the players into small groups. Each group creates a puppet show or skit using only a flashlight and their shadows. Present to everyone for a fun variety show.

Living in the Spotlight

This is a favourite flashlight game, used as an introduction activity or just to be silly. Everyone stands in a circle. Depending on your group, there are several variations. Each person can hold a flashlight, and after they are selected at random and do their performance, they choose the next person with their light. Another option: have one person in the middle of the circle as the flashlight pointer – they select performers at random.

When the spotlight is on you, tell a joke, sing, dance, answer a question, etc.

Or you can create a group story. The first person in the spotlight starts the story. When the spotlight moves to the next random person, they continue making up the story. A Guider could record the story and read it to everyone the next day.

Thief in the Dark

Spread out 20 or more assorted items in a single location on the ground. Call the players over and give everyone a few moments to look over and study the objects.

Now have everyone turn off their flashlights, so it is completely dark. A Guider removes one object.

The group turns their lights on and tries to determine the missing item. You can also play this game inside by turning off the lights.

CLOSING

Lower Flags

Check Resources section of this booklet.

Closing Songs

Softly Falls the Light of Day

Tune is in Member Zone under Let's Sing: [link](#)

Softly falls the light of day,
As our campfire fades away.
Silently each Guide should ask,
"Have I done my daily task?
Have I kept my honour bright?
Can I guiltless sleep tonight?
Have I done and have I dared,
Everything to Be Prepared?"

Softly falls the rain today,
As our campfire floats away.
Silently each Guide should ask,
"Have I brought my scuba mask?
Have I tied my tent flaps down?
Learned to swim so I won't drown?
Have I done and have I tried,
Everything to keep me dry?"

(funny rain variation)

Daytime Taps

Tune is in Member Zone under Let's Sing: [link](#)

Thanks, and praise for our days,
'Neath the sun, 'neath the stars, 'neath the sky,
As we go, this we know, we are Guides.

Event Evaluation

At smaller gatherings, a Guides Own reflection can be done all together. If the group is too large, units can do their own debriefing. This could be done as a 'Rock, Stick, Leaf', 'Two Stars and a Wish' or other opportunity for feedback. Please have a Guider record the youth responses on the evaluation sheet at the end of this booklet.

Final Thoughts

- ☐ Be sure to thank everyone.
- ☐ Give crests to all participants.
- ☐ Present the OAL 2 Tent Camping pins to the training participants. Remind them about the option of earning an OAL Go Camping Pin.

RESOURCES

Catapult



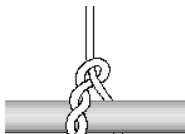
Materials:

9 gadget poles
10 x 2m pieces of twine or rope
2 pulleys

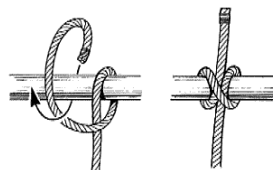
2 log pieces of rope
1 basket

Instructions:

1. Start by diagonal lashing two poles together to form a "V" and then square lash a pole to the other two forming an "A" frame. Now square lash two poles on either side of the "A" frame below the bottom pole and sheer lash the other ends together.
2. Now square lash two poles about 1/3 of the way down from the top of on either side to the outside of the A frame to form the side legs and sheer lash the other ends of the poles together. Now hook the side legs under the bottom legs.
3. Now place a pole about 1/3 of the way down from the top of the A frame and square lash it to the A frame. Now halfway along that pole square lash a pole with 3/4 of the pole toward the back legs. Once down lash on a basket near the end of the pole.
4. Now tie on two pulleys onto the bottom pole of the A frame. Feed through two long pieces of rope through the pulleys and tie the ends to the short end of the pole with the basket on it. Now try out your catapult!



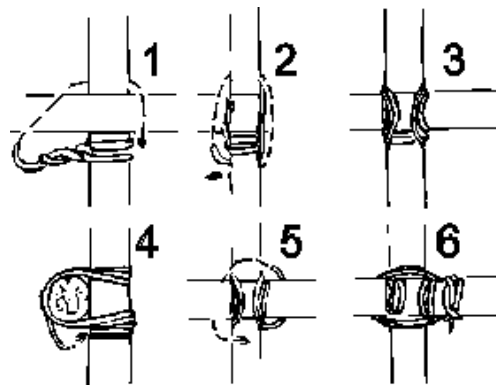
Timber Hitch



Clove Hitch

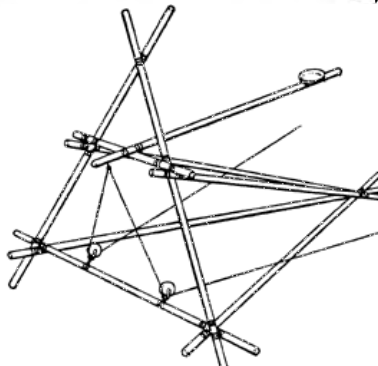
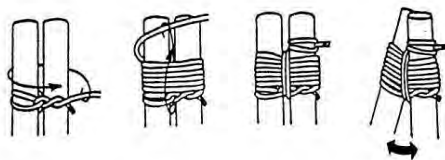
Square Lashing

