



# INTRODUCING Progression of Camp Skills at Unit Meetings

The following resource will help you incorporate age-appropriate camp skills in your unit meetings. Pull out this eight-page resource and keep it on hand for easy reference.

## SPARKS: Go, Sparks, Go!

*Sparks should experience:*

- Helping with chores**
  - Have the girls set up and tidy up crafts at meetings.
  - Assign various chores to the girls during meetings.
  - Hold a cooking night: Have girls help with hot chocolate and cleanup.
  - Have secret helper jobs.
  - Have girls help with meeting set-up at the start of the meetings (for example, putting out any equipment needed).
- Deciding what to wear on an outing and what to take**
  - Play a game of Bingo using different types of clothing.
  - Play a dress-a-doll game: Bring in all different types of clothes and have the girls dress the dolls for different types of weather.
  - Hold a "fashion" show stressing suitable clothing and footwear for different weather conditions.
  - Create a clothing collage: Divide a piece of paper (or pieces of paper) into sections representing different types of weather, then have girls make collages using images from magazines to show the right clothing for each type of weather.
  - Have a Guider dress incorrectly for the weather and ask girls to correct her.



- Have girls dress to get ready for different activities/ weather conditions. Change the conditions and have them change their gear to match.
- Use a felt board doll and choose

outfits suitable for different activities/weather conditions.

- Attending a sleepover or a residential camp (1 or 2 nights)**
  - Hold a PJ party and have each girl bring a sleeping bag.
  - Bring items needed for staying overnight; have a "getting ready for bed" relay.
  - Put up a tent in your regular meeting space and pretend to "camp" at the meeting.

*Sparks should be introduced to:*

- The environment and how she helps to keep it clean**
  - Help with a beach, river or park cleanup.
- The environment and what grows and lives there**
  - Have girls plant bulbs or seeds. Talk about how various seeds get planted naturally.
  - Grow potatoes from sprouts.
  - Do rubbings, printing or nature crafts.
  - Go bird watching.
- Nature**
  - Participate in a Hug-a-Tree and Survive program (visit <https://www.adventuresmart.ca/kids/hugatree.htm> for information).
  - Go on walks to as many different locations as possible.
  - Hold scavenger hunts (look for items that match the colour of a paint chip; find something fuzzy, small, soft, spiky ...).
  - Take parents on a nature hike. Note what animals, birds and plants were seen.
  - Do the Alien Invaders Challenge (go to [www.bc-girlguides.org](http://www.bc-girlguides.org); select Program > Challenges & Activities > Provincial Challenges).





## BROWNIES: Brownies Can Do It!

Camping is fun and there is so much to do and learn!

*Brownies should experience:*

### ❑ **Helping with chores**

- ❑ Have snacks, then wash dishes with the three-dish-bin method, teaching about scraping plates, etc.
- ❑ Make chore charts of the chores they can do at home.

### ❑ **Preparing for an outing or hike**

- ❑ Introduce the 10 essentials through games such as “What should you take?” (for more information about the 10 essentials, see the end of this resource document).
- ❑ Play Kim’s Game with the 10 essentials: Display the 10 essentials, then take one away. Have girls guess which item is missing. Repeat until the girls are able to identify all 10 essentials.
- ❑ Dress appropriately for an outdoor activity such as building an ice castle.
- ❑ Learn about trail signs and unit meeting or camp boundaries.

### ❑ **Packing their own gear**

- ❑ Learn about bedrolls by making edible bedrolls or a bedroll craft.
- ❑ Play the Good Packing Brownie game: Have the girls pack two backpacks—one well packed and one messily packed. Have the girls challenge the Guiders to find things in the backpacks. Who can find the items the fastest?

### ❑ **Attending a weekend residential camp (2 nights)**

- ❑ Have a sleepover in tents at your regular meeting place (this is great step for nervous campers, as it is a familiar place). (Be sure to check local bylaws to ensure sleepovers are permitted in your regular meeting place.)
- ❑ Have a sleepover in a Guider’s backyard.
- ❑ Take your meetings outdoors!
- ❑ Be bear aware ... don’t scare. Educate the girls on bear safety.

