



**gscb**

# **Outdoor Basics Skills Guide**

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# Welcome to Your GSCB Outdoor Basics Skills Guide

In this guide, you will learn about the 8 Outdoor Skills and how to execute them safely during an outdoor adventure with your troop. Getting your troop outdoors supports the Girl Scouts Outdoor pillar – an important part of the Girl Scout Leadership experience. Outdoor adventures encourage girls to be comfortable in new environments, connect with nature, learn the importance of conservation and the 7 Leave No Trace Principles, as well as adapt to new environments. The outdoors present new challenges and experiences that can't be taught during a troop meeting.

## What is the purpose of the Outdoor Basics Skills Guide?

The Outdoor Basics Skills Guide gives you, the Troop Leader or volunteer, the opportunity to get familiar with “The 8 Outdoor Skills” and prepares you to take your troop on an outdoor adventure. Keep in mind that an outdoor adventure can begin in your backyard, a local playground, or a nearby state park!

## Supplemental Materials

This Outdoor Basics Skills Guide is for YOU to learn the skills, or become the outdoor expert ahead of your outdoor adventure. We have also created guides for you to utilize during your outdoor adventure:

1. [Outdoor Programming Guide](#) - The Outdoor Programming Guide provides suggested activities and tips for teaching “The 8 Outdoor Skills” to your Girl Scouts.
2. [Troop Camp Training Booklet](#) - The Troop Camp Training Booklet is a handout for girls to utilize during your outdoor adventure that emphasizes “The 8 Outdoor Skills”.



## Where to Begin

Planning an outdoor adventure with your troop may seem like a lot of work – but anything can feel impossible until it is done! Our best advice? Do not overthink it; a doorway to outside is always nearby. You can venture outside your meeting space with some sidewalk chalk, plan to have snack outside, or go for a walk to start getting your troop outside together. If you are not sure where to start – ask your Girl Scouts what they like to do outside and play to their existing strengths and interests before planning any big adventures.

Reference the Outdoor Progression chart on the next page to check in with yourself and gauge where your girls might be. Once you have an idea, make it a conversation with your troop to keep your planning and programming decisions girl led!



of the Chesapeake Bay

## Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out! Outdoor fun can be endless when girls lead.

### Look Out

Share past experiences in the outdoors.

Talk about favorite outdoor places and why they're special.

Wonder what else can be seen in the outdoors.

### Meet Out

Step outside to look, listen, feel and smell.

Share what was observed.

Learn more about what was discovered.

### Move Out

Plan and take a short walk outside.

Discuss being prepared for the weather.

Do activities to explore nature.

Plan and carry out an indoor sleepover.

### Explore Out

Plan and take a short and easy hike.

Discuss what to take in a day pack.

Dress for the weather.

Plan a healthy snack or lunch.

Learn how to stay safe in the outdoors.

### Cook Out

Plan and cook a simple meal outdoors.

Make a list of gear and food supplies needed.

Learn and practice skills needed to cook a meal.

Review outdoor cooking safety.

Practice hand and dish sanitation.

Create a Kaper Chart for the cookout.

### Sleep Out

Plan and carry out an overnight in a cabin or backyard.

Discuss what to pack for the sleep out.

Learn to use and care for camping gear.

Learn and practice new outdoor skills.

Plan a menu with a new cooking skill.

Discuss campsite organization.

Plan time for fun activities.

### Camp Out

Plan and take a 1-2 night camping trip.

Take more responsibility for planning.

Learn and practice a new outdoor skill.

Learn a new outdoor cooking skill.

Plan a food budget, then buy and pack food.

Practice campsite set up.

Plan an agenda that includes fun activities.

Explore/protect the surrounding environment.

### Adventure Out

Plan and take an outdoor trip for several days.

Learn and practice a new outdoor skill.

Learn a new outdoor cooking skill.

Develop first aid skills and use safety check points.

Budget, schedule, and make arrangements.

Participate in an environmental service project.

Teach and inspire others about the outdoors.

Imagine new experiences to be had outdoors.

Practice all Leave No Trace principles.



Proud Partner



LEAVE NO TRACE PRINCIPLES

Leave What You Find

Plan Ahead & Prepare

Respect Wildlife

Minimize Campfire Impacts

Travel & Camp on Durable Surfaces

Dispose of Waste Properly

Be Considerate of Other Visitors



# Preparing Your Troop for Outdoor Adventures

The best way to get your troop prepared for an outdoor adventure is to refine your skills – or tap into new ones if outdoor adventures haven’t been your forte!

This guide is dedicated to familiarizing you with “The 8 Outdoor Skills” and how they apply at Girl Scout of the Chesapeake Bay (GSCB). Before we get into the skills, there are a few things to know before you make a property reservation, buy patches, or embark on your journey!

## Policy:

GSCB requires 200 Outdoor Basics training (found in gsLearn) to be completed by all Troop Leaders. This required training prepares you for modern camping adventures. Modern Camping is defined as that which is done at lodges, houses, program centers, etc. Modern units provide the convenience of modern amenities such as indoor bathrooms, showers, and kitchens.

If you prefer to do a hands-on, in-person experience with an Outdoor Skills Instructor, you can do so via a 6-hour training or stay for a weekend- with, or without your Troop. Learn more at [www.gscb.org/outdoor](http://www.gscb.org/outdoor).

## Safety:

Safety Activity Checkpoints (SAC) set a standard for adult-scout ratio specifically for camping and travel that must be adhered to. As a reminder, these adults must be registered, and background checked.

Grade Level	Number of Girl Scouts	1 Extra Adult Needed for Number of Additional Girl Scouts
Daisies (K-5)	6	1-4
Brownies (2-3)	12	1-6
Juniors (4-5)	16	1-8
Cadettes (6-8)	20	1-10
Seniors/Ambassadors (9-12)	24	1-12

When fathers or male volunteers are part of the group, separate sleeping quarters and bathrooms must be available at the site and utilized.

