

GUIDING ELEMENTS FIRE

FROM THE BC CAMPING COMMITTEE



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INTRODUCTION

Welcome to our second Guiding Element “Camp in a Box” - Fire.

These four camps are based on the elements earth, fire, water and air. The elements are very dependent on each other - fire requires earth for the source (wood), air for oxygen and water for safety.

Fire is one of the most important highlights of camping for cooking, warmth and memorable campfires. In this camp package, you will find the program outline and a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides' Own and a kit list. Build your camp to suit your season of the year, building or campsite, number of girls and available time. Pick those activities that work the best for you and your girls and remember to be flexible. Adapt this package to have fun learning about fire.

Remember to use the most recent [Safe Guide forms](#) and to have them assessed as appropriate. Be sure to inform your Camping Advisor and District Commissioner of your camping plans, and draw on the resources available to you within your district (Camping, Music, Program Advisers, local trainers, etc.).

Crests order forms are available on the BC Girl Guides website (<https://www.girlguides.ca/WEB/BC/>), and crests are \$1.00 each for units from BC. There is also an evaluation form at the end of this package, and we would love to hear feedback from you regarding this camp. We love receiving pictures, so please send photos from camp (making sure that everyone in them has image releases in iMIS) and feedback to the BC Camping Committee at bc-camping@girlguides.ca.

In this camp, as in every camp, a vast amount of material has been covered and learning has happened. Please, be sure you are adding activities completed to the girl's Girls First program.

An evaluation form has been included for you to complete after your camp and the BC Camping Committee would greatly appreciate hearing from you. Your suggestions and comments are very useful in the creation of future camp packages. We love receiving pictures, so please send some of those along too!

The most important thing is flexibility and adapting this package to work for your camp. Please use your wonderful creativity as required!

Most of all - have fun at camp!

BC Camping Committee
Created 2008
Revised August 2019



PROGRAM SCHEDULE

Friday

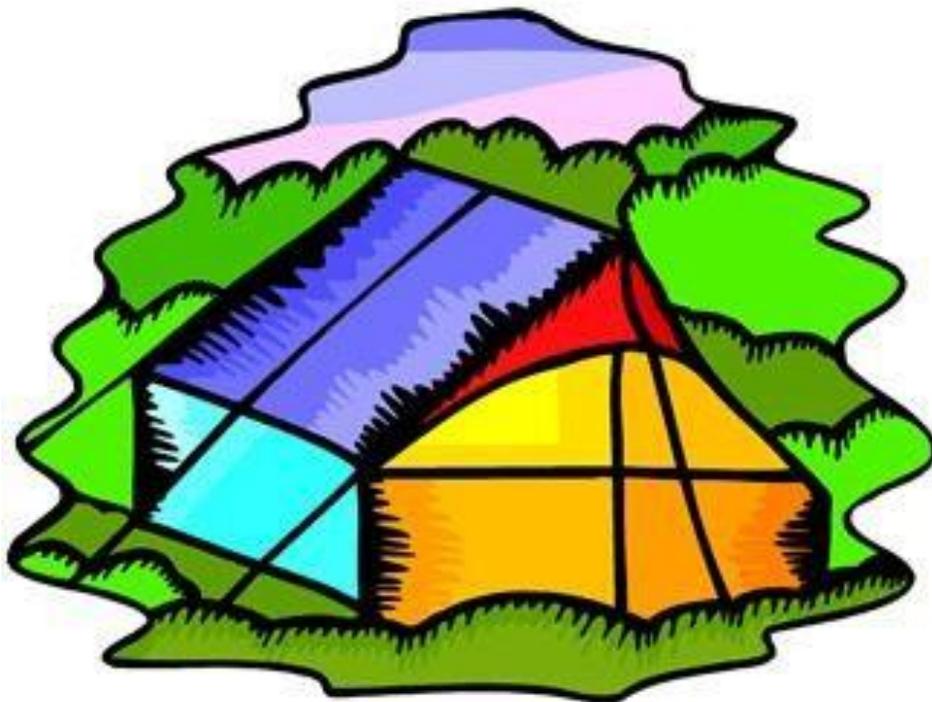
5:00pm	Company dinner (spaghetti, garlic bread, salad)
Or 6:00	Arrive at camp (dinner prior to arrival of bag dinner brought to camp) Set up camp
7:00	Opening - camp boundaries, rules, fire drill, patrol duties
8:00	Name tags
9:00	Campfire sing along Mug up
10:00	Bed Time

Saturday

7:30am	Breakfast Patrol Duties
8:45	Flag Ceremony
9:00- 10:30	Round Robin Activities
10:00	Snack
11:00	Hike
12:00	Lunch Clean up Patrol duties
1:30	Quiet time
2:00 - 4:30	Round Robin Activities
3:00	Snack on the go
4:30	Iron Chef dessert challenge
5:00	Dinner prep Dinner Patrol Duties
7:00- 8:00	Round Robin Activities
8:30	Night Game: Flashlight camouflage Mug Up Campfire
10:30	Bed time

Sunday

8:00	Breakfast Patrol Duties Girls pack up gear Break camp
10:00	Guides' Own Camp site clean up
10:30	Closing. Present crests and take a group photo
11:00	Parents pick up girls



PROGRAM WORKSHEET

Friday

Saturday

7:30	Rise and Shine		
8:00	Breakfast		
	Patrol Duties		
9:00– 11:00	Round robin stations Station 1		
	Station 2		
	Station 3		
10:45	Snack on the go		
11:00	Hike		
12:00– 1:00	Lunch		
	Patrol Duties		
2:00- 4:30	Round Robin stations Station 4		
	Station 5		
	Station 6		
4:30	Iron Chef Challenge		
5:00	Dinner		
	Patrol Duties		
7:00	Round Robin Activities Station 6		
	Station7		
8:00	Night Game		
	Camp Fire		
	Mug Up		

Sunday

7:30	Breakfast		
	Patrol Duties		
10:00	Guides Own		
10:30	Girls take down tents		
	Closing		
	Patrol Duties		
	Campsite Cleanup		
	Group Photo		



SAMPLE NAME TAG

A printable name tag template can be found on the last page of this document.