-Starts and ends with a clove hitch



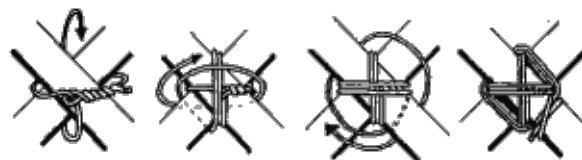
Sheer Lashing

- Starts and ends with a clove hitch

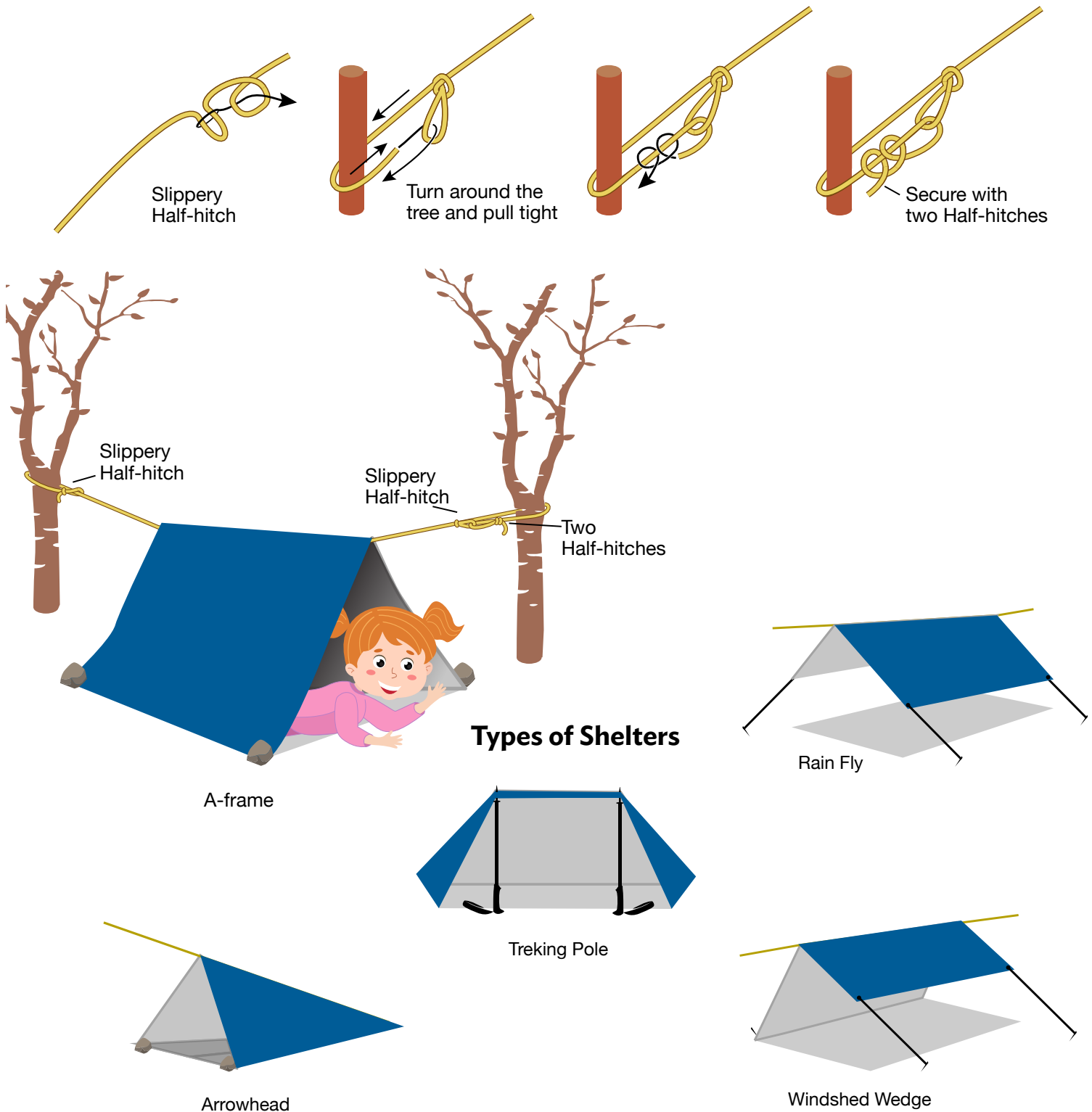


Diagonal Lashing

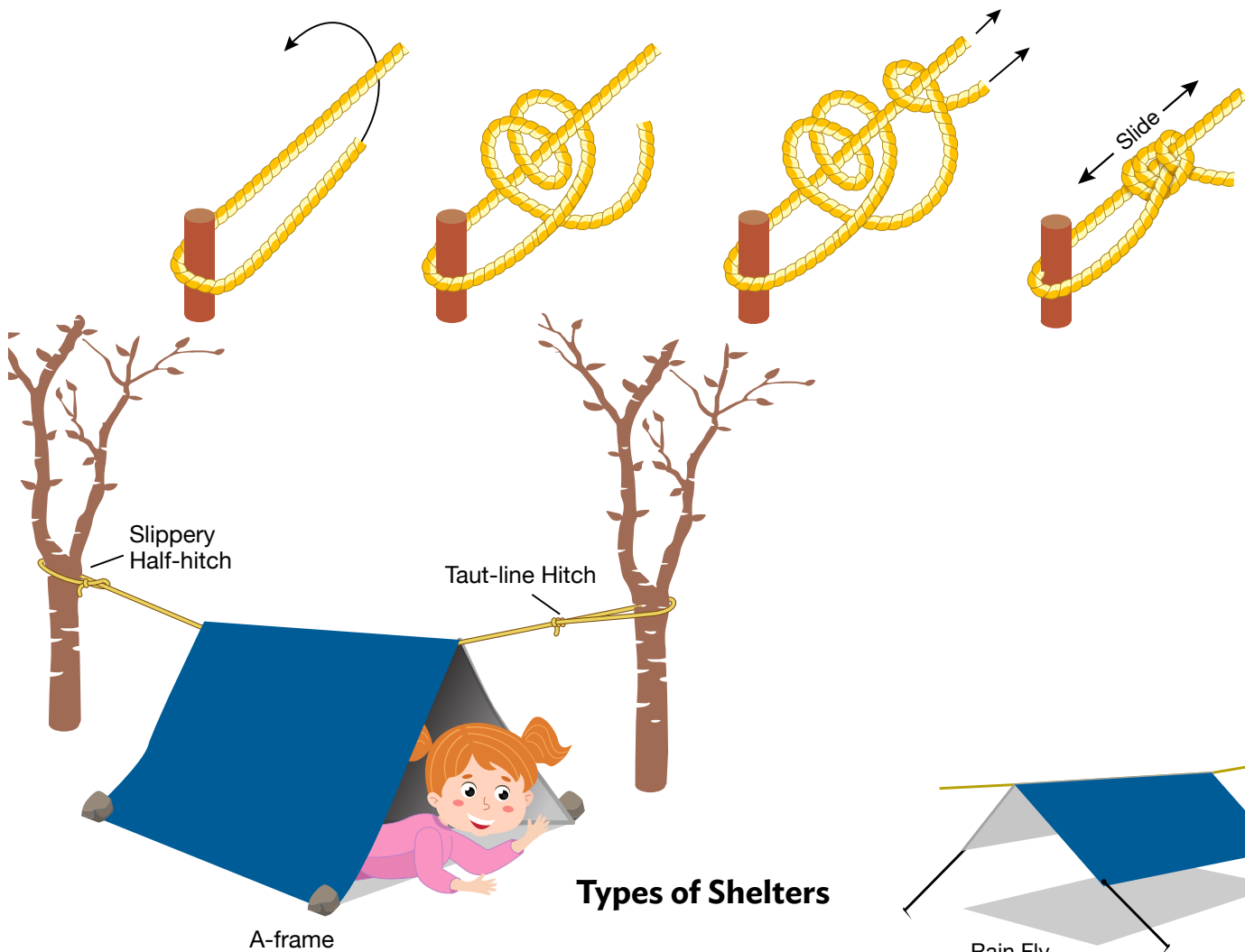
- Starts with a timber hitch and ends with a clove hitch



