

## BC CAMPING CHALLENGE – SUPER SPRING

A SEASONAL CAMPING CHALLENGE  
FROM THE BC CAMPING COMMITTEE

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## Overview

The BC Camping Challenge – SUPER SPRING contains four categories: Camp Preparation, Camp Cooking, Camp Skills, and Outdoor Activities.

## Challenge Requirements

To earn the seasonal Challenge Crest, the girls need to have an **overnight** camping experience, and complete the required number of challenges from each section. Sparks can camp for one or two nights; Brownies, Guides, Pathfinders and Rangers all need to camp for two nights

	Sparks	Brownies	Guides	Pathfinders	Rangers
Camp Preparation	2	2	3-5	3-5	3-5
Camp Cooking	2	2	3-5	3-5	3-5
Camp Skills	2	2	3-5	3-5	3-5
Outdoor Activities	1	1	2	2	2

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

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

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

## Planning and Preparing

When you are planning your camp, please refer to the BC progression of camping skills and help the girls to acquire those skills for each level. Be sure to get the girls involved and ask them which challenges they want to do.

<http://www.bc-girlguides.org/WEB/Documents/BC/camping/Progression-of-Camp-Skills.pdf>

## Camp Preparation:

- Play a game about what to wear on an outing.
- Practice making a bedroll
- Dehydrate food for camp
- Help purchase camp food
- Play a game using knots used at camp
- Assemble a small personal First Aid Kit
- Make a gadget
- Learn to light a camp stove or lantern
- Plan a camp menu using a theme
- Study cloud patterns and learn how they can be used to forecast the weather

## Camp Cooking:

- Help prepare a meal by washing/cutting vegetables
- Cook something over a campfire
- Clean and set tables for meals
- Pack a lunch and eat it on a camp hike
- Cook a tin foil dinner
- Make one simple snack food
- Cook using a light weight stove
- Learn about the Canada Food Guide and what this means in menu food planning
- Bake an apple or banana boat in the coals of your campfire

## Camping Skills:

- Organize and raise the colours
- Make an emergency shelter and if possible sleep in it.
- Learn how to storm lash your tent
- Lay and light a campfire
- Plan and/or participate in a Guides Own
- Complete 4 camp challenges based on the Promise and Law
- Make a dogwood or stellar jay camp hat craft
- Help erect a tarp using a Trucker's Hitch
- Learn how to protect yourself from and treat insect bites.

## Outdoor Activities:

- Draw or photograph a tree in bloom. Identify the tree.
- Dress appropriately, then walk or hike in the rain. Sing a song along the way
- Find and identify two wild flowers
- Play a night/wide game
- Make and fly a kite
- Make a craft using materials found on a hike
- Build and put up a bird or bat house at camp or in your community
- Identify an edible plant & learn what it is used for
- Perform a campfire skit

## Be a No Trace Camper

- Leave your campsite in better condition than you found it!

## Completing the BC Camping Challenge

Want to earn the complete set of 5 BC Camping crests? Simply complete the other 4 challenges: Sensational Summer, Splendid Sleepover, Fall Fun, and Wonderful Winter.



The BC Camping Committee can be reached at [camp@bc-girlguides.org](mailto:camp@bc-girlguides.org) for questions and feedback!