*Brownies should be introduced to:*

### ❑ **Map and compass**

- ❑ Have a compass treasure hunt.
- ❑ Play compass games such as Captain’s Coming (for instructions, see <http://guidingjewels.ca/sparks/games/65-game-ship-to-shore-captains-coming>).
- ❑ Make a simple compass using a needle, magnets, a cork and water (for instructions, see [http://oceanservice.noaa.gov/education/for\\_fun/MakeyourownCompass.pdf](http://oceanservice.noaa.gov/education/for_fun/MakeyourownCompass.pdf)).
- ❑ Make a map of meeting area and/or community. Take the map outside and see how well it relates to the real world.
- ❑ Look at different types of maps and learn how to read them.

### ❑ **Setting up a campfire and striking a match**

- ❑ Make an edible campfire comparing the edible parts to the actual components of a campfire.
- ❑ Practice lighting matches outside (for example, in the parking lot of your regular meeting space).
- ❑ Light tea lights using matches (little boxes, not the larger ones).

### ❑ **Basic first aid**

- ❑ Do first aid on a teddy bear (or other stuffy) using adhesive bandages, slings, etc.
- ❑ Play a matching game using first aid questions and answers (for example: What would you do if you burned your finger?)

### ❑ **An overnight outdoor camp**

- ❑ Practice putting up tents at meetings.

### ❑ **Basic environmental conservation**

- ❑ Hold a scavenger hunt (for example, look for one thing that starts with each letter of the alphabet—but don’t pick anything up).
- ❑ Make crafts out of recycled objects.

### ❑ **Nature**

- ❑ Play a sound game, identifying sounds from nature (for example, bird calls, wind in the trees, waterfalls, waves or rain)
- ❑ Play nature Bingo or go on a nature treasure hunt.
- ❑ Help with a local nature cleanup.
- ❑ Build a terrarium out of recycled glass jars.
- ❑ Do the Alien Invaders Challenge (go to [www.bc-girlguides.org](http://www.bc-girlguides.org); select *Program > Challenges & Activities > Provincial Challenges*).

### ❑ **Knots**

- ❑ Play knot-tying relays.
- ❑ Practice tying knots (for example, the reef knot) with string licorice.
- ❑ Make crafts using different types of knots.
- ❑ Make friendship bracelets.
- ❑ Go to a local dock or flagpole and find out what knots are used.





# GUIDES: Guides on the Go!

Prepare, Experience, Respect, Protect  
 Guides should be able to do the skills listed under the Brownie program and should develop the following skills.

*Guides should experience:*

**❑ Camp skills training**

- ❑ Play a game with scenario and character cards: Make up scenarios using skills that they need to know for camp and have character cards for different types of girls. Have the girls act out the scenarios. Card examples:
  - Scenario: Putting up a tent
  - Character card: Very shy but knows what to do
  - Character card: “Chatty Cathy” always has an answer but not the correct one.
- ❑ Have girls organize a mini-training for Brownies. Go over the Progression of Camping Skills to find out what Brownies should learn. Ask the Brownie leader what she would like Guides to show the Brownies.

**❑ Cooking in a variety of different ways**

- ❑ Use different cooking techniques (for example, cooking on a camp stove, on a buddy burner, on a campfire) at a series of meetings.
- ❑ Build no trace fires (broiler pans work well for campfires).
- ❑ Make a fire and cook something over it.

**❑ Outdoor camping**

- ❑ Go geocaching.
- ❑ Play a dressing relay: Have the girls dress one person in the right clothing for a cold weather hike.
- ❑ Have girls put on their rain gear and stand in the shower. Have them test their clothing for water retention and insulating properties: Use pans of water and dip pant legs in; use buckets of ice for your hands to check how well your gloves are insulated.



**❑ A district, area or provincially sponsored camp**

- ❑ Invite your district camping adviser to your meeting. Have her explain what these camps are and how to apply.

*Guides should have knowledge of:*

**❑ Making and using a fire starter**

- ❑ Make fire starters; make as many different types as possible.
- ❑ Test fire starters: How easy are they to light and how long do they burn?

**❑ Basic first aid**

- ❑ Make personal survival kits.
- ❑ Play a first aid Kim’s game.
- ❑ Share real-life stories: What first aid do you think is needed?