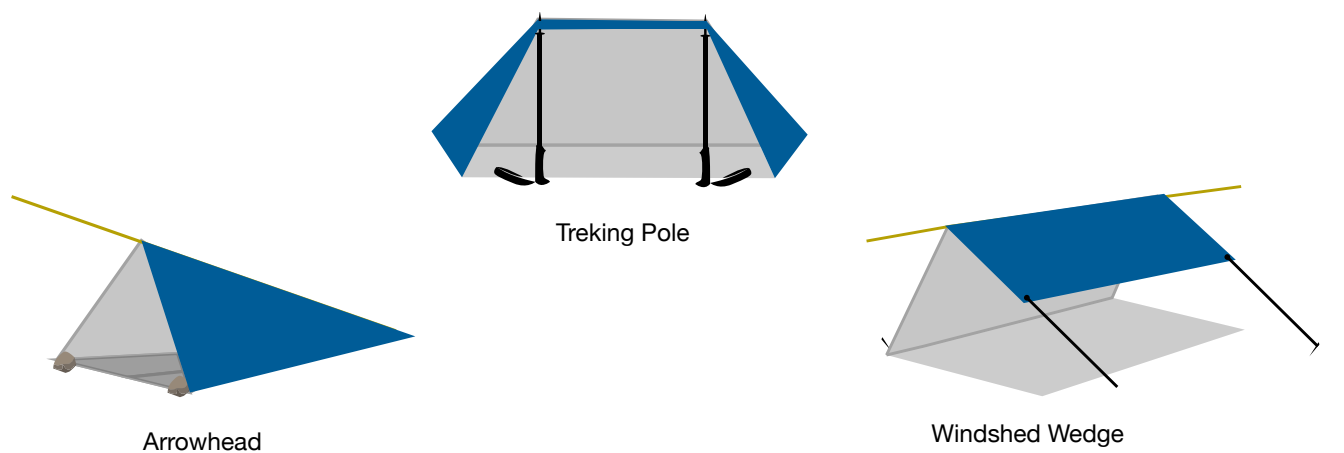
Shelter Building: Truckers Hitch Method



Shelter Building - Tautline Hitch Method



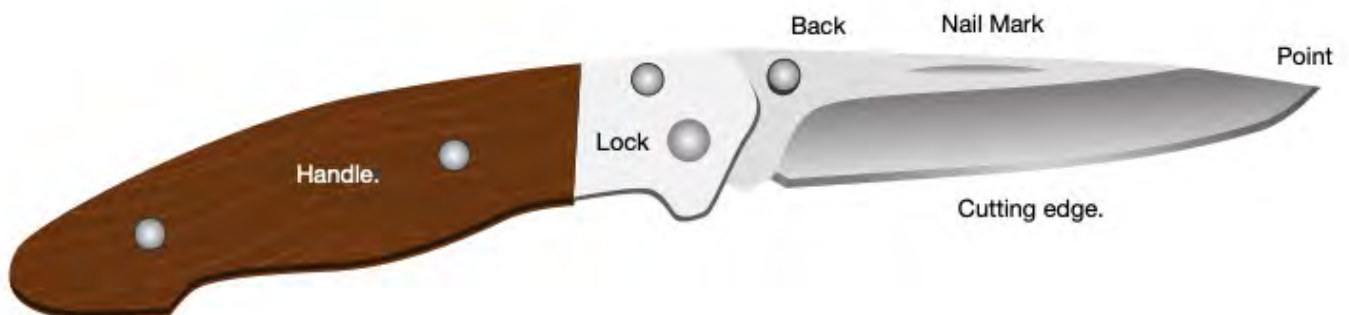
Types of Shelters



Fire Building



Knife Skills



OUTDOOR COOKING METHODS



MILK CARTONS or BURLAP

Great for cooking submarine sandwiches. Use empty, cleaned out milk carton. Can also get them from Dairyland.

Make a sandwich on a hoagie bun. Some examples are:

- Ham and Cheese
- Pizza sauce and cheese
- Hot dogs

Once the sandwich is made, wrap in tin foil, then damp paper towel and repeat, then one last piece of tin foil.

Place in the milk carton and set the milk carton on fire!! Once it's finished burning you have a hot sandwich.

Waxed Burlap can also be used



HOBO DINNERS

Great no mess dinner!! Only a fork to clean.

It contains your meat, veggies and potatoes all in one pack, with spices, butter and sauce to make a juicy dinner.

