

# The Headlamp



## Special Edition: Resources

### A Message from the BC Camping Committee!

#### Committee members wanted!!

Dear BC Guiders,

The BC camping committee is looking for enthusiastic Guiders to join us. If you are interested in joining the committee, please contact [camp@bc-girlguides.org](mailto:camp@bc-girlguides.org) for more information.

We like to think that camping is the very best part of Guiding! So... do you like to camp? Would you like to help us get girls and Guiders out camping more? Come join us and help us to create tools and events to get girls and Guiders outside! The BC camping committee is looking for enthusiastic Guiders to join us in the Committee Resource Coordinator and Residential & Tenting Coordinator positions.

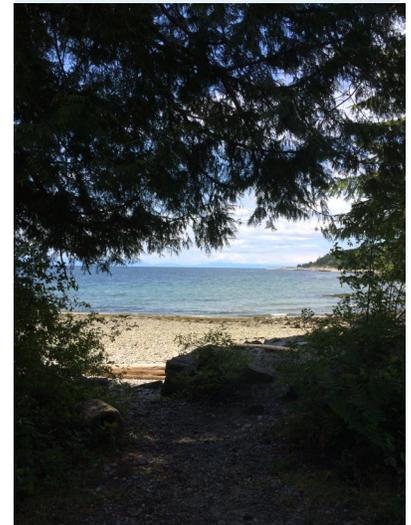
#### Committee Resource Coordinator:

Are you well organized and able to help with creating new Camp to Go? Do you enjoy being a part of creating Guiding challenges? Do you have experience working with fillable forms in either Microsoft Word or Adobe Acrobat? Have you had experience taking minutes? Are your minutes concise, comprehensive, and detailed? Are you interested in being a part of an amazing team who works towards getting our girls and Guiders camping?

#### Residential & Tenting Coordinator:

Are you well organized and like to help create camping related resources? Do you enjoy helping to organize larger events? Do you like to be a part of and organize larger events such as Mix It Up and Guide Jubilee? Would you like to help encourage and support Area's to host residential and tenting events? Are you interested in being a part of an amazing team who works towards getting our girls and Guiders camping?

If these type of positions interests you, and you would like to apply to become a member of the BC Camping Committee please fill out the [application form](#) on the BC Girl Guide website and send to [camp@bc-girlguides.org](mailto:camp@bc-girlguides.org).



#### Upcoming Camps

- Skeeter (R) - May 19-21, Nanaimo  
<http://www.skeeter.ca/>
- SOAR July 22-29, 2017  
Smithers BC
- More Seaside Fun (B G P)  
August 6-19, Camp Olave  
<http://www.campolave.com>
- Camp Hoidaze (B G P R A) -  
West Coast Area Camp  
Camp Olave  
<http://www.holidaze.ca>
- Mix it Up Canada (G-P) - Sept  
22-24 2017, Fraser River  
Heritage Park

*Your 2015 BC Camping Committee working hard at the "Giggles and Guiding" composite conference.*

*Photo by: Laura Allgrove*

Please contact [camp@bc-girlguides.org](mailto:camp@bc-girlguides.org) for more information. Happy Camping!



If you need information or have ideas for Provincial Camping activities, please feel free to email the BC Camping Committee (camp@bc-girlguides.org)



Visit the SOAR Website for the most up to date information at: <http://soarbc.com/>

## Who is the BC Camping Committee:

The Provincial Camping Committee supports and promotes camping in BC. This includes but not limited to: liaising with Provincial and National Committees, organizing provincial camping events, maintain contact with Camping Advisers across BC, creating and maintaining Provincial resources and tools, publish Headlamp - BC Camping newsletter for all Guiders, upload resources and tools to the BC website, and provide webinars on camping.

- Provincial Camping Advisor - Joy Andersen
- Adventure Camp & Trex Coordinator - Erin Debruin
- Committee Resource Coordinator - Vacant
- Communications Coordinator - Jeannie Crivea
- Residential & Tenting Coordinator - Vacant
- Training Coordinator - Annalisa Adam

## Headlamp Newsletter:

Headlamp is a Camping Newsletter for all BC Guiders, Transitioning members, and Rangers.

Previous editions are available on the website so if you don't what you need in the current issue, please do check the other editions. They can all be found at: <http://www.bc-girlguides.org/web/> under Camping > Headlamp

## Stories for Headlamp:

Headlamp is always looking for great camping stories to be featured in future newsletters. We would love to hear about the great things that happen to everyone while they are at camp. Please share your wonderful and your not so wonderful stories with Headlamp it could be something funny, how you incorporated a great theme, how you survived a week of rain, or anything you want to share. If your story is published you will receive a prize.

Please send your stories to: [camping.headlamp@bc-girlguides.org](mailto:camping.headlamp@bc-girlguides.org)



In 2014 the whole BC Camping Committee was in attendance at SOAR and we are going to all be there again in 2017. This summer the Spirit of Adventure Rendezvous is being held July 22-29, 2017 in Smithers! We can't wait to see you there. If you find us ask about our special BC Camping Committee crests.