- Background colour/shape denotes program and chore group



- Add a blue circle for girls with allergies

- Add a red circle for girls without an Image Release in iMIS (makes them easy to spot in pictures)

PROGRAM NOTES

Choose your activities to suit the time of year, site, number of Guides and your references.

Name tags can be made in advance or made/decorated at camp. You can use name tags to help identify girls with an Image Release “No”, food allergies, or other health concerns. There is a sample name tag on page 9, and a printable template is available with this package. In addition to the sample provided, name tags and/or program groups could be made to depict different plants or animals found around your campsite.

Program group suggestions:

- flame
- flicker
- spark
- ember
- coal
- campfire
- bonfire
- fireworks
- sparklers
- rockets
- firecrackers
- tinder
- blaze
- scorch

Round Robin stations (*you will have time for 6 - 10 round robin activities*)

Tin Can Lantern

Supplies:

- one soup can per person (empty, washed and label removed)
- hammer and nails
- tea light candle
- 8” flexible wire



Recommendation: fill can with water, freeze and then punch holes in a pattern in the sides using the hammer and nails. Or fill can with wet sand and freeze.

Punch two small holes close to the top of the can opposite each other.

Thread wire through holes to form a handle.

Insert the tea light candle.

Note: The can and wire will get very hot from the candle – so be very careful when handling or carrying.

Fire Starters Once the girls have made the fire starters get them to test how easy they were to light and how long they burned. Many of these make great additions to emergency packs.

Egg Carton Fire Starters

- Tear off top of egg carton and tear into small pieces.
- Place twigs, small pinecones and/or dryer lint into the individual spaces in the egg holders.
- Pour the melted wax over the whole egg carton.
- Let the wax cool and harden before breaking the eggcups into individual fire starters.
- Store in a covered metal container or several in a sealable plastic bag for hiking.

Newspaper Fire Starters

- Roll three double sheets of newspaper into a roll. Tie with string every 4 inches leaving ends untrimmed.
- Cut with scissors into 4 inch pieces. Holding string dip the pieces into wax and place on newspaper to dry. Store in metal covered container or several in a sealable plastic bag for hiking.

Cotton Ball & Vaseline Fire Starters

- Coat cotton balls (must use real cotton not synthetic) liberally in Vaseline
- 4 - 6 can be stuffed into a film canister or pill bottle

Doritos chips

Nothing needs to be prepared for these but they serve as a valuable lesson about what can be used as a fire starter in an emergency. They also serve as a lesson about what we eat!

Edible Campfire (can be made up in baggies prior to camp)

Supplies:

Napkin	FIRE SITE
Small milk creamer	FIRE BUCKET
Mini marshmallow	FIRE RING ROCKS
Coconut/Frosted Flakes	TINDER
Pretzel sticks/Hickory Stix	KINDLING
Cheesies	LOGS
Toothpick	MATCH
Red Ju Jubes	EMBERS

Instructions:

Open the napkin: Choose a FIRE SITE, which will not burn, or damage the ground or surrounding plants and trees. Sand, gravel or a rock base is preferred. Ensure there are no overhanging branches or trees (remember that sparks fly high).

Small Milk Creamer: Place a FIRE BUCKET of water nearby for quick use in dousing any escaping embers or sparks, soothing burns in case of accidents and to extinguish the fire when finished.

Mini Marshmallows: A ring of ROCKS will help to confine the fire and keep people at a safe distance. Coconut/Frosted Flakes: TINDER is the first layer of the fire bed. It provides a starter for your fire and needs to be very fine and dry. Paper and tiny twigs or finely split wood are good sources of tinder. Wax based fire-starters can be added here.

Pretzels/Hickory Stix: KINDLING is the next layer, laid loosely to allow air in to feed the fire. Small dry branches or finger-size split wood are good sources of kindling.

Cheesies: LOGS of increasing size finish off the fire bed. Be sure not to overload your fire. More logs of this size, can be added as the fire begins to burn down. Once you have a good fire burning, even damp logs will catch fire.

Toothpick: Finally you are ready to light your fire. Ensure that you do not have any loose hair or clothing that may dangle near the fire. Have the extra logs near at hand to add as needed. Holding the MATCH firmly, strike it forward towards the fire and light the Tinder.

Ju Jubes: The yellow flames of a freshly lit fire will blacken and burn but not cook.... be patient. Red glowing EMBERS will eventually show in the center and proved the consistent heat necessary for cooking.