1. Tear off a sheet of heavy-duty foil that is about twice as long as the food you'll be wrapping. It's better to overestimate the length than to place your food on it, start wrapping it up, and realize you don't have enough foil to keep everything in and make your folds.
2. Place the food in the middle of the sheet of foil. If you needed to mix the ingredients up, do so in a separate bowl before transferring it to the foil.
3. Bring the long sides together in the center and crease them together, making tight folds until the foil is flat next to the food.
4. Tightly roll up the shorter sides until they meet the food.



COLEMAN OVEN

If doing a lot of camping, this is a great investment. Sits on top of the camp stove. Great for brownies, muffins, cooking dinners, etc.





Cheesy Chicken & Potato Dinner

Great for Hobo Dinners

Ingredients

- 1 chicken breast (cut up)
- hash brown potatoes
- Mixed veggies
- 1 cup shredded Cheddar cheese (4 oz)
- Butter or ranch dressing

Instructions

Place chicken in center of foil, top with potatoes and vegetables. Top with butter, salt and pepper or ranch dressing. Cook 20 mins, then top with shredded cheese and cook until cheese melted.



Friendship Tea

Ingredients:

- 1/2 cup Instant Tea Powder
- 1 cup Sweetened Lemonade Powder
- 1 cup Orange-Flavored Drink Mix (e.g. Tang)
- 1 teaspoon Ground Cinnamon
- 1/2 teaspoon Ground Cloves

Equipment:

container

Instructions:

1. Mix together ingredients and store in a dry container.
2. To use: Add about 2 teaspoons to 1 cup of boiling water.



Monkey Bread

Ingredients:

- 4 cans flaky biscuits
- Sugar
- Cinnamon
- Butter

Equipment:

- 8-inch square baking pan
- box oven

Instructions:

5. Cut each biscuit into four pieces.
6. Roll in a mixture of cinnamon and sugar
7. Place in a square baking pan.
8. Bake in a box oven at 350°F for 15 to 20 minutes.



Lazy Cobbler

Great for Dutch Ovens

Ingredients

- 2 large cans of peaches
- 1-2 packages yellow cake mix
- Margarine
- Cinnamon

Instructions

Line Dutch oven with foil; preheat Dutch oven. Pour cans of peaches in oven; cover with dry cake mix; place several pieces of margarine on top of cake mix; sprinkle with cinnamon. Cover

Use 10 briquettes on bottom and 10-12 on top Cook approx. 45 mins.

DUTCH OVENS

Great for stacking and cooking dinner and dessert at the same time!!

Using the ovens with the legs you can put coals underneath and on top and can stack them five high.



BOX OVENS

Covering box with tinfoil. Can cook muffins, brownies, etc.

The cardboard boxes that hold reams of paper, 10 reams of 8 1/2 by 11 inch paper, or 10 reams of 8 1/2 by 14 inch paper, will make very nice box ovens. You can also make a smaller one using pizza boxes.

Line the inside of the box and lid with aluminum foil. Make a couple holes in the cover to let the combustion gases out, and make a few holes around the sides near the bottom, to let oxygen in.

Make a tray to hold the charcoal using one or two metal pie plates. You can put four tin cans around the pie plate to hold the grill.

Put several lit briquettes on the pie pan, put your cooking pan on the rack, and place the cover on top. The first time you use this box oven, check it a few times to make sure that enough oxygen is getting in, and enough gases are escaping, to keep the charcoal burning.



BUDDY BURNERS

Carefully cut a door along the bottom (open end) of the larger can. This should be slightly bigger than the tuna can.

Use a can opener to make vent holes around the top (closed end) of the large can. You should make 8-10 holes.

Cut the cardboard into strips (cut at a right angle to the ridges of the cardboard) that are as wide as the tuna can is deep and spiral them into your tuna can. If you want to add wicks for easier lighting, insert one into the centre of the spiral and 1-2 others between the coils.

Carefully fill the tuna can with your melted wax. Allow it to soak into the spaces between the cardboard.

After the wax has set, you can store your buddy burner until you are ready to use it.



Orange Cakes

Fill the oranges three-quarters of the way with the chocolate cake batter (or cake mix) of your choice, then put the orange tops back on and wrap each orange in aluminum foil.

Place directly onto the smoldering coals of the campfire, avoiding any intense flames, and cook for about 30 minutes, turning once or twice.



Bean Dip

Can be cooked in oven or on fire.

This is great for those sleeping in tents because it is warm in the belly and has protein in it.

Ingredients

- 1 can refried beans
- 1 jar salsa
- 1 cup shredded cheese

Instructions

In an aluminum pie plate put the refried beans, salsa and cheese on top. Cover with tin foil making sure it's all sealed. Then place on hot embers of the fire or in the oven. Cook about 20 mins, until hot all the way through and cheese is melted.

Serve with crackers or taco chips



Mexican Rice Dish

Great for Dutch ovens

Ingredients

- 12oz pkg frozen corn
- 2 cans spaghetti sauce
- 1 can instant rice (use spaghetti can to measure)
- 1 onion and 1 bell pepper, chopped
- 1 package taco seasoning
- 1 lb hamburger (precooked in taco seasoning)

Instructions

Line Dutch oven with foil. Pour in spaghetti sauce, then add all over ingredients, stir carefully.

Cook 20-30 mins. Put 12-14 briquettes on bottom and 12-14 on top.

OUTDOOR COOKING RECIPES



Omlettes in a Bag

Ingredients:

- 2 eggs
- cheese, vegetables (onion, bell pepper, mushroom), meat precooked & diced

Equipment:

Medium Zip Lock heavy duty (freezer type)

Instructions:

1. Boil a large pot of water.
2. Mix the eggs.
3. Add in the desired choice & amount of cheese, pre-cooked meat & veggies to the baggie.
4. Seal (zip) the top (removing as much air as possible) and mix everything by squishing the bag.
5. Place each baggie (zipper side up) into the boiling water, and keep an eye on them. Reposition the baggies if they sit too long against the side of the pot. They usually cook in about 10 minutes to be done.