Were to find us:

- Joy Andersen - Kispiox Range: Rangers Subcamp Team
- Annalisa Adam - Kispiox Range: Ranger Patrol
- Jeannie Crivea - Hudson Bay Mountain: Crafts Program
- Erin Debruin - Hudson Bay Mountain: Ranger Out Trips

You can also follow SOAR 2017 on Social Media:



## Did you know...

- That the Camping Committee is looking for new members?
- All Camps to Go can be used for all branches of Guiding you just have to adapt them for the branch you are working with. Ie: Rangers can do the “Sparks - Go Wild at the Palace” Camp to Go
- Camps to Go are subjected to your interpretation and do not have to followed completely.
- Remember just because you have done a Challenge or Camp to Go it doesn't mean your girls have.
- There is no shipping of Challenge and Camp to Go Crest orders within BC.
- That the Rangers can do the Sleepover portion of the BC Camping Challenge!
- The purpose of the BC Camping Challenge is to get the girls out camping in all four seasons.

## “NEW” Camp to Go - Sparks and Brownies “Let's Get Cooking”

Welcome to Let's Get Cooking – Sparks & Brownies, an exciting event for both Sparks and Brownies. We hope the girls and adults will be active, have lots of fun moving about and enjoy learning the basic skills and fun of Camping.

In this camp package, you will find the program outline for a one -night event with 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 the season, your accommodation — building or campsite, the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be **flexible**. Adapt this package to have fun while learning to camp!

Try this craft from the new Let's Get Cooking for Sparks and Brownies:

### Amazing Herb Pots:

#### Materials

- Herb plants or seeds
- Planting soil
- Terracotta Pots
- Googly eyes
- Glue gun
- Tongue depressors
- Felt pens
- Tempura Paint (Optional)

#### Method

1. Write the name of the herb and child on the tongue depressors (put aside)
2. Glue googly eyes on the top rim of the pot and add face as desired
3. Fill pot with potting soil and seeds or herb plant
4. Water plant and add tongue depressor

Note: if you are going to paint the pots it would need to be done before watering the plant



## Know Your Area Camping Adviser

Fraser Skies Area:  
Cindy McInnis

Kootenay Area:  
Tamara Mclean

Lions Area:  
Gwen Walwyn

Lougheed Area:  
Lorraine Pogue

Monashee Area:  
Kelly Shearing

Pacific Shores Area:  
Wendy Jackson

Rivers North Area:  
Laura Allgrove

SVI Area:  
Araïna Golding

Thompson Nicola Area:  
Debbie Jestin

West Coast Area:  
Tammy Tromba

For information on how to contact  
your Area Camping Adviser, ask  
your District/Area Commissioner  
or email Joy, the BC Camping  
Adviser, at [camp@bc-  
girlguides.org](mailto:camp@bc-girlguides.org)



## Instant Meetings

Instant meetings are now available on the Provincial website for teaching camping skills to the different branches of Girl Guides.

### Sparks-

Compasses  
Hike  
Leave No Trace  
Getting Ready for Camp

### Brownies-

Compasses  
Hike  
Knots Training  
Leave No Trace  
Trail Signs  
Things we need at camp

### Guides-

Compasses  
Hike  
Just Basic Knots  
Trail Signs  
Fire  
Leave No Trace - Amazing Race

### Pathfinders-

Compasses  
Hike  
Survivor Uknknot  
(You Can Not)  
Leave No Trace - Amazing Race

## InReach communication device: Keeping Connected wherever you are

Safe Guide requires us to have a clear communication plan in the event of an emergency, and in areas of the province where cell phone coverage is not possible, devices like a satellite phone, personal beacon (SPOT) or similar device is key. To facilitate this, BC Camping committee has purchased an InReach SE device that when not in use by provincial trips can now be booked by groups within the BC.

The InReach provides you a connection to EMS or your Home Contact Person wherever you go using SMS technology to provide a interactive SOS and 2-way messaging anywhere cell phones don't. This means you can share the nature of the incident with rescuers or share specific information with your home contact about how things are going with the group. In addition, you can track your progress and share your location.

The unit is be available for groups to book. There will be a \$10 fee and a deposit attached to borrowing the unit that will have to be paid by the group. For further information and to book the unit, please contact the Adventure Camping & Trex Liaison at [adventure.trex@bc-girlguides.ca](mailto:adventure.trex@bc-girlguides.ca) .

## Camping challenges:

### “Tidy Camper” Challenge

Objectives of the new challenge are to encourage girls to be neat, tidy, look after their belongings, and help at camp. The challenge crest can be earned by the group or worked on individually by girls.

#### Challenge Requirements:

To earn the Tidy Camper Challenge each girl needs to complete the required number of challenges per branch, with a minimum of 1 per category and the required 2 core challenges.

**Sparks** – 4 challenges

**Brownies** – 5 challenge

**Guides** – 6 challenges

**Pathfinders/Rangers** -7 challenges

#### Categories:

Personal Belongings

At Camp

Core Challenges

### “Camp Around BC” camping challenge

The goal of the Camp Around BC Challenge is to get girls camping at the different campsites and properties owned by Girl Guides of Canada around BC.