## Getting Organized:

Part of the planning process is to complete a few forms to let GSCB know about your adventure and a few activities to get your troop and troop families prepared too. Here are some steps you may need to take, depending on your activity:

1. Complete a [Property Reservation](#) or [Travel Application](#).
2. Review the packing list well in advance, so families can plan purchases accordingly.
3. Collect health forms [digitally](#) or [tangibly](#).
4. Discuss, plan and prepare a menu using the [GSCB Outdoor Programming Guide](#).
5. Know what to do in case of emergency.

More on planning your trip to a GSCB property can be found in 200 Outdoor Basics training (gsLearn).

## The 8 Outdoor Skills

1. Using Good Outdoor Manners - Purple
2. Dressing for the Weather - Blue for the material of clothes
3. Tying Knots - Gray or tan to represent rope
4. Handling and Caring for Knives - Yellow to indicate caution
5. Making, Using, and Putting Out a Fire - Orange for flames
6. Cooking for Self, Patrol, or Troop - Red for apples, representing food
7. Simple First Aid - White for sterile bandages
8. Protecting Nature with Leave No Trace - Green for trees and grass



In the Troop Camp Training booklet, we highlight a pin making activity. The bead colors above correlate with that pin. You can adapt them for any craft or activity you'd like to do with your troop! More ideas can be found in the [GSCB Outdoor Programming Guide](#).



## Using Good Outdoor Manners

To use good outdoor manners, we have rules at camp. These rules apply anywhere in the outdoors:

1. Always have a buddy. Don't go anywhere alone.
2. Always ask permission to go somewhere or do something.
3. Always follow instructions.
4. Put litter into trash cans.
5. Respect others and the environment.
6. Use the right voice at the right time. No yelling inside buildings or outside at night.
7. Respect plants and wildlife. Do not pick, hack, peel or poke at sticks, plants, rocks and flowers.
8. Be aware of personal space. Do not share beds, sleeping bags, or chairs with other girls or adults.

## Dressing for the Weather

Dress for comfort and practicality, not for style! Not only is it important to dress for the weather, but being outside where you are exposed to the elements requires additional care, thought, and preparation when packing for camp or dressing for a day outside. Here are some tips you can talk through with your troop to get them thinking practically about how they will prepare for your outdoor adventures:



1. Long pants and sleeves are better than shorts and short sleeves in the woods. They protect the arms and legs against scratches insect bites, poison ivy, and sunburn.
2. Synthetic materials next to the skin are hot in hot weather and cold in cold weather - cotton and wool are best. Synthetics can cause severe burns when too near to a fire or stove.
3. Loose-fitting clothing is more comfortable and warmer in cool weather. On long or hard hikes, tight pants can restrict movement and cause muscle problems or chafing.
4. Footwear should be roomy, comfortable, and sturdy with no open heels or toes. No sandals in the woods. In cold weather, wear an extra pair of socks IF it doesn't make too tight a fit. Dressy types of shoe boots are not recommended - usually too tight for warm socks and not constructed well enough to stand up in camp situation. High heels and extremely thick soles are unsafe and can cause falls or twisted ankles/knees.
5. Always take rain gear along: a poncho or raincoat, head covering, and boots. A passable poncho can be made from large plastic garbage bags and masking tape.
6. Wind lowers the effective temperature. This is called the wind-chill factor. Cover up when a breeze arises. Once you get chilled, it can take hours to warm up again.
7. It is usually ten to twenty degrees colder in the woods than in town. Always pack that extra sweater or jacket, even if you don't think you'll need it.
8. Keeping the kidney area warm helps your overall comfort. Therefore, it is best to use sweaters, and jackets that are long enough to come well below your waist. If you feel cold at night, tie a sweater around the waist to keep your back warm and you will sleep more comfortably.



### Cold Weather Tips:

- In cold weather, dress in layers and then adjust clothing to temperature. Overheating causes perspiration and perspiration induces chilling. Uncover when active, cover when inactive. Wool insulates better than other fibers.
- Closing the openings in clothing keeps you much warmer when activity lessens. Close neck, wrist, ankle, and waist openings.
- It is important to wear a hat in cold weather. Fifty percent of body heat loss is from the head. "If your feet are cold, put your hat on."
- For rustic camping, insulate under your bed roll. Use newspapers, corrugated cardboard, folded blanket, or foam pad. Air mattresses and cots also require insulation.
- Long-johns are worth their weight in gold. Good substitutes are flannel PJ bottoms, tights, a second pair of slacks, sweat suit/warm up pants, or bib overalls worn over everything else.
- Plan to sleep warm - it makes a big difference in energy and attitude. Get to bed before you become chilled, put on CLEAN, dry socks, clean, dry underwear, and a hat or hooded sweatshirt. If you need an extra blanket, put it under as well as over you. With a down sleeping bag, a blanket is warmer inside the sleeping bag than outside.

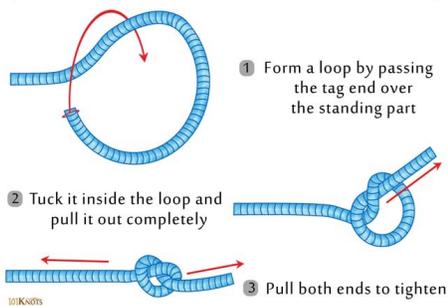
# Tying Knots

There are numerous types of knots with a wide variety of uses! You can find various knots around camp. Square knots box tents, bowline knots tie small crafts to docks, and clove hitch knots make great clotheslines for hanging mess kits to dry. Venture around camp to look for knots and test your skills. If you want to learn more about [tents](#) – there’s a section dedicated to them on page 20 of this guide. \*Knot diagrams courtesy of [www.101knots.com](http://www.101knots.com)

## Overhand Knots:

Overhand knots are used when a simple knot is needed. This knot is sometimes called a stopper knot.

