Basic Troop Camping

Course Pre-requisite – OUTDOOR 101, an Introduction to the Out of Doors

Camping is a great way for girls to explore leadership, build skills, and develop a deep appreciation for nature. Whether for a day, a week, or longer, Girl Scout camp gives girls an opportunity to grow, explore, and have fun under the guidance of caring, trained adults.

Upon completion of this course, you will be able to take your girls camping at sites with established restrooms and sleeping facilities such as cabins, screen in shelters, and platform tents, and yurts.
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For additional Outdoor Program resources visit GSCM’s Leaders Toolkit at http://gscm.org/leader-tool-kit/.
Camping Preparation Check List
I have completed Outdoor 101, the pre-requisite to Basic Troop Camping

I have read the following in Volunteer Essentials (VE) or the Safety Activity Checkpoints (SAC):

- Ratios/supervision (VE)
- Camping (SAC)
- Emergency procedures (VE)
- Transportation/drivers/insurance (VE)
- Outdoor Cooking (SAC)
- First Aid (VE)
- SAC for any outdoor activities taking place during the camp trip such as water activities, archery, etc.

I (or one of the adults accompanying our troop/group) have:

- Received the necessary outdoor training
- Taken care of the necessary transportation arrangements
- First Aid/CPR certification (should not be the camped trained adult)
- Reserved the campsite
- Reviewed the GSCM Troop Trip/Travel Packet (02-828)
- Completed or collected any necessary paperwork such as:
  - Troop trip application (03-828) (as needed)
  - Parent/Guardian Permission Form (02-002)
  - Health History Card (02-779)
  - Photo Release Forms (03-302 and 03-303)
  - Additional Insurance if necessary (see Trip/Travel Packet 02-828)
- Received permission slips & health history forms from each girl attending
- Arranged for a back-home emergency contact
- Gathered all of the necessary equipment
- Used girl/adult planning

Skills to be taught/reviewed with the girls prior to camping:

- Packing personal and troop/group equipment/supplies lists
- Creation of a budget for the trip
- Cooking skills: charcoal/wood/portable stove
- Kaper charts - how to use for camp
- Sanitation at camp
- Hand washing procedures
- Dishwashing and disposal of garbage and trash at camp
- Setting up camp
- Group living skills – teamwork and cooperation
- Minimal impact camping: ecology and recycling – leave no litter
- Outdoor etiquette and manners
- Dressing appropriately for outdoors and unexpected weather
- Simple knots
- Menu planning/creating shopping lists
- Practice emergency procedures (fire drills, stop/drop/roll, severe weather)

The Secret is Planning, Planning and More Planning

- Kaper Charts with jobs organized and divided among the girls
- Health and Safety procedures – buddy system, getting lost, staying safe, fire safety, emergency procedures, etc.
- Be familiar with girls and any problems or health conditions
- Equipment for both individuals and the group
- Simple menus that require little preparation, cooking, clean-up and taking into consideration any food allergies, religious beliefs, and girls’ preferences
- Activities that include both planned program and free time, sunny and rainy day possibilities
Here are some tips and suggestions to help you in your planning.

**Practice Makes Perfect and Prepares Everyone**
- Make sit-upons, dip/dunk bags, and fire starters
- Tie overhand, square, and clove-hitch knots
- Use paring knives, vegetable peelers, and other kitchen utensils to make meeting snacks
- Practice simple first aid and assemble a first aid kit

**The Road to Success**
- Visit the site beforehand to avoid surprises and potential problems
- Ask an older Girl Scout to teach songs, games, and/or skills
- Be sure that assisting adults are willing to help girls learn to do rather than taking over jobs
- Encourage girls to get enough sleep; plan for a rest time
- Sunburn – talk about prevention (sunscreen, hats, etc.)
- Shoes and socks should be worn at all times.
- Drink lots of water!
- Beware of poison ivy – leaves of 3, let it be!

**Hints on Arrival**
- Make sure everyone knows who the first aider is and where he/she is
- Make sure each girl knows where the adults will be sleeping
- Settle in before dark
- Go over rules/fire drill/emergency procedures
- Remind girls to use the buddy system

**A Few More Things to Consider:**
- Girls should participate freely in activities and not be forced to do something they are not comfortable with (this includes not forcing girls to eat)
- Ghost stories are not a good idea!
- Camping with your girls shouldn’t be another slumber party
- Be sure to evaluate the experience when you are finished. Evaluations can be done individually or as a group; orally or written, etc. Evaluations give the girls a chance to think about how their plans worked (or didn’t), what they liked; what they might do differently next time, etc.

**Helping Campers Feel at Ease**

A camper’s first night away from home is an important one. We want you to make it a happy one so that she will eagerly look forward to future camping activities. Think about the fears that a child may have about camping. Here are tips to help you to reduce the anxiety level of your campers and to make the most of your camping experience.

**Common Fears of First Time Campers**
- Fear of snakes or insects and other creatures – lions, tigers, bears
- Fear of plants (itchy plants, plants with thorns)
- Fear of getting lost
- Fear of getting dirty
- Strangers, killers in the woods (from scary movies)
- Fear of using the latrine
- Fear of wetting the bed; being embarrassed in front of other girls
- Too quiet in the woods
- Fear of the dark
- Night noises
Practice prevention

Help relieve a girl’s fears by having fun and taking time to discuss what to expect on their first campout.

What to do

- Be aware of fears; don’t discount a camper’s feelings.
- Explain about night sounds like frogs, insects, raccoons, etc.
- Explain where the leaders sleep and that you are available if a girl needs assistance in the middle of the night.
- Explain the BUDDY SYSTEM and tell the girls always to take a flashlight when walking around at night.
- Be sure they know where the unit latrine is located. Tell them there will be a light on near the latrine at night. Remind them to take their BUDDY.
- Explain that gum, candy, and food is not allowed in the sleeping areas. It invites insects and critters. Any food should be collected and stored by leaders.
- Before bed, discuss the fun activities that girls will be doing at camp. Each girl should go to bed looking forward to a new day and special activities. Remember that the first night sets the tone for the entire campout.
- Say good night to each girl individually. This is a time when a cheerful word and a friendly smile mean the most. Always talk about the fun that you will have together.

Steps for Making Shopping and Equipment Lists with Girls

Menu planning involves more than choosing foods to be served. Part of the process involves teaching girls to make accurate lists of ingredients and equipment needed for each recipe and then compiling lists for shopping purposes. The process also involves teaching the girls to plan what steps must be done when. As the girls practice, they will become more proficient.

Help the girls:

1. Choose the menu items.
2. Get a copy of the recipe and the ingredients.
3. Determine if the amounts listed on the recipe are sufficient for your group. If not, adjust.
4. List the ingredients, including the amount needed and the approximate cost.
5. Pretend you are cooking right now. Walk through each step of the recipe to see what must be done first, next, or at the same time as something else. Write these steps.
6. Again, mentally walk through the steps. What equipment do you need?
7. Organize your shopping by listing the ingredients by category. This will make the shopping trip much faster and more efficient. When possible, combine ingredients and buy in bulk, avoiding excess packaging. This will save money, take up less space in the car, and make less trash.
8. Make an equipment list.
9. Your troop/group may wish to make a troop cookbook and make notes on what they liked or didn’t like, what adjustments were made, etc.
Kaper Charts

Indoors or outdoors, kaper charts are the answer to getting the work done fairly. No one wants to work all the time, but each girl has to do her fair share. A kaper is simply a job or task that must be completed. Kaper Charts serve as a record of what has been decided and are a reminder of who is to do each job. Without that record, after the fun begins, it is easy to forget who-agreed-to-do-what work.

The charts can be simple and penciled or elaborate and colorful with drawings, pictures, or stickers. Regardless of their form, the charts should be posted for all to see. Descriptions of each job, posted on or next to the Kaper Chart, will make expectations clear and help the girls to complete their agreed-upon responsibilities. Creating a kaper chart is a great activity for girls to do.

