



This new **BC Camping Challenge** contains four categories: **Camp Preparation, Camp Cooking, Camp Skills, and Outdoor Activities**. To earn each 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.

This challenge also includes a **new Sleepover Challenge** to get the girls started. The sleepover challenge is written with Sparks, Brownies, and younger Guides in mind; Pathfinders, Rangers, and older Guides may choose to complete this challenge by organizing and running a sleepover

for girls in a younger branch.

**To complete a challenge and earn a crest please carry out the minimum number of challenges from each of the four sections as follows:**

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

**Sparks & Brownies:**

2 from each of Camp Preparation, Camp Cooking & Camp Skills, 1 Outdoor Activity

**Guides, Pathfinders, Rangers:**

3- 5 from each of Camp Preparation, Camp Cooking & Camp Skills, 2 Outdoor Activities

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

When you are planning your camp, please refer to the BC progression in camping skills (<http://www.bc-girlguides.org/Documents/BC/Progression-of-Camp-Skills.doc>), 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.

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

This new Challenge begins in 2014. Take the girls to camp, have fun, complete the challenge activities, and send the order form to:

**Girl Guides of Canada- BC Council**

**Attn: Crest Requests**

**1476 West 8<sup>th</sup> Ave,**

**Vancouver, BC V6H 1 E1**

**Crest order form can be found here: [http://bc-girlguides.org/Documents/BC/BC\\_Crests\\_InteractiveForm-May2014.xls](http://bc-girlguides.org/Documents/BC/BC_Crests_InteractiveForm-May2014.xls)**

## FALL FUN

### Camp Preparation:

- Practise putting up and taking down a tent
- Learn about back packs and how to properly fit them
- Make a cozy pillow cover or travel pillow to take to camp
- Put together a Be Prepared or first aid kit
- Discuss what to do if there is a fire at camp (residential/cooking/campfire out of control). Be sure that you bring the necessary supplies to keep your campfire and camp kitchen safe (baking soda, fire extinguisher water bucket, shovel, etc.)
- Learn two styles of lashing, and lash something together
- Break in your hiking boots, and learn about foot care, how to prevent blisters, and keeping your feet dry

### Camp Cooking:

- Wash your own dishes
- Prepare your grey water and use a liquid disposal pit
- Use a buddy burner to make lunch or a snack
- Learn a new grace - Use the grace at three meals while you are at camp
- Make sure you're keeping your hands clean at camp. Have a hand washing station and hand sanitizer accessible.
- Make a dish using a seasonable vegetable (squash, pumpkin, parsnip, etc.)
- Try a type of food that you've never eaten before.
- Take care of your Guider(s). Take turns with other girls to wash/clear the Guiders' dishes.

### Camp Skills:

- Pack your own bag and bedroll, as appropriate for your gear
- Sleep in a tent or a building.
- Light a match. Learn how to light a camp stove (if age appropriate).
- Teach another level of girls how to tarp their tent
- Replace the mantle on a lantern
- Learn three ways to light a fire. Practice these safely with adult supervision (i.e. matches, using a fire starter, using a magnifying glass, using flint and steel, etc.)

### Outdoor Activities:

- Go on a nature walk or hike (*remember to track your kilometers, you can earn the BC Hiking Challenge if you walk or hike a total of 100km*)
- Learn about geocaching and find or hide a cache
- Plant bulbs of flowers that will bloom in the Spring as a service project to your camp (ask the caretaker for permission if appropriate)
- Learn about animal tracks. See if you can find any tracks in the area
- Use an alternate transportation method to get to your campsite such as hiking/walking, biking, canoeing, or kayaking in to your site
- Learn about dangerous and poisonous plants that are found in your area. How can you identify them?
- Learn about large animal safety (bear/cougar) and keeping your food out of reach of bears and other wildlife
- Make a bird feeder out of a pinecone or other bio-degradable material

### Be a No Trace Camper (required for every camping trip)

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

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

#### **Sparks & Brownies:**

2 from each of Camp Preparation, Camp Cooking & Camp Skills, 1 Outdoor Activity

#### **Guides, Pathfinders, Rangers:**

3- 5 from each of Camp Preparation, Camp Cooking & Camp Skills, 2 Outdoor Activities

## WONDERFUL WINTER

### Camp Preparation:

- Learn about and preventing Hyperthermia and Hypothermia
- Learn about and how to properly fit snow shoes
- Practice building and lighting a fire in the snow
- Learn about preventing and treating frostbite
- Play a Kim's game with items that you need to take on a Winter Camping trip
- Water proof your matches
- Prepare a 'change of plans activity' to do on a rainy or snowy day

### Camp Cooking:

- Help plan the camp menu
- Help shop for the camp groceries
- Make a high energy treat
- Cook a complete one-pot meal
- Have a jello hunt in the snow
- Make S'Mores over a fire
- Prepare a meal that doesn't need a fire or stove

### Camp Skills:

- Help at camp by taking part in a duty roster or chore chart
- Clean and dry a tent
- Camp with girls from outside your district
- Make and use a cloth napkin at camp
- Make two types of fire starters
- Learn and practise how to refuel a White Gas stove and lantern
- Learn about Avalanche Transceivers

### Outdoor Activities:

- Go cross country skiing, snowshoeing or tobogganing/tubing
- Go skating outdoors
- Look for wildlife/signs of wildlife and trace or make casts of the animal tracks
- Make an ice/snow sculpture
- Make snow angels
- Use coloured ice cubes to place trail markings for younger girls to follow
- Build a Quinzee
- Make a snowman
- Take a picture of campers with G.G.C. cookies
- Look at the night sky and find 3 constellations

