

LET'S CAMP S'MORE

AN AREA/TEAM HOSTED CAMP
FROM THE BC CAMPING COMMITTEE



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INTRODUCTION

The Let's Camp S'more program objective is to introduce and teach basic camping skills to newer guides and their guiders, to help to motivate them to want to camp in tents, and to increase their interest to camp more often while having fun in a camping environment. Basic camping skills include activities such as outdoor cooking, fire building, tent care, shelter and tarp erecting, trail marking, dish washing, basic compass, bedroll and gear packing, outdoor dressing, kit list developing, and running Guides Own.

In this package, you will find the planning timeline, and a variety of suggestions for running the program for this camp. As well, there is a suggested agenda, kit list, and patrol registration forms. Special thanks to Barb Wilson of Monashee Area and the BC Program Committee for her assistance with the updated version of this package.

Crests order forms are available on the provincial 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.

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!!

SUGGESTED TIMELINE

14 Weeks Prior

- Discuss with your area, and receive approval from your councils to proceed
- Book tentative campsite

12 Weeks Prior

- Build your Core Staff Team
- Prepare the prospectus and application forms

10 Weeks Prior

- Advertise the event. Provide reasonable time to receive applications back from interested Patrol Guiders

6 Weeks prior

- Receive applications, health forms, and camp fees from Patrol Guiders
- Hold camp planning session with Core Staff Team. Plan program based on numbers attending

4 Weeks prior

- Communicate with Patrol Guiders attending by giving them the kit lists and any specific information related to the site. e.g., map with directions, arrival time, bedding needs for campsite, and/or program supplies for their patrol
- Provide all Safe Guide forms to Patrol Guiders to complete and request an emergency contact list
- Send all health forms to First-aid Guider, and note any food concerns to QM
- Send registration form and dippy bag order to BC Camping Committee

2 Weeks prior:

- Complete all Safe Guide forms, submit SG3 to Yellow Activity Assessor
- Notify Commissioner and Camping Adviser of event
- Forward emergency contact list to home contact person
- Prepare welcome kits for patrols this should include the program schedule, activity sign-up sheet, program itinerary, campfire, etc.

Camp Weekend:

- Have Fun at Camp, one S'more Time!!

Week After Camp:

- Complete the evaluation and return to BC Camping Committee
- Make sure all expenses are paid out, and finalize expense reports. Supply finance and program summary to your Area Council

CORE STAFF REQUIRED:

The team (Hostess Committee) should consist of a Responsible Guider, Substitute Responsible Guider, First-aider, Quarter Master (QM), and Program Leaders (these can include experienced Guiders and Rangers). Team size will vary depending upon the number of participants.

- Core Staff required will depend on the number of patrols. Use patrol guiders as helpers and provide a schedule for assigning duties.
- You will need QMs, First Aiders, a Responsible Guider and Program staff.
- Set your fee according to your budget which will include food, facility rental, program and camp supplies, etc. Your fee may be supplemented by Area or District.

CORE STAFF RESPONSIBILITIES:

- Acquire Area or District approval for the event.
- Book a facility large enough to provide adequate accommodations for a large group - to be residential sleeping with a large enough outdoor area for all planned activities
- Coordinate finances, and developing a budget to include accommodation, food, program, LCS dippy bags and crest costs (the standard LCS bags and crests)
- Prepare application forms, kit list, information sheets, evaluation, handouts for girls, etc.
- Advertise the event in your Area
- Communicate directly with participants in ensuring they know what is required of the patrol. If ordering shirts, you may wish to get approximate sizing.
- Communicate with Patrol Guiders by providing the kit list, travel directions, camp expectations, etc.
- One Core Committee member must hold at minimum, a current Emergency First Aid Certificate. This member will be primary first aid provider for patrols without a qualified First Aider. For patrols with a First Aider she will be the secondary First Aid provider. Be sure 1:25 First Aider to girl ratios are in place
- Follow Safe Guide (SG) by completing all necessary SG forms, and submitting these to Yellow/Red Activity Assessor as appropriate for review and acknowledgement/approval
- Assure all girls have signed photo releases or if they haven't, assure they are identified in some way.
- Send payment and order form for the Let's Camp S'more crests and dippy bags to BC Girl Guides at least 4 weeks before the event.
- Assign an Emergency Contact person who will not be attending but will be available during the event. Leave her with the list of all the participants and their emergency contact numbers, as well as information about where the camp is located, and how you can be reached.
- Assign sleeping arrangements
- Develop and plan program to encourage mingling between patrols, as each group can learn something from each other.
- Enjoy the camp weekend
- Send evaluation to BC Camping Committee