The requirements are the same for all members and will need to be completed at several events and possibly over several Guiding years.

#### Challenge Requirements

- 1) Visit and camp (overnight) at 3 or more of our beautiful BC Girl Guide campsites and properties. Try to visit one new-to-you campsite/property and preferably one located outside of your area.
- 2) Keep track of the camps completed by using the Girls Camp Record (BC307). Older girls can maintain their own record sheet.
- 3) At each camp, try something new (i.e. Archery at Camp Olave, trying ethnic food while visiting Richmond Guide House, canoeing while at Camp Arbuckle).

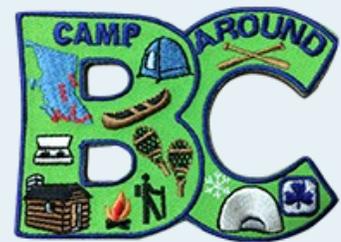
### “100km Hiking Challenge”

#### **CHALLENGE:**

Hike or walk 100km to celebrate Girl Guides of Canada! Take the challenge with a friend, incorporate the challenge into your unit’s activities, or challenge the other leaders in your district/area. Once you have hiked or walked 100km mail your tracking sheet to “**Girl Guides of Canada – BC Hiking Challenge, 1476 West 8th Avenue, Vancouver, BC, V6H 1E1**” to get your crest(s). Crests are \$1 each for BC Units/Members and \$1.50 for all Non-BC Units/Members.



Tidy Camper Challenge



Camp Around BC Challenge



100 km Hiking Challenge

The complete challenges and **BC Crests Order Form** are found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Program > Challenges & Activities > Provincial Challenges). Instructions on how to order the crests are provided on the form.



## The BC Camping Challenge:

The **BC Camping Challenge** contains four categories: **Camp Preparation, Camp Cooking, Camp Skills, and Outdoor Activities**. To earn each seasonal Challenge Crest the girls need to have an **overnight** camping experience, and complete the required number of challenges from each section. Sparks can camp for one or two nights; Brownies, Guides, Pathfinders and Rangers all need to camp for two nights.

To complete a challenge and earn a crest please carry out the minimum number of challenges from each of the four sections as follows:

**Sparks & Brownies:** 2 from each of Camp Preparation, Camp Cooking & Camp Skills,  
1 Outdoor Activity

**Guides, Pathfinders, Rangers:** 3- 5 from each of Camp Preparation, Camp Cooking & Camp Skills, 2 Outdoor Activities

**Guiders do the same number of challenges as the girls they are working with.**

**All Branches: Complete the mandatory, “Be a No Trace Camper – leave your campsite in better condition than you found it.”**

The **Sleepover Challenge** from the **BC Camping Challenge** to get the girls started. The sleepover challenge is written with Sparks, Brownies, and younger Guides in mind; Pathfinders, Rangers, and older Guides may choose to complete this challenge by organizing and running a sleepover for girls in a younger branch.

The **Fall Fun** challenge includes learning about fire safety, breaking in and using your hiking boots, taking an alternative form of transportation to get to camp, and learning about animal safety at camp.

The **Wonderful Winter** challenge includes learning about building and lighting a fire in the snow, preventing Hyperthermia and Hypothermia, and how to properly fit snow shoes.

The **Super Spring** challenge includes learning about practicing to making a bedroll, learning to play a game using knots you would use at camp, assemble a small personal First Aid Kit, cook a tin foil dinner. organize and raise the colours at camp, and make an emergency shelter even sleep in it if possible.

The **Sensational Summer** challenge includes learning about tin foil ovens or buddy burners, make ice cream in a Ziploc bag or tin can, lash a washing station, learn new campfire songs, go on a scavenger hunt, go swimming, canoeing, or kayaking, learn about laying and follow trail signs, and learn what to do if you are lost.



When you have fulfilled the requirements, complete the **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Program > Challenges & Activities > Provincial Challenges). Instructions on how to order the crests are provided on the form.

# BC Geocaching Challenge - 2nd Edition

The BC Girl Guide Geocaching challenge is designed to get girls & Guiders to learn about geocaching and GPS technology in a fun way.

To get you started, there is some information included about the history of Geocaching, types of geocaches and how to set up your own geocache or send out a trackable.

## CHALLENGE REQUIREMENTS

To earn the geocaching challenge crest, complete all sections of the challenge for your branch

*Note: Caches set up for a geocache hunt meeting can be temporarily set up without being logged.*



