

# Day Camp Volunteer Manual 2019



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# Daily Dos

## Beginning of Every Day

- Have at least one adult volunteer at the unit site flag by 7:30am. The other adult no later than 7:45am.
- Have one Aide at the “singing tree” and one Aide walking campers in from the parking lot (make sure they go back to the parking lot after bringing a camper to the unit flag).
- Read through the **daily schedule** and make sure that your unit knows when they have to be stricter with time and when they can be more laid back with time. Plan in times for extra Unit Challenges, get to know you games, water games, hiking, etc. when you don't have any other activities scheduled.
- During **opening flag ceremony**, remove hat (can keep on bandanas) and place right hand over heart once the first clip is on the flag and until after the Pledge of Allegiance is said.
- Immediately following the Pledge of Allegiance, we will recite the **Girl Scout Promise**:  
On my honor, I will try: to serve God and my country,  
to help people at all times, and to live by the Girl Scout Law.
- Take attendance and **text any missing people (adults or youth)** to (785) 813-1551 before leaving Flagpole Hill. Include your campsite name and the first/last name of absent people.
- **Check your campsite and cooking box** to make sure you have everything you need for cooking/lunch later in the day. Don't wait until it is time to cook to realize you are missing items!

## During Every Day

- Clean up **any trash** you find as you are hiking around the camp- even something as small as a candy wrapper. It might be good to have one girl/aide carry around a small trash bag to collect the items. Do not throw food scraps into the woods or leave on the ground in your campsite. Put all food scraps into your **trash bag and take your trash up to the dumpster before closing flag.**
- Drink **lots of water** and make sure your girls are too! Make sure the girls are using the **bathroom at least once a day**- if they aren't, then they aren't drinking enough water!
- **Take pictures** of your unit doing the activities around camp and post them **ONLY** to the Day Camp Facebook group. If you have any campers with “do not photograph” on your roster, put a “sticker” (or mask their face in another way) so that their image is not posted but you aren't asking them to “step aside” for group pictures.

## End of Every Day

- Return any **bags, containers, or jugs** that were given to you by the Cabin.
- Cover the **woodpile and cooking box** with tarps to prevent rain from soaking them. Tuck the flaps underneath the cook box edges and place a weighted rock (or other items) on the top to prevent the tarp from blowing away during the night. **Secure all items** remaining in the campsite (e.g. dining fly, handwashing station, dunk line/mess kits etc.) so that they do not blow away during the night.
- Take **trash** to the dumpster and **recycling** to Evelyn's Attic before closing flag.
- During **closing flag ceremony**, remove hat (can keep on bandanas) and place right hand over heart when flag starts coming down the pole and until the last clip is removed. Remain quiet until the flag has left the circle and is walking down the large grass pathway.
- Immediately following the removal of the flag, we will sing **“Day Time Taps.”**  
Thanks and praise, for our days. 'Neath the sun, 'neath the stars, 'neath the sky.  
As we go, this we know, God is nigh.
- **Daisy/Brownie unit dismissal (2:45pm):** Aides, Adults, and campers walk to the circle drive. Aides and Adults must wait to leave until **after** all your campers have been picked up. *If parked within the gates of Hidden Valley, you must wait to leave until all cars have cleared the circle drive. Daisy/Brownies with older sisters should find their sister at her unit site flag and dismiss with her.*
- **Junior/Teen unit dismissal (3:00pm):** Aides, Adults, and campers walk to the circle drive. Aides and Adults must wait to leave until **after** all your campers have been picked up. *If parked within the gates of Hidden Valley, you must wait to leave until all cars have cleared the circle drive.*

