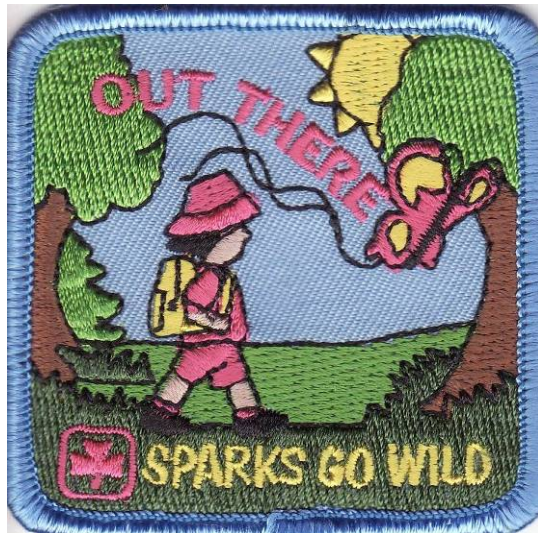


SPARKS GO WILD



OUT THERE!

Day or Overnight Camp

If you received this resource as a printed copy please check the BC Girl Guide website to ensure it is the most recent version. This camp was first issued in October 2013.



Sparks Go Wild Out There

Welcome to Sparks Go Wild Out There, a day or overnight camp. Come spend time in the great outdoors with your girls!

Share the excitement of nature, whether in your backyard, a local park or picnic area or a campsite. Nature is all around us, just waiting to be explored. Choose to spend a day out with your girls or take them on their first overnight adventure. Sparks love to sleep in tents, even if those tents are put up inside a building!

In this camp package, you will find the program outline and a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides Own and a kit list. Build your camp to suit your season of the year, building or campsite, number of girls and available time. Pick those activities that work the best for you and your girls and remember to be flexible. Adapt this package to have fun learning about the world of nature.

Remember to use the most current Safe Guide forms, available from the website. Your camping and program advisers and local trainers are there to help you with planning any part of your camp or if you have any questions or concerns.

There is an interactive crest order form available on the provincial web site at bc-girlguides.org. The crests are \$1 each for units in BC.

An evaluation form has been included for you to complete following your camp. Your suggestions and comments are very useful in the creation of future camp packages.

We love receiving pictures, so please send some of those along too! Most of all have fun at camp!

Thank you for choosing to use this "Camp in a Box" and have a wonderful time exploring the nature all around us!

BC Camping Committee
October 2013





SPARKS GO WILD OUT THERE!



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PROGRAM SCHEDULE - DAY CAMP

SATURDAY - 9:30 a.m. - 4:00 p.m.

9 - 9:30 am – Registration - Put the Girls' Backpacks at the “Home base”
- Girls colour backpack name tags
- Divide girls into equal numbered groups and make name tags
(find ideas for name tags on Program Note page)

9:45 am – Opening - Welcome Girls.
- Introduce Girls to their group leader.
- Go over Camp Rules and Tour camp area.

10:00 am - Snack

10:15 am - Round Robin (2 crafts and 1 game) (3 stations of 30 minutes each)

noon – Lunch

1:00 pm - Round Robin Activities (2 games and 1 craft) (3 stations of 30 minutes each)

2:30 pm – snack

2:45 pm - Campfire and sharing time for what was found or made throughout the day

3:30 pm - Group Photo and Guides Own/Reflections
- Closing - Girls collect their Crafts and Backpacks
- Hand out Goodie Bags and Crests (optional)

4 pm - Sparks Go Home!

4:15 pm – Final sweep of camp for garbage, etc!



PROGRAM WORK SHEET - DAY CAMP

TIME	ACTIVITY	RESPONSIBLE GUIDER	EQUIPMENT NEEDED
9:00	Registration		
9:45	Opening		
10:00	Snack		
10:15	Round Robin Craft #1		
	Craft #2		
	Game #1		
Noon	Lunch		
1:00	Round Robin Game #2		
	Game #3		
	Craft #3		
2:30	Snack		
2:45	Campfire		
3:30	Group photo		
	Guides Own		
	Closing		
4:00	Departure		
4:15	Final sweep of area	EVERYONE	All garbage picked up, take everything home that you brought with you.