Geocaching  
Challenge

Branch	Section A	Section B
<b>Sparks</b>	<b>Learn about geocaching</b> When did it begin? Where is the very first geocache located?	<b>Go Geocaching...</b> Find a geocache in your neighbourhood and log your finds onto <a href="http://www.geocaching.com">www.geocaching.com</a> .
<b>Brownies &amp; Guides</b>	<b>Learn about geocaching &amp; GPS units</b> When did it begin? Who created the term geocaching? Where is the very first geocache located? How do GPS work?	<b>Go Geocaching...</b> *Find two different types or sizes of caches in your neighbourhood. Log each of your finds onto <a href="http://www.geocaching.com">www.geocaching.com</a> . *Learn how to create and maintain a geocache <b>or</b> Learn about a trackable (geocoin or travel bug) using <a href="http://www.geocaching.com">www.geocaching.com</a> , look at the history to follow where it has traveled, what are its goals, if possible find a trackable in your area and move it to a new location. *OPTIONAL: Send out your own trackable item or create your own geocache.
<b>Pathfinders</b>	<b>Learn about geocaching &amp; GPS units</b> When did it begin? What is Selective Availability and why was getting rid of it important to geocaching? Where is the very first geocache located? How do GPS's work?	<b>Go Geocaching...</b> *Find at least three different types or sizes of caches in your neighbourhood. Log each of your finds onto <a href="http://www.geocaching.com">www.geocaching.com</a> . *Learn about a trackable including its goals and where it has traveled, if possible find a trackable in your area and move it to a new location *Create a geocache with your Unit and post it OR send out a trackable into the world and track its progress on <a href="http://www.geocaching.com">www.geocaching.com</a> .
<b>Rangers &amp; Adults</b>	<b>Learn about geocaching &amp; GPS units</b> When did it begin? What is Selective Availability and why was getting rid of it important to geocaching? Where is the very first geocache located? How do GPS's work?	<b>Go Geocaching...</b> *Find at least three different types or sizes of caches in your neighbourhood. Log each of your finds onto <a href="http://www.geocaching.com">www.geocaching.com</a> . *Create a geocache with your Unit and post it OR send out a trackable into the world and track its progress on <a href="http://www.geocaching.com">www.geocaching.com</a> . *Create a geocache hunt meeting for a local Spark, Brownie, or Guide or Pathfinder Unit.

The complete challenges and **BC Crests Order Form** are found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Program > Challenges & Activities > Provincial Challenges). Instructions on how to order the crests are provided on the form.

## Area Team Hosted Camps:

### Lets Camp S'more

Let's Camp S'more is a great program its objective is to introduce and teach basic camping skills to newer Guides. It's goal is to help to motivate them to want to camp in tents, and to increase their interest in camping 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. Please note, these activities are suggestions and not all activities must be done. The primary objective of this camp is to give Guides a chance to sleep in a tent for the first time and learn how to help in the preparation and cooking of their food.

Please give them the opportunity to work on these skills and just step in to assist where necessary. To this end, we are making this a very simple camp where patrols will have lots of time to set up their tents and cook and clean up after their meals.

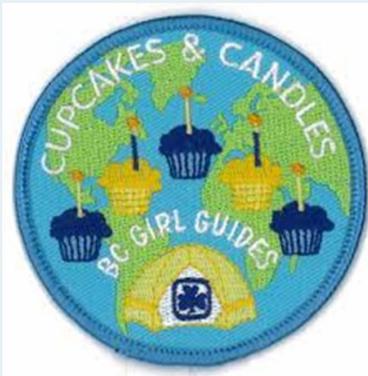
In the Camp to Go package you will find the program outline with a round robin of camping skills, games and crafts. As well, there are menu and recipe suggestions, and a kit list. As mentioned, this camp is very basic. If your campers are more experienced, you can introduce more or different activities to build on the skills they already have. Plan your camp to suit your girls and your 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 the basic camping skills to keep you and your girls happy in learning to camp in a tent setting.

### Cupcakes and Candles

**History:** *Cupcakes and Candles* started a number of years ago as a Provincial Thinking Day Event at Tsoona which was a campsite owned by BC Council, Girl Guides of Canada-Guides du Canada. When Tsoona sold in 1994 *Cupcakes and Candles* spread its wings and moved to Areas throughout the province. After many successful events over the next few years, *Cupcakes and Candles* has evolved into a camp being hosted by Districts or Areas throughout the province.

**Purpose:** As *Cupcakes and Candles'* origins were centered around the celebration of Thinking Day and an opportunity to experience Guiding around the world, its purpose has been to encourage girls to meet and make new friends while learning about other countries and to do so in a residential setting. The making of new friends suggests that the event be a multi-unit, district or Area event with an International theme.

In the 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 from the BC Program Committee for her assistance with the updated version of this package.



## Under the Boughs

Under the Boughs is a camp that can be hosted by Areas, Districts, or groups of units. The idea of the camp is primarily for Pathfinders, but it can certainly be adjusted for Rangers or even Guides. Under the Boughs is often done as a winter camp, but it can be a Spring, Fall, or Summer camp as well, anything that is hosted 'under the boughs'. The BC Camping Committee provides toques for order for Under the Boughs in a different style each year with the Under the Boughs logo printed on them.

For the past few years the Pathfinders, Rangers, and Trex have voted on which toque style they would like to see. The 2016/2017 results were the Navy Toque and will be available until the end of August 2017.