Hints for Kapers:

- When assigning kapers, keep in mind the age and skill level of the girls.
- Kaper charts should have clear, specific written descriptions of job duties and girls should be trained to do their jobs.
- Kaper charts should be posted so girls can easily determine their responsibilities – the girls aren’t as tall as you are – charts should be clear and easy to read.
- Kaper charts for young girls can be made with pictures instead of words.
- If a kaper chart is going to be posted outdoors, be sure to weather-proof it.
- Encourage the girls to have fun; adults should try not to interfere with the girl kapers.

Example of a Kaper Chart

<table>
<thead>
<tr>
<th>Saturday Kaper Chart</th>
<th>Meal Preparation</th>
<th>Table Setters</th>
<th>Clean Up</th>
<th>Dish Washers</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Roses</td>
<td>Daisies</td>
<td>Poppies</td>
<td>Lilies</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lilies</td>
<td>Roses</td>
<td>Daisies</td>
<td>Poppies</td>
</tr>
<tr>
<td>Dinner</td>
<td>Poppies</td>
<td>Lilies</td>
<td>Roses</td>
<td>Daisies</td>
</tr>
</tbody>
</table>

Roses        
Daisies      
Poppies      
Lilies

Dawn         
Julie        
Tamika       
Monique      
Stephanie    
Lanie        
Cathy        
Leah         
Chabel       
Keisha       
Tiffany      
Ebony

Make a Portable Hand Wash Unit

Materials Needed

- Plastic jug or other unbreakable container. Acceptable containers include bottled water, juices, and fruit drink. Milk jugs are breeders of bacteria and they may not be used. Bleach containers should also not be used.
- Medium size nail or ice pick to make holes.
- Soap—liquid soap pump
- Nylon stocking
- 3-5 foot piece of rope
- Wooden dowel or twig
To Make

1. Wash container thoroughly, rinse, and air dry.
2. Puncture one hole in the center of the cap and one hole in the top of the handle off the seam.
3. Make a small hole near the bottom of the jug. Use the twig or dowel to plug up the hole once you’ve put water in it (a golf tee also works) or poke holes in the lid and the girls can pour the water.
4. Place a pump-style liquid soap in knee-high nylon stocking.

To Set Up:

1. Tie the nylon to the jug’s handle.
2. Fill the jug and plug the hole (if there is one).
3. Use established washstands where they are available. Make sure either portable hand wash units are within easy access of food preparation area, first aid location and latrines.
4. For easier handling by girls:
   1. Fill the jug only halfway
   2. Put a stick through handle for two girls to carry
   3. Hang from a tree and tie with bowline or clove hitch with two half hitches. Place waist high of girls or place on ground or rock.
   4. Prepare drain for minimal impact. Ensure that water drips onto leaves, rocks, needles to prevent erosion and mud.

Food Storage

- Food must be stored in a manner that prevents spoilage and contamination. Hot foods should be kept at 140°.
- Perishables, such as creamed dishes, pudding, dairy products, poultry, meats, and salads must be stored at or below 45° in a refrigerator or insulated cooler with ice. If this temperature cannot be maintained for food storage use powdered, dehydrated, freeze dried, or canned goods.
- Food should be stored at least 6 inches off the ground/floor.
- Ice that is to be used in drinks should be separate from ice that is used to keep foods cold and should be dispensed with scoops, tongs, etc., not by hand.
- Do not store food in tents or sleeping quarters. This attracts bugs, mice, and other unwanted critters.
- Store ALL food in animal-proof containers.
- Use zipper seal bags to reduce packaging and weight.

Food Preparation

- There must be a safe drinking water supply for cooking, drinking, and personal use. Safe drinking water is defined as water from tap that has been tested and approved by the local health department. All other sources are considered potentially dangerous.
- Raw fruits and vegetables and poultry should be washed before preparation.
- Safe water must be used to reconstitute powdered, dehydrated, or freeze-dried food.
- Once reconstituted, any perishable items should be eaten within one hour of refrigeration. When necessary, some foods can be prepared in advance and frozen to keep fresh until needed, for example, ground beef.
- Thoroughly clean surfaces on which meat has been prepared before preparing other foods on the same surface. (Example – cutting boards and utensils)

Food Disposal

- DO NOT BURY FOOD!
- All grease must be carried out. Grease can be poured into an empty can. DO NOT put grease down any drain.
- Food containers and cans should be rinsed before discarding.

Include containers and zipper seal bags for leftovers on your equipment list. Plan to incorporate leftovers into your next or last meal. Use it up!
Make Outdoor Cooking a Success Story

Leaders need to remember that planning a menu is an excellent “girl planning” activity, but that many girls are extremely conservative in their food likes. Girls should be encouraged to try different foods and cooking methods.

✓ Some things to remember for a successful outdoor cooking experience:
✓ Charcoal is slow – allow 45 minutes.
✓ Heat enough dishwater. Put water on to heat any time the fire is not being used.
✓ Food cooks faster (and water boils faster) if the pan has a lid.
✓ Plan menus to fit the location and the weather.
✓ Try not to spend your whole campout cooking.
✓ Soaping the outside of a pan with soap or dish detergent will prevent scorching and make clean-up much easier.

Food Tips:

✓ Make sure that meals are well balanced.
✓ Be aware of food allergies girls might have.
✓ Provide vegetarian options if needed.
✓ Keep in mind religious observances when planning menus.
✓ A jar of peanut butter and jelly and a loaf of bread are a must! (unless someone in the troop has peanut allergies!)

Knife and Kitchen Tool Safety

Opening, closing, passing, and using a paper jackknife is a manageable way for most girls to start their personal knife progression skills. In food preparation, it is likely that your girls will need to use sharp knives and kitchen tools.

Here are some things the girls in your troop/group should know:

• When teaching girls the basic concepts of tool safety, keep in mind the importance of the “arc” or “bubble” of safety. This means there can be no one within an arm’s reach – around or up – in case a sharp tool slips.
• All sharp tools should be sheathed at all times when they aren’t in use and should be kept by adults until supervised group activity.
• Use and teach a stroke that goes away from the body. Using a vegetable peeler with paraffin or a used taper candle is a way to practice safety techniques.
• Never cut anything placed in your hand – use a cutting board or other proper surface.
• Keep your knife blades and tools clean.
Five Steps to Building a Wood Fire

1. Use a safe and adequate space.
   Find the established fire circle that has been provided at the site.

2. Gather materials only enough to serve your purpose.
   - **Tinder** is any material that catches fire from a match. Twigs, pine
     needles, pine cones, bark, fire starters, etc.
   - **Kindling** is good dry sticks and twigs bigger than tinder
     and smaller around than your thumb.
   - **Fuel** is the real fire material. It is bigger around than your thumb.

3. Build a foundation fire.
   You will need:
   - a bucket of water
   - fire starters
   - a double handful of good tinder
   - matches
   - two double handfuls of kindling
   - fuel (larger pieces of wood)
   - rake or shovel

   With your back to the wind, make a small rack in an “A” shape
to hold the tinder off the ground. Lightly pile a good bit of tinder
off the ground, leaving a tunnel in the center bottom for the match.
Light the match and put it under the center of the tinder. As the
binder catches, put more tinder on the flame until there is a brisk fire.
Then begin to add pieces of kindling one by one forming a teepee shape.
The larger pieces of wood (fuel) can then be added to maintain the fire.
Remember that a fire needs air and flames burn upward.

4. Build into the kind of fire wanted.
   Build a high, hot fire for boiling or quick cooking, a flat bed
   of coals for roasting, etc.