PROGRAM SCHEDULE for OVERNIGHT CAMP

SATURDAY

- 9:00 am – Registration – have girls set up beds
 - Divide girls into equal numbered groups and make name tags
(find ideas for name tags on program note page)
- 9:45 am – Opening - Welcome Girls and introduce Girls to their group leader.
 - Go over Camp Rules and Tour camp area.
- 10:00 am - Snack – trail mix or ants on a log
- 10:15 am - Round Robin (2 crafts and 1 game) (3 stations of 30 minutes each)
- noon – Lunch/chores
- 1:00 pm – Flat Happy/Quiet Time
- 2:00 pm - Round Robin Activities (2 games and 1 craft) (3 stations of 30 minutes each)
- 3:30 pm – trail mix or edible campfire
- 3:45 pm – hat craft or game
- 4:30 pm – prepare for dinner
- 5:00 pm – dinner/chores
- 6:30 pm - Campfire and sharing time of what has been found or made during the day
- 7:30 pm – mug up
- 8:00 pm – brush teeth, wash face, etc
- 8:30 pm - bedtime
- 9:00 pm – lights out

SUNDAY

- 8:00 am – breakfast/chores
- 9:00 am – clean up/pack up
- 10:00 am - Group Photo and Guides Own/Reflections
 - Closing - Hand out Goodie Bags and Crests (optional)
- 11:00 am - Sparks Go Home!
- 11:15 am - Final sweep of camp for garbage, etc

PROGRAM WORK SHEET - OVERNIGHT CAMP

TIME	ACTIVITY	RESPONSIBLE GUIDER	EQUIPMENT NEEDED
Saturday			
9:00	Registration		
9:45	Opening		
10:00	Snack		
10:15	Round Robin Craft #1		
	Craft #2		
	Game #1		
noon	Lunch/ chores		
1:00	Flat happy/ quiet time		
2:00	Round Robin Game #2		
	Game #3		
	Craft #3		
3:30	Snack		
3:45	Hat craft		
5:00	Dinner/ chores		
6:30	Campfire/ Knighting Ceremony		
7:30	Mug up		
8:00	Prepare for bed		
9:00	Lights out!		

Sunday			
8:00	Breakfast/ chores		
9:00	Clean up/ pack up		
10:00	Group photo		
	Guides Own/ Reflections		
	Closing		
11:00	Departure		
11:15	Final sweep of camp	EVERYONE	All garbage picked up, take everything home that you brought with you.



Program Notes and More Ideas

Please keep in mind that Sparks Go Wild will take place in a wide variety of venues at any time during the year with varying numbers of girls and adults at each camp. You may need to make adjustments for your specific situation. If something is included in this program that won't work for your Unit or location please adapt it or replace it with something else. The important thing is to make it work for you and the Sparks. You may need more outdoor games than crafts if the weather is perfect. If you know it's going to be below freezing or a downpour all weekend then plan for more craft time.

Group Photo: Gather your Sparks for a group photo at the beginning of your camp, at campfire or dinner to create a keepsake.

Group Names suggestions:

Nature themed:

Insects - Lady Bugs / Damsel Flies / June Bugs / Honey Bees / Grass Hoppers

Birds - Robins / Sparrows / Swallows / Wrens / Hummingbirds

Plants - Daisies / Dandelions / Wild Clovers / Twin Flowers



Name tags:

Make name tags out of fun foam in the shape of the insects, birds or plants chosen.

Decoration Ideas: for ways to "GO WILD" for the day or night:

- hang up butterfly nets, kites of birds, butterflies etc.
- add some extra foliage to overnight buildings - create your own forest!

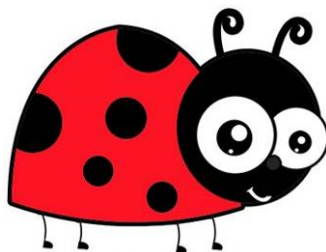
Ideas for Goodie Bags:

- Mini note books
- Magnifying glasses (can also be used after Lunch)
- gummy worms or bugs
- Pencil or Pen
- Mini compass
- fake bugs or butterflies from the dollar store



To Use This Camp for Brownies

This program is fairly adaptable to use with Brownies. You can plan a slightly longer day or a two night camp and give the girls time to make the hobby horses, lots of flowers to decorate the area, as well as more elaborate jewelry. You can also expand the race course and add more department tasks, making it a little more challenging.