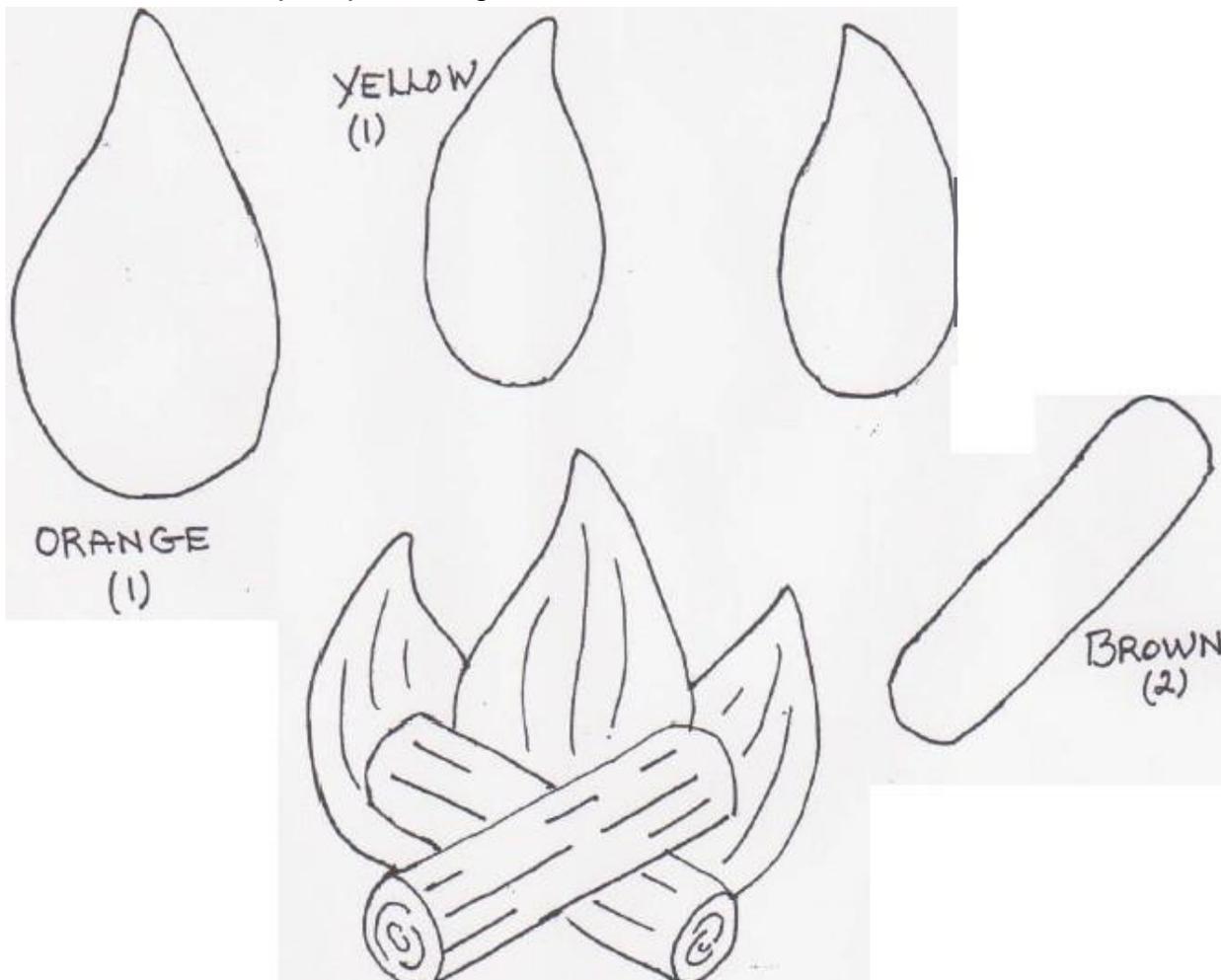
Fun Foam Campfire Craft

Supplies:

fun foam in red, orange, yellow and brown
campfire patterns (on next page)
white glue

safety pin
permanent marker

- Trace and cut out patterns. This can be done before camp.
- Mark camp name and or year on front of one flame.
- Write a favorite campfire song on the back of each flame.
- Glue the campfire pieces together



FIRE EXPERIMENTS

The purpose of these experiments is to teach that fire needs heat, air, and fuel to burn, and without any one of these elements, it will go out.

Note: Be sure to keep a fire extinguisher and a bowl of water handy, just to be on the safe side!

What you'll need:

- three birthday candles,
- something to hold the candles, such as modeling clay
- a lighter
- a pair of scissors
- a clear glass jar (label removed)
- a glass of water

Instructions:

Cut one of the candles down to a length of one quarter inch—otherwise this will take a really long time. Begin by making sure that everyone knows this is not a game and that they must NEVER play with matches or fire. This is about how to put OUT a fire, and why "Stop, Drop, and Roll" works.

Light all three candles.

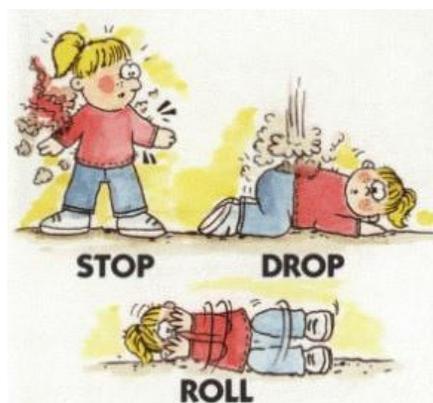
Place the glass jar over the top of the first candle and watch the flame go out. Why did it go out? It ran out of air!

Then pour a cup of water on the second candle and watch it go out. Why did it go out? It had no heat!

(You could also argue that we took away the air for a moment, but that's debatable!)