5. Put it out.
   Let the fire die down as much as possible. Break up big pieces;
   Scatter the coals. Stir the coals and sprinkle with water with your
   fingertips. Keep doing that until the fire is out. Hold your hand
   4 inches above the fire for 10 seconds. If there is no heat–the fire
   is out. Leave the ashes in the fire circle - property staff will dispose of excess ash as needed.

Choosing Wood for your Fire

**Hard woods** include oak, hickory, birch, maple, ash, eucalyptus, and mesquite.

**Soft woods** include pine, spruce, cedar, gray birch, and aspen.

**Wet wood** will have to be dried before it will burn and it smokes during the process. It is not good to try to start a fire with it.

**Green wood** bends, but doesn’t break. Avoid using green wood in your fire – it will not burn.

Fire Starters

Never use dryer lint as a fire starter. Pet dander, clothing fibers, detergent and dryer sheet scents could all induce allergic reactions if inhaled.

- Tie a string around a pine cone and dip it into melted paraffin wax.
- Put saw dust, cotton balls or shredded paper in each section of a paper egg carton. Cover with melted paraffin wax. Tear apart and use as needed.
- Take 100% cotton balls and thoroughly rub Vaseline into them. Keep in a Ziploc baggie.
- Cut newspaper into 3-4” wide strips. Roll up and tie with a string. Dip into melted paraffin wax.
- Use dried pine needles.
- Using a vegetable peeler, shave old, non-scented candles onto a square of waxed paper.
- Roll into a narrow tube and twist the ends like a piece of taffy.
The Right Fire for your Meal

<table>
<thead>
<tr>
<th>Method of Cooking</th>
<th>Kind of Fire</th>
<th>Time to Allow</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ash/Coals</td>
<td>Log Cabin</td>
<td>Wait about 40 minutes after fuel starts to burn well.</td>
<td>Hard wood best, but takes longer to burn down. Food requires careful watching.</td>
</tr>
<tr>
<td>Foil</td>
<td>Log Cabin</td>
<td>Let fire die to hot coals (about ½ hour after fuel starts burning) Ring coals with burning logs to keep the heat in.</td>
<td>Use double thickness of foil and fold seams. Do not place food in actual flame. Requires careful watching.</td>
</tr>
<tr>
<td>Grill</td>
<td>Log Cabin</td>
<td>Fire should burn to coals.</td>
<td>Food must be carefully watched.</td>
</tr>
<tr>
<td>One Pot</td>
<td>Large Teepee</td>
<td>Start cooking as soon as fire has a good start.</td>
<td>Easy method, but pot needs to be high enough for good ventilation.</td>
</tr>
<tr>
<td>Skillet</td>
<td>Small Teepee</td>
<td>Start cooking as soon as fire has a good start.</td>
<td>Food cooks quickly. If flames are too high they will jump the sides of the skillet.</td>
</tr>
</tbody>
</table>

Using Charcoal Fires

Sometimes it isn’t possible to use wood for the fire and charcoal will have to be used instead. Using charcoal requires special care.

- Use tinder and twigs to start the fire. Solid fire starters or charcoal chimneys can be used.
- Liquid charcoal fire starter is not permitted on GSCM properties.
- Charcoal that has been pre-treated with lighter fluid, such as “Match Light” is not permitted.
- Keep the fire outdoors. Never bring a charcoal fire inside; the burning charcoal gives off carbon monoxide, which is poisonous.
- Never use a refrigerator shelf as a barbecue grill. The metal contains cadmium, which can cause food poisoning.
Tips for Cooking with Charcoal Fires:

1. Use small twigs, tiny candles, or strips of cardboard milk cartons for kindling. Place the kindling on the bottom of the charcoal.
2. Place a portion of the charcoal briquettes on top.
3. Light the kindling. As the first briquettes catch, add a few more.
4. Blow on the base of the fire to help spread the fire to the new briquettes.
5. Add more briquettes. After the fire has spread to all of the briquettes, let it burn for 12-15 minutes. It should then be ready to use. *If using a charcoal starter chimney, place the chimney in the fire circle, place briquettes and 2-3 fire starters inside, using the fire starter as a wick. Remove hot charcoal with tongs when ready.
6. Charcoal is ready to use for cooking when it is grey-white in appearance.
7. Store briquettes in a dry place after use. Charcoal readily absorbs moisture from the air and kindles slowly when damp.

How to Make a Charcoal Starter Chimney:

Supplies
- Large metal can (#10 or 3 lb. coffee can)
- Can punch
- Picture wire, mirror wire, or wire coat hanger

1. With can punch, place holes around the bottom edge – be careful of seam.
2. Make two holes near the top rim of can for handle; make handle from wire.

Box Ovens

With a box oven, girls can bake goodies at their cooking fire much as they might at home.

Features
- Easy to use; no need to preheat
- Versatile
- Inexpensive to make
- Bulky to store and carry
- For use in a fire site only

Materials
- Cardboard box (heavy duty, with partitions and lid) approximately 15-18" high
- Heavy-duty aluminum foil (foil tape is now available and works great on box ovens)
- 4 metal cans (about 3" high, 3" diameter), empty, with labels removed
- Oven rack
When ready to use, charcoal fire

Note – Natural charcoal burns at varying temperatures, so it is not conducive for box ovens.

1. Keep lid attached to heavy duty cardboard box.
2. Use the partitions or obtain 6 pieces of cardboard to line the box forming double walls and a triple floor. Wrap each piece of cardboard with heavy-duty foil, shiny side out. Also line the inside of the box, including the lid, with foil. Slide the foil wrapped lining into place. If using 6 pieces, slide the ceiling in first.
3. Place box on level surface in fire site with hinge at top. If ground is very cold or wet, raise box slightly off ground on small stones or wood, or place on a separate grate.
4. Place 4 metal cans in box to support rack or baking pan. Cans should all be the same height. Allow sufficient air space around item to be baked.
5. Start charcoal fire in chimney or in a wood fire. One briquette = 40 degrees. Add or 1 or 2 extra for cold, wet, wind...etc. Replenish every 30 minutes.
6. While the charcoal is getting started, prepare the food to be cooked.
7. Place glowing briquettes on oven floor. (You may wish to use small disposable foil pans to hold the briquettes – the pan can be reused each time.)
8. Place baking pan on top of rack or on top of the four cans if you don’t have a rack. The pan must be smaller than the inside of the box oven with room for heat to circulate. Baking time will be similar to a home oven, but may take longer in wet or windy weather.
9. Close oven door leaving a small opening (about ½ inch) for oxygen supply so that the charcoal does not go out.

When through baking, remove charcoal briquettes with tongs and add to existing fire or extinguish properly in fire site.

Two Burner Propane Campstove

Please Note: White gas or gasoline stoves are not permitted on GSCM properties.

Below are general guidelines for operating a two-burner propane stove. As stoves differ, please use the directions for the stove you are using. Do not use propane camp stoves inside any enclosed buildings.

1. Place stove on a level surface or folding stand away from busy area.
2. Open lid and hook tab on each rear corner of windscreens into slats in lid.
3. Turn burner control knobs to “off” position.
4. Attach small end of hose to fitting on stove – or attach metal tube(s) to fitting(s) on stove. Do not use pliers – hand tighten only.
5. Turn regulator control knob to “off” position.
6. Position regulator end of hose or tube over disposable propane fuel cylinder and screw cylinder into regulator, using hand to tighten. Cylinder must remain in upright position.
7. Depress regulator control knob and turn to “on” position.
8. To Light: Hold a lighted match near the edge of a burner while slowly opening control knob on front burner. Use care when positioning match to avoid burn injury when burner lights.
9. Adjust burner control knob for desired flame setting.
Maintenance of Two Burner Propane Camp Stoves

✓ Allow stove to cool before transporting.
✓ Clean with a damp, soapy cloth. Do not immerse in water.
✓ Blow any accumulated dust from valves before connecting hose or fuel cylinder.
✓ If liquid spills into mesh area of burner, turn control to “off”, remove grid when cool, disconnect the fuel supply hose, and tilt stove on edge to drain burner.