TIPS and HINTS

Patrol Duties/Chores

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

Sample Chore Chart

Time	Meal Prep/ Dishes	Setting/clearing tables/floors	Lats	Firewood
	Group A	Group B	Group C	Group D
	Group D	Group A	Group B	Group C
	Group C	Group D	Group A	Group B
	Group B	Group C	Group D	Group A

Designating Boundaries

For Sparks and Brownies you can use “Mr. Happy” and “Mr. Grumpy” faces cut out of fluorescent poster board.

Use a plate to trace then cut out 9 per page.

Use bright pink and lime green colours.

Draw happy faces on the pink ones and grumpy faces on the green ones then post them around the camp to establish boundaries.

If you have Guides or Pathfinders attending the camp with Sparks and Brownies they love to put these up for you.

At the end of camp take them down and give them to the girls to take home.



Flat Happy/Quiet Time

This is a rest time after lunch. Flat happy – girls are flat, guiders are happy!

This actually gives both the girls and guiders a bit of a break or the guiders time to prepare for the afternoon activities.

TTT

Simply – Teeth, Toilet, Tuck in – bedtime!

CRAFT IDEAS



Paper Bag Owls – Real owls aren't practical pets for most people but they make wonderful messengers in the Harry Potter books. These owls are wise, silent and easy to look after.

Materials: Small brown paper lunch bags, construction paper (in different colours), scissors, glue, markers and/or crayons

Instructions:

The paper bag is the body of your owl. The flat is its face. Cut out eyes, beak, feet, and feathers from construction paper. Use whatever colors you like. Glue the owl pieces onto the bag in the appropriate places. Add finishing touches with crayon or markers.

Decorating Bandanas or Scarves - Buy dollar store bandanas or cut inexpensive cotton into squares for scarves.

Stitch or use pinking shears on the edges to prevent fraying.

Use "bandana" fabric in a different colour for each group.

Girls could sign and date their scarf as a keepsake.



Window Decoration

Materials: Nature objects found on a walk (leaves, grass, flower petals, and ferns work well) Clear Con-Tact paper, tape, scissors, hole punch, ribbon

Instructions:

Take up a collection of natural beauties, and arrange them on the sticky side of a piece of clear Con-Tact paper. (You may want to tape down the Con-Tact paper to keep it from moving.)

When done, place a second piece sticky-side down on top of the objects and press to seal it.

Trim the edges or cut into a circle or other desired shape.

Punch a hole in the top, and hang it in a window with a short length of ribbon.



Nutty Boats - Hold a regatta on your tabletop with these simple walnut ships.



Materials: Walnut shells, leaves, twigs, model clay or Plasticine

Instructions:

1. For each, you'll need an intact half of a walnut shell
2. Thread a leaf onto a twig for a mast and a sail. Secure the mast to the inside of the shell with a small ball of clay.

Leaf Prints –

Materials: paper, chalk, paint, green leaves. Green Summer leaves can create wonderful chalk or paint art.

Kids can use these natural patterns to make pictures or nature stationery. For a painted picture, use several pieces of paper and several different leaves.

Instructions: Lightly press the leaf into a paper covered in paint, then lightly press it again onto a blank sheet. The "leaf stamps" turn into a work of art.

Another great way to preserve the pattern is with a chalk rubbing. To achieve this artistic effect, spread a piece of newspaper on a flat surface, then sandwich a leaf between the newspaper and a sheet of white paper. With colored chalk, rub lightly over the leaf and see the pattern appear in chalk. Make an outline of your favorite leaf. Hold a leaf on a blank paper, and working from the inside out, use the side of a piece of chalk to color the leaf and the paper over the edge. After rubbing chalk across the leaf and paper all the way around, remove the leaf, and see the outline.





GAMES and ACTIVITIES



How to Prepare for a Hike - Talk with your girls about what to take on a hike and why you would choose those items. Help them pack their day kits ready to go.

- Some ideas for Items to include: Water bottle, spare socks and pants, a whistle, a sit upon, an energy food bar or snack and a large orange garbage bag

Nature Talk - Invite a Naturalist, Park Ranger or a local gardener to visit with your girls and tell them about what they can see and find in the location you have chosen for your camp. Nature is all around us, we only have to look.

Nature Hike - If your group is small enough, stay together, if larger, perhaps split into two groups. Take your time and look and listen to what can be found at your site. Having some plant, insect and bird books on hand is a great idea for identifying what you and your girls see.

Square Meter Search - Mark off a square meter area with flagging tape. One area for every two girls works well. Give the girls magnifying glasses and get them down on their knees to see what all they can find within their marked area. Bugs, flowers, leaves, rocks - it's all good!