**❑ Camp and fire safety**

- ❑ Make a Bingo game with safety rules for camp.

**❑ Storing food safely**

- ❑ Teach food caching, explaining about mice, raccoons and bears.
- ❑ Set up a tent at the meeting place. Have the Guider be “mouse” and sneak into the tent (and rummage through stuff).
- ❑ Hide plastic/stuffy animals in tents to show how easily critters can get in. Use this as a discussion starter about the necessity of food caching.

**❑ Washing dishes and cleaning their cooking and eating areas**

- ❑ Do an unscrapped plate experiment: Take five used plates and do the following:
  - Rinse one plate in water only.
  - Scrape one only (don’t wash).
  - Don’t scrape or wash one plate.
  - Wash one with soapy cold water.
  - Wash one with hot soapy water.
 Leave the plates out for a week. What is growing on them? Bring in a microscope to study them.
- ❑ Do a glitter hands experiment: Shake glitter on each girl’s hands (if possible, use a different colour for each girl) and have them go around touching stuff and shaking hands. This demonstrates how easily germs are passed on.
- ❑ Do a dishwashing experiment: Set up two sets of three wash bins. Have girls in one line scrape their dishes before washing while girls in the other line wash without scraping. This shows the difference in the wash water when you do not scrape.

**❑ Proper garbage and liquid disposal**

- ❑ Learn how to dispose of garbage, recycling, and liquids in established camps and wilderness camps.



## ❑ Local fire rules

- ❑ What are local bylaws regarding campfires? How large can a campfire be? How do we find out about the rules?
- ❑ Visit the fire hall or have someone from the fire department come to the meeting.
- ❑ Have someone from the Ministry of Forests, Lands and Natural Resource Operations come to the meeting to teach good forest campfire practices.
- ❑ Take fire extinguisher training.
- ❑ Learn about the different types of fires (for example, wood fire, grease fire).
- ❑ Learn about the different ways to put out fires (for example, using water or baking soda). Try them out!

## ❑ The local environment

- ❑ Pull invasive species at the local park or around the meeting area.
- ❑ Visit a farm or local dairy.
- ❑ Do the Alien Invaders Challenge (go to [www.bc-girlguides.org](http://www.bc-girlguides.org); select *Program > Challenges & Activities > Provincial Challenges*).



Guides should be able to do the following **with no help**:

## ❑ Waterproof a bedroll

- ❑ Play a Good Camper vs. Bad Camper game: Have girls point out errors that you act out, and have them identify how to fix the problems.
- ❑ Make bedrolls and dunk them into water to test waterproofing.

## ❑ Pack and carry their own gear

- ❑ Send home a kit list and have the girls bring in all the items and learn how to pack them.
- ❑ Play a Good Choice vs. Bad Choice game (for example, choosing travel-size vs. full-size toiletries).
- ❑ Practice carrying gear through an obstacle course (for example, over stumps, under branches, through small hallways or upstairs).

## ❑ Put up a tent

- ❑ Do a team tent-building activity: Divide the girls into teams of four. Blindfold three of the girls. The fourth girl will instruct the others on putting up the tent.

## ❑ Set up and start a campfire

- ❑ Build a campfire at the meeting place using different fire styles. If possible, light one of the fires.



## ❑ Cook on a campfire

- ❑ Cook on a campfire at the meeting (for example, eggs in a bag, bannock on a stick, popcorn or tinfoil dinners).

## ❑ Light a stove and lantern

- ❑ Bring different stoves and lanterns to the meeting area and practice lighting them.
- ❑ Learn the safety rules of using camp stoves and lanterns.



## ❑ Tie a sheet bend, clove hitch, round turn and two half hitches

- ❑ Create knot tying cards with examples.
- ❑ Play knot games (for example, match the knot with its uses).



## ❑ Mark and follow a trail

- ❑ Have second- and third-year girls mark trails for first-year girls to follow, or have one group lay a trail for other groups to follow, then switch.

## ❑ Make a simple camp gadget

- ❑ Make mini gadgets at a meeting using big skewers.
- ❑ Make gadgets using dowels cut to appropriate lengths (which can be reused for many years).

Guides should be able to do the following **with help**:

## ❑ String up a tarp

- ❑ Practice putting up tarps indoors and outside.