PATROL RESPONSIBILITIES:

- Responsible for their patrol girls
- Participate in all programs and activities provided by Hostess Committee
- Help where ever needed
- Ensure all forms are submitted to event Responsible Guider on time
- Follow requested directions, and bring kit list equipment to camp
- Provide evaluation to Responsible Guider at end of event
- Have fun!

BC CAMPING COMMITTEE RESPONSIBILITIES:

- Provide direction and assistance as required
- Provide crests for purchase.

TIPS & HINTS

- Less time at each station allows for more travel time between stations or more free time if wished.
- Flexibility is the key to success.
- Use the resources in your District/Area (International, Program, Camping Advisers, Trefoil Guild, Rangers, Link members are all great resources and potential Core Staff members).

PROGRAM SCHEDULE

Friday

- 6:00pm** Registration - Campers arrive at camp having eaten dinner.
Take gear to rooms, set up, etc.
- 7:00pm** Opening
- Camp Rules & Boundaries
 - Introductions – Guiders, First Aider, Quarter Master,
 - Patrol Duties
 - Fire Drill
- 8:00pm** Craft Stations (20 minutes per station)
- Light tea lights
 - Frying pan
 - Bedroll hat craft
 - Name tags for dish bags
- 9:30pm** Mug up and get ready for bed. Guider meeting during mug up

10:30pm Lights out for girls

Saturday

7:00am Wake up

8:00am Breakfast & patrol duties

9:00am Fire drill

9:10am Opening – flags and announcements

9:30 – Four round robin stations (30 min each plus transition time, snack as girls
12:00am are hungry).

- Camp kitchens and washing dishes
- Stoves and lanterns
- Putting up tents, pop ups, and tarps
- Compass drawing and bingo

12:00 – Prepare and eat lunch and clean up

2:00pm - Patrols should bring tote to kitchen for lunch and snack supplies

2:00 – Four round robin sessions (15 min each)

- 3:00pm**
- Camp etiquette
 - Progression of Guiding skills
 - Campfire
 - Packing for camp

3:00pm Snack

3:15pm Active Game (Barnyard Bedlam) – patrol Guiders get a break

4:00pm Free Time

5:00pm Prepare and eat dinner and clean up
Patrols should bring tote to kitchen for dinner supplies

7:30pm Campfire

8:30pm Mug Up & get ready for bed

9:00pm Lights out for girls

Sunday

7:30am	Bring mug to kitchen for hot chocolate and fill tote with breakfast supplies. Prepare and eat breakfast, clean up and patrol dishes
9:00am	Pack up patrol gear and complete evaluations
9:45am	Guides Own
10:00am	Depart Camp

PROGRAM ACTIVITIES

Choose your activities to suit the need and experience of your campers. The following is suitable for girls and Guiders new to camping.

FRIDAY ROUND ROBIN SESSIONS - 20 minute stations

- **Tea Lights** - at this station girls practice lighting tea lights in preparation of lighting camp stoves and lanterns.
- **Bedroll Hat Craft** - see below
- **Frying Pan Hat Craft** - see below
- **Name Tags** - Supply each girl with a dippy bag. These can be stuffed with duct tape, a compass, a flashlight and a small first aid kit or other such camping items available from local Dollar stores. Supply each girl with a 2"x 3" piece of fun foam and have them decorate this with their names and, if using, their patrol design. Attach these to their dippy bags for easy identification.