Flags

Flag ceremonies are a Girl Guide tradition. Raising flags can occur at meeting spaces, at camp, and at special events.

At camp, flags can be displayed in different ways:

- ☐ hoisted on a permanent flagpole,
- ☐ hoisted on a free-standing flagpole,
- ☐ placed in flag stands, or
- ☐ hoisted by a rope draped over a tree or high beam.

Order of Precedence

There are rules for setting the order in which you display flags:

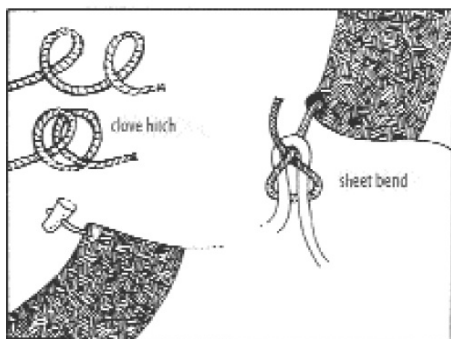
1. Canadian flag
2. Provincial flag
3. World flag (WAGGGS)
4. Girl Guides of Canada flag
5. Some groups may have a branch flag

If 2 flags are flown, the Canadian flag is on the left, facing the group.

If 3 flags are flown, the Canadian flag is in the middle. Facing the group, the second flag in the order of precedence is on the left of the Canadian flag, and the third flag is on the right of the Canadian flag.

As a sign of respect, a flag must not touch the ground. The most likely time for a flag to slip out of the flag bearer's hands and touch the ground is when the flag is being hoisted up or brought down. The flag bearer should concentrate on the flag whenever it leaves their hands and as it is coming down.

Hoisting the Flags



Specific knots are used to attach the flag for hoisting. Make sure to practice this process before doing any ceremonial flag-raising. One person will attach the rope (halyard) to the top of the flag with a clove hitch. The second person attaches the other end of the rope (halyard) to the short rope at the bottom of the flag with a sheet bend.

Colour Party: Three people escort each flag. The flag bearer is in the centre and carries the flag. Historically, the people on either side of the flag bearer would catch the flag and prevent it from touching the ground, if the flag bearer were killed in battle.

Now they support the flag raising and lowering by tying knots and assisting the flag bearer.

- ☐ The Canadian flag colour party leads, followed by flags in their order of precedence.

- ☐ On a signal from a Guider, the flag bearer of the Canadian flag gives these commands:
 - ☐ **Colour party: Forward march.** The colour parties approach the flagpoles.
 - ☐ **Colour party: Halt.** Each colour party stops in front of their respective flagpole.
 - ☐ The flag party attaches their flag to the ropes. When ready, the flag bearer pulls the halyard rope to raise the flag or places the flag in the stand. They should guide the flag to prevent tangling or touching the ground. Flags must be raised in their order of precedence, so the Canadian flag starts first, then the provincial flag, and so on.
 - ☐ A Guider gives the command: **Campers: Attention.** Everyone except the colour party sings "O Canada."
3. The flag bearer ties the halyard to the cleat on the pole or to the pole.
 4. The flag bearer of the Canadian flag gives these commands:
 - ☐ **Colour party: About face.** Each colour party turns to the right until facing everyone in the horseshoe.
 - ☐ **Colour party: Forward march.** The Canadian colour party leads, followed by flag 2 and flag 3. They march to the back of the room, area, etc.
 - ☐ **Colour party: Halt.** The colour party stops. The next command comes quickly after.
 - ☐ **Colour party: Dismissed.** The colour party members return to their place in the horseshoe or circle.
 5. A Guider gives the command: **Campers at ease.**
 6. Reflections: One or two thoughts or songs that set the tone for the day.
 7. A Guider gives the command: **Campers dismissed.**

Lowering Flags at the End of Day or the End of Camp

Flags are lowered before sunset every night. It is considered disrespectful to fly the flag at night.

At the end of a camp, the flags are lowered after all closing remarks, thanks, and presentations.

1. A Guider says: **Campers: Attention.**
2. The colour party (or parties) march to the flagpole(s) with the commands (above). They lower the flags, taking care not to touch the ground, and return the flags to where they received them.
3. The colour party members return to their place in the horseshoe or circle.
4. A Guider gives the command: **Campers dismissed.**

More information is in Member Zone under Guider Resources > Camping & Outdoors:

<https://mbr.girlguides.ca/documents/mz/CampingOutdoors/flag-raising.pdf>

Progression of Camp Skills

Guides

Guides should be able to do all the skills in the Ember program, as well as the following skills.



Basic outdoor skills:

- basic camp skills training
- outdoor camping in tents, 2 nights minimum
- a district, area, or provincial camp
- cooking in a variety of different ways (camp stove, buddy burner, campfire, etc.)

Guides should have knowledge of:

- ☐ basic first aid
- ☐ animal tracks
- ☐ local fire rules
- ☐ storing food safely
- ☐ camp and fire safety
- ☐ making and using a fire starter
- ☐ different types of knots
- ☐ washing dishes and cleaning up their cooking and eating areas
- ☐ their local environment (leave no trace)
- ☐ weather safety (e.g., lightning, high winds, forest fires, extreme cold, heat, etc.)
- ☐ the necessary supplies to keep the campfire and camp kitchen safe
- ☐ what to do if there is a fire at camp (residential, cooking, campfire)

Guides should have the ability, with no help, to:

- ☐ pitch a tent
- ☐ pack up a tent
- ☐ take down a tent
- ☐ cook on a campfire
- ☐ waterproof a bedroll
- ☐ light a stove and lantern
- ☐ mark and follow a trail
- ☐ make a simple camp gadget
- ☐ set up and start a campfire
- ☐ pack and carry their own gear
- ☐ plan a small activity (e.g., game, craft, campfire, etc.)
- ☐ tie knots

