girl scouts
of the chesapeake bay

www.gscb.org
MemberCare@cbgsc.org

United Way

gscb

Troop Camp Training



This book belongs to:

Name: _____

Troop: _____



8 Outdoor Skills

Check them off as you learn them!

- ☐ Using Good Outdoor Manners
- ☐ Dressing for the Weather
- ☐ Tying a Square Knot, Overhand Knot, and Clove Hitch
- ☐ Handling and Caring for Knives
- ☐ Making, Using, and Putting Out a Fire
- ☐ Cooking for Self, Patrol or Troop
- ☐ Simple First Aid
- ☐ Protecting Nature with Leave No Trace



8 Outdoor Skills Pin

Supplies:
- 8 different color pony beads
- 1 safety pin
- 1 piece of ribbon



Directions:
1. Fold the ribbon in half and tie an overhand knot, making a small loop.
2. Fold the left ribbon through the top of the pony bead.
3. Thread the ribbon through the center of the bead.
4. Pull both sides of the ribbon.
5. Repeat steps 2-4 until all 8 beads are on the pin.
6. Finish by tying ends with an overhand knot.

Dress for the Weather - Blue
Outdoor Manners - Purple
Knots - Tan
Knife Safety - Yellow
First Aid - White
Fire Building - Orange
Cooking - Red
Nature Conservation - Green

5. Making, Using and Putting Out a Fire

6. Cooking for Self, Patrol or Troop

7. Simple First Aid

8. Protecting Nature with Leave No Trace



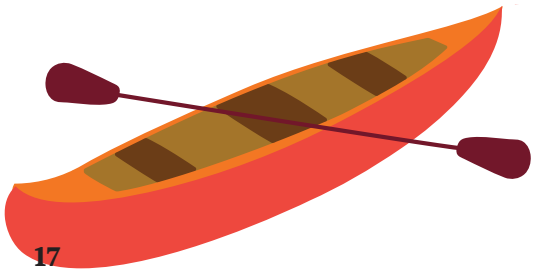


Table of Contents

Rules at Camp..... 3

Be Prepared..... 4

Weather Wear..... 5

It's Knot Hard!..... 6

Knife Know-How..... 7

Fire Building 101..... 8

First Aid Facts..... 11

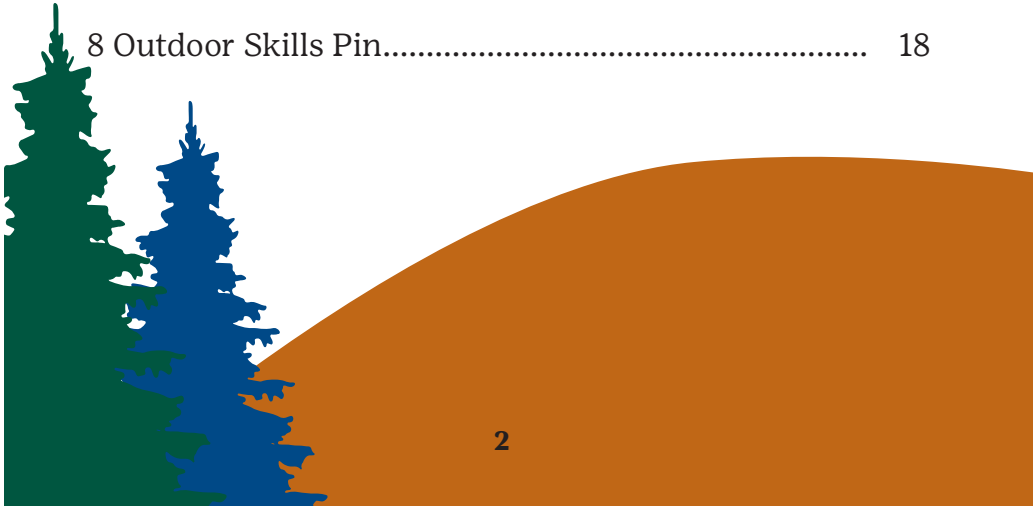
Tent Care..... 12

Leave No Trace..... 13

Hip to Hike..... 15

8 Outdoor Skills Reflection..... 16

8 Outdoor Skills Pin..... 18



Rules at Camp

At camp, we follow many safety rules and utilize our best outdoor manners.