SATURDAY AM ROUND ROBIN SESSIONS - 30 minute stations

- **Camp Kitchens/Washing Dishes** - Have each patrol bring their camp kitchens with them to this station. Go through each making suggestions of how they can be improved. Also, go over the 3 dish pan method of washing dishes. (See below)
- **Stoves and Lanterns** - Go over the basic parts of the stoves and lanterns. Attach the propane and check for leaks with soapy water. Practice lighting each.
- **Putting up Tents and Pop-ups** - Each patrol with the help of one experienced Guider will put up their tent and pop-up. Be sure that all girls are involved in the activity, and not merely watching the Guider do this activity. The girls will place their gear in the tents once the tents and pop-ups are erected.
- **Bingo/Compass Drawing** - if you have a group of more experienced girls who have come into camp early they may want to spend 2 nights in their tents. They would have set up their tents prior to this Round Robin session. If this is the case, they can do this session in place of the "Putting up Tents and Pop-up" session. (See Bingo card and Compass drawing grids below)

SATURDAY PM ROUND ROBIN SESSIONS - 15 minute sessions

- **Camp Etiquette** - Information to cover: leave no trace camping, considerate tent life, don't pick or damage any of the natural surroundings, respect for wildlife and don't feed any of

the animals, respect camp quiet times, keep your campsite neat, keep your gear neat and your designated area, store food in the proper way, do your share of the camp chores.

- **Progression of Camping Skills** - available from bc-girlguides.org > camping resources. This session can be run as a "Red light/green light" game. A Leader calls out the Girl Guide camping skills. If the girls have completed them they go forward and if they haven't they go back. Remember to make all games fun!
- **Campfire** - go over the planning of a campfire, get suggestions of what songs they would like to sing later in the evening.
- **Packing for Camp** - suggest what should be on the kit list and how to pack for different types of camping trips

ACTIVITIES, CRAFTS & GAMES

Bedroll Camp Hat Craft

Supplies

- Blue fun foam - 5x11 cm
- Green felt - 10x10 cm
- Plastic sandwich bags, split at the seams to become squares
- String
- Safety pin



two

To Do

1. Lay out plastic "groundsheet"
2. Place your blue foam "mattress" in the centre
3. Fold a piece of felt in half (sleeping bag) and place on foam
4. Make a packers knot in one end of your string so you are ready to tie your bedroll when rolled
5. Fold groundsheet over the top of the sleeping bag and then into the centre from both sides
6. Starting from the top, tightly roll the bag making sure to keep the sides of the ground sheet tucked in as you roll
7. When you get to the bottom use a V-fold to tuck in the end of the ground sheet so no loose ends are showing.
8. Secure the bedroll with your string by following the directions from "How to Make a Bedroll"

Frying Pan Hat Craft

Supplies

- Small pieces of brown, white and yellow felt
- Piece of black pipe cleaner
- Bottle cap or film canister lid

To Do

1. Cut bacon (brown) and eggs (white and yellow yolks) from the felt
2. Glue them to the inside of the lid
3. Glue the pipe cleaner to the edge of the lid to form the frying pan handle

Washing Dishes the Girl Guide Way

1. Begin with 3 washing basins
2. Place hot soapy water in the first, warm rinse water in the second and cool bleach water in the third
3. Don't have water so hot it will burn the girls and use a very small amount of bleach 1/2 cap
4. Once the dishes are washed, rinsed and bleached, place them in the dippy bags and hang them from a line
5. To clean the basins, dump the soap water basin into the grey water pit. Then dump the rinse water into the wash basin and then dump it into the pit. Lastly dump the bleach water into the rinse basin and then into the wash basin and then into the pit. This way all basins will have been bleached.
6. Place the basins upside down, slightly stacked to air dry

Compass Drawings

Equipment: (for each girl)

- Pencil
- Graph paper
- List of directions

How to Play:

1. Use a pencil to "connect the dots" on a sheet of graph paper following the directions and distances given.
2. One step equals one space.
3. Completing the directions will create a picture

Graph Paper Maple Leaf - Start near the bottom center of the page.