The following factors influence stove efficiency

**Pot Lid**
Food cooks faster in a covered pot.

**Amount of Fuel**
A full tank works more efficiently than a tank that is almost empty.

**Temperature**
Below-freezing temperatures reduce the efficiency of portable camp stoves.

**Wind**
Wind can cool the cooking pot and blow the flame away from the pot, which increases cooking time.

**Type of Food**
Foods that simply require the addition of hot water are faster to prepare and use less fuel than foods that require long cooking. Large pieces of food take longer to cook than smaller pieces.

**Distance Between the Flame and the Pot**
The closer the flame to the pot, the faster the food will cook.

**Size of Flame**
The size of the flame should match the size of the pot.

**Heat of Flame**
The hotter the flame, the more rapidly the food will cook. A flame appears blue to white when it is hottest and red when it is coolest.

**Dishwashing**
Each girl should wash her own dishes and utensils. This dishwashing kaper includes cleaning all items and areas use in preparing and cooking for the entire group.

Dishwashing at camp follows the three-bin method:

1. Hot, soapy water
2. Warm clear water
3. Cold sanitized water

**Steps in Dishwashing**
1. Scrape
2. Polish with Napkin
3. Wash in Hot Soapy Water
4. Rinse in Warm Clear Water
5. Place in Dunk Bag
6. Dip in Sanitizing Solution. Sanitizing Solution: Put 1 capful of bleach in each gallon of water. Bleach does lose its effectiveness with time, add another capful if dishwashing takes more than ½ hour.
7. Hang on the Line to Dry
Hints:

✓ As soon as the fire is started, put on the dishwater. The cooks can set it off the fire if it is in their way and return it to the fire as soon as the food is cooked.
✓ If all kettles and buckets are soaped thoroughly on the outside before being put over the fire, the dishwashing job will be fairly simple.
✓ Use a nylon or metal scrub pad for dishwashing. Avoid steel wool pads such as Brillo or SOS as steel wool can flake and stick to clean dishes.

Steps to Dispose of Waste Water

Use a nylon strainer or ecology bag to filter the water beginning with the hot soapy water. Next, pour the warm clear water into the empty soapy water bin, swish to rinse out that bin and filter. Finally, pour the cold sanitized water into the rinse water bin, swish and pour into the soapy water bin, swish and filter. All three bins are now rinsed and sanitized. Flip bins to drain and air dry.

Nylon Strainer method: Strain or filter all used water into a sink (if available) or a bucket to scatter in the brush. Ecology Bag method: Filter and scatter the water directly into the brush.

Note: Dispose all wastewater at least 200 feet from the campsite water source and open walk areas.

Lanterns

There are no lanterns available for your use at Girl Scouts of Central Maryland campsites. You may choose to bring your own. Please note – kerosene lanterns are not permitted on GSCM property. White gas is also not permitted. Battery operated or propane lanterns are suitable options.

✓ Lit lanterns with a flame must never be taken into tents or cabins.
✓ Place lanterns on a table or a tree stump.
✓ Do not hang lanterns with a flame from tree limbs or rafters, or against walls where lanterns could scorch burn.
✓ To Assemble: Turn regulator control knot to “off” position. Screw propane cylinder into regulator using hand to tighten. Set assembled lantern into stand and place on a level surface or table
✓ To Light: Hold a lighted match near the bottom of the lantern while slowly opening control knob. Use care when positioning match to avoid burn injury when burner lights.
✓ Adjust burner control knob for desired flame setting.
✓ To Clean: Allow lantern to cool. Remove globe and clean by wiping with dry paper towel (or newspaper). Follow package directions to replace damaged mantels.

Sleep Systems: A sleep system is made of 4 parts:

✓ Waterproof ground cloth - An old shower curtain works fine. Under your sleeping bag or bed roll, a space blanket radiates your body heat back to you.
✓ Insulation - Extra blankets work well. Air mattresses, newspapers, cots, or closed cell pads also work.
✓ Sleeping bag/bed roll - The cut of a sleeping bag affects its warmth – a rectangular bag with a large head opening will not keep you as warm as a mummy-shaped bag. Look for a smoothly working zipper. Offset quilting, or double quilting, produces a more uniform insulating layer.
Sleepwear - Try to go to bed before you become chilled. Change your clothing completely before going to bed. If you have an extra blanket, put it inside your sleeping bag so it can’t fall off – put it both under and over you.

Sanitize Vinyl Sleeping Mats - If your camp site has vinyl sleeping mats, they need to be sanitized before using. Damp wipe both sides with a bleach solution and let air dry. (Clorox wipes can be used.) Spot clean if an accident occurs.

Latrines

Latrines should be cleaned regularly to maintain proper health standards. Clean the latrines upon arrival, each morning, and just before leaving.

Upon Arrival:
Sweep latrines from ceiling to floor with dry broom.
Scrub lids and seats with scrub brush and disinfectant water*; leave open to air dry.
Moisten broom with disinfectant water* and sweep seating area.
Sprinkle disinfectant water* 200 feet away from drinking water and foot paths.
Close lids after seats are dry to prevent flies from breeding.

While at Camp:
Check toilet paper supply regularly.
Pick up papers and trash in latrine area.

When Leaving Camp:
Clean latrines (as upon arrival).
Remove toilet paper.
Pick up papers and trash in latrine area.

*Disinfectant water: a 10% solution of disinfectant and water (1 capful of chlorine bleach in 1 cup of water)

Some Helpful Hints:

Do not pour bleach, other disinfecting chemicals or wipes of any kind into the latrines. These chemicals will kill the “good” enzymes and bacteria.

Keep the lid on the toilet seat closed when not being used. An open lid attracts flies. A closed lid will also keep down the odor.

Throw only toilet paper in the latrines. Latrine enzymes function in biodegrading human waste and toilet paper only.

Many leaders bring solid air fresheners to place in each stall to make the latrine smell more pleasant. Although a latrine may have no odor when you arrive, you may notice an odor after the latrine has been used for a while. This is normal.

If using bleach wipes, do not dispose of them in the latrines

Sanitary napkins and tampons are to be wrapped and discarded with the trash. DO NOT put them in the latrine.
Site Cleanup
Check with the ranger at your specific camp to find out about keys; cleanup, etc. Also, consult Guide to Council Properties

____Take all personal/troop equipment with you

____Take trash to dumpster

____Entire area clean and free of litter (look under cots and beds)

____Turn off all lights

____Empty and wipeout refrigerators and/or freezers; leave refrigerators on

____Fire circles and fireplaces cleaned

____Firewood replenished

____Stoves and ovens cleaned; all burners and oven turned off; no pans left behind

____Close and lock all windows and doors

____Return site to its original condition (make sure all furniture, etc. is back in place)

____Any borrowed equipment cleaned and returned

____Fill out the Campsite Report

____Clean the latrines (remove all trash and rolls of toilet paper); close toilet lids

____Leave nothing (such as paper bags, cleaning supplies, etc.)

____Floors swept and mopped (vacuumed if applicable)

____Return keys (according to the instructions you were given); lock gate

____Tent flaps down and tied

Remember: A Girl Scout always leaves a place cleaner than she found it!

Program Idea - Knots

- It is believed that knots have been used since prehistoric times.
- Many of our modern knots were used by Greeks and Romans.
- Before the invention of buttons, knots were used to fasten clothing.
- In the early days, the knot that tied a sailor’s neckerchief about his throat was considered a symbol of good luck.

For instructions on how to tie knots, please refer to the video session of this course.

Clove Hitch - A clove hitch is used to fasten one end of a rope around a tree or post, as for a clothesline. If kept taut, the knot will not slip.

Overhand Knot - An overhand knot is used to keep a rope end from slipping out of a hole or to stop a rope end from slipping through the loop of another knot.