## ❑ Prepare an emergency shelter

- ❑ Make mini emergency shelters using plastic tablecloths and string (using a Styrofoam base works well).

## ❑ Plan a menu and do the shopping

- ❑ Plan a menu at a meeting and go shopping for ingredients during meeting hours.
- ❑ Have a meeting to bring in and try new foods.
- ❑ Put pictures of ingredients on paper bags with quantity needed; have girls find them in grocery store.
- ❑ Have a scavenger hunt in the grocery store.

## ❑ Read a compass and navigate an orienteering course

- ❑ Participate in an orienteering course at meeting place.
- ❑ Play compass games.

## ❑ Practice basic first aid

- ❑ Practice first aid on the leaders and/or each other.
- ❑ Bring in someone to do the Emergency First Aid course.

## ❑ Prepare a woodpile

- ❑ Find one piece of each of the necessary sizes of firewood.

## ❑ Plan a hike

- ❑ Plan and take a short hike during a meeting.



# PATHFINDERS: Listen, Learn, Lead, Live!

Prepare and Prevent, Experience and Evaluate, Protect and Conserve, Challenge and Lead

Pathfinders should be able to do the skills listed under the Guide program and should develop the following skills.

*Pathfinders should experience:*

- An adventure camp (winter, kayaking, cycling, backpacking, etc.)**
  - Bring canoe and/or kayak to meetings.
  - Dehydrate food at meetings for camp.
  - Invite a search and rescue team to do a demonstration and show the girls how their gear is used.



- An outdoor camp of five consecutive nights**
- The application process for provincial, interprovincial, national or international events**
  - Invite the camping adviser or international adviser to a meeting and give tips on applying for events.
  - Apply for an event as a unit.
  - As a group, practice filling out individual applications to an event.

*Pathfinders should have knowledge of:*

- Tent repairs**
  - Practice doing tent repairs on mini tents made out of plastic tablecloths.
  - Do any tent repairs needed.
  - Learn correct practices for taking care of the different types of tent materials.



- Different types of tents (dome, ridgepole, etc.)**
  - Bring different types of tents to meetings and practice putting them up.
  - Have girls set up tents while blindfolded. Always have one non-blindfolded girl act as the instructor.
  - Leave out a piece of the tent and see if the girls figure out that a piece is missing.
- How to pitch a tent when the use of pegs is not possible**
- Storm lashing**
- What camping equipment is needed (tent, rope, pegs, stove, lanterns, etc.)**
  - Visit an outdoor gear store and take a tour.
  - Do a scavenger hunt at the outdoor store.
  - Play a clapping game and have each girl list necessary camping equipment.
- National, provincial, local and Girl Guide regulations**
- The local environment (what lives there, what grows there, what shouldn't be there)**
- Emergency preparedness**
  - Make individual emergency kits.
  - Make a list of a number of emergency items. Have the girls come to a consensus on the 10 most needed and explain why.
- How to read the weather**
  - Use the Weather Resource link on BC Girl Guide website ([www.bc-girlguides.org](http://www.bc-girlguides.org); select *Camping > Camping Resources*).
  - Practice studying clouds and predicting weather. Keep a daily weather log of both predictions and actualities.



- Finding directions without a compass**
  - Use a GPS unit, GPS locator on a cellphone or other apps.
  - Learn about topographical maps, how to read maps and relate them to your position.
- Appropriate clothing for different outings**
  - Conduct experiments of what clothing works for different weather (footgear, winter clothing, sleeping bags, backpacks, rain gear, etc.).



- Go to a local outdoor store and learn about what's new.
- Search new gear online or from a "new gear" magazine.

*Pathfinders should be able to:*

**Plan and run a camp, providing leadership**

- Give the girls this Progression of Camp Skills list and ask: "What don't you know about? What do you want to learn more about? What would you like to teach others?"
- Plan a meal using Canada's Food Guide as a reference. Identify what ingredients are needed, make a grocery list, go shopping and make the meal at the next meeting.
- Make a camp binder for the unit with saved camp plans, menus and schedules from other camps the girls have done.
- Have girls create a personal kit list in their own writing.
- Bring in camp gear bins to a meeting. Have girls go through them to see what's there and what's needed or needs replacing.
- Teach the girls about regulations and forms for camp, then have them help fill out the Safe Guide forms.