- | | |
|---------------------------|---------------------------|
| 1. Go North 7 steps | 13. Go South-West 2 steps |
| 2. Go East 6 steps | 14. Go North-West 1 step |
| 3. Go North-West 1 step | 15. Go South 8 steps |
| 4. Go North-East 4 steps | 16. Go North-West 4 steps |
| 5. Go West 1 step | 17. Go South 1 step |
| 6. Go North 2 steps | 18. Go West 2 steps |
| 7. Go West 2 steps | 19. Go South 2 steps |
| 8. Go North 1 step | 20. Go West 1 step |
| 9. Go South-West 4 steps | 21. Go South-East 4 steps |
| 10. Go North 8 steps | 22. Go South-West 1 step |
| 11. Go South-West 1 step | 23. Go East 6 steps |
| 12. Go North-West 2 steps | 24. Go South 7 steps |

Graph Paper Trefoil - Start near the middle of the page, at least 5 squares from the bottom.

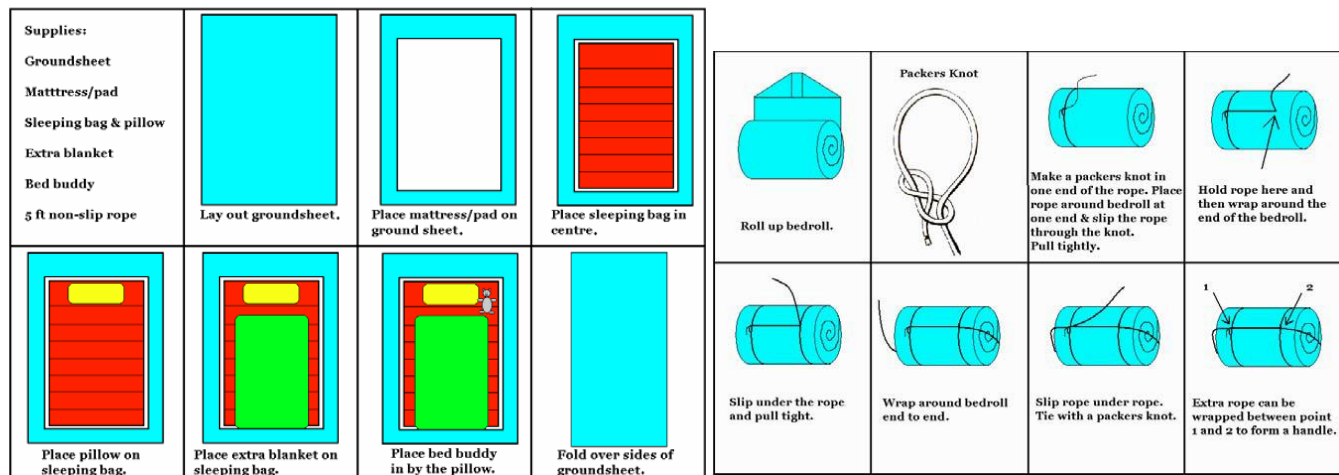
- | | |
|-------------------------|---------------------------|
| 1. Go North-West 1 step | 9. Go West 2 steps |
| 2. Go North 2 steps | 10. Go North-West 1 step |
| 3. Go East 2 steps | 11. Go North 3 steps |
| 4. Go South-East 1 step | 12. Go North-East 1 step |
| 5. Go East 2 steps | 13. Go East 2 steps |
| 6. Go North 3 steps | 14. Go North-West 1 step |
| 7. Go West 1 step | 15. Go North 1 step |
| 8. Go South-West 1 step | 16. Go North-East 2 steps |

17. Go East 3 steps
18. Go South-East 2 steps
19. Go South 1 step
20. Go South-West 1 step
21. Go East 2 steps
22. Go South-East 1 step
23. Go South 3 steps
24. Go South-West 1 step
25. Go West 2 steps
26. Go North-West 1 step
27. Go West 1 step
28. Go South 3 steps
29. Go East 2 steps
30. Go North-East 1 step
31. Go East 2 steps
32. Go South 2 steps
33. Go South-West 1 step
34. Go West 8 steps

Graph Paper Toadstool - Start at least six squares from the left side of the page.