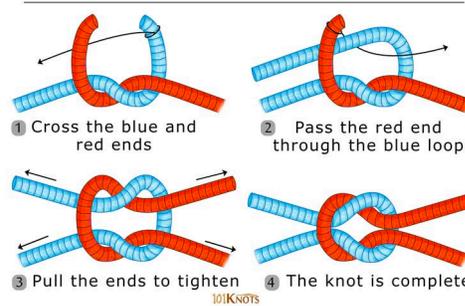
### Overhand Knot Instructions



## Square Knot:

Square knots are used to join two ropes of the same thickness.

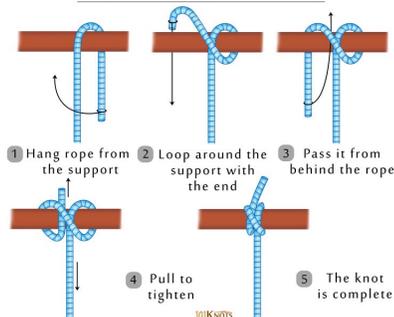
### Square (Reef) Knot Instructions



## Clove Hitch:

Clove Hitch is used to fasten one end of a rope to a tree or post.

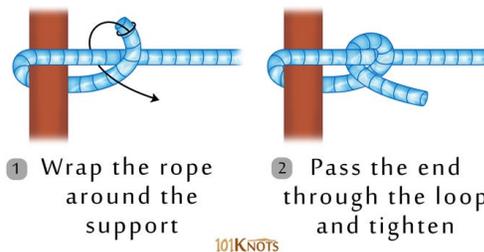
### Clove Hitch Tutorial



## Half Hitch:

Half Hitch is used to fasten rope around a ring.

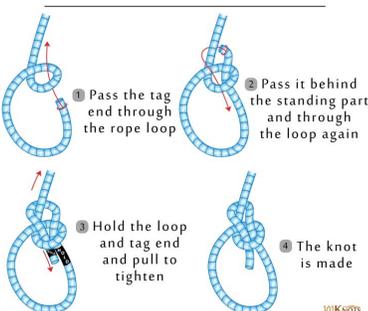
### Half Hitch Instructions



## Bowline Knot:

Bowline knots are used to make a loop that won't slip.

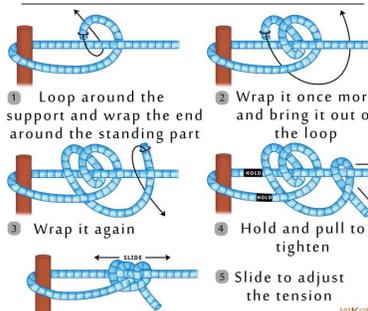
### Bowline Knot Directions



## Taut Line Hitch:

Taut Line Hitch is used to make a loop that will slip.

### Taut Line Hitch Instructions



# Handling and Caring for Knives

Before you use your knife, before you even open it, check to see that you have enough room. Swing your arms in a half circle in front of you and then to the side. If you do not touch yourself or another person or any object, you have enough room. You have an “arc of safety” or a “safety bubble”.

Open and close your knife with both hands. Then, your fingers will be behind the blade if it snaps closed.

## Opening your Knife:

Put your thumbnail in the slot of the blade. Keep your fingers away from the cutting edge. Pull the blade out all the way.



## Using the Jackknife:

Hold the handle with your whole hand, as shown in the image on the right. Always cut away from you. Always keep the knife at least an arm's length away from anyone else.



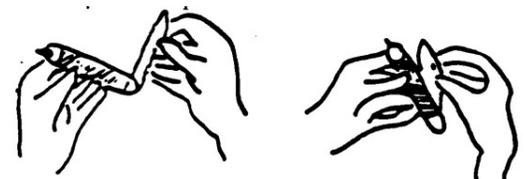
Use your knife only to cut wood, rope, vegetables and soap. You may nick the blade when you use it on hard objects. If you stick it into the ground or use it to pry something open, you may break it. You may break the handle if you use it as a hammer.

## Cleaning your Knife:

Keep your knife clean and dry always. Hold the cleaning cloth at the back of the cutting edge. Wipe carefully across the whole blade. Remove rust with steel wool. Keep the joints oiled so they do not become stiff. Never clean the blade by rubbing it in dirt or sand, as this dulls the blade and makes the knife difficult to open and close.

## Closing your Knife:

Most knives close in two steps. Hold the handle firmly with one hand, push the blade, then push the blade again. The knife will snap shut. Always be sure your fingers are away from the cutting edge of the blade.



Close your knife when you finish using it so another person will not step, fall or sit on an open blade. Close your knife when you walk around so that if you trip, you will not cut yourself or someone else.

## Passing a Knife:

If you must pass a knife, the person passing the knife should hold the blade, offering the handle to the intended recipient. The cutting edge should be facing down. The recipient should acknowledge that she has received it and has a grip on it by saying “thank you”. Then, the knife is not apt to fall and injure someone or be damaged.

**\*Tip: Only buy a non-locking blade knife as girls may not be able to push the button to release the blade.**

# Making, Using and Putting Out a Fire

In most cases, if you are on GSCB property, you will make a wood or charcoal fire in the fire ring. The fire ring is the dedicated fire area within the fire circle. The fire circle includes the benches that surround it. Regardless of the type of fire, make sure everyone's hair is tied back, no loose articles of clothing can fall into the fire, and that you have materials nearby to put out the fire.