1. Always have a buddy. Do not go anywhere alone. Wherever you go, no running.

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 adutls.

8 Outdoor Skills Reflection

Today I learned about the 8 Outdoor Skills. One thing I remember about each skill is...

1. Using Good Outdoor Manners

2. Dressing for the Weather

3. Tying a Square Knot, Overhand Knot, and Clove Hitch

4. Handling and Caring for Knives

Hip to Hike

Warming up:
Hiking is more than just walking; it involves lengthy trips and sturdy shoes. Before setting out for the trail, make sure you warm up with some stretches.

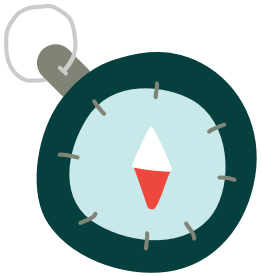
Feet Treat:
Yes, they're smelly and we don't think about them a lot, but your feet are one of the most important parts of hiking. This is what you'll need for happy feet:

- Sturdy, comfy sneakers or boots
- Socks with some cushion
- Moleskin (a spongy band-aid that you use when a spot on your foot starts to feel hot)
- Change of socks/shoes for when you're done

If you are nice to your feet, you will be able to walk, run, and hike much, much longer!

Gear:
The Girl Scout Motto is: Be prepared! So, make sure that you have everything you could need before heading out for the woods.

- Map
- Compass
- First Aid Kit
- Water Bottle
- Pocket Knife
- Trash Bags
- Whistle
- Watch
- Flashlight
- Snack/Lunch



If you get lost, STOP:

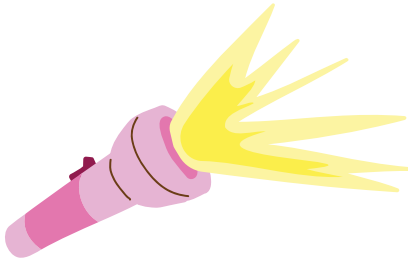
- Sit
- Think
- Observe
- Plan

Remember to Leave No Trace! It's important for hikers to leave trails as (or better than) they found them.

Be Prepared

Troop Gear:
When you go camping, your group should bring these items in sealable bags to stay dry:

- Matches
- Flashlight (with extra batteries)
- Compass and map of the camping area
- Emergency whistle (keep it handy)
- First Aid Kit (don't forget the Band-Aids!)
- Garbage bags (raincoat, trash, storage, etc.)
- Clothesline
- Toilet Paper
- Cooking gear
- Food



What YOU Need to Bring:
When you go camping, you should always bring:

- Clothes (Dress for the weather in layers!)
- Rain gear (Raincoat/poncho, extra shoes)
- Sleep gear (sleeping bag, pillow, sheet)
- Wash Away (Toothbrush, toothpaste, comb or brush, washcloth/towel, soap)
- Bug-B-Gone (insect repellent)
- Sun Away (sunscreen, hat/bandana)
- Flashlight (with extra batteries)
- Water Bottle
- Mess kit (plate, bowl, cup, utensils) and dunk (or net) bag with drawstring (no food)
- Day pack or duffle bag (no suitcases)

Weather Wear

Dress in Layers

- Always plan for the activity, location and weather.
- Dress for comfort, not style.
- Dress in several layers of clothing. Remove layers as the day warms, add layers as the day cools.
- Always bring a hat or bandana.

Spring/Fall: shorts + pants + t-shirt + long sleeve shirt + sweatshirt + jacket

Summer: shorts + pants + t-shirt + sweatshirt

Winter: long underwear + t-shirt + long sleeve shirt + sweater + pants + coat + gloves + warm hat + 2 pairs socks

- Lightweight fabrics in the summer, wool in the winter.
- Shoes should be roomy, comfortable and sturdy with no open heels or toes. No high heels or wedges.
- Always change all your clothes before bed. Clean, dry clothes will keep you warm all night.



