

Getting Ready to Camp: A Special Instant Meeting for Sparks



Contents

Getting Ready to Camp.....	3
Girls First Program Connections	3
Meeting Plan	4
Meeting Supplies.....	4
Program	4
Gathering: Camp Coloring	4
Opening Discussion	5
Menu Choices.....	5
Camp Clothing Fashion Show	6
Be Prepared Kits.....	6
Putting on Band-Aids	7
Bed Rolls	7
Being a Buddy	7
Campfire Songs and Closing	8

Getting Ready to Camp

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. If you don't have access to an Area or District organized Camp Skills program you can use this instant meeting with your unit.

If you are planning to offer this program for your Sparks, please reach out to nb-camping@girlguides.ca when you have booked your date so that she can ensure that each girl receives the year one Sparks can Camp crest. This special instant meeting for Sparks has been developed to cover the core first year skills that all Sparks and Guiders should have to prepare them for an amazing camp experience. Please remember that these items can be modified to meet your individual needs, this document is only a guideline.

Girls First Program Connections

There are many program connections that you can track on the Girls First Platform. Be sure to record your attendees achievements. Here are some suggested activities that you could track.

Camping Skills and Adventures:

- What to Expect When Camping
- What Should I Bring?
- Sleeping Bag Roll-up
- Shoe Sisters
- Dress Up Dash

How To:

- Make it Stick – Bandage Skills

My Physical Self

- Picturing My Food
-

Meeting Plan

- Gathering: Camp Coloring
 - Spark opening
 - Opening discussion
 - Menu choices
 - Camp clothing fashion show
 - Be prepared kits
 - Band-Aids
 - Bedrolls
 - Buddies
 - Campfire Songs
 - Closing
-

Meeting Supplies

- ☐ printed coloring sheets
 - ☐ markers / crayons
 - ☐ poster paper
 - ☐ tape
 - ☐ silly clothes not for camp
 - ☐ extra Band-Aids
 - ☐ containers for Be Prepared kits
 - ☐ permanent marker
 - ☐ items for Be Prepared kits: band aids, safety pins, paper and pencil, whistle
 - ☐ clothing items for various weather conditions
 - ☐ music source
 - ☐ song lyrics
-

Program

Gathering: Camp Coloring

Download some camp themed coloring sheets.

[camp coloring - Google Search](#)

[camping hidden picture coloring - Google Search](#)

Supplies:

- ☐ Printed coloring sheets
 - ☐ Crayons, markers
-

Opening Discussion

Talk with the girls about Sparks sleepover or camp. When you go camping, there are some things you need to bring with you, and some things that need to stay at home. At this meeting they will be learning about some of the things they will need at camp. We also talk about the location we are going to and describe the sleeping quarters, type of toilets and lights.

Menu Choices

Talk with the girls about food at camp and what they should expect. This is a great opportunity for Sparks to share their ideas for camp menus.

Supplies:

- ☐ Poster paper
- ☐ Markers
- ☐ Tape
- ☐ Small stickers or dots

Start by asking the girls to recommend some items for meals and snacks, record the most three popular choices on a sheet of poster paper. Label each paper with a category: breakfast, morning snack, lunch, supper, bedtime snack.

Girls will then get up and move around the room, placing a sticker on their favorite item for each category.

Once all the girls have voted have them return to the circle and talk about the top choices. Take this opportunity to brainstorm with the girls what they should do if they don't like something that is offered, how they can deal with new foods etc.

Camp Clothing Fashion Show

Talk about how weather affects the way we dress. Clothing can protect us from cold, sun, rain, snow and wind. Ask Sparks or Guiders for volunteers to be part of a “camp clothes fashion show”.

Supplies:

- ☐ Bucket hat or ball cap
- ☐ Sneakers
- ☐ Rain jacket
- ☐ A variety of silly clothes such as fancy dresses, flip flops, etc.

The leader then points out the different clothing items and asks when it would be good to wear the item, and if it would be good for camp. The Sparks make suggestions about when the clothes would work best. Ask the Sparks if they have questions about what they need for camp.

Be Prepared Kits

Guiders or older girls attending this event can take this opportunity to talk to the girls about safety at camp. You can talk about things like listening to your Guiders directions to make sure that you stay safe, stay with your groups, always have a buddy, follow instructions when trying something new, watch where you are walking etc.

Sparks can then break into smaller groups to create a be prepared kit, these kits are excellent to bring in daypacks when camping or hiking or even just for unit meetings.

Supplies:

- ☐ A waterproof container per girl
 - ☐ Permanent marker
 - ☐ Duct tape
 - ☐ Band aids
 - ☐ Whistle
 - ☐ Safety pins
 - ☐ Pencil and paper
-

Putting on Band-Aids

Talk to the Sparks about getting help if they or someone else is hurt. Discuss who is a good person to provide help.

Talk about the proper way to put on a Band-Aid and demonstrate the steps, making sure not to touch the sterile gauze. Have the Sparks practice putting Band-Aids on their own legs or feet.

Supplies:

- ☐ A variety of Band-Aids
-

Bed Rolls

Talk with the girls about what a bed roll is, and why it is important. Walk through each piece of a bed roll and why it is needed. Demonstrate making a bedroll and let them try to carry it.

Optional: make a bedroll hat craft using a piece of felt (bedroll), a piece of foam (sleeping pad) and a small piece of cord or string to tie it together.

Supplies:

- ☐ All the pieces needed to make a bed roll
 - ☐ Felt
 - ☐ Craft foam
 - ☐ Cord or string
-

Being a Buddy

No one wants to feel left out – and when you are at camp it's even more fun when you have a buddy. If you see someone who needs it, be a buddy!

Ask the girls what makes a good buddy?

What would you need a buddy for?

Give each girl a bead, then must then go and find the girl(s) who have the same-colored beads. They will be buddies and should tell each other something about themselves. Their buddy will share this with the other girls.

Supplies:

- ☐ A variety of colored beads
-

Campfire Songs and Closing

If you have time, sing a variety of songs themed around the outdoors or traditional Camp Songs and end with our traditional Sparks closing.