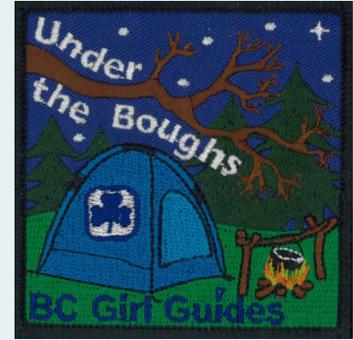
Under the Boughs toques (\$8.00 BC) and Under the Boughs crests (\$1.00 BC units. \$1.50 outside BC plus \$5.00 shipping) can be ordered from the BC Girl Guides website. Toques can be provided in advance, but please allow five to six weeks for delivery.

To place an order:

·By check: include a check made out to BC Girl Guides -BC Council and mail the check and order form to:

Girl Guides of Canada-BC Council  
Attention: Under the Boughs Toques  
1476 W 8<sup>th</sup> Ave.  
Vancouver, BC V6H 1E1.

·By credit card: email the completed order to [officeclerk@bc-girlguides.org](mailto:officeclerk@bc-girlguides.org) and then phone 604-714-6636 extension 123 or toll free 1-800-565-8111 (during office hours)



To order Crests, complete the **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Camping > Area/Team Hosted Camps). Instructions on how to order the crests are provided on the form.

## Webinars:

### Inclusivity at Camp and Beyond

Do you have a girl or Guider in your unit with 'exceptionalities', 'special needs' or a 'disability'? Interested in learning more about creating inclusive meetings and camps that can meet everyone's needs? Are you ready to meet any surprises that come with new girls registering to your unit for the next year?

If you fit any of these, or are looking for direction on how to be more inclusive in your unit and camps, please join us for our 2hr training session "Inclusivity at Camp & Beyond", being hosted as a webinar on Thursday, May 18<sup>th</sup> at 7:30pm PDT. Topics covered in the training include:

- Diagnoses, disabilities and exceptionalities
- Approaches to inclusivity
- Accommodation, modification and intervention
- Available resources
- Question & answer period

Please RSVP ([RSVP Form](#)) before May 15, 2017. If you are unable to attend the webinar but would like to be provided with the resources, please fill out the form at <https://goo.gl/forms/5oDGEYv3VKnBAhNP2>

Once registered, you will be sent specific instructions on how to participate in the webinar 48hr before the session, including the link and any material that we will be sharing during the session. If you would like more information about this training, please contact Erin DeBruin at [adventure.trex@bc-girlguides.org](mailto:adventure.trex@bc-girlguides.org).

## Trex:

### What is Trex?

Trex was created in 2003 as one of the Extraordinary options to provide a unit of girls who were excited about being part of Girl Guides of Canada for the camping opportunity, without having to complete program as is typical in a Pathfinder or Ranger unit. Trex units can run regular meetings, or they can meet around preparing and executing specific activities. To learn more about Trex check out The Backpack on memberzone.

### Where is Trex in BC?

We currently have 12 active Trex units in the province across 9 Areas.

### How do girls register for Trex or find a unit online?

All Trex units are listed both as a Pathfinder and Ranger unit. The best way to find a Trex unit in your area is to go to the Unit Finder page on the National website and type in your address information and select Ranger units. You will have to click on each selection that comes up to find the units that are actually Trex units.

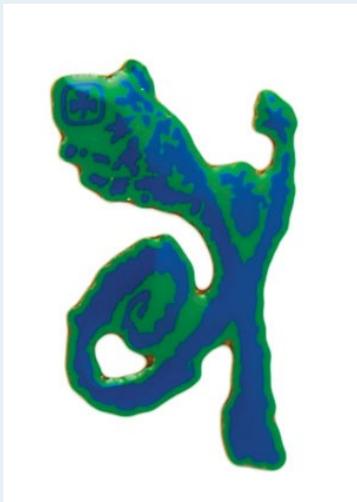
Girls that are not already registered in a unit can register online as they would with any other unit and pay their registration fee. For those girls already registered in a Pathfinder or Ranger unit, they can contact the unit directly and have them added to the roster without any further paperwork.

### How do I open up a Trex unit?

Trex units can be opened at a District or Area level, but regardless units need a councils support to ensure a two-way flow of communication, and financial support help for the unit's activities. Guider orientation for Trex units are done by the Adventure Camping & Trex Liaison on the BC Camping Committee ([adventure.trex@bc-girlguides.org](mailto:adventure.trex@bc-girlguides.org)) and she is available to answer any additional questions.

### Do I need special qualifications?

Safe Guide requires at a very minimum that we have experience above and beyond the girls we are taking. This means to undertake adventurous activities that are the core component of the Trex program we highly recommend that guiders have significant camping experience in standard tent camping as well adventure camping if possible. The adventure camping experience can be gained through OAL trainings within Guiding (ie. OAL Residential & Tenting, and the OAL Adventure training) or through personal experience. Otherwise you would have to rely on third party service providers to have this experience to fulfill Safe Guide.



## BC Girl Guide Website:

[BC Camping](#) tab on the [BC Girl Guide](#) website is where you will find all the Camps to Go, Area/Team Hosted Camps, and Camping Challenges featured in this Headlamp. You can access past Headlamps all the way back to December 2011. There are other resources to be found on the [BC Camping](#) portion of the website. Below is the breakdown of these sections and a sampling of what is available in each section.