3 Things I should always bring or wear at camp are...

_____

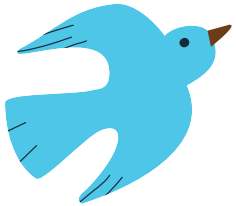
_____

_____

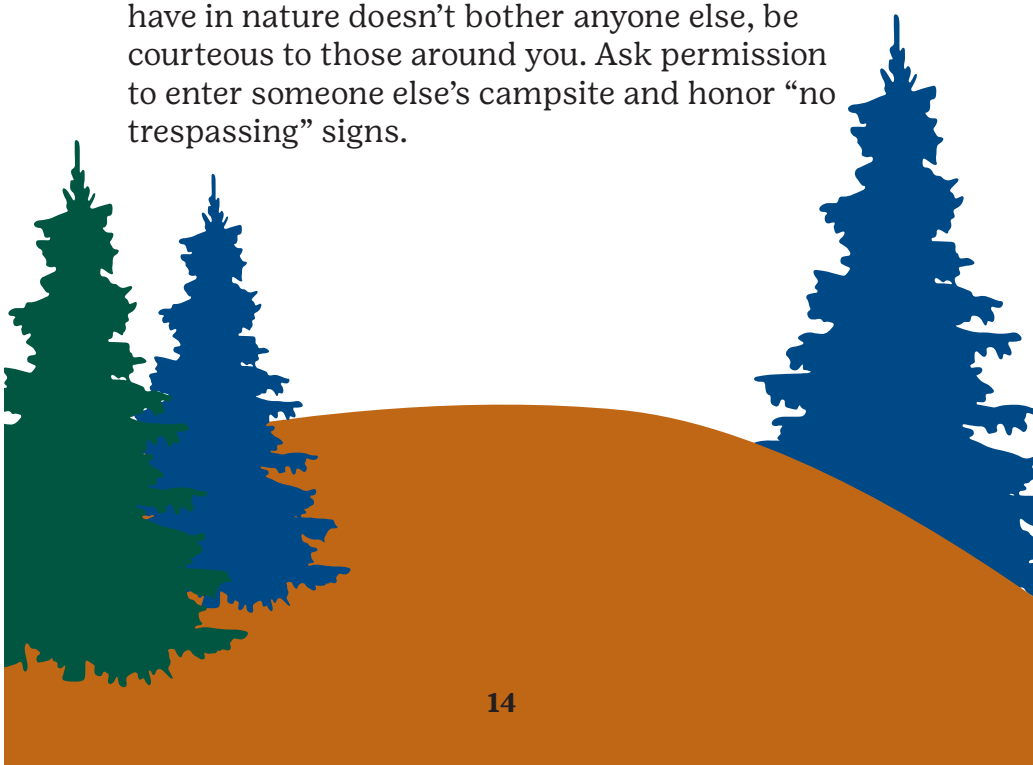
5. Be Careful with Fire - Be sure it is OK to build a campfire. Use a fire ring and make sure your fire is out and cold before you leave.



6. Respect Wildlife - Observe animals from a distance and never approach, feed or follow them. Human food is unhealthy for all animals and starts bad habits. Avoid making loud noises, so that you do not scare the wildlife around you.



7. Be Kind to Other Visitors - Make sure the fun you have in nature doesn't bother anyone else, be courteous to those around you. Ask permission to enter someone else's campsite and honor "no trespassing" signs.



Leave No Trace

7 Principles of Leave No Trace

1. Know Before You Go - Be prepared! Pack the right clothes, learn about the area and use maps. The more you know, the more fun you will have.



2. Choose the Right Path - Stay on the main trail and use existing camp areas. Avoid creating new paths by spreading out when walking through fields. Camp at least 100 big steps from roads, trails and water.

3. Trash Your Trash - Pack it in, pack it out. Put all litter in trash cans or carry it home. Keep water clean. Do not get soap, trash or food in the water.

4. Leave What You Find - Leave plants, rocks and historical items as you find them. Don't hack, peel or pick living plants. Good campsites are found, not made.



It's Knot Hard!

Knot tying is an important outdoor skill to master for camping. The more knots you know how to tie, the more uses for knots you can think of.