Then let that last candle burn down to nothing. It should be pretty obvious why it went out; there was nothing left to burn! "Fire needs fuel in order to burn. If you take away the fuel, it cannot burn."

All of this leads to a discussion about why "Stop, Drop, and Roll" works: if your clothes catch on fire, when you roll yourself around and around, you are taking away the fire's air, and it needs air in order to burn.



Fireproof Balloon

Balloons are rather fragile things. You know that they must be kept away from sharp objects. They also need to be kept away from flames. A fire can weaken the rubber and cause it to burst. However, in this experiment you will find out how you can hold a balloon directly in a flame without breaking the balloon.

What you'll need:

- two round balloons, not inflated
- several matches
- water

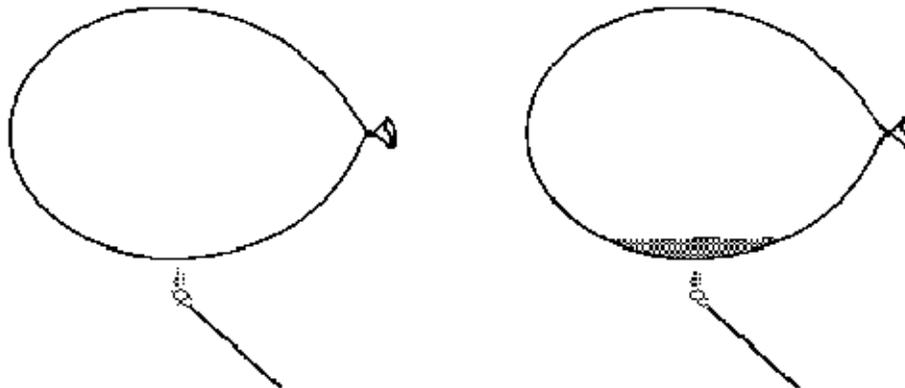
Instructions:

Inflate one of the balloons and tie it closed. Place 60 ml ($\frac{1}{4}$ cup) of water in the other balloon, and then inflate it and tie it shut.

Light a match and hold it under the first balloon. Allow the flame to touch the balloon. What happens?

The balloon breaks, perhaps even before the flame touches it.

Light another match. Hold it directly under the water in the second balloon. Allow the flame to touch the balloon. What happens with this balloon? The balloon doesn't break. You may even see a black patch of soot form on the outside of the balloon above the flame.



What Happened?

Why does the balloon with no water break in the flame? The flame heats whatever is placed in it. It heats the rubber of both balloons. The rubber of the balloon without water becomes so hot, that it becomes too weak to resist the pressure of the air inside the balloon.

How does the balloon with water in it resist breaking in the flame? When water inside the balloon is placed in the flame, the water absorbs most of the heat from the flame. Then, the rubber of the balloon does not become very hot. Because the rubber does not become hot, it does not weaken, and the balloon does not break.

Water is a particularly good absorber of heat. It takes a lot of heat to change the temperature of water. It takes ten times as much heat to raise the temperature of 1 gram of water by 1 degree than it does to raise the temperature of 1 gram of iron by the same amount. This is why it takes so

long to bring a tea kettle of water to the boil. On the other hand, when water cools, it releases a great deal of heat. This is why areas near oceans or other large bodies of water do not get as cold in winter as areas at the same latitude further inland.

CAUTION: Be careful when handling matches to avoid burning yourself or causing accidental fires.

Invisible Ink - Secret Messages

Materials: Q tips, lemon juice, blank sheets of paper candle or t-light

Instructions:

- dip the Q-tip in lemon juice and write your secret message. Let it dry
- Carefully hold the paper over the burning candle.

What happened

Because the lemon juice browner as it heats allowing the message to be revealed.

Edible Fire Sticks

Materials:

- 2 Cups Water
- 6 Cups White Sugar
- Orange Food Colouring
- Extra ¼ Cup White Sugar
- Sauce pan
- measuring cups
- glass for growing the crystals (skewers)

Instructions

- In each jar place 5 drops of food colouring
- set up on the glass so that the sticks do not touch the bottom or sides of the glass.
- Heat the water and sugar in a saucepan stirring constantly with a wooden spoon to dissolve the sugar.
- Stir constantly for about 1 min as it boils, then turn off heat.
- Pour sugar syrup equally into each glass and stir to combine food colouring with a metal fork. The sugar syrup is very hot, please be careful.
- Allow the sugar syrup to cool for about half an hour in the glasses before placing the wooden sticks into the liquid.
- Wet the wooden stick by dipping it into the sugar syrup and then roll the wet wooden stick into the dry white sugar. The dry sugar will help the sugar crystals attach and grow onto the wooden stick.
- Place the sugar coated wooden stick into the sugar syrup in the glass, making sure that it is not touching the bottom or sides of the glass.
- Set aside and watch the sugar crystals grow for 2 to 3 days.



How Does Water Rise

Materials

- Candle and matches
- Pie pan or plate
- juice bottle or clear glass container
- water
- food colouring

Instructions

1. add enough water to fill the bottom of the plate
2. Put 3 or 4 drops of food colouring into the water and mix it up
3. Place the candle in the middle of the plate
4. Light the candle
5. Take the glass and place it over the lit candle. Ask yourself what invisible gas is inside the glass. What happens to the water level inside the glass? What happens to the flame on the candle?