## General Camp Rules for Youth and Adults

- Treat others as you would want to be treated. Kind words and actions should be used at all times.
- No running even during games (use fast walking or heel walking)!
- Closed-toe, fully enclosed, thick-soled shoes must be worn **at all times!!!** Never take off your shoes!
- Never let a youth go anywhere alone- use the **buddy system (2-3 girls with one Aide or Adult)**.
- **Lost and found items** should be taken to **Evelyn's Attic** and placed in the "Lost and Found Tub."
- Offer help in small doses. Allow the girls to work through things in teams or pairs and then intervene when they are unable to complete the task. Encourage critical thinking skills by asking questions of the girls so they can solve the problem. Don't always give them the answer on the first try.
- Keep the tone **positive and supportive**. Discourage negative self-talk.
- Abbreviations that you should know:

BG = Bishop's Glen	OG = O-Gi-Na-Li
BR = Brookside	PP = Paw Paw
CB = Coralberry	RO = Red Oak
EF = Emerald Forest	RB = Redbud
HS = Hillside	RR = Rocky Road
LA = La-ka-hi-va	SS= Southern Shade
LO = Locust	SU = Sumac
MM = Mary's Meadow	TH = Thorn Hill
OO = Osage Orange	WM = Windmill

## Fire Information and Safety

- Make sure that the fire ring is completely free of debris before building fires.
- There are 3 kinds of fuel for the fire: Tinder (tiny twigs), Kindling (small sticks), and Fuel (large logs). Use your 5-gallon bucket to collect tinder and kindling throughout the day- you will use more than you think!
- Keep all fuel away from the fire ring and neatly organized by size.
- Always cover the woodpile overnight.
- Do not sit or walk on the rocks forming the fire ring and do not throw anything into the fire.
- Hair should be tied up and away when working with fire.
- No more than 3 people in the fire ring at one time.
- Always "sprinkle" water to put the fire out. Dunk large logs in the fire bucket to make sure they are extinguished. Leave them in the fire ring to dry.

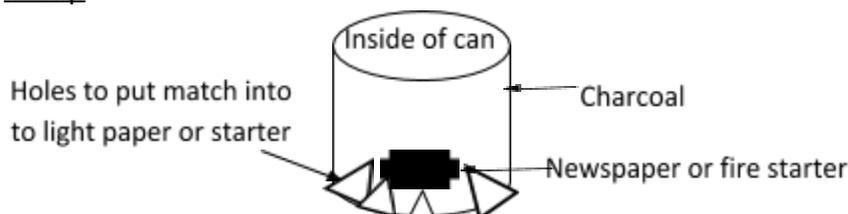
## Where Can I Find It?

- All "lost and found" items should be taken to (or searched for in) Evelyn's Attic and placed in the tub marked "Lost and Found."
- If you need to replace soap, fire starters, cook box supplies, etc. they can ALL be found at Evelyn's Attic.
- There is a map of Hidden Valley in the manual. Please make sure that you are familiar with the locations of each campsite, Evelyn's Attic, and the Cabin.

## Helpful Cooking and Dishwashing Tips

### Cooking Tips

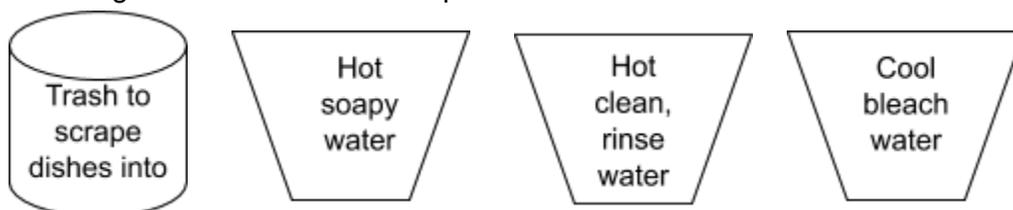
- If you are going to need **charcoal** for your Dutch oven, start the charcoal in the chimney *at the same time* as the fire is getting started. That way, your charcoal is ready to be cooking your dessert while you are eating your lunch. Set up the charcoal chimney as shown below- always keep the handle **up**, not resting against the sides of the can. When charcoal is ready to use, dump into fire ring and use tongs to place some of the charcoal under the Dutch oven and some of the charcoal on top of the lid.