## General Rules:

1. NEVER LEAVE A FIRE UNATTENDED.
2. Leave liquid accelerants at home.
  - Start fires with twisted paper, tinder, or fire starters. For homemade fire starters that you can make with your troop, reference the [Outdoor Programming Guide](#).
3. No one should be in the fire ring once the fire is lit unless they are cooking or stoking the fire. Under no circumstances should a Girl Scout be in the fire ring without supervision.
4. Source wood from established sources at camp, dry ground, or dead tree branches.
  - Avoid green or rotten wood.
  - Never cut down a living plant for wood.
5. Fire should not be used for:
  - Drying clothes
  - Disposing of trash - especially not aerosol cans

## Before Building Any Fire:

- Consider the environment - Are there air pollution regulations?
- Check local fire ordinances - Is a burning ban in effect?
- Check local weather conditions - Is it too dry or windy for a safe fire?

## Preparing the Fire Ring:

1. Have a fire ring clear (3 to 4 feet in diameter) down to bare ground with no roots underneath.
2. Clear away all flammable material from inside and outside the fire ring for at least 10 feet or within an established fire circle.
3. Make sure you have a rake or shovel and a bucket of sand or water nearby for fire control.
  - If building a fire indoors, locate and inspect all extinguishers for current date. Inspect all hoses, if used.
4. If not using an existing fire circle, choose a spot away from traffic and trails with no overhanging tree limbs, rotting stumps, logs, grass, or leaves. Will a fire destroy the ground cover or the natural beauty of the land or leave a scar?
  - If using a fireplace, make sure the flue is open before laying the fire. To make sure the flue is open, light a paper towel or rolled piece of newspaper and hold inside the fireplace. If smoke draws upwards, the flue is open and the fire can be laid. Remember to close the flue when you are finished with the fireplace.

At this point, you're ready to build a charcoal fire. If you will be building a wood fire, [skip to 3b](#) for wood fires.

### 3a Preparing and Building a Charcoal Fire:

► Equipment needed to start fire:

- Charcoal
- Charcoal Chimney (coffee or #10 can with aeration)
- Fire starters
- Matches
- Lighter

\*Rule of thumb: 1 #10 can per 3 people, ~3.5lbs of charcoal per can

► Equipment needed to extinguish fire:

- Bucket for water (filled prior to fire starting)
- Shovel or rake

► Starting a Charcoal Fire:

1. Place fire starters within the fire ring.
2. Place a charcoal chimney over the fire starter. This can be made from a large metal coffee or #10 can. Remove the top and bottom of the can. Cut 3 large holes (the triangular holes left by a can punch are fine) on the bottom of each side of the can. Punch two small holes on the top on opposite sides. Be sure to leave no sharp edges; a pair of pliers can flatten edges safely away. Attach a large wire handle in the holes on the top of the can.
3. Check that the fire starters are accessible through the holes at the bottom of the can.
4. Fill the can with charcoal.
5. Light the match and poke the burning match through the hole to light the starter.
  - Charcoal must be heated to the red-hot stage before it is ignited. To achieve this, the starter must be inflamed long enough to heat the charcoal to this point.
6. Wait until the top layer of charcoal has turned gray before spreading out to cook.
  - Do not be impatient and spread the charcoal too soon. Each piece of charcoal will be ignited quicker by remaining in the pile and in close contact with another.



Charcoal fire starting is no different than starting a wood fire except that it requires a longer time for the charcoal to ignite. Like a wood fire, a draft is required for starting and maintaining a fast, hot fire.

► Extinguishing a Charcoal Fire:

If the charcoal will be reused:

1. Sprinkle each piece of charcoal with water - it should be well soaked before it is considered extinguished.
2. Lay the charcoal out to dry for reuse.
3. Place it in a metal, sealable container to take with you.

If the charcoal will not be reused:

1. Soak the charcoal by repeatedly sprinkling with water or dipping into a bucket of water.
2. Crush each piece with a rock.
3. When completely cool, place into the garbage for disposal. Do not dispose of charcoal in the woods.

### 3b Preparing and Building a Wood Fire:

► Equipment needed to start fire:

- Wood
- Fire Starters
- Matches
- Lighter

► Equipment needed to extinguish fire:

- Bucket for water (filled prior to fire starting)
- Shovel or rake

► Starting a Wood Fire:

1. Collect wood. To successfully start a fire, try to find 3 types of wood. The various sizes support the catching and sustainable burning of the fire.

- Tinder: matchstick thinness, pencil length
- Kindling: pencil to thumb thickness
- Fuel: largest size

When collecting wood, look for split wood available at wood shelters or a central location at camp. Then, you will want to collect dead, fallen branches, twigs, and dead branches hanging from lower limbs of trees. Wood on the ground may be too damp to light.

Wood collecting tips:

- Use only as much wood as you need. A cooking fire should be the size of the cook pot.
- In wet weather, try to find dead branches still on trees. They dry quicker after rain stops because the air circulates around them.
- Soft wood from trees that grow quickly (pine, spruce, cedar, etc.) is good for starting fires, but burns quickly.
- Hard wood from trees that grow slowly (cherry, hickory, maple, etc.) burns slowly and yields coals that will last. This wood needs a good, hot fire to start, then burns a long time.

2. Structure the fire. There are many ways to position the wood for your fire. Common ways are the log house, tipi, and A-frame. The A-frame is a good choice because it's foundational for all campfire structures, easy for girls, and can be the easiest to light.