What Happened

The flame on the candle needs the gas oxygen to keep burning. Once we place the glass container over the lit candle, the oxygen inside begins to get used up. Once all the oxygen has been used, the flame will go out. However, there are still other gases remaining inside the glass (nitrogen, argon, carbon dioxide, etc). But these gases have lower pressure inside the glass when compared to the higher atmospheric pressure on the outside of the glass. This higher atmospheric pressure from the outside pushes the water from the plate up and into the glass.

One more thing is happening here to make the water rise into the glass. When we cover the lit candle with the glass, it heats the air inside the glass. The heated air expands. As it expands it comes out from under the glass container. You might observe some bubbles after you put the glass over the candle. That's the hot air escaping. Once the flame dies out, the air inside the glass begins to cool down. As it cools, the air contracts inside the glass container. This contraction pulls the water from outside on the plate into the glass.



FIRE FACTS

Fire is hot and can kill. Room temperatures in a fire can be 38°C (100°F) at floor level but can get up to 316°C (600°F) at eye level.

Fire is fast. In less than 30 seconds a small flame can burn out of control.

Fire is poisonous. Contrary to popular belief, smoke and toxic gases kill more people than flames do.

The most common cause of fires in the home are smoking, cooking, heating equipment and candles. More fires start in the kitchen than in any other place in the home.

A household fire is reported to a fire department in Canada every 30 minutes.

The worst months for fires in the home are December, January and February. In the winter months, smoke and heating equipment malfunctions cause the most fires.

BC has the greatest number of forest fires on average (1,704)

Keep a pan lid or cookie sheet handy in case grease or oil catches fire. The lid or cookie sheet can be slid over the top of the pan to smother the fire.

Statistics reveal that the most common causes of fire are:

- Leaving candles unattended.
- Falling asleep while a candle is lit.
- Using candles for light.
- Candles located too close to burnable objects.
- Candles knocked over by children, pets or sudden drafts.

Place candles in sturdy, burn-resistant containers that won't tip over and are big enough to collect dripping wax.

Extinguish candles when leaving the room

Keep candle wicks short at all times. Trim the wick to one-quarter inch (6.4 mm).



10 Tips for a Safe Campfire

As you revel in the great outdoors this season, here are 10 great tips to keep in mind for enjoying a safe, responsible campfire:

1. Build your fire at least three meters away from any logs, stumps or standing trees, and at least 15 meters away from any buildings or forest debris. It should also be built downwind, and away from your tent.
2. Clear a space one meter around the campfire site, removing any leaves, twigs, or flammable debris.
3. Where an existing fire ring is not available, build it on bare rock, or scrape the site down to mineral soil or non-combustible material.
4. Make sure there is at least a three-meter space between the top of your fire and any overhanging branches.
5. Keep your fire small! The forest is not the place for large bonfires, and besides, smaller fires are better for cooking. Yours shouldn't be any taller or wider than one meter.
6. Your fire should ALWAYS be attended by a responsible adult.
7. Have a shovel and a pail of water handy in the event that you need to extinguish the fire quickly.
8. NEVER use gasoline to start a fire.
9. Always obey park service regulations in regard to campfires.

And perhaps most importantly...

10. MAKE SURE YOUR CAMPFIRE IS COMPLETELY EXTINGUISHED before retiring at night or leaving camp.



GAMES

Frisbee Golf

Equipment:

- five poles for markers
- one Frisbee for each girl in a group
- five pieces of flagging tape
- scorecard marked #1 to #5

Poles are numbered 1 to 5. The numbered poles are set out in the woods a distance apart with flagging tape attached to the top. Each girl receives a scorecard and has her own Frisbee. A starting point is indicated with a marker for each pole.

In groups of three or four play a round of Frisbee golf. Each girl takes her turn from the starting point and throws her Frisbee at the pole and counts the number of throws it takes to hit the pole then marks her score.

Materials: three or four flashlights

To Play:

Gather all the girls in one spot. Send three or four girls out into the play area with their flashlights. These are the "fireflies". These girls can either walk around the play area or stay in one spot, but either way they must flick their flashlight on-off, on-off, like a firefly. The rest of the girls must try and catch a firefly by stalking up to her. If one of the fireflies sees or hears a stalker, she may stop flashing her light for 30 seconds. Once all the fireflies have been captured, the game is repeated with new girls as fireflies.

Nature Treasure Hunt

Write the following instructions on separate pieces of paper, one instruction per piece of paper.

Find five green items

Find five rough items

Find five smooth items

Find five items that each have two or more colors

Find five items that can be eaten by animals or birds (include any other ideas you can think of)

Have the girls work in pairs. Give each pair a paper bag to collect the items, a pencil, a piece of paper and one sheet of instructions. Tell them to draw or describe any items they find that should not be collected. Set a time limit. Have all girls return and display the objects they found on a table or open area. Instruction papers can be traded around if they want to do another search.

Night Lines

Materials:

In advance, make up 8 cards per team, with a design on the card in light reflecting tape. Mac tack or laminate the cards in advance so as to be able to use the game again! The designs could be three lines, 2 triangles, 4 rectangles, one circle, etc.

The cards must be hidden, in a certain area while no one else is watching. Each team must have a flashlight. To Play:, Each team is assigned a kind of card that they are looking for. The boundaries of the game must be described to all the players. Each team sends out one member at a time, with the flashlight to find, and bring back one of their cards. (At that time they may find cards of the other teams, but should just leave them undisturbed.) When the first team member finds one card, she returns and hands the flashlight over to the next member of their team. Each player takes a turn to find one card for her team. The first team to find all their cards wins.

Elements

History: This game was played by British settlers and soldiers in 1812. It was a way to teach natural science.