- NEVER use soap on a Dutch oven!! Use 2-3 layers of foil inside or a foil liner.
- Always use dish soap on the outside of the silver cooking pots to help with clean up.
- Have one aide/adult help each station that is working and another aide/adult helping to entertain the girls who aren't working yet.

### Dish washing Tips

- Dish washing stations should be set up as shown here...



- Heat the dishwater over the fire while you are eating so that it will be warm when you are ready to clean up.
- Scrape all dishes with a spatula BEFORE putting them into any water.

## Using the Walkies

- Walkies should only be used/carried by an adult in the unit. And the volume should always be loud enough to be heard over singing and laughing campers.
- When one adult comes to the unit leader meeting, the adult staying with the unit should keep the walkie with them. Once the leader meeting is over, the Cabin will radio for adults who need assistance finding their unit.
- We will use channel 1 (unless announced otherwise during unit leader meetings).
- Once you press the talk button, wait a second or two to start speaking. Once you have finished, make sure to release the talk button so you can hear the response.



This is the side for accessory inputs (not used at camp)

This black button is the talk button



# Safety and Weather Procedures

In all situations, **STAY WITH YOUR UNIT!**

## Heat, Injuries, and Insect Bites

- It is going to be hot. Spend as much time in the shade as possible on the really hot days. If you have a camper (or Aide or Adult) complaining of, *or you notice*, any of the following, please bring them immediately to the Cabin to be checked by the First Aider.
  - Headache or not sweating
  - Nausea
  - Weakness, dizziness, or confusion
  - Irregular breathing or heart rate
- Ticks are an everyday part of camp- please stay calm! If a camper has a tick, bring her to the First Aider immediately. The tick will be removed, the location circled with a permanent marker, the tick taped to a piece of paper and put in a plastic baggie, and sent back to the unit site with her. She needs to take the baggie home and the Adult volunteer needs to tell the parents at pick up to keep an eye on the bite location.
- Bug bites and cut/abrasions are normal. Bring campers to the Cabin for treatment and bandaids.

## Rain

Day camp continues as planned if it is just raining. Make sure that your campers all have their rain gear in the mornings. There are various rainy day activities listed on p.22. Check with your Aides about what their rainy day plans are **before** it is a rainy day!

## Lightning and Thunder

If thunder occurs (with or without rain), all campers and adults are required to take shelter at their assigned location (listed below):

*Evelyn's Attic:* MB, OO, RB, OG

*Cabin:* EF, CB, BG, HS, LO, LA

*UACT:* RO

*Dogshed:* for overflow purposes from the Yurt only

*Yurt:* TH, PP, RR, BR, WM, SU

- If your unit is away from your campsite, go to the nearest shelter location. All units will be radioed for their location and a headcount check-in and then again when an all-clear is declared.
- **IF** the weather does not let up and camp needs to be cancelled we will let you know. If this does happen we will need your help in contacting the girl's parents, and you will be expected to stay until all the girls in your unit have been picked up.

## Tornado

Everyone will take shelter in the basement of the Presbyterian Manor. The entrance is through the gate near Redbud Shelter (NE Corner of Hidden Valley) at the end of the upper gravel parking lot. There are several alerts that will go off if there is a tornado:

- You will hear the city sirens engage.
- An "all-call" will go out on the walkies.
- A long blast of a car horn.

If you cannot make it to Presbyterian Manor, seek immediate shelter in a low-lying spot but not in the creek.

## Fire

Everyone walks up the gravel road and toward the entrance of camp and meets in the church lot. The alarm for a fire is a series of short blasts from a car horn.