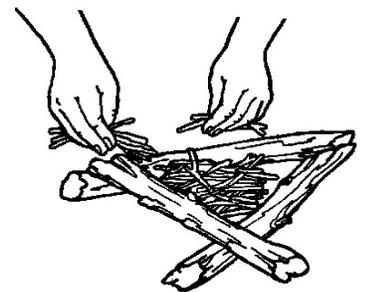
• A-Frame Foundation Fire

1. Make a small triangle with 3 pieces of kindling, one placed over the other two.

2. A fire starter may be placed in the center of the triangle.

Leaving an air space under the top bar of the triangle, place tinder over the crossbar of the "A".

3. Strike the match close to the wood. Always strike away from the body. Hold the match beneath the tinder until a flame burns up through. Add more tinder and kindling onto the fire, placing the kindling separately. Be sure to have extra tinder, kindling, and fuel within reach.



A-Frame tips:

- Since fires need oxygen to burn, place the wood so that a small space lies between each piece, but place the wood close enough so one piece of burning wood will ignite another. When the kindling is burning, add fuel wood that you collected.
- Most fires go through a burnout phase after the fire starter is finished and before the wood has burned down to coals. Oxygen will help bridge this time. Be sure the fire has plenty of kindling and be sure there is plenty of air flow.

- Tipi Foundation Fire - Used to concentrate heat and for larger fires
  1. Lay a normal “A-frame” fire, but with extra tinder and several layers of kindling in place before lighting.
  2. Find a piece of wood roughly finger width with a fork and about a foot of length below the fork.
  3. Find another straight piece of wood at least a foot long and about a finger width.
  4. Using the forked piece, shove the long side a little into the dirt of the fire pit on one side of the “A” foundation. Shove the other piece a little into the dirt on the opposite side of the “A” foundation and lean the upper end into the fork of the opposite piece. This produces a base for the tipi.
  5. Lean kindling against the foundation, making sure that the side with the hole in the “A” frame is left open so the match can be inserted.
  6. Light the fire starter. When the fire starter is lit, the tinder and kindling will begin burning, collapsing downward.

As the burning progresses, add larger fuel to the tipi, keeping enough on the fire to keep it hot.



► Extinguishing a Wood Fire:

1. Allow the fire to burn down to ash.
2. Stir the ashes.
3. Sprinkle the ashes with water. *Tip: In cold weather, puncture holes in a can to avoid getting hands wet.*
4. Repeat steps 2 and 3 until there is no gray ash.
5. A hand passed several inches above the ashes will indicate if a spot is still hot.
6. Sprinkle any remaining hot spots with water.
7. Repeat step 5 until there are no hot spots left. *Tip: Hold hand over the fire for 10 seconds to ensure there is no heat.*

**3c Propane Stove Fires:**

The final type of fire is a propane fire - this could be hosted indoors (where available) but is more common when camping off-trail. Propane stoves now come very small and can be set up for small groups, personal fires, or cooking.

1. Keep stove free of grease. Have baking soda or salt handy, in case of grease fire.
2. Make sure all knobs are turned to the “off” position before making connections.
3. Check all connections by wiping soapy water on connection and watching for bubbles.
4. Turn the knob on the stove “on” slightly.
5. Light the burner nearest the canister first. Light match, hold within ring of burner, and turn on the knob for that burner until flames catch. Let burn for a second, then turn up or down to the desired level.
6. To light the second burner, increase the flow to the first burner, then light the second as you did the first.

**After Any Fire:**

- Ash Removal - Removing ashes is the responsibility of every group. Removing ashes is a demonstration of Leave No Trace and a courtesy to the next group. When ashes are cool, take them to appropriate area (an embankment or at least 200 feet away from camp) and spread them. Emptying the ash buckets after each use makes ash removal manageable.
- Wood Replacement - When you use wood from a wood shelter, replace it. There should be a larger wood pile on property for this. If there is no wood available, identify that in your Property Survey.

## Cooking for Self, Patrol, or Troop

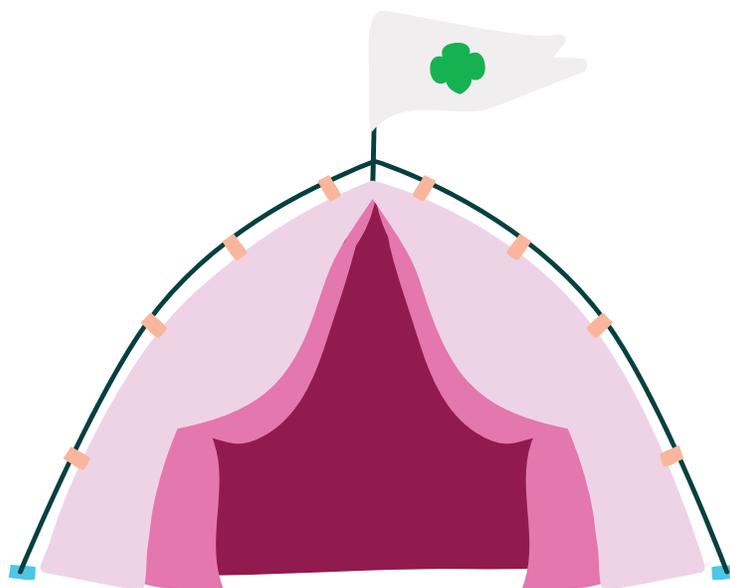
When you are planning for a cookout, remember the age level and experience of the majority of the girls in your troop. With first time campers, start with easier forms of cooking and progress through the various steps. If campers are more experienced, start “where they are” and advance to more difficult techniques.

GSCB has created an Outdoor Cooking Progression Guide to help you get your troop comfortable eating and, eventually, cooking in the outdoors. The techniques are listed below in the recommended progression, but you can adjust the recipes and techniques according to your troop needs. The detailed Outdoor Cooking Progression Guide and recipes can be found in the [GSCB Outdoor Cooking Guide](#).