Bowline - The bowline is used when you want a loop that will not slip, as over a peg or hook or for lifesaving.

Square Knot - The square knot is used to join two ropes of equal thickness; as to tie a package, mend a broken rope, or tie a bandage in first aid.

Half Hitch - The half hitch is a simple turn used to fasten the end of a rope after it has been looped around something, such as a bedroll or post, or through a ring.

Tautline Hitch - The tautline hitch is used to tighten a line, and is ideal for clothes lines, tents, and more. Once tied, the loop knot is adjustable for use on lines under tension.

Larks Head - The Lark’s head is most commonly known for its usage in macramé; however: it is a good knot to use wherever you need a loose temporary knot.
Program Idea – Fire Building

Not ready to start a fire-lesson with actual flames? Try building a faux-fire from edible, non-ignited substitutes to simulate fire building. Multiple versions can be found online by searching for “Edible Fire”

Teaching Fire building Indoors with “Edible Fire”

1. Begin by choosing a safe place.
   (Review the Safety Activity Checkpoint: Outdoor Cooking)
   
   Try using: A 12x18 piece of construction paper, a paper towel, or a large leaf lettuce on a plate

2. Clear the ground of any twigs, dry leaves, etc.
   Try using: a plastic fork

3. Make a fire ring in the center of the site with rocks.
   Try using: mini-marshmallows, jellybeans, or carrot circles

4. Make a wood pile off to one side of the fire circle and separate the different sizes of wood (tinder, kindling, fuel)
   For tinder try using: shredded coconut, chow mein noodles, or grated carrots
   For kindling try using: narrow pretzel sticks or thin strips of celery or green pepper
   For fuel try using: large peppermint sticks, pretzel rods, carrot or celery sticks, or breadsticks

5. Cover the woodpile with a plastic tarp to keep wood dry.
   Try using: paper napkin or paper towel

6. Always have firefighting equipment ready before lighting the fire.
   Try using: rake/hoe/shovel; plastic fork and/or spoon
   For a bucket of water try using: small plastic cup filled with juice, water, etc.
   Note: These items should be off to the side to avoid tripping over them.

7. Make a foundation A-frame as the beginning of any type of wood fire:
   – In the fire circle place 3 pieces of fuel to form an A.
   – Place tinder on the inside of the Acrossbar.
   – If wood is damp add fire starters on top of the tinder.
   
   For fire starters try using: mini M & M’s, cinnamon red hots, or croutons
   Carefully lay a few pieces of kindling on top of the fire starters.

8. Light the fire from underneath the crossbar.
   Try using: red string licorice, candy corn, or chopped tomato or red pepper

9. Add kindling to the fire as needed.

10. When finished let the fire die down, break it up, spread, and sprinkle with water.

11. Eat, drink, and ENJOY!
**RECIPIES**

During your overnight portion of Basic Troop Camping training, we would like you to use different cookie methods. These are some suggested options for your meals.

<table>
<thead>
<tr>
<th>Recommended meal options</th>
<th>Stick</th>
<th>Foil</th>
<th>Bake</th>
<th>One Pot/Dutch Oven</th>
<th>No bakes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Pigs in a Blanket</td>
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<td>Hawaiian Donuts</td>
<td>Bacon &amp; Egg Cups</td>
<td>Shipwreck</td>
<td>Fruit Jumbles</td>
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<tr>
<td>Hawaiian Donuts</td>
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<tr>
<td>Hotdogs</td>
<td></td>
<td>Spam Bake</td>
<td></td>
<td>Frito Pie</td>
<td>Sloppy Joe’s</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>Angels on Horseback</td>
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<td>Silver Turtles</td>
<td></td>
<td>Chicken in the Woods</td>
<td>Campfire Stew Savory Surprise</td>
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<tr>
<td><strong>Dinner</strong></td>
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<tr>
<td><strong>Snacks</strong></td>
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<td><strong>Appetizers</strong></td>
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<tr>
<td><strong>Desserts</strong></td>
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<tr>
<td>S’mores</td>
<td></td>
<td>Banana Boats Orange Cupcakes</td>
<td>Cakes, Brownies, etc. (by packaged baking directions)</td>
<td>Cherry Cobbler</td>
<td>Shake-a-Pudding</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
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<tr>
<td>Campers Hot Chocolate Russian Tea Mix</td>
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18
SNACKS

Trail Mix – No Bake
Serves: 4
4 oz. of roasted peanuts, pumpkin seeds, sunflower seeds, dried apricots (cut into pieces), coconut, dates (pitted & chopped), crystallized pineapple (chopped)
Mix and package into individual servings. Be aware of nut allergies.

Additional trail mix ingredient options: raisins, banana chips, almonds, chocolate chips, M & M’s, granola, dried apple, dry cereal, prunes, pecans

Hiker’s Birdseed – No Bake
Serves: 24
1 small box Sugar Pops or Cheerios
2 cups peanuts
2 cups raisins
1 pound M & M candies
Mix together. Pack in individual bags.

Walking Salad – No Bake
Serves: 8
8 apples
8 oz. cream cheese or peanut butter
1/2 cup chopped nuts
1/2 cup raisins
Wash and core apples. Mix nuts, cream cheese or peanut butter, and raisins. Fill apple centers with mixture.

APPETIZERS

Sunflower Cheese Treats – No Bake
1 8-ounce package cream cheese
1 small bag shelled sunflower seeds
soy sauce
assorted crackers
Sprinkle sunflower seeds onto the top of the cream cheese block; press firmly. Pour a few drops of soy sauce over the top. Slice thinly and place on top of crackers.

Ants on a Log – No Bake
Serves: 8
1 bunch celery
4 ounces raisins
8 oz. cream cheese or peanut butter
Wash celery. Cut into 2” logs. Fill with cheese or peanut butter. Cover with “ants”.

BREAKFAST

Fruit Jumble – No Bake
6 apples
green grapes
4 bananas
1 pint blueberries sour cream
whipped topping
1 can mandarin oranges
Drain mandarin oranges (save the juice). Cut fruit into bite-sized pieces. Mix together. In separate bowl, combine whipped topping and sour cream (4:1). Fold into fruit.

Shipwreck – One Pot / Skillet
Serves: 15
1 lb. bacon
1 dozen eggs
1-2 chopped onions
Salt and Pepper
1 cup grated cheese
2 cups frozen hash browns
Hawaiian Donuts – Foil Packet
1 donut
brown sugar
1 slice pineapple cinnamon
butter
foil
Slice donut crosswise. Spread butter on bottom half and add pineapple. Cover pineapple slice with cinnamon and brown sugar. Cover with top half of donut. Wrap in foil. Heat in coals until sugar is melted.

Bacon and Egg Cups – Box Oven
6 eggs
6 slices bacon
1 ounce cheese (optional)
salt & pepper
Preheat oven to 350 degrees. Using a muffin/cupcake pan, line the holes with a slice of bacon, pressing the bacon around the sides of the hole, not on the bottom. Crack one egg into each hole. Sprinkle with salt and pepper and cheese if desired. Bake at 350 degrees for 20 minutes or until the egg is the doneness you like. These bacon and egg cups should pop right out of the pan.

Pigs in a blanket – stick cooking
1 8-pack brown-n-serve sausage links
1 Canned biscuits or croissants

Directions: Peel a croissant off the package and wrap around a sausage link. Impale each sausage link on a stick, pushing the tip of the stick lengthwise through the sausage link. Cook the bread-wrapped links over a hot fire for 6 to 10 minutes, depending on the heat of the fire, or until the bread browns and the sausage is heated through. Turn the ‘pigs’ as they cook for even browning and heating.

MAIN DISHES
Campfire Stew – One Pot
Ground Beef (1/4 lb. per person)
Vegetable Soup (1/3 can per person)
Tomato Soup
1 large onion (peeled and diced)
salt and pepper
Brown onions and ground beef. Add soup, season and cook until hot.