Equipment: Bean bag or Frisbee

Formation: circle

Directions:

Select a person to go into the middle of the circle. The person in the middle calls out one of four words: EARTH, WATER, AIR or FIRE. The person in the middle throws the bean bag/frisbee to someone in the circle. The person catching the bean bag must name something living in the element called out e.g. Earth - bear; Water - shark; Air - pigeon. If FIRE is called out the person catching it says nothing and returns it to the person in the middle as soon as possible. You have 10 seconds to give an answer, and no repeats! If you can't answer, you go in the middle.

Variations: Select a continent before the game starts; all answers must come from that continent. Or, go through the alphabet for living nature names.

Flashlight Camouflage

Equipment and playing area:

- one flashlight
- large wooded area with designated starting point
- designated spot for flashlight spotter—finish line.

Once flashlight spotter is in place, participants crawl, run, hide behind trees as they sneak up to the finish line. The flashlight spotter faces away from the wooded area with her eyes closed and counts to 10 to let girls sneak up. At 10, she turns the flashlight on the playing area to spot participants. If spotted, they go back to the starting point. After one minute of searching, spotter turns flashlight off and counts 10 more seconds for participants to move forward. Winner is first to cross the finish line and becomes the spotter.

MENU & RECIPIES

Friday Mug Up	
	Chicken Noodle Soup in a mug Cheese and Crackers
Saturday	
Breakfast	<p>Frozen Waffles (can be toasted on a camp stove or a buddy burner Fresh seasonal berries Whip cream juice Buddy Burners</p> <p>To Make: Pierce a ring of holes on the sides, just up from the bottom and just down from the top of the soup can - to allow air in and out. Set the tea light in the bottom of the can, lightable with a long match or long lighter. Or place the tin over the lit candle, with the bottom</p> 
Snack	fruit leather or fresh fruit and juice or water
Lunch	<p>Pizza-on-the-road or Taco-salad-to-go Granola Bar Apple juice box Taco Salad in a Bag</p> <ul style="list-style-type: none"> 1 pound ground beef 1 pkg taco seasoning ½ head of lettuce chopped 1 medium tomato diced 3 cup-crushed tortilla chips 1 small onion chopped fine 8 oz shredded cheddar cheese Catalina or Italian dressing 1 small green pepper chopped fine 10 –12 sandwich size sealable plastic bags <p>Brown meat in skillet and drain off fat. Add taco seasoning mix and water as per package instructions and cook. Allow mixture to cool. In a large pot or bowl, toss lettuce, tomatoes, onion and cheese with desired dressing. Add seasoned meat and crushed chips. Divide into Ziploc bags for lunch on the go. Don't forget your fork!</p>
Snack	<p>Banana Boat or Cherry Surprise</p> <p><u>Banana Boat:</u></p> <ul style="list-style-type: none"> 1 banana - unpeeled Handful of chocolate chips Handful of mini marshmallows

	<p>Tinfoil large enough to wrap the banana twice</p> <p>Slice the banana lengthwise (do not peel), being careful not to slice all the way through to peel on the bottom. Carefully open the slice and insert marshmallows and chocolate chips. Wrap the banana in the tin foil, making sure there are no leaks. Double wrap to make sure. Place over hot coals or in an oven for 10 to 15 minutes, or until the marshmallows and chocolate chips are melted.</p> <p>Open it all up and enjoy.</p> <p><u>Cherry Surprises</u> 2 large oatmeal cookies Spoonful of cherry pie filling Aluminum foil</p> <p>Spread cherry pie filling on one of the cookies. Top with another cookie. Wrap securely in foil. Heat over warm coals.</p>
Dinner	<p>Shish Kabobs Caesar Salad or Veggies and Dip Rice (boil in a bag) Iron Chef Dessert Challenge <u>Shish Kebobs</u> (per patrol.) 1 1/2 lb cubed beef, chicken or pork 1 onion cut into chunks 1 can pineapple chunks 1 green/red pepper cut into chunks half a pound mushrooms salt and pepper 12 cherry tomatoes Italian dressing long bamboo skewers (soaked in water ½ day) or metal skewers Alternate pieces of vegetables and meat on 8 long skewers 0 brush with dressing. Cook over hot coals until done - 20 minutes depending on the type of meat used – turn frequently. Serve over rice! Then slide it carefully off the skewer and into an open bun or onto your plate.</p> <p>Note: to ensure the meat is well cooked it can be pre-cooked</p> <p><u>Veggies and Dip</u> 1 cup sour cream 1 cup mayo 1/2 pkg. favourite dip mix Raw veggies of the girls' choice</p>
Mug Up	<p>Elephant Ears or Popcorn, Hot chocolate or apple cider <u>Elephant Ears</u> Egg roll wrappers Cooking oil Paper towels Icing sugar Deep fry pan</p>

	Slotted lifter or spoon Cut egg roll wrappers in half to form triangles. Pre heat oil in fry pan and slide cut wrappers into hot oil Turn over (they brown very quickly). Remove with lifter and place on paper towels, sprinkle with icing sugar and serve.
SUNDAY	
Breakfast	Fruit Salad (leftover fruit cut up into fruit cocktail or diced pineapple) Cereal and/or hot oatmeal Muffins Milk or Juice
Snack	Cookies Juice

A note about patrol cooking with Guides:

Patrol cooking does take more time than having a camp cook but it is a very worthwhile activity for the girls. In this day and age of fast food and microwaves, some girls have not had the opportunity to do any cooking. Girl Guides offers the opportunity to cook over the fire, on a buddy burner or in a box. Practice ahead of time at unit meetings or on a day hike.