1. Ready to Eat
2. Propane
3. Foil Packets
4. Sticks and Skewers
5. One Pot
6. Baking
7. Primitive



Remember: No matter what you cook outside, be prepared for dishwashing with 3 basins.



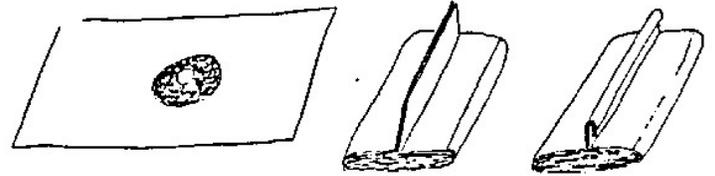
### Tips for Cooking in Foil Packets:

The technique below is commonly known as “drugstore wrap”. It is used to seal food into a foil packet, then placed on hot coals to cook the food by steaming.

1. Cut a piece of heavy-duty aluminum foil that will be large enough to make your seal.
  - Cut one piece first to confirm the size is enough before you cut the remaining number of pieces. Do not skimp on the amount of aluminum foil you use to make your seal.

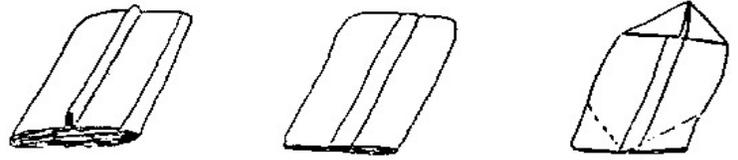
2. Place food in center of foil.

3. Bring sides of foil up.



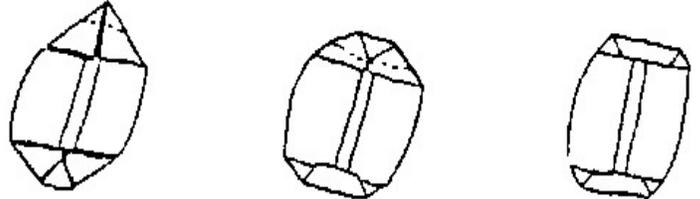
4. Fold the top 1/2 inch over the food loosely down on itself. This can be creased.

5. Fold the top down again.



6. Fold the top down flat.

7. Fold corners over, on itself. Do not crease. Also, press the ends together along the dotted lines.



8. Fold pointed ends.

9. Fold ends over again.

10. This is now ready to go over (about 1/2 inch) on the coals, along the dotted lines.

11. Use a spatula or tongs to flip.

Additional Tip: Use RED Sharpie marker or mustard to put names/initials on packets.

### Tips for Cooking Over a Wood Fire:

- Any method: Paint outside of pots with soap or shaving cream to prevent damage from soot.
- Rule of thumb: Keep your fires small and add wood as needed, especially for heat-and-eat items.
- Cooking a one-pot meal:
  1. Build a small fire.
  2. Lay two parallel sticks (8 to 10 inches long) on either side of the fire.
  3. Place four or five more sticks across the first two, then put the pot directly on top. With the pot placed in this position, there is no wasted heat.
    - If more fuel is needed, add it at right angles to the top layer.
    - If the fire is smaller, it may be easy to lift the pot off to add wood.
- Cooking a large, multi-component meal:
  1. Place large logs (greater than 6 inch diameter) on each side of the fire.
  2. Place a large grate across the fire, resting on the logs. Grates from old ovens work well.
  3. Arrange pots around the grate.

## Tips for Baking in a Box Oven:

There are many methods of baking. You can bake indoors during modern camping, or you can bake outdoors using charcoal in a box oven or solar oven.

Below are instructions for two styles of box oven. For either method, there are some guidelines for checking and maintaining temperature. You can use an oven thermometer or do the following:

1. Wait 8 minutes after oven is prepared to evaluate temperature by placing a small piece of white paper on shelf and closing the door. Each coal equates to  $\sim 30^\circ$ .
  - Hot  $\geq 450^\circ$  - Sheet of paper tans in 1 minutes (biscuits, pizza)
  - Medium  $\geq 350^\circ$  - Sheet of paper tans in 2 minutes (cake, cobbler)
  - Warm  $\leq 325^\circ$  - Sheet of paper tans in 3 minutes (roast)
2. To regulate the temperature:
  - If too hot, remove 1 coal, wait 3 minutes and retest
  - If too cool, add 1 coal, wait 3 minutes and retest
  - When the temperature is right, place the baking pan on the wire shelf, place box on top of the lid, close the door, and set timer. Bake anything in this oven as you would at home, but allow 5 to 10 minutes additional cooking time.
3. Halfway through baking time, use a stick to knock ash from coals, adding more coals if needed.
4. When your box oven is no longer usable, flatten it out and recycle it.

### ► Option 1: Building and Using a Basic Box Oven

#### Materials Needed:

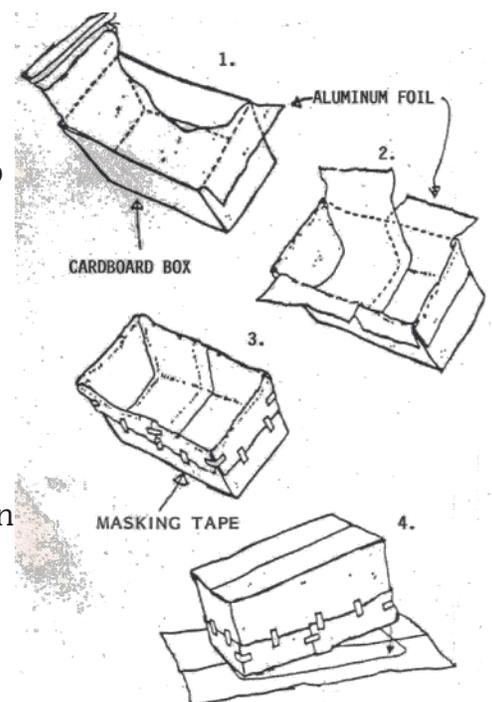
- 1 sturdy cardboard, legal-sized paper box with lid
- 1 wire cake rack
- 18 inch heavy-duty aluminum foil
- 4 empty aluminum cans
- Masking tape
- 1 foil pan for coals

#### Building Directions:

1. Line the inside of the box lengthwise with aluminum foil.
  - Cut long enough for 4 inch overlap
  - Place matte side against the cardboard
2. Cut foil to overlap other side of the box with 2-inch overlap on outside.
3. Tape overlap to outside of box with masking tape.
4. Repeat the lining procedure so you have 2 layers on the bottom of the box.
5. Line the box top using the same method.