Sloppy Joes – One Pot
Serves: 12
3 lbs. ground beef
2 cans tomatoes
2 cans tomato soup
2 tsp. chili powder
2 cups chopped onion
2 cups chopped celery
salt and pepper
sandwich buns
Season and brown ground beef. Add celery and onions, cook until tender. Add tomato soup and tomatoes. Cook 10 more minutes. Serve on buns.

Pizza Rice (Vegetarian) – One Pot
4 cups instant rice
2 cans meatless pizza sauce
2 cups shredded mozzarella cheese
Prepare rice according to directions. Add pizza sauce, reheat. Stir in cheese and serve.

Savory Surprise – One Pot
Serves: 6-8
16-20 sausage links (precooked and sliced)
1 small onion – chopped
3 cans of sliced white potatoes
3 cans creamed corn
Combine all ingredients and heat slowly until onion is completely cooked.

Angels on Horseback - Stick
(serves 8)
1 8-pack hotdogs
12 oz. bacon (uncooked)
sliced American cheese
toothpicks
hotdog buns
Split the hot dog without going all the way through. Tear strips of cheese and tuck into the slit. Wrap the entire hot dog with a slice of bacon and fasten with toothpicks. Roast over open flame or hot coals until bacon is crispy-tender and hot dog is heated through.
**SPAM Bake– Foil Packet**  
(serves 12)  
1 can spam  
1 can crushed pineapple  
1 can white new potatoes  
1 tbsp. butter  
1 cup dark brown sugar  
1 LARGE piece of foil  
In a large, double piece of heavy-duty foil (shiny side in), place the Spam slices. Cover it with the potatoes and yams. Layer it with 1/2 a cup of the brown sugar and the pineapples. Layer again with the other 1/2 cup of brown sugar and the butter. Fold the foil from the top until it is tight around the contents of the packet. Do the same with the ends of the foil. Place on hot coals, and cook it for 10 minutes. Turn it over, and cook it again for another 10 minutes. It’s quick, and very tasty! You can also prepare this beforehand and keep in a large baggie, kept in a cooler, until it’s ready to be cooked.

**Silver Turtles - Foil Packet**  
Serves: 12  
12 Potatoes  
3 lbs. hamburger  
12 Carrots  
Salt and Pepper  
Foil  
Each girl can make her own Silver Turtle by…  
Cut potato into small pieces. Peel and cut carrot into sticks or thin rounds. Make a hamburger patty by using about 1/4 pound of ground beef. Season (add onions, garlic, or other vegetables and spices as desired) and wrap in foil. Packets can be marked with Sharpie marker or mustard. Put packet in embers and cook until meat is done.

**DESSERTS**

**No Bake Cookies – No Bake**  
2 cups sugar  
1 stick margarine  
1/2 cup milk  
4 TBSP cocoa  
3 cups oatmeal  
2/3 cup peanut butter  
1 tsp vanilla  
Boil sugar margarine, milk and cocoa for one minute. Stir in remaining ingredients. Drop by teaspoonful onto wax paper. Cool.

**Shake-a-Pudding – No Bake**  
Serves: 4  
2 cups cold milk  
1 package instant pudding  
* Add a box of sugar cones for easy individual serving dishes  
Combine milk and pudding in a shaker, or other suitable container. Seal tightly and shake until blended (about 1 minute). Pour into serving dishes and let stand about 5 minutes to set.
Orange Cupcakes – Foil Pack
Serves: 18-20
1 Orange per person
1 (18 ½ ounce) package yellow or spice cake mix prepared according to directions but not baked
12 inch squares of heavy duty foil

Cut one inch slice from the top of each orange. Scoop out the orange and the pulp. Leave peel intact to use as a baking cup. Replace top of orange. Place filled orange in the center of the foil square. Bring together at top and twist tightly. Place in coals for 15-20 minutes to bake.

Banana Boats – Foil Pack
Serves: 4
¾ cup salted peanuts
4 oz. whipped topping
4 large bananas
4 maraschino cherries

Crush peanuts. Carefully slit each banana peel lengthwise, leaving about 1” uncut at each end. Cut away about 1/2 inch of the peel on each side of the slit with scissors. Save the banana peels. Empty the whipped topping into a bowl. Fold the banana into the whipped topping. Fill each peel with ½ of the mixture and sprinkle with ¼ of the peanuts and top with a cherry.

Cherry Cobbler – Dutch Oven
Serves: 6-8
18 inch heavy duty aluminum foil
2 (20 oz.) cans cherry pie filling
1 yellow cake mix
1 can lemon lime soda pop

Line a 12 inch Dutch Oven with foil. Pour in pie filling. Sprinkle cake mix evenly over filling. Pour soda pop over cake mix. Stir gently to combine. Bake 35 minutes or until top is golden brown.

Baked Caramel Dumplings – Box Oven
2 cups biscuit mix
¾ - 1 c milk
1 cup chopped nuts
2 cups water
1 ½ c brown sugar
4 Tbs. butter

Place nuts, water, and brown sugar in pan. Put in oven to cook. When syrup forms, drop in batter (made from biscuit mix and milk). Bake until brown. Serve upside down.

DRINKS

Camper’s Hot Chocolate
Serves: 50
8 qt. dry milk
½ box powdered sugar
11 oz. dry coffee creamer
1 lb. Nestle’s Quik

Put ½ cup of mixture into cup and add boiling water; stir.

Russian Tea Mix
Serves: 50
2 c instant Tea with Lemon
1 c Tang
1 c sugar * If instant tea has sugar, omit the sugar from the recipe.
1 tsp. cinnamon
¾ tsp. ground cloves

Mix 1 tsp. per cup of hot water. *
### Worksheet: Planning a Trip

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where are we going?</td>
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<tr>
<td>Why are we going?</td>
<td></td>
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<tr>
<td>When are we going?</td>
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<tr>
<td>Will everyone be able to go?</td>
<td></td>
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<tr>
<td># of girls                  # of adults</td>
<td></td>
</tr>
<tr>
<td>How much will the trip cost?</td>
<td>transportation: _______ activities/supplies: _______ meals: _______ lodging: _______</td>
</tr>
<tr>
<td>How will we pay for the trip?</td>
<td>□ troop treasury? □ girl/family contribution? □ additional approved $ earning?</td>
</tr>
<tr>
<td>How will we get there?</td>
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<tr>
<td>How shall we get ready?</td>
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<tr>
<td>What will we do along the way?</td>
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<tr>
<td>What should we wear?</td>
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<tr>
<td>Where will we stay?</td>
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<tr>
<td>What do we need to bring?</td>
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<tr>
<td>How will we eat?</td>
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<tr>
<td>How can we practice Leave No Trace?</td>
<td></td>
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<tr>
<td>Where will we eat?</td>
<td></td>
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<tr>
<td>What else do we need to think about?</td>
<td></td>
</tr>
</tbody>
</table>
# Worksheet: Menu Planning

<table>
<thead>
<tr>
<th>Preparation</th>
<th>Prep Time</th>
<th>Number of Servings</th>
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</thead>
<tbody>
<tr>
<td>Menu</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Food Needed</th>
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<table>
<thead>
<tr>
<th>Equipment Needed</th>
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</table>
Worksheet: Patrol Planning

Each patrol will be assigned a kaper(s) for the overnight. Be sure to check the Kaper Chart when you arrive. Check with your Trainer before you leave to see if your patrol needs to provide any supplies for these kapers. Plan to arrive at least 30 minutes ahead of time so you can unpack and get settled.

Each patrol should make a kaper chart.

<table>
<thead>
<tr>
<th>Patrol Members:</th>
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</table>

Patrol Name

Safety question(s) assignments

Fires are taught before lunch; propane and charcoal after lunch, therefore, your lunch should be prepared over a fire.