**Camp Planning Support:** [BC Standards for Camping](#), [OAL Residential Equivalency](#), [Girl's Camp Records](#)

### **Camping Resources:**

Activities, Set-Up, Skills- [Progression of Camp Cooking](#), [Progression of Camp Skills - Activities for Your Meetings](#), [Progression of Camp Skills for Girls](#)  
Crafts - [Camp Stove Crafts](#), [Duct Tape Lanyard](#), [Pony Bead Flashlight](#)  
Games - [Compass Games](#), [Outdoor Skills Games](#), [Teamwork Game with Tent Pole](#)  
Recipes - [Dutch Oven Recipes](#), [Trail Mix Bars](#), [Lunches To Go \(Peanut & Nut Free\)](#)

**Provincial Camping Opportunities:** This is where you would find any BC Camping Committee great opportunities for the current Guiding year and application forms for the opportunities.

**Websites of Interest:** [HealthLink BC - Dietician Services](#), [Spirit Of Adventure Rendezvous \(SOAR\) BC](#), [BC Parks](#)

## Member Zone:

In the Camping and outdoors section of Member Zone you will find tools such as menu planning templates that will help you plan your camp. There is also information on training opportunities that can further develop your camping and outdoor skills. Below is the breakdown of the sections that are provided and a sampling of what is available in each section.

### **Outdoor Activity Leadership (OAL)**

The OAL Program provides you with the training and resources to create fun-filled outdoor experiences. [OAL Program Overview](#) For further training opportunities, visit the [Training](#) page.

### **Camping and Program Planning**

The OAL Guide to Camping is one of the main resources for planning camps and outdoor activities.

**OAL Resources:** [OAL Guide to Camping](#)

**Day Camping:** [Day Hike Gear List](#), [Spark Day Camp](#), [Brownie Day Camp](#)

**Camp Planning:** [First Aid Kit List](#), [Camp Planning Timeline](#), [Camp Budget Planning](#)

**Residential Camping:** [Personal Gear List](#), [Group Equipment List](#), [Residential Camp Itinerary](#)

**Tent Camping:** [Personal Gear List](#), [Group Equipment List](#), [Tent Camping Itinerary](#), [Patrol Chore List](#)

### **Outdoor Activities and Skills**

Here are some activity ideas to promote outdoor fun, that can be used at the park, on a hike, a nature outing or at camp.

**Outdoor Fun:** [Bring Nature Inside](#), [Exploring Nature](#), [Hiking and Outing Activities](#),

**Outdoor Skills:** [Flag Raising](#), [Trail Signs](#), [Axe Safety](#), [Knife Safety](#)

### **Adventure Camping**

Adventure camping opens an exciting avenue for adventure and challenge for girls and their Guiders. The information below will guide you through planning and supporting these adventures.

**General Resources:** [The Guide to Adventure Camping](#), [Adventure Camping Participants Package](#)

**Planning Templates:** [Planning Timeline](#), [Trip Itinerary](#), [Beginner Backpacking](#)

**Gear Lists:** [Individual Gear](#), [Personal Emergency Gear](#), [Wilderness First Aid Kit](#), [Snow Camping](#)

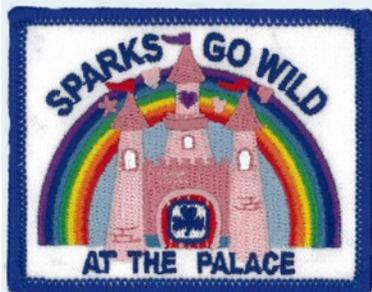
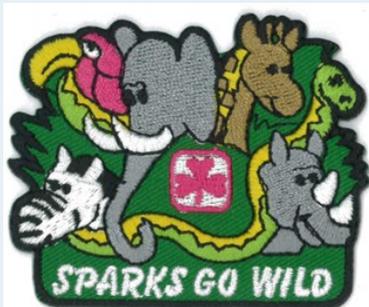


## Camps to Go:

### Sparks:

The Sparks “Camp to Go” camp packages include a program outline for a day or overnight event and a wide variety of activities, games and crafts to choose from. As well, there are suggestions for a menu and recipes, a campfire, Guides’ Own and a kit list. Build your camp to suit the season, whether you are staying in a building or campsite, the number of girls and the available time. Pick the activities that work for you and your girls, and draw on the strengths and knowledge of your Guiders and parents!

Sparks are full of adventure, and love camps and sleepovers. Often it can be Spark parents that are more nervous about Sparks camping than the girls. These camps works wonderfully as a Spark and Mom residential weekend camp (two nights), but these activities can certainly be adjusted to be used for a one night camp, sleepover, or day camp. Keep in mind that if you do an Adult/Spark event each Spark will have an adult with her, you are able to do crafts and activities that would usually be beyond a Sparks’ ability level.



### **Sparks Go Wild – ALL YEAR**

Sparks Go Wild - All year is written as an overnight Spark & Mom Camp. Sparks love to celebrate anything, so what would be more fun than celebrating a whole year of holidays in one action-packed weekend?! You can start out the weekend by ringing in camp like it is the New Year, dress up for a Halloween ball and even wake up on Christmas morning! Some of the other great holidays included in Sparks Go Wild – All Year are: Easter, International Day of the Girl, Earth Day, Mother’s Day, and Canada Day.