Collections - collect things such as leaves, flowers, bugs, acorns, pine cones - have the girls create pictures from what they have found, or use them to decorate your dinner table (be sure there are no unexpected guests hidden inside anything!)

Photography - take pictures of your girls and the things they find to make a collage of your camp. Have the girls take turns with the camera to see what is important to them. One suggestion is to put together a slide show to present at the end of camp. Be sure each girl is in at least one photo.



Scavenger hunts - create a list of items for the girls to find. Remind the girls not to pick living plants, to use only what is on the ground.





Eye Spy - To make it fun and “fair” for little ones, have them all sit down and take turns choosing an Eye Spy item to be guessed.

Kim’s Game - Place 10 - 15 nature items on a tray (fir cone, little rock, dandelion leaf, daisy etc.) and let the girls look for a few minutes. Then give them paper and have them draw what they remember from the tray. (Most Sparks are not reading and writing well yet) Variation: have the girls look at the items on the tray, then take one item away and have them tell you what is missing.

Un-natural walk - Set up a walk through the woods and ask the girls to be on the lookout for unusual objects that do not belong. Have a leader go out ahead and place “un-natural” objects in plain sight: ie - brightly coloured hair barrette, small doll, plastic animals, anything you like.... choose something funny to see in the outdoors or at your location. After each girl has walked the “course”, have them tell you the objects they saw that were out of place.

Pinecone Relay –

Materials: pine or fir cones and rope for finish line.

How to Play: Divide into pairs. Place a pinecone between the girls’ hips and have them walk to the finish line. Try it again with the cone held between the girls’ shoulders. Try it in groups of threes, then fours. For a variation, instead of walking to the finish line, get them to walk North, South, East or West while still keeping the fir or pinecone in place.



Foxes and Rabbits –

Materials: small markers (triangles of orange fun foam works well), sit-upons and rope.

How to Play: Chose a few players to be foxes. They stand in the middle of the playing area. All of the other players gather at one end of the playing area, behind a designated "safe" area, marked by a rope. These are the rabbits in their hole. The markers are spread randomly around the playing area. These are the "carrots". At the leader's signal, all of the rabbits must run out, grab a carrot, and return to the rabbit hole without being caught by the Foxes. If a rabbit is tagged by a fox, or fails to find food, she becomes a fox.

Continue until all of the rabbits have become foxes.

Variation: Use sit-upons to create small "rabbit holes" scattered around the playing area. One rabbit at a time can use a hole for temporary safety, but she must still gather a carrot and make it back to the main hole before she is considered "safe" for the round.



Parachute Games

Materials: parachute (a sheet can be used as a substitute) bean bags - skipping ropes

Popcorn: Place a number of beanbags on the chute. Kids shake the chute to make them rise like popcorn.

Snakes: Place 4 or 6 skipping ropes on the chute. By shaking the chute, the kids try to shake them off.

Fan: About 1/3 of the group lies on their backs under parachute as the others flap the chute.

Pea-Pod: Fill the chute until high above heads. Hold on and come together in two lines facing each other. See how far the group can run with the pod before it deflates on top of them.



Owl and Mice - Choose one or two girls to be the “Owls”. Have them stand in the middle of an open space, close their eyes and count to 10. The other girls, the “Mice” then run and hide at the fringes of the open space, but they must be able to see the “Owls” from where they are hiding. The “Owls” then open their eyes, and staying in the middle, try and find the “Mice” where they are hiding. As the “Mice” are found, they become “Owls”. Continue until all the “Mice” are found.



CAMP CHALLENGES

The girls get a piece of the hat craft with each challenge completed. The bead, stem and leaves can be sewn or glued on the flower. Prepare the feather with string lashing so it can be tied or glued to the stem. Punch a small hole in the top of the flower. Have the girls thread the cord through the flower and tie their knot. Pin the completed flower to their camp hat.

Challenge	Piece of craft material earned
1. Find 1 wild flower growing. Describe it to a Guider	Flower shaped piece of felt or fun foam
2. Do something nice for someone	Heart shaped bead for the flower center
3. A clean camp is a safe camp. Find and pick up a piece of litter	Stem and 2 small leaves
4. Listen to the sound of a bird. Try to make this sound	Feather
5. Tie a knot you have just learned	Piece of cord
6. Help make a fire or gather some tinder for it.	Shiny gold pin.