Guides should have the ability, with help, to:

- ☐ plan a hike
- ☐ string up a tarp
- ☐ prepare a wood pile
- ☐ practice basic first aid
- ☐ prepare an emergency shelter
- ☐ plan a menu and do the shopping
- ☐ practice proper garbage and liquid disposal
- ☐ prepare meals and clean up in patrols
- ☐ test for gas leaks in camp stoves and lanterns
- ☐ light a propane or white gas stove and lantern
- ☐ read a compass and navigate an orienteering course
- ☐ practice safe storage of food including what will attract critters
- ☐ plan and lead a small activity (e.g., hike, game, craft, campfire, etc.)
- ☐ use alternative cooking methods: tin foil dinners, one-pot meals over campfire, milk carton, box oven, waxed burlap
- ☐ lend a hand around the campsite (e.g., clear underbrush, paint a building, stack firewood, etc.)
- ☐ Prepare a camp duty roster, including which activities need doing

Pathfinders and Trex

Pathfinder-aged youth should be able to do all the skills listed under the Guide program, as well as the following skills.



Pathfinders and Trex should experience:

- ☐ grocery shopping for camp
- ☐ dehydrating and hydrating food
- ☐ camping for a minimum of three consecutive nights in a tent
- ☐ an adventure camp (winter, kayaking, cycling, backpacking, etc.)
- ☐ the application process for provincial, interprovincial, national or international events

Pathfinders and Trex should have knowledge of:

- ☐ tent repairs
- ☐ storm lashing
- ☐ reading the weather
- ☐ emergency preparedness
- ☐ repairs to camping equipment
- ☐ finding directions without a compass
- ☐ creating a camp menu from a theme
- ☐ different types of tents (e.g., dome, ridge pole, etc.)
- ☐ national, provincial, local, and Girl Guide regulations
- ☐ how to pitch a tent when pegs cannot be used
- ☐ backpacks and how to properly fit them
- ☐ their local environment (e.g., plants, animals, etc.)
- ☐ what camping equipment is needed (e.g., tent, rope, pegs, stove, lanterns, etc.)
- ☐ campsite selection in relation to cooking, water, latrines, bear caches, and environment
- ☐ No Trace camping and leaving their campsite in better condition than they found it
- ☐ preparing an equipment list, bringing the equipment to camp, and returning it after camp
- ☐ appropriate clothing for different outings (e.g., footgear, winter clothing, sleeping bags, backpacks, rain gear, etc.)

Pathfinders and Trex should have the ability to:

- ☐ storm lash a tent or shelter
- ☐ create a budget for a camp
- ☐ enforce good safety practices
- ☐ prepare and use a first aid kit
- ☐ prepare a personal 10 essentials kit
- ☐ plan and carry out a program
- ☐ practice minimum impact camping
- ☐ prepare a financial report after camp
- ☐ make a more complicated camp gadget
- ☐ identify dangerous and poisonous plants
- ☐ return all camp gear clean, dry, and in good condition
- ☐ use, sharpen, and care for a knife, hatchet, and axe
- ☐ plan and run a camp with minimal Guider support
- ☐ use and care for camping and lightweight camping stoves
- ☐ learn about dangerous and poisonous plants found in the area
- ☐ use alternative cooking methods

GUIDER RESOURCES

Tent Camping - Personal Gear List

This list is intended for a two-night camp. Add items or quantities for longer camps.

Clothing

- ☐ Uniform shirt
- ☐ Shorts (warm weather only)
- ☐ T-shirt
- ☐ Long-sleeve shirt
- ☐ Pants/sweatpants (no jeans/cotton)
- ☐ Socks, 1 pair per day + 1 extra
- ☐ Underwear, 1 per day + 1 extra
- ☐ Bra (as needed)
- ☐ Pajamas (1 warm pair)
- ☐ Hoody or warm sweater
- ☐ Jacket
- ☐ Raincoat, rain pants
- ☐ Rubber boots, hiking boots or extra shoes
- ☐ Sun hat with brim
- ☐ Plastic bag labeled "wet or dirty laundry"

For cold weather add:

- ☐ Snowsuit/snowpants
- ☐ Scarf
- ☐ Warm hat that covers ears
- ☐ Mitts or gloves, 2 pairs
- ☐ Warm boots
- ☐ Warm socks & toque for sleeping

Mark everything with your name.

Pack in a backpack or duffel bag.

** Medication must be in original containers, labelled with participant's name, in a ziplock bag with H.3 form.

** Avoid cotton clothing. Fleece, polyester, and wool stay drier, warmer, and dry faster.

Toiletries

- ☐ Towel
- ☐ Face cloth

In a bag:

- ☐ Soap
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Deodorant
- ☐ Brush/comb
- ☐ Hair elastics/ties
- ☐ Sanitary supplies
- ☐ Tissues
- ☐ Case for glasses/contacts or retainer

Other

- ☐ Flashlight or headlamp, with extra batteries
- ☐ Refillable water bottle
- ☐ Camp dishes in a mesh bag (plate, bowl, cup, knife, fork, spoon)
- ☐ Notebook and pencil
- ☐ Sit-upon
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Insect repellent (non-aerosol)
- ☐ Camp blanket

Optional

- ☐ Book or small game
- ☐ Camera
- ☐ Compass
- ☐ Program-related items

Equipment

- ☐ Warm sleeping bag, in bed sack or bedroll
- ☐ Extra blanket
- ☐ Pillow & pillowcase
- ☐ Insulated sleeping pad
- ☐ Ground sheet or tarp
- ☐ Rope or bungee cords for sleeping bag

