

## Sparks Can Camp



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## Progression of Camp Skills

### Sparks



#### Sparks should experience:

- a sleepover
- a day camp
- lighting matches
- helping with chores
- roasting hot dogs, smores etc.
- collecting and sorting firewood
- picking up litter at the campsite
- helping with the setting of tables
- participating in camp evaluation
- setting up their own sleeping space
- deciding on what to pack for camp
- a residential camp for one or two nights
- mixing batters, peeling carrots/apples, etc.
- helping with the planning of a camp menu
- deciding what to wear on an outing and what to take
- participating in a day camp in an outdoor environment
- identifying camp safety rules and when it is important to get an adult
- deciding on what to wear in different weather conditions when at camp

#### Sparks should be introduced to:

- nature
- being safe outside (eg. Hug a Tree program)
- washing camp dishes using the three-step method
- an overnight or day camp in an outdoor environment
- the environment and how they can help keep it clean
- the environment around them, what grows there and what lives there
- being a no trace camper and leaving their campsite in better condition than they found it
- knowing where food is to be kept and why it cannot be kept outside or in the sleeping area

## The Sparks Can Camp Program

Preparing for camp is an essential part of the camping experience. Girls who have had the chance to practice and prepare for camp will have a better idea of what to expect. This event can be held by Districts or Areas and is a fantastic opportunity for Sparks to meet others, to see that there are lots of other Sparks just like them and that Sparks Can Camp! The Provincial Camping Committee of NBPEI Council has designed a two-year Sparks Can Camp Program to ensure that the same camping preparation and skills opportunities are given to all Sparks and their Guiders regardless of who is hosting the event or where it is being held.

### Crests

A crest is earned for each year that a girl attends Sparks can Camp. The crest is provided to the event host by the Provincial Camping Adviser. Organizers should reach out to her at [nb-camping@girlguides.ca](mailto:nb-camping@girlguides.ca) at least 6 weeks prior to your event to ensure that crests can be delivered. A fee of \$5.00 per girl should be charged for the event to cover the cost of the crest.

### Organizing your event

We encourage each Area to offer this event yearly for their Sparks. This is a great opportunity to help ease any fear about camp while offering the chance for girls to learn and practice camping basics which will help them to feel more comfortable when they attend their first camp.

Sparks Can Camp is a great opportunity to bring the girls to one of our local Camp properties, to show them what it looks like and what each of the locations has to offer. If a camp property is not available for you, we recommend using your regular meeting space or a larger gym or space if you are combining multiple units for a day of fun.

## Sparks Can Camp Year One Plan

Below you will find a framework for hosting Sparks Can Camp for Year One.

### Before the event

- Decide on your date and event times and book your location. The location should ideally have a central meeting spot large enough to accommodate everyone and 3 separate areas for sessions. The event should run approximately 3 hours however the space will need to be booked to allow for set-up and clean-up as well.
- Once date, times and location are determined, connect with our PR Adviser [nb-pr@girlguides.ca](mailto:nb-pr@girlguides.ca) and she will help to ensure that your event is publicized to all Guiders and girls. It is also a good idea to share your event in Guidepost and via the various social media Guider Groups. As the organizer, you will need to decide on the registration deadline and tracking of participants.
- Recruit designated Guiders to lead each station. Provide them with the program content ahead of the event so they can prepare.
- Once registration is closed, divide the girls evenly into 3 groups: red, yellow and blue

### The Day of your Event

- Organizers should arrive on site at least an hour prior to the event to set up the stations.
- Registration opens at 9am. Each girl should be given their colour coded name tag. These can be made prior to the event. *Tip: You can create them easily in Microsoft word by typing the girls' names in different colours and printing them onto label paper OR make them by hand using labels and markers.*
- Have copies of the schedule printed out for station leaders and for unit leaders
- Optional: have coffee and tea available for Guiders
- Once all girls have registered, gather in a central location for a short welcome and to review important information (safety info, washroom locations, session locations)
- Programming starts at 9:30am.

## Schedule of Events

Time	Packing	Bed Rolls	Being a Buddy
9:30 – 10:00	Red	Yellow	Blue
10:00 – 10:05	Change Sessions		
10:05 – 10:35	Yellow	Blue	Red
10:35 – 11:00	Break – Snack and Trading		
11:00 – 11:30	Blue	Red	Yellow
11:30 – 12:00	Closing Activity of Choosing		

## The Stations

### Packing

#### Learning Goals:

1. You can pack for camp by yourself with your parents' help. This will help you know what you have and where it is.
2. Packing your outfits in ziplock bags can be helpful to keep them dry and organized.
3. Some items are not appropriate for camp, learn how to identify what you should and shouldn't bring.

