Camping

Skill Builders

1. Learn how to select a site and a route for a camping trip appropriate to the skills of your troop or group. Determine how your group can minimize its impact on a site by considering the following:
   a. Time of year and the size of the group.
   b. Clothing and equipment.
   c. Food preparation and use of portable cooking stoves.
   d. Camping and traveling on durable surfaces.
   e. Proper disposal methods and plans to pack out waste and trash.
   f. Leaving the site in a natural condition.

2. Collect 10 recipes for outdoor meals that will minimize food preparation time and the use of cooking fuel. Be careful to select foods that will not spoil. For a three-day camping trip, plan a well-balanced menu. Learn the proper procedures for setting up, fueling, and cooking on the stove you will be using. Show how to keep food and cooking supplies safely away from animals.

3. Develop emergency procedures for a camping trip. Know what to do in case of fire, food, and injured or lost campers. Learn the procedures to follow if you become separated from your group. Show that you can set up and recognize international distress signals. Demonstrate how to be prepared for weather emergencies and find out about methods for obtaining water and shelter. Assemble a first-aid kit. Know how to treat for shock, bleeding, sprains, burns, bites, hypothermia, frostbite, sunburn, heat exhaustion, and heatstroke.

4. Demonstrate two ways to build group readiness and spirit for a camping trip. Keep in touch with the feelings that come from living and working together in the outdoors by writing a song or poem, recording your thoughts in a journal, or sharing them with a friend or at a Girl Scouts' Own ceremony.

5. Plan a trip to challenge your skills. Create maps, plans, and checklists. Backpack, bicycle, ride horseback, canoe, sail, ski, cross-country, or find some new, exciting way to get to your campsite (perhaps an extended scavenger hunt or mystery ride).

Career Exploration

1. Learn about jobs in the outdoors such as lifeguard, camp counselor, camp director, camp administrator, program specialist, site manager, or food service manager in the recreation industry. Interview someone who has one of these jobs and report back to your troop or group on your findings.

Technology Projects

1. Look into how to make a camping experience more accessible to people with disabilities. Together with your troop leader, you may wish to consult Focus on Ability: Serving Girls with Special Needs. Then, using the assessment tools from the book, determine which of your campsite is most suitable for people with disabilities, and how you can improve existing conditions.

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3. Offer your services to maintain a hiking or nature trail. Or, create a new trail at a local Girl Scout camp or park. Learn the proper ways to cut unwanted growth, control erosion, and divert water off the trail.

4. Teach camping skills such as selecting proper equipment, meal planning, or pitching a tent, to a group of younger Girl Scouts. Visit their troop meeting, demonstrate the skills, and help them practice.

5. Volunteer to plan and conduct a weekend camporee, a habitat improvement project, or an outdoor skills day. Or collaborate on a camping-related service project with another group.

6. Look through several magazines about camping and outdoor activities. Use the ideas to make a list of outdoor careers. Find out about the skills, education, and experience needed for three of the careers you listed.

Explore the outdoors with Girl Scouting! Whether you are a weekend camper or planning a longer trip, consult one of these related interest projects:

- Wildlife
- Outdoor Survival
- Backpacking
- Orienteering
- Eco-Action
- Digging Through the Past
- Plant Life

Winter Camping

1. Learn how to build a shelter and contact someone with experience in all seasons. Use the assessment tools from the book, determine which of your campsite is most suitable for people with disabilities, and how you can improve existing conditions.

2. Offer your services to maintain a hiking or nature trail. Or, create a new trail at a local Girl Scout camp or park. Learn the proper ways to cut unwanted growth, control erosion, and divert water off the trail.

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And Beyond

Camping opens up new vistas and taps many abilities. Whether you are a weekend camper or planning a longer trip, consult one of these related interest projects:

- Wildlife
- Outdoor Survival
- Backpacking
- Orienteering
- Eco-Action
- Digging Through the Past
- Plant Life

Sports and Recreation