MENUS and RECIPES

Snacks - Ants on a Log - wash celery and fill with peanut butter (if there are no allergic participants), or cream cheese or Cheez Whiz - add raisins, cranberries or other dried fruit for “ants” and cut into bite size lengths.



Granola Bars - as purchased from the store

Edible Campfire - there are many ways of creating this snack. Use oat o's or mini marshmallows for your fire ring. Create your logs from pretzels and add corn candy or strips of red licorice for your fire.

Breakfast - Oatmeal - great for cool mornings and hungry tummies! Add apple, raisins, blueberries or any dried fruit for variety.

- Cold cereal - Cheerios or Shreddies with fruit

- Muffins and fruit - choose one of your favorite muffin recipes or make up one of the following before camp to have ready. Use fruits in season and cut into bite size pieces or make into a fruit salad and offer with plain yogurt.

Blueberry muffins – (Makes about 12 muffins)

Ingredients:

- 1/2 cup butter, softened
- 1 cup sugar
- 2 eggs, beaten
- 1/2 cup milk
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 cups fresh blueberries, (may use frozen)
- 2 tablespoons sugar, for topping

Preparation:

In a medium mixing bowl, cream together butter and sugar.

Add eggs and mix well; stir in milk.

Combine dry ingredients and add to the mixture; stir to combine.

Gently fold in blueberries.

Fill greased muffin cups about 2/3 full.

Sprinkle tops with a little sugar.

Bake in a preheated 375 degree oven for about 20 minutes, or until lightly browned.

Banana Muffins (makes 12 muffins)

Ingredients

3 or 4 Large bananas, mashed (the more bananas the moister, so I use 4)
1/2 cup white sugar (original recipe calls for 1 cup, use 1/2 cup so it's not so sweet)
1 slightly beaten egg
1/3 cup melted margarine or butter
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1 1/2 cups flour

Mix the mashed banana, sugar, egg and margarine together. Set aside.

In a separate bowl, mix together baking soda, baking powder, salt and flour.

Mix wet and dry ingredients all together!

Pour into greased muffin tins

Bake in 350 degrees F oven for approximately 20 minutes.

Enjoy!

Lunch - Bunwiches - ask your girls ahead of camp what they like most in their sandwiches
- deviled egg, tuna, sliced meats, cheese . . . most children will prefer a bun to slices of bread!

- add cut up pieces of fruit, juice or milk

Dinner - Pasta and sauce - for interest, use Rotini pasta and offer tomato sauce or butter and grated cheese.

- Hot dogs normal or veggie wieners and all the usual condiments

For either meal, add cut up veggies and dip - carrots, celery, cucumber, broccoli.

Dessert - Worms in Dirt - chocolate pudding, made into individual plastic cups, with gummi worms buried inside and crushed chocolate wafer cookies on top.

Mug-Up - choices could be: cheese and crackers, pop corn, granola bars with hot apple juice or water.

Offer milk, juice or water at all meals.

GRACES

Each District should have an “Arts to Go” box that includes a CD with music that may help you with song ideas. Ask your Commissioner or Program Adviser!

For the Food We Eat

(Tune: "Kum by Yah")

For the food we eat, we thank you.
For the friends we meet, kind and true.
For the fun we share, all day through.
Oh, yes, we thank you.

Johnny Appleseed

Ooooooooooooooooooh,
The Lord is good to
me And so I thank the
Lord
For giving me the things I need
The sun and the rain and the apple seed
The Lord is good to me.

And every seed that grows
Will grow into a tree,
And one day soon there'll be apples
there, For everyone in the world to
share.
The Lord is good to me.

Alternate verse

Fooooooooooooor every seed I sow
An apple tree will grow
And soon there'll be an apple tree
For everyone in the world to see
The Lord is good to me.

Johnny Appleseed.
Amen (clap twice as you say amen)

Addams Family

(tune of Addams family)

Da da da dum (snap fingers twice)
Da da da dum (snap fingers twice)
Da da da dum, Da da da dum, Da da da dum (snap fingers twice)

We're hungry and we're
thirsty We want to fill our
tummies With something
really yummy And so we
thank the Lord.

Da da da dum (snap fingers twice)
Da da da dum (snap fingers twice)
Da da da dum, Da da da dum, Da da da dum (snap fingers twice)



CAMPFIRE

Campfire Songs suggestions - to find words or music to any of these songs, look on the Internet or ask your Music or Camping Adviser

Fire's Burning
The Ants go Marching
On Top of Spaghetti
Down By the Bay
The Green Grass Grows All Around
There's a Hole in My Bucket
Found a Peanut
The More we Get Together
Twinkle, Twinkle Little Star
Spark Closing

Nature Poem Ideas - feel free to add your own or have the girls make them up.