Plan on having one adult per patrol for keeping an eye on things and assisting as needed, but let the girls do as much as possible.

Iron Chef Dessert Patrol Challenge

Set up a table

with: apples
oranges
raisins
mini
marshmallows
chocolate chips

pita bread
tortilla
wraps
oatmeal
tinfoil

The patrol members work together to plan and create a dessert that is cooked over the campfire or using the propane stove.

Testing Temperature of Outdoor Fires

Hold your palm over your small cooking fire close to where you are going to cook. Holding your hand still, count slowly. "One and two and three and..."

The length of time you can hold your hand comfortably over your fire indicates the temperature of the fire. Be very careful not to burn yourself.

If the count is one to two:
very hot fire
230°C (500°F)

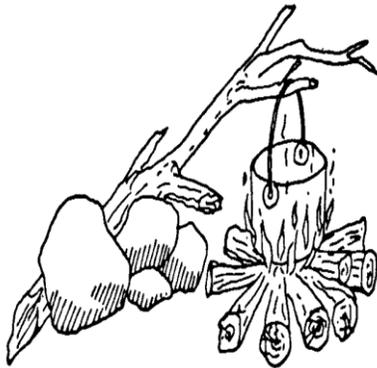
If the count is four to eight:
hot fire
200-230°C (400-500°F)

If the count is seven to ten:
medium fire
160-200°C (325-400°F)

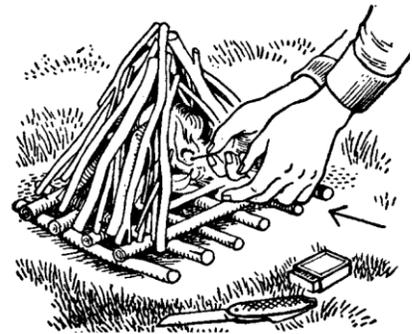
If the count is eleven to sixteen:
low fire
120-160°C (250-325°F)

Charcoal briquettes burn at 20°C (40°F) per briquette—10 briquettes is equivalent to 200°C (400°F)

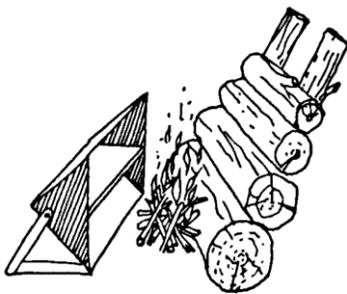
Types of Campfires



Star Cooking Campfire with stationary branch pot holder



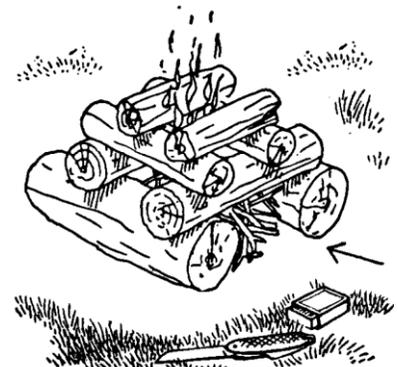
Teepee Style Campfire



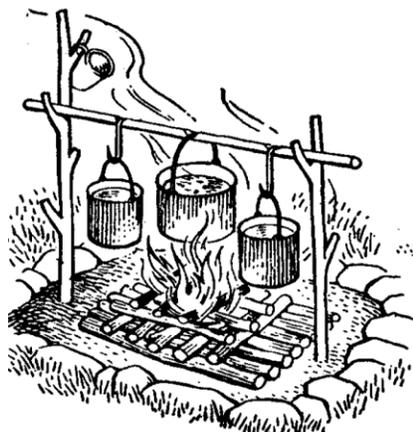
Reflector Cooking Campfire with portable Reflector Oven



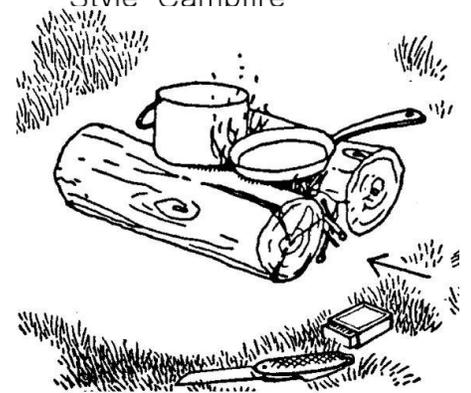
Pyramid style



Log Cabin / Criss-Cross Style Campfire



Cooking Campfire with Horizontal Pole Pot Holder



Trapper / Parallel Log Style Campfire

GRACES

Each District should have an "Arts to Go" box that includes a CD with music that may help you with song ideas. Ask your Commissioner, Camping or Program Adviser!

Shawn's Grace

*words: Shawn Bird ©2000 for free use
within Guiding. Tune: Fire's Burning*

We're thankful, we're thankful
For friendships, for friendships
And for good food, and for good food
And hands that prepared it.

Health and Strength

For health and strength and daily bread
We praise they name, Oh Lord.

God is Great

Tune: Rock Around the Clock by Max C. Freedman and Jimmy DeKnight, ©1953

God is great, God is good,
Now we're gonna thank him for our food:
We're gonna thank him morning, noon
and night, We're gonna thank him cause
he's out of sight. Amen Amen Amen
Amen Amen

Alleluh (Praise Ye the Lord)

Note: Divide group into two groups, the first stands and sings the Alleujah's and sits back down while the second stands to sing "Praise ye the Lord!"