#### Using Directions:

1. Place the box lid on the ground. Place four empty aluminum cans and foil pan on lid. Then, place cake rack on top of cans.
2. Place hot coals into foil pan while holding the pan with potholder.
3. Place box upside down on top of the lid. Leave it slightly ajar so coals burn.



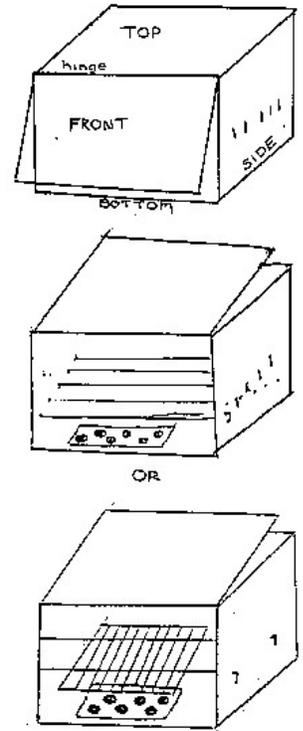
## ► Option 2: Building and Using a One Piece Box Oven

### Materials Needed:

- 1 sturdy cardboard box with lid cut on 3 sides to create a hinged top
- 5 wire coat hangers OR 2 wire hangers and 1 wire cake rack
- 18 inch heavy-duty aluminum foil
- 1 foil pan for coals
- Masking tape

### Building Directions:

1. Line the inside of the box lengthwise with aluminum foil.
  - Cut long enough for 4 inch overlap
  - Place matte side against the cardboard
2. Cut foil to overlap other side of the box with 2-inch overlap on outside.
3. Tape overlap to outside of box with masking tape.
4. Repeat the lining procedure so you have 2 layers on the bottom of the box.
5. Cut coat hangers 4 inches longer than width of the box to make a shelf.
6. Use the wires to poke holes in the side of the box 4 inches from the base as follows:
  - With 5 wires: place them across about 1 inch apart, aligning the center wire with the center of the box.
  - With 2 wires: place wires 3 inches from the front and 3 inches from the rear, then place cake rack across the wires to make a shelf.
7. Cover hanger ends with tape.



### Using Directions:

1. Place the box on the ground in position for the door to open from the ground up.
2. Place hot coals into foil pan while holding the pan with a potholder.
3. Put pan on the floor of the oven and close the door. Leave it ajar so the coals burn.

# Simple First Aid

One of the most important reasons to teach first aid to your troop is to communicate the importance of reporting to adults any accidents, illnesses, or unusual behavior during activities. Unusual behavior may be their own – understanding feelings of dizziness or the onset heat exhaustion as well as identifying those symptoms in their friends. Taking the time to teach first aid ensures that girls receive proper instruction on how to care for themselves and others in emergencies. This equips them with the ability to be an extra set of eyes and ears to make key observations when you are managing any size group.

For more details on how to teach first aid you can reference the [Troop Camp Training Booklet](#) or get programming ideas from the [Outdoor Programming Guide!](#)

## When planning outdoor and camping adventures, how do you know if you need a person who is first aid and CPR trained?

- [Safety Activity Checkpoints](#) is your first point of reference for knowing when and if you need a person who is first aid trained. GSCB periodically offers these trainings at a reduced cost. View our [Event Calendar](#) to find an upcoming training.
- When selecting a destination, the basic rule is: If you are within 30 minutes of a hospital or Emergency Medical Services, a First Aid certification is not required. Wilderness or Advanced First Aid certification becomes required when you will be more than 30 minutes away from these professional medical services.
- Although first aid training is not always required – always having a first aid kit with you and knowing where the nearest AED is located *is*. If you haven't yet made your first aid kit, involve your troop!

## Tips for Staying Organized in a Medical or First Aid Situation

- In a dedicated email folder or water safe container, you should retain medical forms for your all girls. Having caregivers complete these forms ensures you have critical information about their child's medical needs as well as releases you the right to treat the child appropriately- providing antibiotic ointment on a cut, Tylenol for headaches, etc.
- When camping, it is also important that medications are surrendered to you in original containers with clear usage information to administer as appropriate.

Beyond bodily care, first aid is also understanding danger, how to respond, and to stay safe. Familiarize yourself with the GSCB On-Property Emergency Action Plans and practice them with your girls! Know the emergency shelters at camp, how to evacuate camp, and what to do when outside animals approach or are found inside.



## 7 Principles of Leave No Trace



Plan ahead and prepare



Travel and camp on durable surfaces



Dispose of waste properly



Leave what you find



Respect wildlife



Minimize campfire impacts



Be considerate of other visitors

### Did you know?

Girl Scouts of the Chesapeake Bay is a proud partner of Leave No Trace.



Get outdoors and practice the principles with your troop using [these fun activities](#).

# Tents

If your troop will not be staying in tents yet, pause here and come back to this section when your troop is ready. If your troop is practicing knots, tent sites can be a great spot to visit and practice.