#### Supplies Needed:

- Backpack or duffle bag
- Day bag
- Kit list items (a mix of appropriate and inappropriate)
  - pants
  - shirts
  - socks
  - closed toe shoes
  - pajamas
  - hat
  - toothbrush and toothpaste
  - flashlight
  - camp dishes
  - notebook and pencil
  - tank top
  - fancy dress
  - flip flops

- o candy
  - o jewelry
- Packing game sheets (could be laminated so they can be reused)
- Pencils or dry erase markers

### **Set-up**

- Start the session with a properly packed backpack and day bag. Have enough extra kit list items so there is one of each item for every group of 2-3 Sparks. You may choose to have them hidden from the group at the beginning, so they are not a distraction. Have copies of the packing game sheets and pencils or markers for every group of 2-3 Sparks.

### **Discussion**

- Tell the group that we're going to be learning about what to bring to camp and how to pack it.
  - o When we go to camp or a sleepover, we bring all the things that we need with us.
  - o Sometimes it's hard to decide what to bring so your leader will give you something called a "Kit List". This list makes it easy because it tells you exactly what to bring!
  - o It also makes sure that you don't take things that you don't need because you want to be able to carry everything by yourself.
  - o You can pack for camp by yourself with some help from your parents! If you pack your things, you'll know where to find them and you'll know which things are yours.

### **Demonstration**

- Take out your packed backpack and day bag and show the Sparks what you have packed. It should include all the items on the kit list.

#### **BACKPACK**

- o An outfit of clothes (packed in a big ziplock bag)
- o Pajamas (packed in a big ziplock bag)
- o Closed toe shoes/sneakers
- o Toiletries (packed in a ziplock bag)
- o Flashlight
- o Camp dishes (in a ditty bag)

#### **DAY PACK**

- o Hat
- o Sunscreen
- o Extra socks

- Water bottle
  - Notebook and pencil (optional)
- As each item is shown, tell them why you need it.
- Show them how you pack an outfit for a day in a large ziplock bag. This can help you find your clothes really easily and makes sure they stay dry even if your bag gets wet.
- Show some items that we would not take to camp.
  - Tank tops – we'll be outside a lot, and you need your shoulders covered so you don't burn yourself
  - Flip flops or open toed sandals – we'll be playing all kinds of games and having fun, so you need good running shoes that protect your feet
  - Food, snacks, candy – your Leaders are going to have all the food that you need so you don't need to bring any. Sometimes people have allergies that you might not know about, so your Leaders make sure that all the food that we have is safe for everyone. If you're sleeping in a tent you don't want to get it dirty with sticky or greasy food. You also don't want bugs and squirrels coming in to get your snacks!
  - Expensive things – you don't want to lose or break something that is really special to you. You should leave those things at home to keep them safe.

### **Activity: Packing Game**

- Make a big pile of all the possible kit list items (including some inappropriate items).
- Divide the Sparks into groups of 2-3.
- Give each group a copy of the picture-based packing list and a pencil (or dry erase marker if they are laminated)
- Have the groups try to find all the items on their kit list. This does not need to be a competitive race.
- Leaders can help the groups to make good choices and make sure they get everything they need. This should be a fun activity for the Sparks and not stressful!
- Once all the groups have made their pile of kit list items be sure to congratulate them on what a great job they did and how they're now ready to pack for camp by themselves!



# Kit List

## Can you pack for camp?



## Day Bag

What do you carry with you?



## Bed Rolls

### Goals:

1. Learn what a bedroll is and about the different types of bedrolls.
2. Learn what you should have in your bedroll.
3. Learn that a bedroll keeps your bed dry and makes your gear easier to carry.

### Supplies Needed:

- Mat
- Sleeping bag
- Extra blanket
- Pillow
- Small stuffie
- Pajamas and socks
- Waterproof sheet or Tarp
- Rope/straps
- Waterproof Stuff Sack

### Set-up

- Start the session with all the items needed to create a bedroll but not assembled into a bedroll. You may choose to have them hidden from the group at the beginning.