Allelu, Allelu, Allelu, Allelujah
Praise ye the Lord
Allelu, Allelu, Allelu, Allelujah
Praise ye
the Lord.
Praise ye
the Lord,
Allelujah
Praise ye
the Lord,
Allelujah
Praise ye
the Lord,
Allelujah
Praise ye the Lord (everyone stands up)

CAMPFIRE

We suggest having a sing along on Friday evening with the girls choosing the songs. Saturday evening can be a more traditional campfire using lanterns that the girls can make using a tea light. Lanterns can be used to illuminate a pathway to the campfire or circle the outside of the fire ring for the evening. The girls can plan their own ceremony.



Opening (one or two of the following):

Tall Trees (Songs for Canadian Girl Guides)
 Australian Campfire Opening (Jubilee Song Book)
 Fire's Burning (Jubilee Song Book)
 Light the Wood (Jubilee Song Book)

Auntie Monica (Jubilee Song Book)
 The Window (Campfire Activities)
 Swimming Hole (Campfire Activities)
 The Chinese Fan (Jubilee Song book)

Rounds (choose one or two):

One Bottle Pop (Great Rounds Songbook)
 Black Socks (Great Rounds Songbook)
 Kookaburra (Canciones de Nuestra Cabana)
 The Merry Go Round (Jubilee Song Book)

Light Hearted (choose one or two):

Suitors (Jubilee Song Book)
 Cuckoo (Jubilee Song Book)
 Tongo (Jubilee Song Book)

Quiet Songs (choose one or two):

Ira Congo (Jubilee Song Book)
 Linger (Campfire Activities)
 Land of the Silver Birch (Jubilee Song Book)

Light Hearted (choose one or two):

Ging Gang Gooli (Campfire Activities)
 Horsey Horsey (Jubilee Song Book)

Vespers:

Softly Falls (Jubilee Song Book)
 Go Well and Safely (Canciones de Nuestra Cabana)

Action Songs (choose one or two):

Zulu Warrior (Jubilee Song Book)

Taps



GUIDES OWN/REFLECTIONS

A Guides' Own is a very special type of ceremony and can be held the night before closing camp or the morning before leaving camp. A Guides' Own is not a replacement for a church service or other religious ceremony and is a time for reflection and being thankful. A Guides' Own can be held in a camp's chapel or the girls may select a special area at camp.

Readings/Poems/Short Story

Songs – Make New Friends

Kum-By-Yah

Say Why

Zulu Farewell

The Quiet Fire

by Sushana Vittaldev

Quiet is the fire,
 Quiet are the dreams,
 Quiet are the passions, the laughter and the streams.
 Quiet is the fire that soothes the moment.
 Quiet is the fire it's like a snow bird in flight,
 Lie still, lie still and take in the moment.
 For we shall remember how to dream,
 Quiet is the fire...
 For a quiet fire is like timeless echoes in the winds.
 A quiet fire can soothe a lonely soul in passing.
 Quiet is the fire...
 A quiet fire can take you over in a moment, it is magic,
 A quiet fire can burn deep within your soul for hope,
 For peace and for love,
 Quiet is the fire to hear a silent whisper and think of love.
 Quiet is the fire.
 Quiet is the moment
 Quiet is the time for laughter
 Quiet is the time for hope
 Quiet is the time for passion
 A quiet fire is like timeless echoes in the winds.

Sky above me
 Earth below me
 Fire within me

Sharing of camp highlights or being thankful

Courage is grace under fire

KIT LIST



BED ROLL:

- 1 warm sleeping bag
- 1 sleeping mat – nothing that needs a pump, please!
- 1 small pillow (or pillow case to stuff with clothes)
- 1 small tarp
- rope for tying bed roll

CLOTHING:

- Guide Uniform (girls should travel to camp in it)
- 2 pairs of long pants
- 2 long sleeved shirts
- 3 changes of underwear
- 4 pairs of socks
- Warm pyjamas
- Warm sweater/sweatshirt
- Warm hat (toque)
- Gloves or mitts
- Rain gear (water-proof jacket & pants)
- Rain boots
- Outside shoes for dry weather
- Indoor shoes or slippers
- Camp hat (girls are expected to wear hats at all times)

OPTIONAL:

- Camera
- Book/quiet time activities
- Camp blanket
- Sleeping Buddy

OTHER:

- Flashlight & extra batteries
- Sunscreen
- Sit-upon
- Water bottle
- Toothbrush/paste, soap, Brush/comb, and other toiletries
- Small towel & wash cloth
- Daypack (school sized backpack)
- Dishes (unbreakable plate, mug, bowl, fork, knife, spoon in a mesh bag)

REMINDERS:

- We will be going outside rain or shine, so please make sure you have the appropriate clothing for the weather.
- **“A warm camper is a happy camper”**: wool, fleece and synthetic materials are warmer than cotton for ANY clothing items!
- **Please ensure that ALL of your items are clearly labeled with names, especially sleeping bag**

EVALUATION FORM

Please share with us what you liked about this Camp in a Box, and any things that we could improve on for next time! Thanks for your input, and Happy Camping!

WHAT DID YOU LIKE BEST?

WHAT WORKED/DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS

Please return to:
BC Camping Committee
107-252 Esplanade Ave W.
North Vancouver, BC V7M 0E9

or e-mail to:
bc-camping@girlguides.ca