**Enforce good safety practices**

- Take the Food Safe one-day course.
- Invite a search and rescue team to do a workshop for the unit.
- Learn and practice whistle signals and emergency signs. Make some signs in the snow, sand or tall grass.

**Plan and carry out a program**

- Invite Brownies to your meeting and have the Pathfinders teach them some camping skills.
- Create an orienteering course for other groups to follow.

**Create a budget for a camp**

- Provide girls with sample budgets.
- Have the girls create a budget for a special unit meeting, including at least a snack and a craft.

**Make a more complicated camp gadget**

- Make large gadgets such as slingshots or catapults—see whose goes the farthest!

- Practice making actual camp gadgets such as tripods, tables, shoe racks or sanitation stations.

**Practice minimum impact camping**

- Do the Leave No Trace Amazing Race instant meeting (go to [www.bc-girlguides.org](http://www.bc-girlguides.org); select *Program > Instant Meetings*).
- Go on a hike and cook on a stove or fire.

**Return all camp gear clean, dry and in good condition**

- Have the girls take the tents home to dry.
- Bring gear bins from camp to the next meeting after camp for girls to go through and clean if needed.

**Use, sharpen and care for a knife, hatchet or axe**

- Learn about knife safety.
- Do a knife and axe demonstration at a meeting.
- Whittle at a meeting or make soap carvings.

**Use and care for camping and lightweight camping stoves**

- Prepare a meal using a lightweight stove.
- Bring in different kinds of lightweight stoves. Have girls make a pros and cons list for each type of stove.

**Prepare and use a first aid kit**

- Take first aid courses.
- Have girls practice their first aid skills on each other. Have scenarios for them to act out.
- Make a mini personal first aid kit.



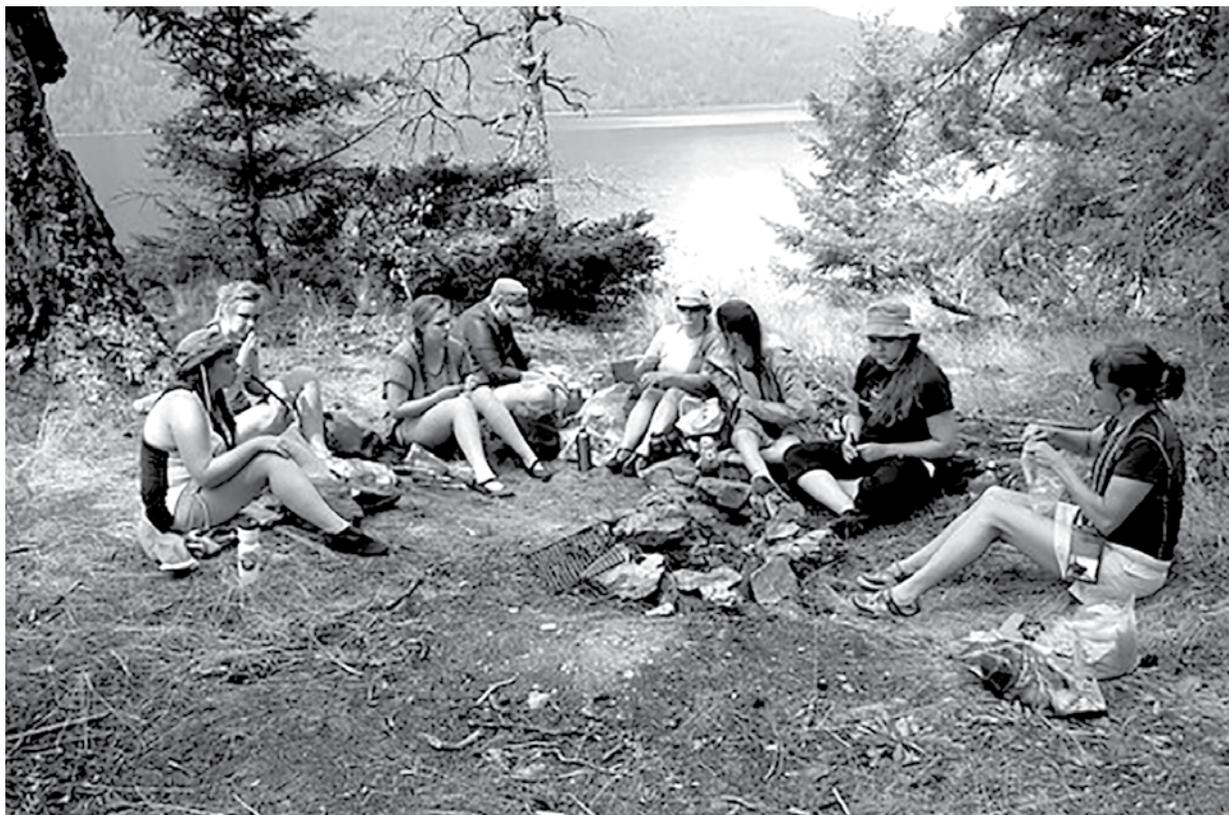
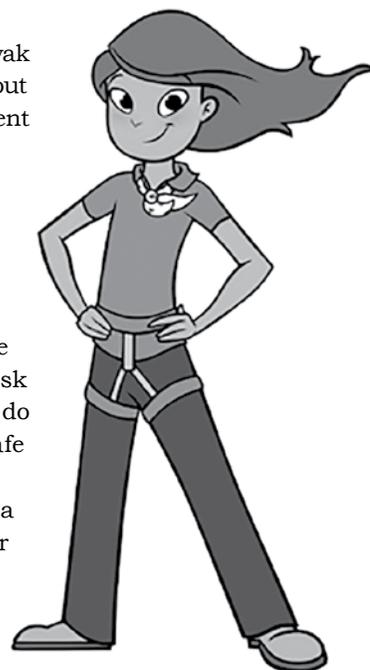