### Activity

- Ask for a helper from the group. Tell the group:
  - Let's use our imaginations! Let's imagine "name" is going to camp right now! She's going to leave right from Sparks Can Camp! Let's help her get ready. She has all her clothes packed but what does she need to have for sleeping when it's time to go to bed?
  - Ask the girls for suggestions. You can help them with prompts to make sure they get all the items. For example:
    - if they aren't saying "camp mat" you can say, "Is "name" going to take her bed from home? What else could she sleep on so she's not on the floor?"
    - If they suggest items that shouldn't come to camp explain why we wouldn't need that. For example: if they suggest "my night light" you

could say, “we wouldn’t really have anywhere to plug it in but maybe you could bring a little flashlight with you.”

- As each item is listed give it to the volunteer girl to carry. You can drape the unrolled sleeping bag over her shoulders, tuck the pillow under her arm, wrap the tarp around her like a blanket, put the socks on her hands, etc. Continue until the girl is piled up/holding all the items.
- Say, ‘Name’ is all set for camp! It’s time to use your imagination again. Let’s imagine camp is right over there (pick a spot 10-20 feet away). ‘Name’, it’s time to head to camp. Take your gear and go!
- As the girl tries to walk, she will probably begin dropping items, items will begin slipping off, etc. Ask the girls if they think there might be a better way to bring all their sleeping gear to camp. Thank your volunteer and tell her she can sit back down.

### **Demonstration and Discussion: Bedroll and Stuff Sack**

- Gather all the items that the girl was trying to carry to camp. Show how all the items can be put into a waterproof stuff sack.
- Take them out of the stuff sack and demonstrate how to make a bedroll. You can show sleeping bag straps and rope to show that there are different ways to tie it up.
- Bring back the girl who volunteered in the beginning and ask her if she wants to try to carry her gear now. She should have no problem!
  - Discuss how not only did packing the sleeping gear properly make it easier to carry, it also keeps your bedding dry if it rains while you’re camping.

## Being a Buddy

### Goals:

1. Learn about what a buddy is and that sometimes you choose your buddy and sometimes your Guider does.
2. Learn how buddies can help each other.
3. Learn what to do if you can't find your buddy.

### Supplies Needed:

- Copies of the Fruit Cards. These can be laminated so they can be reused.
- Friendship Fruit Salad song

### Set-up

- Print a pair of each different fruit. Have enough pairs so each girl will receive a card. If you have more than 20 Sparks or an odd number, you can print off some groups of 3.

### Discussion

- Let's talk about buddies. What is a buddy? What do you call your buddy? Friend, pal, BFF? Do you have a buddy today for Sparks Can Camp?
- Having a buddy at camp is important. Sometimes your leaders will choose your buddy for you and sometimes you might get to choose your buddy. You might have 1 buddy or 2 buddies.
- What are some ways that you and your buddy can help each other at camp? Ask the girls for suggestions. You can help them with prompts. A buddy is:
  - someone to talk to
  - someone to keep you company
  - someone to help you with things – a second set of hands
  - someone to rely on
  - might be a new friend
  - someone you look out for
  - you can help your buddy if they're sad, lonely, stuck, hurt
- You will keep your same buddy at camp for the whole time, so you always know who to look for.
- Sometimes you can disagree with your buddy about things – that's ok.

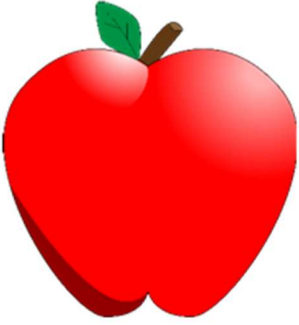
- You can still play with other people at camp, but your buddy is the person that you always look out for.
- It's nice to have lots of different buddies so you might not always have the same buddy for different camps.
- If you can't find your buddy, tell a leader.

## Activity

- Let's make a buddy fruit salad!
- First, we need lots of fruit for our salad. Mix up the cards and pass one card out to each Spark. Make sure that there is a match for each girl.
- Everyone get up and walk around and try to find your matching fruit! Once you find your fruit link arms or stand together.
- Once everyone has found their fruit buddy, have everyone come back together in a circle and sing the "Buddy Fruit Salad" song. (this is just Purple Stew with updated lyrics!)

We're making a buddy fruit salad (whip, whip, whip, whip)  
 We're making a buddy fruit salad (sho-bee-doo-bee-doo)  
 With kindness and helpfulness,  
 Sharing and laughing  
 And APPLES in our buddy fruit salad!