It is recommended to have no fires for breakfast – you normally don’t have enough time to build and extinguish a fire on Sunday morning.

Use the shopping lists and meal planners to help you.

<table>
<thead>
<tr>
<th>Meals</th>
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<tbody>
<tr>
<td>Lunch</td>
</tr>
<tr>
<td>Dinner</td>
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<tr>
<td>Breakfast</td>
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</tbody>
</table>

You must use 3 different cooking methods: stick, one-pot, box oven and/or camp stove.

<table>
<thead>
<tr>
<th>Cooking Method</th>
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<tbody>
<tr>
<td>Lunch</td>
</tr>
<tr>
<td>Dinner</td>
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<tr>
<td>Breakfast</td>
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<table>
<thead>
<tr>
<th>Shopper(s)</th>
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<table>
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<tr>
<th>Estimate of Meal Costs per person</th>
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<tr>
<th>Campfire Song/Skit</th>
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Your patrol will need to teach a song or perform a skit at the evening campfire.

<table>
<thead>
<tr>
<th>Equipment Needed/Who Will Bring It</th>
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</table>
# Food Quantities and Equivalents

**Beverages**

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Servings (Volume)</th>
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</thead>
<tbody>
<tr>
<td>Juice 46 ounce can</td>
<td>10 servings (1/2 cup)</td>
</tr>
<tr>
<td>Frozen Concentrate 6 ounce can</td>
<td>6 servings (1/2 cup)</td>
</tr>
<tr>
<td>Coca (1 pound can instant)</td>
<td>21 servings (1 cup)</td>
</tr>
</tbody>
</table>

**Bread**

<table>
<thead>
<tr>
<th>Bread</th>
<th>Servings (Volume)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small loaf (1-1 ½ pound)</td>
<td>20 - 22 slices</td>
</tr>
<tr>
<td>Sandwich loaf</td>
<td>30 slices</td>
</tr>
<tr>
<td>French bread (16”loaf)</td>
<td>16 slices</td>
</tr>
<tr>
<td>Crackers graham (1 pound)</td>
<td>66 squares</td>
</tr>
<tr>
<td>Saltines (1 pound)</td>
<td>88 squares</td>
</tr>
</tbody>
</table>

**Mixes**

<table>
<thead>
<tr>
<th>Mixes</th>
<th>Servings (Volume)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancake mix (2 pound)</td>
<td>70 small pancakes</td>
</tr>
<tr>
<td>Biscuit mix (2 ½ pound)</td>
<td>40 – 50 biscuits/pancakes</td>
</tr>
</tbody>
</table>

**Dairy**

<table>
<thead>
<tr>
<th>Dairy</th>
<th>Servings (Volume)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter/margarine (1 pound)</td>
<td>50 servings</td>
</tr>
<tr>
<td>Eggs (scrambled)</td>
<td>1 – 1 ½ eggs per person</td>
</tr>
<tr>
<td>Cheese (1 pound)</td>
<td>16 slices</td>
</tr>
<tr>
<td>Grated cheese (4 cups)</td>
<td>16 – 24 servings</td>
</tr>
<tr>
<td>Milk (1 gallon)</td>
<td>16 cups</td>
</tr>
</tbody>
</table>

**Fruits**

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Servings (Volume)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples (1 pound) – 3 medium</td>
<td>2 ½ cups diced</td>
</tr>
<tr>
<td>Bananas (1 pound) – 3 medium</td>
<td>2 ½ cups diced</td>
</tr>
<tr>
<td>Oranges (1 pound) – 2 medium – 3 small</td>
<td>2 ½ cups sections</td>
</tr>
<tr>
<td>Grapefruit (1 pound) – 2 medium</td>
<td>2 ½ cups sections</td>
</tr>
</tbody>
</table>

**Vegetables**

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Servings (Volume)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots (1 pound)</td>
<td>20 sticks; 2 ½ cups diced</td>
</tr>
<tr>
<td>Cauliflower (1 head)</td>
<td>20 florets</td>
</tr>
<tr>
<td>Celery (1 bunch)</td>
<td>16 – 20 sticks</td>
</tr>
<tr>
<td>Cabbage, raw (1 head)</td>
<td>12 servings slaw</td>
</tr>
<tr>
<td>Lettuce, iceberg (1 head)</td>
<td>8 cups; 16 sandwiches</td>
</tr>
<tr>
<td>Tomatoes (1 pound small)</td>
<td>5 – 8 servings</td>
</tr>
<tr>
<td>Cucumber (1 pound)</td>
<td>2 cups sliced/diced</td>
</tr>
<tr>
<td>Green Pepper (1 pound)</td>
<td>2 ½ cups diced</td>
</tr>
<tr>
<td>Onions (1 pound) – 4 – 5 medium</td>
<td>3 cups diced</td>
</tr>
<tr>
<td>Dehydrated onion (1 teaspoon)</td>
<td>1 teaspoon = 1 tablespoon fresh</td>
</tr>
</tbody>
</table>

**Pasta**

<table>
<thead>
<tr>
<th>Pasta</th>
<th>Servings (Volume)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macaroni (1 pound) – 4 cups uncooked</td>
<td>8 cups cooked (serves 6)</td>
</tr>
<tr>
<td>Noodles (1 pound) – 6 cups uncooked</td>
<td>8 cups cooked (serves 10)</td>
</tr>
<tr>
<td>Lasagna noodles (2 pounds)</td>
<td>25 servings</td>
</tr>
<tr>
<td>Spaghetti Sauce</td>
<td>5 ounces per serving</td>
</tr>
<tr>
<td><strong>Rice</strong></td>
<td>28 ounce box</td>
</tr>
<tr>
<td>----------</td>
<td>--------------</td>
</tr>
<tr>
<td></td>
<td>8 cups dry</td>
</tr>
<tr>
<td></td>
<td>1 pound</td>
</tr>
<tr>
<td></td>
<td>1 cup dry minute</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Meats</strong></th>
<th>Hot dogs (1 pound)</th>
<th>8 – 10 per package</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bacon (1 pound)</td>
<td>16 – 20 slices</td>
</tr>
<tr>
<td></td>
<td>Sausage links (1 pound)</td>
<td>16 links</td>
</tr>
<tr>
<td></td>
<td>Sausage roll (1 pound)</td>
<td>5 – 6 patties</td>
</tr>
<tr>
<td></td>
<td>Ground beef (1 pound)</td>
<td>4 – 5 servings</td>
</tr>
<tr>
<td></td>
<td>Boneless meat (1 pound)</td>
<td>4 servings</td>
</tr>
<tr>
<td></td>
<td>Beef cubes – stews (1 pound)</td>
<td>6 – 8 servings</td>
</tr>
<tr>
<td></td>
<td>Chicken breasts (1 pound)</td>
<td>3 servings</td>
</tr>
<tr>
<td></td>
<td>Chicken (whole) (6 pounds)</td>
<td>25 servings</td>
</tr>
<tr>
<td></td>
<td>Chicken (whole fryer)</td>
<td>4 servings</td>
</tr>
<tr>
<td></td>
<td>Ham, boneless (1 pound)</td>
<td>4 servings</td>
</tr>
<tr>
<td></td>
<td>Ham, canned (6 pounds)</td>
<td>25 portions</td>
</tr>
<tr>
<td></td>
<td>Tuna (6 ounces)</td>
<td>3 – 4 servings</td>
</tr>
<tr>
<td></td>
<td>Tuna (1 pound with mayo)</td>
<td>10 – 12 sandwiches</td>
</tr>
<tr>
<td></td>
<td>Chip steaks (1 pound with sauce)</td>
<td>8 sandwiches</td>
</tr>
<tr>
<td></td>
<td>Luncheon meat (1 pound)</td>
<td>16 slices</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Canned Fruits/ Vegetables</strong></th>
<th>1 pound</th>
<th>4 – 5 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>#10 can</td>
<td>25 servings</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Frozen Fruits/ Vegetables</strong></th>
<th>10 ounce package</th>
<th>3 – 4 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 pound package</td>
<td>3 – 4 servings</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Miscellaneous</strong></th>
<th>Peanut butter (18 ounces) 2 cups</th>
<th>15 – 30 sandwiches</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Jelly (16 ounces)</td>
<td>16 sandwiches</td>
</tr>
<tr>
<td></td>
<td>Large Marshmallows (1 pound)</td>
<td>50 – 60 marshmallows</td>
</tr>
<tr>
<td></td>
<td>Small Marshmallows (10 ½ ounce)</td>
<td>10 small = 1 large marshmallow</td>
</tr>
<tr>
<td></td>
<td>Chinese noodles (3 ounces)</td>
<td>2 – 3 servings</td>
</tr>
<tr>
<td></td>
<td>Potato chips &amp; pretzels</td>
<td>10 servings per pound</td>
</tr>
<tr>
<td></td>
<td>Soup (10 ounce can with water)</td>
<td>8 servings</td>
</tr>
<tr>
<td></td>
<td>Soup (52 ounce can with water)</td>
<td>10 – 15 servings</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Standard Measures</strong></th>
<th>4 cups = 1 quart</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 teaspoons = 1 tablespoon</td>
<td>4 quarts = 1 gallon</td>
</tr>
<tr>
<td>16 tablespoons = 1 cup</td>
<td>16 ounces = 1 pound</td>
</tr>
</tbody>
</table>
Worksheet: Troop and Personal Equipment