# RANGERS

Rangers should be able to do the skills listed under the Pathfinder program and should develop the following skills.

*Rangers should be able to:*

- ❑ **Plan and run their own camp with minimal input from Guiders**
- ❑ **Plan and run their own event for younger girls with adequate adult supervision for ratio**
- ❑ **Attend camp-related trainings**
  - ❑ Dedicate a meeting to planning an event. Let the girls live with the decisions they made in the planning (giving guidance if needed).
  - ❑ Have Rangers plan a day hike and complete all the forms to go with it.
  - ❑ Go to an outdoor store and explore different types of backpacking equipment.
  - ❑ Bring someone in to do a lightweight gear demonstration.
  - ❑ Bring different types of canoes or kayaks to the meeting.
- ❑ Meet at canoe or kayak retailer to learn about the various different types of boats.
- ❑ Ask a trainer to provide Safe Guide training that is relevant to your type of event.
- ❑ Play Safe Guide Hide and Seek: Ask Rangers, “Where do you find ... in Safe Guide?”
- ❑ Have Rangers plan a camp skills day for younger girls.





## OTHER RESOURCES

### Instant Meetings

These are available on the BC Girl Guide website: [www.bc-girlguides.org](http://www.bc-girlguides.org); select *Program > Instant Meetings*.

### Personal Emergency Gear: The 10 Essentials

Each person should carry their own 10 essentials whenever they are on an adventurous daytrip or multi-day expedition. Having these items will help you be prepared for an unexpected emergency or to spend an unexpected night or more alone in the wilderness.

1. Navigation (map and compass)
2. Signalling device (whistle and mirror or small air horn)
3. Sun protection (sunglasses, sunscreen and lip balm)
4. Illumination (headlamp or flashlight with extra batteries and bulb)
5. Fire-making kit (matches in waterproof container including strike paper from box, fire starter or fuel stick, lighter, candle)
6. Knife (or multi-tool)
7. Nutrition and hydration (extra food gels, energy bars or similar, extra water and a way of treating water)
8. Insulation (extra clothing)
9. Personal first aid kit (including a blister kit)
10. Emergency shelter (orange garbage bag, emergency blanket or similar)

### Principles of Leave No Trace

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of other visitors

For more information on these principles, visit: [www.leavenotrace.ca](http://www.leavenotrace.ca).

*Don't forget that you can ask your district, area or provincial camp advisers for more ideas or help with implementing the Progression of Camp Skills.*