1. Go North 4 steps
2. Go West 2 steps
3. Go South-West 1 step
4. Go West 1 step
5. Go North-West 1 step
6. Go North 2 steps
7. Go North-East 3 steps
8. Go East 6 steps
9. Go South-East 3 steps
10. Go South 2 steps
11. Go South-West 1 step
12. Go West 1 step
13. Go North-West 1 step
14. Go West 2 steps
15. Go South 4 steps
16. Go West 2 steps

Bedrolls - One example of how to make a bedroll



Background

Although the art of tying bedding rolls has been around for a very long time, the information is not passed on, rather re-learned by each new generation. The armed forces teach recruits this valuable life skill, but opportunities for civilians are limited.

When Lord Robert Baden-Powell wrote "Scouting for Boys" in 1908, his ideas included camping activities. Similar ideals were adopted when Lady Olave Baden-Powell introduced the Guiding movement for girls.

Unfortunately, although, each boy and girl who goes to Scout or Guide camp should be taught how to tie a bedding roll, very few of them retain this information. This leaves modern scout and guide leaders in a sticky spot. If you are new to leading a scout or guide unit on camp, the sources for you to gather this information are scant and incomplete. Our quest for this information has led us to create this instruction for you. It may not be textbook, but it works.

Why bother?

If you are asking this question, you have never had to go to camp in the rain! A properly tied bedding roll will keep all your bedding dry, even surviving being dropped in water. At camp a dry night's sleep is a valuable commodity.

If your sleeping bag has no stuff sack, you roll it as tightly as you can, starting at the foot, and tie it with the attached ties. Some people sew on pieces of elastic and just slip them over the rolled bag.

What do you need?

- Ground Sheet - 6'(180cm) x 4'(120cm)
- Camping Mat
- Blankets – to act as insulation to keep you warm
- Sleeping Bag
- Pillow
- Night Clothes
- Strong cord or rope - 3-4 metres long (12' minimum), ¼" thick minimum
- A friend

Ground Sheet

A ground sheet is any kind of waterproof material. You can buy rubber or heavy gauge plastic or an old shower curtain. It should be a little longer and wider than your unrolled (but zipped up) sleeping bag.

The ground sheet is laid on the ground to protect your sleeping bag, pad and you from ground moisture.

When your sleeping bag is rolled or in its stuff sack, you make it waterproof by wrapping the ground sheet around it and tying it with a rope as illustrated. If you do this properly, your bedroll will remain dry even if out in the rain or if dumped in the river from a canoe. The rope should be sturdy, with the ends whipped.

Barnyard Bedlam

1. Spread a large number of acorns (or similar item) over the playing area.
2. Each patrol is assigned an animal and they pick a farmer.
3. Patrols go in search of the nuts. When they find one, they stand next to it making the appropriate noise (mooing, clucking, etc.) until the farmer comes to them.
4. Sometimes there may be multiple "animals" at the same nut at any given time.
5. The nuts can be counted and a winner declared but forgoing a count and awarding everyone a treat is a great way to encourage great "camping spirit"

Love to Camp

(To be read and repeated line by line at camp closing)

To be in the great outdoors
mountains, lakes, trees.

Learning how to survive
cooking over a fire; putting up a tent.

Sitting around the campfire
sharing songs and stories

with my sisters in Guiding - - - - -
love to camp

MENU & RECIPES

Always remember all allergies and special dietary needs that you have in your group.

Depending on the skills and experience of your campers more of the cooking can be done by patrols. Lunch could be cooked on propane stoves or on buddy burners. However, remember patrol cooking does take more time than having a camp cook. Remember the focus of this camp is for girls and Guiders to learn the basics of tent camping. More complex skills can be learned at a later camp.