A wise old owl

A wise old owl lived in an oak
The more he saw the less he spoke
The less he spoke the more he heard.
Why can't we all be like that wise old bird?

Fog

poem by Carl Sandburg

The fog
comes on
little cat
feet. It sits
looking
over harbor and
city on silent
haunches and
then moves on.



GUIDES' OWN/REFLECTIONS

Guides' Own is a special ceremony that can be used at a camp or any event to encourage personal reflection. It can also be used as a time to give thanks for all we have and our special Guiding friends. Guides' Own can be adapted for use with girls of all ages and is always called Guides' Own no matter which branches of Guiding are involved.

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

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

Guides' Own can be made more special if it is held in a quiet location away from the areas that are being heavily used during your camp.

A Star and A Wish

This is good to use for Sparks since it involves the girls but in a relatively easy way. Each girl and adult takes a turn to say one thing they really liked about the camp (the star) and something that they might not have liked so much or something that they would have liked to do but didn't or something similar to that (the wish). You can incorporate this into a closing, with or without, a formal Guides' Own scheduled for a separate time.



William Blake

"To see a world in a grain of sand,
And a heaven in a wild flower,
Hold infinity in the palm of your hand,
An eternity in an hour."

"By suggestion and example, I believe children can be helped to hear the many voices about them. Take Time to listen and talk about the voices of the earth and what they mean—the majestic voice of thunder, the winds, the sound of surf or flowing streams." *Rachel Carson*

"What is a weed? A plant whose virtues have not yet been discovered." *Ralph Waldo Emerson*

Anne Frank

"The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature."

Go RVing

"Along with milk and vegetables, kids need a steady diet of rocks and worms
Rocks need skipping.
Holes need digging.
Water needs splashing.
Bugs and frogs and slimy stuff need finding"

GIRLS' KIT LIST – DAY CAMP

Please keep in mind that items may need to be added or deleted depending on the time of year and whether you are indoors or out!

Everyone should always wear uniform to and from camp – this does not include badge sash.

Remember to LABEL everything clearly – or you may lose it! If it's precious and irreplaceable – don't bring it.

- Warm jacket
- Rain gear
- Hat (must)
- Boots or Running Shoes (no opened toed shoes or sandals)
- Sit Upon
- Suntan Lotion (bring or wear)
- Backpack to put all items in

Dishes:

In a MESH bag (they hang to drip dry); **unbreakable** plate, mug, glass, bowl, fork, knife, spoon.
ALL marked with nail polish or permanent marker – tape will fall off when washed.
Make sure permanent marker is permanent!

Medications: To be given to the first aider upon arrival at camp.

Place all medications (prescription and over-the-counter) in a zip-lock plastic bag clearly labeled with the girls' name.
All medication (prescription and over the counter) must be in the **original** container and **clearly labeled** with dispensing instructions.

GUIDERS' EQUIPMENT LIST - DAY CAMP

This list includes only the items not listed under Games, Activities, or Crafts.

- tarp to put backpacks on, if camp is outside
- garbage bag or can
- three tarps, blankets or tables to do crafts on
- water and towels to wash hands before eating
- napkins or paper towels
- First Aid kit ([see BC website or National website for list](#))
- whistle
- watch or clock
- camera for group photo and other pictures
- goodie bags (optional)
- camp crests (optional)
- "Base Camp" sign
- Safe Guide forms: girls' and leaders' health forms (H.1 and H.2), SG.3, SG.4, H.3, H.4
- cell phone, if accessible phone is not provided at site
- camp menus
- camp tools

If not provided at the site:

- cooler
- camp stove
- cooking utensils and cookware
- fire extinguisher
- toilet paper

GIRLS' OVERNIGHT KIT LIST

Everyone should always wear uniform to and from camps.

Please keep in mind that items may need to be added or deleted depending on the time of year and whether you are indoors or out!

Remember to LABEL everything clearly in case it gets misplaced. If it's irreplaceable please leave it at home. Bring two pieces of luggage only: a bedroll and a small duffel bag that the girl can carry (No garbage bags). Your daughter should help pack her gear or she will not know where to find things while at camp.