### **Sparks Go Wild – IN THE JUNGLE**

Sparks Go Wild - In the Jungle is a day or overnight camp. Swing into action with this jungle-themed camp and keep your girls and leaders jumping with all the exciting things we have planned for you. There are lots of Craft and Activity ideas including Coffee Can Drums, Animal Masks, Tiger Tails, Pin the Tail on the Zebra, Elephant Hunt, and a Wild Animal Safari.

### **Sparks Go Wild – AT THE PALACE**

Sparks Go Wild at the Palace is a day or overnight camp. We hope the girls and adults will come, be active and have lots of fun moving about and going royally wild! Why don’t you create Flowers for a visit from the Queen or play a Royal Kim’s Game using objects that fit the theme such as jewels, cup and saucer, stuffed horse, plastic crown, picture of a castle, a princess figure, etc.

### **Sparks Go Wild – OUT THERE**

Go Wild Out There, this camp in a box can be done in a variety of settings and formats. Come spend time in the great outdoors with the Sparks! The Sparks can be taken out camping, for a sleepover, or a day-camp. Sparks love trying new things like sleeping in a tent. Sparks love to sleep in tents, even if those tents are put up inside a building! 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.

### **Sparks GOLD RUSH**

**Limited time left to get your “Sparks Gold Rush” crests!**

**Get your “Sparks Gold Rush” before they are all gone!**

Howdy partners! Welcome to the era of the Gold Rush! Take your Sparks back to the exciting times of hunting for gold in the back of beyond with this easy to follow Sparks Gold Rush day camp. Have fun learning about life and prospecting in the past century.

## Brownies:

The Brownie “Camp to Go” camp packages include a program outline for a two-night event with 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 the season, your accommodation — building or campsite, the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be **flexible**.



### **Brownie Magic**

Brownie Magic, is the first camp-in-a-box developed by the BC Camping Committee. Many Units have used this package since its debut in 2002. We hope the girls and adults will come, be active, and have lots of fun being magical. Be amazed while learning magic tricks like Whishing on a Star, Disappearing Girl, and Floating Brownie. Adapt the package to have a fun and magical time with the girls!

### **Brownie Magic Around the World**

Brownie Magic Around the World, is an exciting event for Brownies. We hope the girls and adults will be active, have lots of fun moving about and enjoy learning about other places in the world. Go explore the world. You could visit countries like Australia, Cambodia, Mexico, Chille, Japan, Iceland, and Russia. The options are endless. Create Nigerian Drums, play a game from Cambodia, and try new foods from other countries. Have fun adapting this package to have fun pretending to travel around the world!



### **Brownie Magic Under the Big Top**

Brownie Magic Under the Big Top, is a fun way to be active and have lots of fun in a circus environment. Have fun creating crafts like Clown banks, Jester’s Hats, and Paper bag clowns. Participate in amazing activities like Feed the Circus Lions, Clown Costume Relay, Tattoo Parlour, and Pin the Nose on the Clown. Enjoy pretending you have joined the circus!

### **Brownie Magic Goes Exploring**

Brownie Magic Goes Exploring is a special event for Brownies. The idea is to have lots of fun enjoy exploring British Columbia. Take yourselves outdoors and do bark rubbings, go on a hike, learn about compasses, or go on a scavenger hunt. Make some fun hat crafts, or soap carvings, or candles. Adapt this package to have fun exploring our province with the girls.





Guiding Elements  
Earth



Guiding Elements  
Fire



Guiding Elements  
Air



Guiding Elements  
Water

## Guides:

The Guiding Elements "Camp to Go" series include a program outline and a wide variety of activities, games, projects 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 the season, 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.

These four camps are based on the elements earth, fire, water and air. The elements are very dependent on each other - fire requires earth for the source (wood), air for oxygen and water for safety. Adapt the packages to have fun learning about each Element.

### **Guiding Element – EARTH**

The earth is our home. As the third planet from the sun, it is the only known habitable world in our solar system. The more we learn about the world around us the better we will be able to help take care of it and become better stewards of our home.

### **Guiding Element – FIRE**

Fire is one of the most important highlights of camping for cooking, warmth and memorable campfires. Learn about Fire Safety, make Fire Starters, enjoy Edible Campfires, do Fire Experiments in a safe environment, and learn fun Fire Facts.

### **Guiding Element – AIR**

Air is all around us, but did you know that air pushes against you all the time? You cannot feel the air pushing in on you because your body pushes outwards with the same force as the air. Without air we could not live. We cannot see it or smell it, but we can feel it when it moves - which is the wind. Just like water, air has many uses. Sailing boats have large sails which catch the wind to push them through the water. Windmills harness the power of the wind to grind wheat into flour or make electricity.