Tent Camping - Group Equipment List

- ☐ Tent gear: tents, ground sheets, tarps, rope, pegs/stakes, hammer/mallet
- ☐ 2 Lanterns (and extra mantles or batteries)
- ☐ Flashlight
- ☐ Cooking table
- ☐ 2 Side tables
- ☐ 1 Screened shelter
- ☐ Coolers (large)
- ☐ Extra-large zip-lock storage bags
- ☐ Garbage bags
- ☐ Rubbermaid tote/bin (dry goods storage)
- ☐ Sun shower(s) if no shower facilities (for longer camps, not weekend)
- ☐ Handwash station (basin, biodegradable soap, water, hand sanitizer, paper towels)
- ☐ 3 Dishpans for dishwashing (plus dish soap, bleach, sponge, scrubber)
- ☐ 2 Camp stoves (propane or white gas)
- ☐ 1 Box oven (or Coleman oven) – if needed for cooking activities
- ☐ 1 Bag charcoal (easy-light kind) – if needed for cooking activities
- ☐ Buddy burner supplies or pre-made buddy burners – if needed for cooking activities
- ☐ Patrol boxes (one for each cooking patrol): 2 pans, 2 griddles, 2 pots, 1 stockpot, 3 bowls, cutting boards, 2 potholders, grater, colander, coffee pot, marshmallow roasters, utensils box (including: 3 knives, 2 spatulas, 3 big spoons, 2 tongs, 1 ladle, 2 flippers, measuring cups, measuring spoons, can opener, whisk)
- ☐ Kitchen kit: coffee, salt, pepper, foil, paper towels, dish towels, wipes, non-stick cooking spray or oil, plates, eating utensils, cups, bowls, dish bags, empty coffee can, 2 tablecloths, napkins, rubber gloves, garbage bags, food handling gloves, zip-lock bags
- ☐ Work gloves
- ☐ Wood and kindling
- ☐ Axe or hatchet
- ☐ Shovel
- ☐ Buckets (for hauling water or fire buckets)
- ☐ Fire starters
- ☐ Matches and/or lighters
- ☐ Candles
- ☐ First aid kit (see first aid kit list in Indoor Camping section)
- ☐ Camp paperwork (itinerary, chore chart, health forms, etc.)
- ☐ Program material
- ☐ Song books (if needed)
- ☐ Facility keys (if applicable)
- ☐ Camera
- ☐ Cell phone; possibly also a Spot or other backcountry communication device

Sample Camp Itinerary

Friday

Time	Activity	Details	Supervisor
	Leaders Arrive		
	Girls Arrive		
	Mug Up		
	Get ready for bed		
	Bed		

Saturday

Time	Activity	Details	Supervisor
	Rise & Shine		
	Breakfast		
	Morning snack		
	Lunch		
	Afternoon snack		
	Supper		
	Mug Up		
	Get ready for bed		
	Bed		

Sunday

Time	Activity	Details	Supervisor
	Rise & Shine		
	Breakfast		
	Go Home		

Sample Menu Planning Template

This example can be used as a guide to help plan meals. Pathfinders and Rangers who can do their own meal planning may want to use it. Some groups opt for brunch on Sunday instead of breakfast and lunch.

<i>Meal</i>	<i>Menu Items</i>	<i>Equipment</i>	<i>Lead Person/ Cook or Patrol</i>
Friday dinner			
Friday mug-up			
Saturday breakfast			
Saturday am snack			
Saturday lunch			
Saturday pm snack			
Saturday dinner			
Saturday mug-up			
Sunday breakfast			
Sunday lunch			

Sample Camp Budget Template

Camp Date:		
Camp Location:		
Number of girls		
Number of camp staff		
Total number of participants:		
	Budget	Actual
Expenses:		
Facility rental	\$	\$
Equipment rental	\$	\$
Food costs (\$15-25/day/person)	\$	\$
Program supplies	\$	\$
Crests and badges	\$	\$
Craft supplies	\$	\$
Stove/fuel	\$	\$
Transportation	\$	\$
First aid supplies	\$	\$
Miscellaneous*	\$	\$
Other		
Total Expenses:	\$	\$
Income:		
Camp fee	\$	\$
Unit subsidy	\$	\$
Other*	\$	\$
Total Income:	\$	\$
Total Income vs. Expenses:	\$	\$
Net profit (loss)		

*List any miscellaneous expenses and sources of income so you will have them to refer to in the future.

Food Quantities & Servings Chart

Note that the quantities and servings will vary with the age of the campers.

Food type	Quantity	# of servings
Grain Products		
Bread	Most loaves are 675 g (24 oz.)	22-24 (slices)
Cold cereal	510 g box (18 oz.)	15
Hot cereal	510 g (18 oz.)	15
Pasta	454 g (1 lb.) makes 2L (8 cups) cooked	8-10
Crackers	227 g (1/2 lb.)	25
Rice	454 g (1 lb) long grain rice	15-18
Fruits and Veggies		
Potatoes	5 kg (10 lb.)	20
Carrots (cooked)	1 kg (2.2 lb.)	10
Cabbage (raw)	1 kg (2.2 lb.)	14
Celery	1 large bunch	18
Cucumbers	4 medium	25
Lettuce	1 head	8-10 depending on use
Frozen vegetables	1 kg (2.2 lb.)	10-12
Watermelon	1 large	25
Apples, bananas, etc.	Depends on size	1 or ½ if doing slices
Fruit juices: <i>Bottled</i>	1.89 L	15
<i>Frozen Concentrate</i>	355 ml (12.5 fl. oz.) makes 1.7 L (62 fl. oz.)	12
Canned Fruit	540 ml (10 oz.)	5
Milk Products		
Milk	4 L (1 gal.)	16
Cheese block	450 g (1 lb.) 2 cups grated	9
Cheese slices	50 g (2 slices)	1
Ice Cream	4 L (1 gal.)	20
Butter	450 g (1 lb.)	Butters 2 loaves of bread
Meat and Alternatives		
Chicken	1 – 1.5 kg	4
Luncheon meat	500 g (12-16 slices)	6-8
Ground meat	500 g	4-5 depending on use
Bacon	450 g (1 lb.) 20-22 slices	10-12
Fish	500 g	2
Salmon, Tuna	198 g (7 oz.) tin	3-4
Eggs		1-2 per serving
Eggs, Scrambled	1 ½ per person	1
Miscellaneous		
Honey	500 ml (16 oz.)	18
Spreads, Jam, Jelly	1 kg (2.2 lb.)	25
Pancake Mix	1 kg (2.2 lb.)	20-25
Pancake Syrup	500 ml (16 oz.)	20
Condiments: <i>ketchup, mustard, etc.</i>	500 ml (16 oz.)	Allow 5-10ml per serving
Marshmallows	400 g bag	approx 60 pieces
Salad Dressing	500 ml (16 oz.)	24-32