Clothing

- warm pyjamas (a tracksuit works well)
- pants (1 pair) (NO blue jeans)
- t-shirts (2)
- sweatshirt or pullover (1) (not the one to sleep in)
- socks (3)
- extra socks to wear to bed (1)
- underwear (3)
- sturdy shoes for walking/hiking (NO open-toed shoes)
- warm jacket with hood
- raingear (MUST) including boots
- camp hat (MUST)
- plastic bag for dirty laundry
- inside shoes or slippers (must have hard soles)
- toque and gloves or mitts

Gear

- sleeping bag (suitable for time of year)
Note: theme-styled bags tend to be thin and do not provide adequate insulation.
- extra blanket
- sleeping mat—closed-cell foam or self-inflating thermal mat (Blow-up air mattresses are not suitable or reliable.)
- ground sheet (an old shower curtain, piece of tarp or any kind of plastic big enough for the sleeping mat to fit on)
- small pillow (optional)
- sleeping buddy (small, optional)

Dishes

- **Unbreakable** plate, mug, cup, bowl, fork, knife and spoon in a mesh bag (because the dishes hang to drip dry)
- Label all dishes and cutlery with the girl's name or initials using nail polish or permanent marker. Tape will fall off when the dishes are washed. Make sure the permanent marker is actually permanent!

Personal Items

These may be packed in an ice cream bucket with name in permanent marker – no tape!

- hand towel, face cloth, soap, tooth brush and paste, etc.
- hair brush and ties (long hair must be tied back at all times)
- small package of tissues
- water bottle

Miscellaneous

- camera
- personal first aid kit
- bug lotion (no spray)
- water bottle
- flashlight with **new** batteries, plus a spare set (in a labeled zip lock bag)
- whistle
- sunscreen (no spray)
- sit-upon or folding camp chair

Medications: To be given to the first aider upon arrival at camp.

Place all medications (prescription and over-the-counter) in a zip-lock plastic bag clearly labeled with the girl's name.

All medication (prescription and over the counter) must be in the **original** container and **clearly labeled** with dispensing instructions.

Please leave at home:

- all sleeveless tops (spaghetti-strap tops, tank tops, etc.)
- all open-toed shoes
- all electronic devices, including cell phones

GUIDERS' EQUIPMENT LIST

This list includes only the items not listed under Games, Activities, or Crafts.

Check with the campsite to find out what equipment is provided.

Safety

- *Safe Guide* forms: girls' and leaders' health forms (H.1 and H.2), SG.3, SG.4, H.3, H.4
- First Aid kit ([see BC website](#) or [National website](#) for list)
- whistle
- water buckets - for fire safety
- cell phone, if accessible phone is not provided at site
- extra blankets for "cold" girls

Kitchen Items

- camp menus and food
- cooler
- camp stove with extra fuel (small propane canister or white gas, check what fuel your stove uses)
- cooking utensils and cookware - suggested items:
pots, fry pan, can opener, sharp knives, spoons, spatula, juice jug, water jug, bowls, coffee pot, kettle, pot holder, cutting boards, grater, measuring cups/spoons, toaster
- other kitchen items: matches, salt, pepper, tin foil, paper towels, kitchen towel, wipes, non-stick cooking spray or oil, tablecloths, napkins, rubber gloves, garbage bags, food handling gloves, zip-lock bags, rope for clothes line and clothes pins (to hang up dish bags), baking soda (for cooking fires)
- for dish washing: three pans/buckets, biodegradable soap, dish cloths and towels, bleach, scrubbies

Miscellaneous

- camp tools - hatchet if needed for campfire, shovel for dirt for campfire safety
- lantern with necessary hoses and accessories
- hand sanitizer if using outdoor toilets
- tarps, blankets or tables to do crafts on
- watch or clock
- camera for group photo and other pictures
- fire extinguisher
- hand washing basin
- water jug (if water not provided at camp)
- toilet paper
- goodie bags (optional)
- camp crests (optional)

SPARKS GO WILD “OUT THERE”!

GUIDER EVALUATION FORM

Please share with us what you liked about “Camp in a Box” and anything that we could improve on for next time!
Thanks for your input!

WHAT DID YOU LIKE BEST?

WHAT WORKED / DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS!

Please send your pictures to us at our email site - listed below.

Please return to:
BC Camping Committee
1476 West 8th Ave.
Vancouver, BC V6H 1E1

or email to:
camp@bc-girlguides.org