- As each fruit is called out, they move into the middle of the circle.
- Continue singing the song and calling out fruit names until everyone is part of the Buddy Fruit Salad!
- When we're at camp, we always have a special buddy to look out for, but we are also all together and having fun with everyone!



**APPLE**



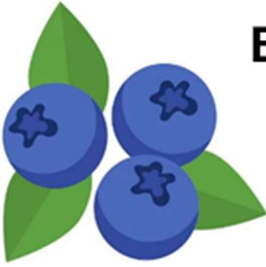
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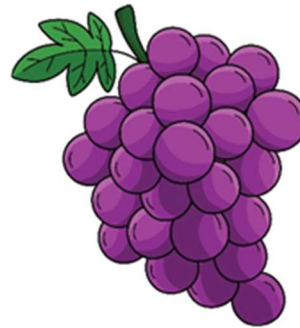
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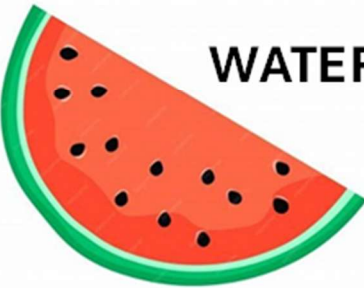
**STRAWBERRY**



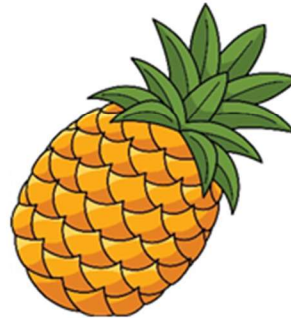
**BLUEBERRY**



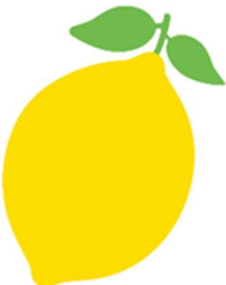
**GRAPES**



**WATERMELON**



**PINEAPPLE**



**LEMON**



**PEACH**

## Sparks Can Camp Year Two Plan

Below you will find a framework for hosting Sparks Can Camp for Year two.

### Before the event

- Decide on your date and event times and book your location. The location should ideally have a central meeting spot large enough to accommodate everyone and 3 separate areas for sessions. The event should run approximately 3 hours however the space will need to be booked to allow for set-up and clean-up as well.
- Once date, times and location are determined, connect with our PR Adviser [nb-pr@girlguides.ca](mailto:nb-pr@girlguides.ca) and she will help to ensure that your event is publicized to all Guiders and girls. It is also a good idea to share your event in Guidepost and via the various social media Guider Groups. As the organizer, you will need to decide on the registration deadline and tracking of participants.
- Recruit designated Guiders to lead each station. Provide them with the program content ahead of the event so they can prepare.
- Once registration is closed, divide the girls evenly into 3 groups: red, yellow and blue

### The Day of your Event

- Organizers should arrive on site at least an hour prior to the event to set up the stations.
- Registration opens at 9am. Each girl should be given their colour coded name tag. These can be made prior to the event. *Tip: You can create them easily in Microsoft word by typing the girls' names in different colours and printing them onto label paper OR make them by hand using labels and markers.*
- Have copies of the schedule printed out for station leaders and for unit leaders
- Optional: have coffee and tea available for Guiders
- Once all girls have registered, gather in a central location for a short welcome and to review important information (safety info, washroom locations, session locations)
- Programming starts at 9:30am.



## Schedule of Events

Time	First Aid	Chores & Duties	Tent Care
9:30 – 10:00	Red	Yellow	Blue
10:00 – 10:05	Move to your next session		
10:05 – 10:35	Yellow	Blue	Red
10:35 – 11:00	Break – Snack and Trading		
11:00 – 11:30	Blue	Red	Yellow
11:30 – 12:00	Closing Activity of Choosing		

## The Stations

### Camp Chores and Duties

Goals: This section covers what chores and duties need to be done at camp. This should cover cleaning and meal prep and how to read a duty chart.

UPDATED CONTENT TO COME

### First Aid

Goals: This section is to teach the girls when to ask an adult for help. How to put a band aid on a cut.

UPDATED CONTENT TO COME

### Tent Care and Etiquette

Goals: Set up a tent and teach how to get into and out of a tent. Keeping it clean to keep critters away.

UPDATED CONTENT TO COME