Camp Planning Timeline

4-9 months before camp

- ☐ Make decision to camp – based on interest from units / districts
- ☐ Establish the core team of Guiders (camp staff)
- ☐ Review Safe Guide to see what qualifications are required. Note first aider requirements
- ☐ Review Safe Guide: Outdoor Activity Guides (Camping: Residential or Camping: Tenting in an Established Campsite)
- ☐ Have a planning session with camp staff and set the event date
- ☐ Reserve campsites
- ☐ Check to see that site water is potable and tested. If not, plan how to provide water

2-4 months before camp

- ☐ Sign-up by Units and Guiders
- ☐ Determine program and activities; assign responsibilities for detailed planning
- ☐ Prepare budget
- ☐ Source and book any equipment needed
- ☐ Start work on emergency response plan
- ☐ Determine transportation
- ☐ Plan a theme, as needed

4-12 weeks before camp

- ☐ Visit campsite for orientation (if possible)
- ☐ Create a detailed itinerary
- ☐ Finalize program activities and determine supplies needed
- ☐ Start purchasing program supplies
- ☐ Units: hold planning session with youth and create expectations for behaviour at camp
- ☐ Units: Hold a parent information meeting
- ☐ Distribute the personal gear list. Include any specific information about the site (e.g., map with directions, arrival time, bedding needs for campsite, and/or program supplies for their patrol, etc.)
- ☐ Units: Distribute Safe Guide forms to parents/guardians with deadline.

2-4 weeks before camp

- ☐ Units: Collect SG.2 permission forms and camp fees from participants. Develop an emergency contact list
- ☐ Submit appropriate Safe Guide forms
- ☐ Find a Home Contact Person
- ☐ Finalize program plan and itinerary based on numbers attending
- ☐ Units: Send participant list, including contact information during camp, medical notes, dietary needs, and allergies
- ☐ Finalize menu and shopping list based on numbers attending and dietary info from units
- ☐ First aider: Note any health issues based on medical info from units. Contact families for more information, as needed
- ☐ Purchase and assemble supplies for activities
- ☐ Create patrols (if appropriate)

1 week before camp

- ☐ Send emergency contact list to Home Contact Person
- ☐ Assemble camping equipment
- ☐ Shop for groceries
- ☐ Check for fire bans in the area
- ☐ Check weather forecast for the area

Go camping!

- ☐ Have fun!!

End of camp

- ☐ Units: Do camp evaluation with participants
- ☐ Units: Do a complete equipment check and final check of campsite
- ☐ Thank camp staff, participants, and caregivers

After camp

- ☐ Review evaluations to assist in planning your next camp
- ☐ Submit any incident reports
- ☐ Make sure all expenses are paid and complete record of actual expenses
- ☐ Submit Safe Guide forms for retention

ACTIVITY SUPPLIES

Suggested quantities for stations that have 3-5 participants per group.

Tents and Storm Lashing

- ☐ 1 tent with ground sheet, pegs, fly
- ☐ Small hammer, if necessary
- ☐ Blindfolds, adult group only
- ☐ Ropes for storm lashing

Fire Making

- ☐ 1 tinfoil pie plate – reused for rotations (plus extras if needed)
- ☐ Oven mitts (for handling pie plates)
- ☐ Poker stick
- ☐ 1 small matchbox – reused for rotations (plus extras if needed)
- ☐ 1 water bucket

Wood: must be dry wood

- ☐ 5-7 cm kindling sticks, skinny pieces
- ☐ 15 cm fuel sticks, size of a finger.
Dry cedar shingles light easily and can be hatcheted into skinny sticks.
- ☐ Newspaper – 1 sheet per person (bring extras if needed)

Firestarters

- ☐ Dryer lint
- ☐ Toilet paper or paper towel rolls
- ☐ Wax paper
- ☐ Scissors
- ☐ Egg cartons

Camp Stoves and Cooking

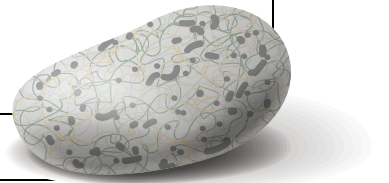
- ☐ Lantern
- ☐ Propane tree (optional)
- ☐ Camp stove
- ☐ Fuel
- ☐ Oven mitts
- ☐ Matches or lighter
- ☐ Baking soda (several to share)
- ☐ Small saucepan
- ☐ Mini marshmallows (vegan option)
- ☐ Rice krispies
- ☐ Chocolate chips
- ☐ Teddy Grahams or other cookies

Knife Skills

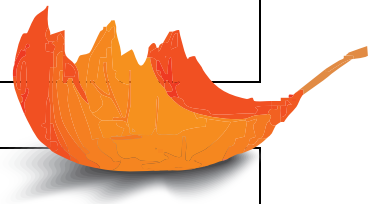
- ☐ Soap bars (1 per participant)
- ☐ Plastic knives (1 per participant)
- ☐ Optional: pocket knives, sticks about size of a thumb and 15 cm long

EVALUATION FORM

What 'rocked' for you?



What would you 'leaf' behind?



What will 'stick' with you?

Please return your evaluation to bc-campingevents@girlguides.ca

Let's make you famous!

We would love to share pictures of your event. Please send your best ones to bc-campingheadlamp@girlguides.ca