This list contains items you may need. You will have to tailor this list to your needs, your troop, and your campsite. Add or delete as needed. Store bought items are not necessary – see what you can improvise with what you have.

Troop Equipment

- First Aid Kit
- Metal Buckets
- Hot mitts/gloves
- Rake
- Shovel
- #10 Cans
- Heavy Aluminum Foil
- Matches
- Charcoal
- Fire Starters
- Long Handled Tongs
- Box Oven
- Propane Stove w/ fuel
- Dishpans
- Sponge/Dishrag
- Bleach
- Dish Detergent
- Trash Bags
- Sanitary Napkins
- Paper Towels
- Pots/Pans
- Frying Pans
- Grater
- Long Handles Utensils
- Cutting Board
- Knives
- Vegetable Peeler
- Can Opener
- Plastic Bags
- Containers for Leftovers
- Food Storage Bags
- Mixing/Serving Bowls
- Measuring Cups
- Hand wash Stations
- Coolers
- Kaper Charts
- Rope
- Water Jugs
- Flag(s)
- Lanterns
- Battery-operated Radio
- Mallets
- Broom
- Rubber Gloves
- Toilet Paper
- Colander
- Baking Soda
- Tablecloth(s)
- Pot Scrubbers
- Program Supplies
- Food
- Drinks/Ice
- Pitchers for Drinks
- Dish Towels
- Hand Soap
- Tissues
- Napkins
- Charcoal Chimney

Some Additional Equipment Suggestions

- Whistle
- Alarm clock
- Directions to campsite
- Keys (if needed)
- Cell phone and a cell phone charger
- Chair

Personal Equipment

A girl who packs her own bag knows what she has and where to find it. Keep in mind that girls should carry all of their own gear. Girls’ belongings should all be marked with their names.

- Sit Upon
- Jacket/Sweater/Sweatshirt
- Poncho/Raincoat
- Bandana/Hat
- 2 changes of underwear
- 2 pairs of socks
- Sturdy shoes
- Extra pair of shoes
- Hats/mittens/gloves
- Slippers/indoor shoes
- Plastic Garbage Bag
- Bathing Suit/Towel
- Sunscreen
- Lip Balm
- Sleepwear
- 2 changes of clothes
- Toiletries
- Bath Towel/Washcloth
- Mess Kit
- Drip Bag
- Pocket Knife/Flashlight
- Camera
- Pillow
- Bedroll or Sleeping Bag
- Medication (in original container)
- Tissues
- Non-aerosol bug repellant
- Parent Permission Slip
- Health History Form
- Notebook/Pencil
Safety in the Out-of-Doors

There are two documents that adults taking Girl Scouts into the outdoors need to be very familiar with: Volunteer Essentials and Safety Activity Checkpoints. Both documents can be found on the GSCM website: www.gscm.org/volunteerresources. Use these documents to complete the following questions.

In Chapter 4 of Volunteer Essentials, you are expected to demonstrate what?

Also in Chapter 4, parents are expected to provide “appropriate & _____ for activities.

What are girls expected to do with your instructions and suggestions?

You are going camping with 15 Brownies. What is the minimum number of adults needed to supervise the girls?

Why is it suggested that each driver have their own set of directions/maps?

In Safety Activity Checkpoints for Camping, adults are expected to ensure the safety of sleeping areas. What three things must be done?

When planning a hike, what should you do on the day of the hike?

There are several sets of “tips” in the Outdoor Cooking Safety Activity Checkpoint. What topics are covered in these tips? Which tip did you find most interesting and why?
Girl Scouts of Central Maryland adheres to the principles found in the national outdoor skills and ethics education program Leave No Trace/Outdoor Ethics. This program is based on seven principles:

1. Plan Ahead and Prepare
   - Know the regulations and special concerns of the area you’ll visit.
   - Prepare for extreme weather, hazards, and emergencies.
   - Schedule your trip to avoid times of high use.
   - Visit in small groups. Split larger parties into groups of 4-6.
   - Repackage food to minimize waste.
   - Use a map and compass to eliminate the use of marking paint, rock cairns, or flagging.

2. Travel and Camp on Durable Surfaces
   - Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
   - Protect riparian areas by camping at least 200 feet from lakes and streams.
   - Good campsites are found, not made. Altering a site is not necessary.
   - In popular areas:
     a. Concentrate use on existing trails and campsites.
     b. Walk single file in the middle of the trail.
     c. Keep campsites small. Focus activities where vegetation is absent.

3. Dispose of Waste Properly
   - Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled food. Pack out all trash, leftover food, and litter.
   - Deposit solid human waste in catholes dug 6-8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise cathole when finished.
   - Pack out toilet paper and hygiene products.
   - To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap.

4. Leave What You Find
   - Preserve the past; examine, but do not touch.
   - Leave rocks, plants, and other natural objects as you find them.
   - Avoid introducing or transporting non-native species.
   - Do not build structures, furniture, or dig trenches.

5. Minimize Campfire Impacts
   - Campfires can cause lasting impacts to the backcountry.
   - Use a lightweight stove for cooking and enjoy a candle lantern for light.
   - Where fires are permitted, use established fire rings, fire pans, or mound fires.
   - Keep fires small. Only use sticks from the ground that can be broken by hand.
   - Burn all wood and coals to ash. Put out campfires completely, and then scatter cool ashes.

6. Respect Wildlife
   - Observe wildlife from a distance. Do not follow or approach them.
   - Never feed animals. Feeding wildlife damages their health, alters natural behaviors and exposes them to predators and other dangers.
   - Protect wildlife and your food by storing rations and trash securely.
   - Control pets at all times or leave them at home.
   - Avoid wildlife during sensitive times: mating, nesting, raising young, winter, etc.

7. Be Considerate of Other Visitors
   - Respect other visitors and protect the quality of their experience.
   - Be courteous. Yield to other users on the trail.
   - Step to the downside of the trail when encountering pack stock.
   - Take breaks and camp away from trails and other visitors.
   - Let nature’s sounds prevail. Avoid loud voices and noises.

Leave No Trace Principles for Kids
   - Know Before You Go
   - Choose The Right Path
   - Trash Your Trash
   - Leave What You Find Be
   - Careful With Fire
   - Respect Wildlife
   - Be Kind To Other Visitors