## Parts of a Tent:

- **Floor** - wood, nylon, or canvas
- **Fly** - protective canopy slightly above roof of tent for rain protection
- **Grommet** - metal ring in fabric surrounding a hole through which a pole or ropes are put through
- **Knots** - bowline, clove hitch, taut-line hitch
- **Mallet** - wood or rubber for hammering in stakes and/or pegs
- **Pegs or Stakes** - wood or metal and pointed at one end, with hook or notch for rope; hammer in ground and attach rope loop at notch
- **Platform** - wooden base for semi-permanent tents
- **Ropes** - guy lines attached to poles, stakes, and tent
- **Tapes/Ties** - narrow cloth strip attached to tent door flaps and wall
- **Screening** - used in some tents as a doorway and as vent
- **Slide** - wood or metal on some guy ropes to loosen or tighten rope
- **Skirt** - on a floorless tent, the skirt is the waterproof piece attached to the sidewall

## Tent Care:

- **Fabric:**
  - Canvas shrinks when wet. Loosen taut-line hitches to relieve pressure on tent. Flames will burn canvas and melt nylon.
  - Air bubbles in the canvas keep the rain out. Do not touch tent fabric when wet, it will break the air bubbles and cause leaks.
  - Do not spray anything in area around the tent (e.g. insect or hair spray). Chemicals in the spray dissolve the water repellent treatment.
  - Do not pin or tape anything to any part of the tent.
- **Not permitted in tents:**
  - Matches
  - Fuel or kerosene-based lanterns
  - Candles
  - Food



In all types of tents, keep the floors swept. Dirt ground into nylon will weaken the material. As a best practice, leave shoes by the entrance of any tent.

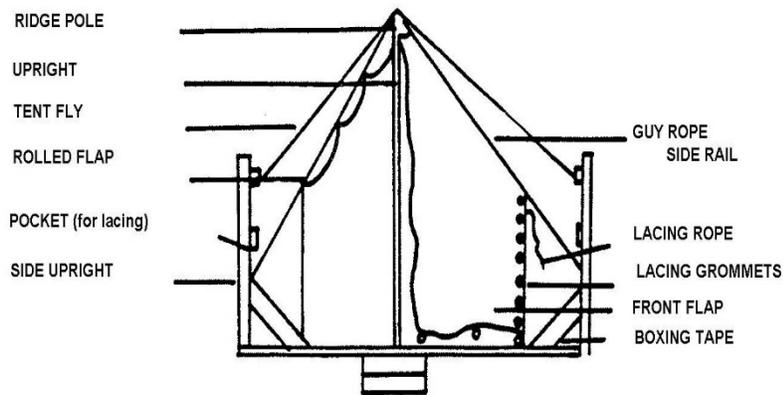
## Ropes and Tapes:

- Tie tapes/ties in half bow so they can be untied easily when wet. Tapes/ties will shrink when wet.
- Do not drive the rope attached to the stake into the ground.
- When rolling doors, windows, etc. make sure the open part of roll is facing away from the weather so rain does not collect inside.
- Tent ropes and tapes/ties are not for hanging or tying up

## Platform Tents:

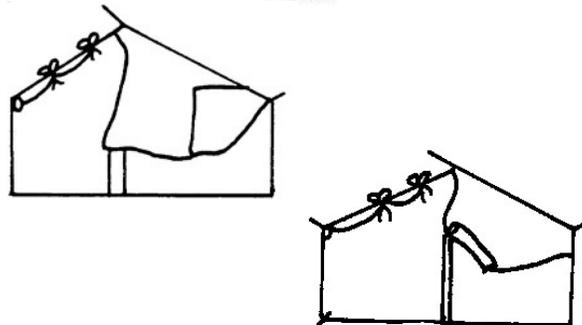
Platform tents can be found at all GSCB properties. They are a camper favorite and have been “home” to many decades of Girl Scouts during summer camp or staying over with their troop!

Tents are set up seasonally and maintained by GSCB. At right is a diagram of a platform tent. To tie the front flaps of the tent back and open the tent, you will do a process called boxing the tent.



### How to Property Box the Tent:

1. Stand inside tent.
2. Fold corners in.
3. Roll from bottom, toward you, on the inside and tie with boxing tape. This can be done easiest with two people.



## Pitching Your Own Tent(s):

### Selecting a Tent Site:

This is for our rustic campers! Whether you are at a primitive campsite at GSCB, your own backyard, or a state park you may choose your own campsite for a nylon tent! Here are some tips (and things to avoid) when selecting a site:

- Be at least 10 to 15 feet from any fire area.
- Be at least 200 feet from creek or riverbank level. Be alert to the possibility of flash floods.
- Look for relatively level or flat ground.
- Look for protection from the wind in cold weather and facing the wind in warm weather.
- Know the position of the sun relative to your site - especially if it's cold or wet weather.
- Ensure the site is big enough to accommodate the number of tents being pitched in a circle with doors facing inward and leaving enough room to pass between tents without tripping on ropes.
- Avoid trees and branches that look dead and pose a risk of falling.
- Avoid ant hills or other holes in the ground that may be home to a native animal.
- Avoid solitary trees and flagpoles that pose risk of lightning strike.

### Setting Up Your Tent:

1. Clear the ground of sharp objects like pinecones, rocks, etc.
2. Lay a ground cloth or tarp.
3. Place the tent on the ground covering with the door facing away from strong wind.
4. Fold edges of ground cloth under itself so no ground cloth extends beyond the tent floor space.
5. Erect tent following instructions for that tent.
6. Count your stakes and then drive them one at a time, from opposite corners into the ground at right angles to the guy lines. Make sure the ropes are out of the way.
7. Add the rain fly, if needed.
8. Put markers or buffers like buckets or cans over the stake to prevent tripping.