Square Knot

- Right over left and left over right
- Used for joining cords of the same thickness



Overhand Knot

- Create a loop, pull one end of the rope through the loop
- Used for stopping



Clove Hitch

- Run around the tree and jump over the log; run around the tree again and under the log
- Used to fasten one end to a tree or post



Knife Know-How

A knife can be a valuable camp tool, but it can also be dangerous if not used properly.

Safety First

- Ask for permission before using a knife.
- Always cut away from your body.
- Create a circle of safety around your body.
- Keep the knife closed when not in use.
- Do not walk around with an open knife.
- Keep your knife clean and dry.

Using a Pocket Knife



Opening Your Knife
1. Hold the handle firmly with the fingers of one hand.
2. Grab and pull the top edge (slot) of the blade with your thumb and forefinger. Keep your fingers away from the sharp edge.
3. Pull the blade all the way out until it clicks.



Closing Your Knife
1. Hold the handle in one hand with the sharp edge up.
2. Hold the dull non-cutting side of the blade with your thumb and forefinger of the other hand.
3. Push the blade into the slot in the handle.

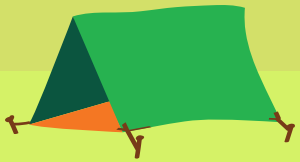


Cutting With Your Knife
1. Hold the object being cut with one hand.
2. Grip the knife handle in the other hand.
3. Push the knife away from yourself into the object you are cutting.

Tent Care

With a good tent over your head, you can sleep soundly through the night. Here are some tips to help you take good care of your tent.

Tent Care:
- No food in tents. It attracts wildlife.
- Do not touch any tent fabric when wet. If you do, your tent will leak.
- Do not spray anything in the area around the tent (insect or hair spray). Chemicals in the spray dissolve the water repellent treatment.
- Keep floors swept. Shoes are best left just inside the door, not worn in the tent.
- Never put a tent away wet.



Unscramble the Answers

1. There is no _____ allowed inside of tents.

2. Do not touch the tent _____ when they are wet.

3. Always keep tents _____, inside and outside.

FDOO AWSLL CLNAE

First Aid Facts

Simple First Aid
Sometimes things happen at camp. When they do, it is important to tell an adult and know these simple first aid steps.



- Cuts: Wash with soap and water. Cover with a bandage.
- Splinters: Remove it, wash with soap and water. Cover with a bandage.
- Small burns: Run the area under cool water for 10-15 minutes and/or apply a cold compress.
- Sunburn: Cold compresses and shade will help.
- Insect Stings: Remove the stinger and cover with a cold compress to relieve itchiness.
- Poison Ivy: Wash with cold water and dish detergent or strong soap. Change clothes and put the dirty clothes in a plastic bag.

Fire Building 101

General Fire Rules

- Respect fire at all times and obey fire advisory signs.
- There is no running, skipping, etc. in the fire circle when a fire is lit. There is only walking carefully.
- The only people who put anything into the fire are the girls assigned fire building and adults.
- All hair should be pulled/tied back and covered with a hat/bandana when a fire is burning.
- No loose/plastic clothing should be worn around a fire.
- Never leave a fire unattended.
- Make sure a fire is completely out before you leave. Stire the coals and sprinkle with water, repeating until the fire is completely out.

Before Building a Fire

- Consider the environment and weather. Is it too dry or windy for a safe fire?
- Choose an established spot where fires have been burned before.
- Always have a bucket of water, a rake and a shovel nearby before starting a fire.
- Always have an adult with you before starting a fire.

Building A Fire

1. Gather your rake, shovel and bucket.

2. Use the rake to clear the fire area of dry leaves and sticks.

3. Gather only dead, dry wood to build the fire. No vines.
   You'll need 3 kinds of wood:
   - Tinder: Bark and twigs the size of your pinky
   - Kindling: Twigs and sticks the size of your thumb
   - Fuel: Sticks and limbs the size of your wrist

4. Build a small fire, they are best for cooking.

5. Light the fire. Remember: Strike matches away from you.

"A" Frame Fire

1. Make a triangle with 3 pieces of kindling. Look - it's an "A"!

2. Place your firestarter in the center of the triangle.

3. Lean tinder across the center bar.

4. Strike your match and light the fire.



The fire safety rule I think is most important is...

_____

_____

_____

_____

Three ways I don't use my knife at camp are...

_____

_____

_____