Friday night mug up:

Meat, cheese, crackers, chocolate milk or milk

Saturday breakfast:

Pancakes, sausages, syrup and fruit

Snack:

Apple & water

Lunch:

Chicken noodle soup, grilled cheese sandwiches, veggies and dip, water

Snack:

Granola bar and juice box

Dinner:

Fixings to make chicken fajitas or quesadillas (tortillas, cooked chicken, cheese, veggies, and salsa) worms in dirt in a cone (cone, marshmallow for bottom, chocolate pudding, crushed cookies, cream, gummy worm) and a drink

Mug up: hot apple juice, S'more bag (cereal)

Sunday breakfast:

Hot chocolate with whipped cream from kitchen

Make egg mcmuffins with scrambled egg, ham, cheese and English muffins, instant oatmeal, juice. We will cook breakfast for them if the weather isn't nice.

LET'S CAMP S'MORE PATROL REGISTRATION LIST	
Unit name _____	Area _____
Name patrol Guider _____	Phone _____ (evening)
Email _____	Diet/Health Info _____
girl - 1	girl - 2
Name _____	Name _____
Branch _____	Branch _____
Age _____	Age _____
Parent/Guardian _____	Parent/Guardian _____
Phone (evening) () -	Phone (evening) () -
Cell phone () -	Cell phone () -
Diet/Health Info _____	Diet/Health Info _____
girl - 3	girl - 4
Name _____	Name _____
Branch _____	Branch _____
Age _____	Age _____
Parent/Guardian _____	Parent/Guardian _____
Phone (evening) () -	Phone (evening) () -
Cell phone () -	Cell phone () -
Diet/Health Info _____	Diet/Health Info _____
girl - 5	girl - 6
Name _____	Name _____
Branch _____	Branch _____
Age _____	Age _____
Parent/Guardian _____	Parent/Guardian _____
Phone (evening) () -	Phone (evening) () -
Cell phone () -	Cell phone () -
Diet/Health Info _____	Diet/Health Info _____
girl - 7	girl - 8
Name _____	Name _____
Branch _____	Branch _____
Age _____	Age _____
Parent/Guardian _____	Parent/Guardian _____
Phone (evening) () -	Phone (evening) () -
Cell phone () -	Cell phone () -
Diet/Health Info _____	Diet/Health Info _____

LET'S CAMP S'MORE

KIT LIST

Please make sure everything is marked with your name and packed in a backpack or duffel bag (no suitcases). All girls are asked to pack their own belongings.

Bedroll

Sleeping Bag
Blanket
Pillow (stuffy optional)
Thinsolate or thin foamy – no air mattresses
Ground Sheet (tarp – 6 x 8 or 9 x 12)
Rope (15 – 20')



Clothing

Warm Jacket
Rain Gear/Snow Gear
Toque & Gloves
Hat (a must)
Boots & Runners (extras a must)
Pants (2 pair) No Jeans
T-shirts (2)
Sweatshirt (1)
Sweat Pants (1)
Underwear & Socks (4 pair)
2 piece warm p.j.'s (1 pair)

Extras for this Camp

Traders(if your patrol so chooses)

Toiletries

Towel, facecloth, soap, toothpaste, toothbrush, hair ties, brush

Other

Sit Upon
Dishes in mesh bag (unbreakable plate, bowl, mug, fork, knife, spoon)
Camp Blanket
Flashlight w/extra batteries
Water Bottle (filled)
Book for quiet time and a small stuffed friend

***Please do not bring money, candy/food, electronics, valuables, sleeveless tops, or open-toed shoes to camp.

***Any required medication should be in their original containers, clearly labeled with your name and placed in a zip-lock bag with H3 to be handed to the Camp First Aider upon arrival.

EVALUATION FORM

Please share with us what you liked about this Camp To Go, 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 email to:
camp@bc-girlguides.org