### **Guiding Element – WATER**

Every living thing on earth depends on water to stay alive. Through Guiding, we can promote a strong sense of stewardship of this limited natural resource. In Canada, we are rich in rivers, streams, lakes and waterways, but there are many parts of the world where water is scarce and needs to be carefully hoarded and monitored. Keeping our own waterways clean and useable is the responsibility of each one of us.



## Pathfinders and Rangers:

### **GIRLS CAN**

**History:** *Girls Can* started as a Monashee Guider and Ranger unit's idea to teach girls about the various opportunities open to them in the trades. We have expanded this to include a wide variety of employment opportunities and life skills for young women.

**Purpose:** Although much has been done to make girls more aware of alternate employment opportunities, many girls are still un-familiar with or intimidated by what was once considered male positions. This may vary from community to community. *Girls Can* is a resource to help organize a camp or overnight to help facilitate educating girls about these opportunities.

Although this resource is geared to Pathfinders and Rangers it can be adjusted for any branch within Guiding. **Sparks, Brownies and Guides also CAN!**

In the 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 evaluation. Please remember to be flexible as planning will very much depend on your chosen program.

### **GLOBAL HAPPENINGS**

This Camp to GO from the BC International Committee is intended to provide participants with a safe space to learn about global issues, ask questions, develop their own opinions and think about ways in which they can help. While the issues covered in this camp are complex and can be challenging, they are important issues that affect the lives of millions of people around the world every day, and are important for members of Guiding to understand. As an extension of this camp, girls can be encouraged to speak out and take action on these issues, in a way that will better our world for girls and women everywhere. Because of the challenging content of this Camp to Go, it is intended for Pathfinders and Rangers. However, some of the activities can be adapted for use by younger branches as well.

In this package, you will find the program outline and a wide variety of activities and games to choose from, based on the general topics of water, food, health and access to education. As well, there are menu and recipe suggestions, Guides' Own and a kit list. Build your camp to suit the season, building or campsite, number of girls, their interests and available time. There are far too many activities in this package to fit into one weekend, so pick those activities that work the best for your group and remember to be flexible. Adapt this package to have fun learning about global issues that affect all of us – pick one to learn about in detail, or plan taster activities for all four. Because of the breadth of the topics and activities suggested in this package, you can use this package to plan more than one camp.

### Multi Branch:

In these Camp to Go packages, you will find the program outline for a two night event 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 a fun and magical time with the girls!

### **Oh The Thinks You Can Think**

'Oh The Thinks You Can Think' to Go is a fun camp for all ages. It is a wonderful theme that can be used for a Unit camp all the way to a District Camp. Oh what fun you will have discovering twirlers, creating truffula trees, and concocting crazy hairdos. This Camp to Go would also be a great indoor winter camp.

### **PACASACH**

The World Centers Camp-To-Go was created by the BC and Fraser Skies Area International Committees in British Columbia to provide Guiding members an opportunity to enjoy and experience the World Association of Girl Guides and Girl Scouts (WAGGGS) World Centres programming at camp.

The term PACASACH comes from PAX Lodge, Our CABana, SANGam and Our CHalet.

PAX Lodge is located in London, England; Our Cabana is located in Cuernavaca, Mexico; Sangam is located in Pune, India; and Our Chalet is located in Adelboden, Switzerland. (A fifth world centre "Kusafiri" has not been included in the camp to go. A separate Kusafiri challenge will be available in the future.)

Have fun learning about the World Centres.



Girls Can



Global Happenings



Oh The Thinks!



PACASACH

## Just Gotta Camp for all Branches

Just Gotta Camps are available for each branch of Guiding. In the camp packages, you will find the program outlines for a one or two-night event with 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 the season, your accommodation — building or campsite, the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be **flexible**. Adapt this package to have fun while learning to camp!

### **SPARKS and BROWNIES**

Sparks and Brownies Just Gotta Camp will include What to Wear and How to Pack it, Maps and Compass, Learning to Cook, Basic First Aid, Taking Care of Nature, Knots, Games, Crafts, and Menu ideas with Recipes.

### **GUIDES**

The Guide Just Gotta Camp includes activities for What to Wear and How to Pack it, Maps and Compass, Learning to Cook, Campsite Management, Taking Care of Nature and Leave No Trace Camping, Knots and Where to Use Them, Fire Styles, Games, Tarps, Crafts, and Menu ideas with Recipes.

### **PATHFINDERS and RANGERS**

The Pathfinders and Ranger Just Gotta Camps is a great resource for having lots of fun taking their camping skills to a new level and enjoy learning the basic skills and fun of adventure camping.

In the Pathfinder and Ranger Just Gotta Camp you will find a program outline for a two-night event with a wide variety of activities, games and crafts to choose from to teach the girls about the 10 essentials needed for survival in outdoor adventure. As well, there are menu and recipe suggestions, a campfire, Guides' Own and a kit list. This resource is designed to be used by girls and Guiders alike to be involved with the camp planning process. Build your camp to suit the season, the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be **flexible**. Further themes that fit these activities include Survivor, Hunger Games, Off to Neverland etc. Adapt this package to have fun while learning to camp!

To order all Camp to Go crests, complete the **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Camping > Camps to go). Instructions on how to order the crests are provided on the form.