### Be a No Trace Camper (required for every camping trip):

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

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

#### **Sparks & Brownies:**

2 from each of Camp Preparation, Camp Cooking & Camp Skills, 1 Outdoor Activity

#### **Guides, Pathfinders, Rangers:**

3- 5 from each of Camp Preparation, Camp Cooking & Camp Skills, 2 Outdoor Activities

## SUPER SPRING

### 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 (required for every camping trip):

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

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

#### ***Sparks & Brownies:***

2 from each of Camp Preparation, Camp Cooking & Camp Skills, 1 Outdoor Activity

#### ***Guides, Pathfinders, Rangers:***

3- 5 from each of Camp Preparation, Camp Cooking & Camp Skills, 2 Outdoor Activities

## SENSATIONAL SUMMER

### Camp Preparation:

- Make tin foil ovens or buddy burners for use at your camp
- Learn how to purify drinking water
- As a unit or patrol, create your kit list
- Learn about light weight camping equipment
- Experiment with different types of clothing to see which ones are quick-dry and will keep you warm
- Learn about heat stroke and how to stay safe in the sun
- Learn about what to do if you get lost
- Be a member of the team planning the camp
- Complete your Girl Guide swimming and boating test so you can enjoy the water at camp

### Camp Cooking:

- Cook a meal in a tin foil or box oven
- Make placemats and use them to set the tables for meals
- Cook in a patrol
- Make ice cream in either a Ziploc bag or tin can
- Try a new recipe at camp based on your theme
- Have a Monk's meal (for more info:  
[http://dragon.sleepdeprived.ca/camping/recipes/odd\\_things\\_6.htm](http://dragon.sleepdeprived.ca/camping/recipes/odd_things_6.htm))
- Prepare and eat a salad using summer fruits and/or vegetables
- Cook a meal using dehydrated foods

### Camping Skills:

- Lash a hand washing station or other camp gadget
- Sleep under the stars
- Light a propane or gas lantern
- Put up, care for, and take down your tent
- Make a recycled craft
- Learn how to animal proof your campsite
- Learn 2 new campfire songs
- Participate in your units Duty Roster for camp chores
- Learn about knife and/or axe safety
- Learn about local fire regulations

### Outdoor Activities:

- Build a sand or rock castle
- Go on a scavenger hunt
- Have a crab walking race, egg tossing completion, or 3 legged race
- Play Nature Bingo
- Do an outdoor service project for your camp
- Go swimming, canoeing, kayaking or have a beach day
- Lay and follow a trail using trail signs

### Be a No Trace Camper (required for every camping trip):

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

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

#### **Sparks & Brownies:**

2 from each of Camp Preparation, Camp Cooking & Camp Skills, 1 Outdoor Activity

#### **Guides, Pathfinders, Rangers:**

3- 5 from each of Camp Preparation, Camp Cooking & Camp Skills, 2 Outdoor Activities

## SPLENDID SLEEPOVERS

*Note: This challenge is primarily written with Sparks, Brownies, and younger Guides in mind; Pathfinders, Rangers and older Guides may want to complete this challenge by helping to organize and run a sleepover for girls in a younger branch.*

### Camp Preparation:

- Pack your own bag. Make sure you know how everything is supposed to fit.
- Discuss what needs to be brought to a sleepover. How is it different from what we need to bring to camp?
- Help to plan your sleepover by choosing a theme, and suggesting activities you would like to try.
- Have a conversation with your unit and your parents: Have you been to a sleepover before? What should you do if you get scared or have to go to the bathroom in the night?
- Practise and learn how to unroll and/or inflate your sleeping pad, mat, or thermarest.

### Camp Cooking:

- Help to plan the sleepover menu using the Canada Food Guide
- Try something different: a food you've never tried before, a dish from another country, or eating with a utensil other than a fork or spoon.
- Make an edible campfire as a snack
- Does anyone in your unit have allergies? Talk about what foods may not be safe for some people, and how to make sure you aren't bringing these things to camp, sleepovers, meetings, etc.
- Make a dish at home and bring it to share with the group.
- Learn about kitchen tools; what might you make using a spatula, whisk, ladle, kettle, etc?

### Camping Skills:

- Choose and set up where you are going to sleep making sure that there are clear paths to any exits, washrooms, etc.
- Sleep in a tent inside or outside.
- Take part in a campfire sing-along with or without a campfire; learn a song that goes with the theme of your sleepover.
- Listen to, tell, or act out a bedtime story.
- Learn about composting at home, at camp, at your meetings, etc.
- Pack up your own sleeping bag and belongings in the morning.
- Learn a new knot and make a friendship knot craft.
- Build something out of recycled materials that would be helpful at camp (be creative)!

### Outdoor Activities:

- Learn about animals that come out at night in your area and in other parts of the world.
- Do an obstacle course or play an active game outdoors.
- Make an owl or raccoon craft.
- Play a game using a flashlight.
- Go on a nature walk
- Draw a picture of yourself on your next camping trip, and the clothes/gear that you will need to bring.

### Be a No Trace Camper (required for every camping trip and sleepover):

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

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

#### **Sparks & Brownies:**

2 from each of Camp Preparation, Camp Cooking & Camp Skills, 1 Outdoor Activity

#### **Guides, Pathfinders, Rangers:**

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