## Monday Schedule

Opening Flag	Aides	Snack	Edible Campfire Gatorade
Closing Flag	Rookie Aides	Lunch	Home sack lunches
Song of the Day	Day Time Taps Make New Friends	<b>If sandwiches have peanut butter or tree nuts in them, please send the girl to the Cabin to make a new sandwich. No peanuts/tree nuts can be eaten at Camp.</b>	
Water Game	None today		

- 7:30: Aides and Adult Volunteers arrive
- 7:45: Campers arrive
- 7:55: Opening Flag Ceremony
- 8:10-10:00: Organize your unit site for the week (see below), *Juniors/Teen Campers* units pick up cook boxes from assigned locations/times, Daisy/Brownie units, your equipment is at your unit site. *Check that all equipment on the lists (p. 25-26) is in your cook box/unit site.* Play "Get to Know You" games (p. 27-28)
- 10:15-2:15: Daily activities (listed below)
- 2:15: Take trash to dumpster and recycle to Evelyn's Attic
- 2:30: Closing Flag Ceremony at Flagpole Hill
- 2:45: Daisy/Brownie dismissal
- 3:00: Junior and Teen Camper dismissal

Time	Evelyn's Attic	Time	Dogshed
8:20	MB	8:50	RA
		9:00	RR
		9:10	BR
		9:20	SU
		9:30	WM
		9:45	PP

**Unit site set up tasks:** play get to know you games, learn the Song of the Day, gather tinder and kindling, clean fire ring, hang dip line/dunk bags, set up dining fly, make a unit chant, learn Day Time Taps, make and eat snack. Leave your unit site "closed" during the rotations.

**\*\*Unit Leader meeting\*\*** 10:00-10:30 in the Cabin (one adult stays with unit, one comes to Cabin)

**\*\*Aide meeting\*\*** 1:00-1:30 in the Cabin (leave unit no earlier than 12:50).

Time	Flag Ceremony (Flagpole Hill)	Group Picture and Lunch (Cabin)	Zip Line Training	Community Service Project (Southern Shade)	Happy Campers (Stage)
10:15-10:45	RO OG MB	RR BR	CB SU	EF WM	LO RB
10:55-11:25	OO HS	RO OG	RR BR	CB SU MB	EF WM
11:35-12:05	LO RB	OO HS	MB WM	RR BR	CB SU
12:15-12:45	EF WM	LO RB MB		RO OG	RR BR
12:55-1:25	CB SU	EF WM		OO HS	RO OG MB
1:35-2:05	RR BR	CB SU		LO RB	OO HS

# Monday Menus

Your snack materials can be picked up from the Cabin between 9:00 and 10:00am. Lunch is on your own at whatever time your unit gets hungry. *You can use the time after getting your group photo taken to eat at the Southern Shade patio or the lawns around the Cabin. Make sure to clean up ALL trash and take it with you in a trash bag. Please do not plan on filling up the Cabin's trash cans as they will already be full.*

## **Snack: Edible Campfires**

*Turn this snack into an educational activity by teaching the basics of fire building with each piece of the snack.*

### **Ingredients:**

- Tootsie rolls (fuel)
- Pretzel sticks (kindling)
- Shredded coconut (tinder)
- Licorice bites (coals in the fire)
- Marshmallows (stones around the fire ring)
- Graham crackers (dirt/ground between the stones and the fire)

### **Directions:**

- Give each camper half a sheet of graham cracker (fire pit), a handful of marshmallows (rocks around the fire ring), 3 tootsie rolls (fuel), several pretzel sticks (kindling), shredded coconut (tinder), and then let them eat their fires!

## **Lunch: Sack lunches from home**

If anyone has forgotten their lunch, bring them to the Cabin with a buddy to make a turkey or ham sandwich and get a piece of fruit.

**If anyone has peanuts or tree nuts in their lunches, please bring them to the Cabin to make a turkey or ham sandwich!! Peanuts and tree nut food cannot be eaten at Day Camp!!**

**Please return your cloth food bags, Gatorade jugs, bleach container, and any unopened food back to the Cabin. Rinse your recyclables and take them to the bin in Evelyn's Attic. Take all trash to the dumpster. Leave NO FOOD in your unit overnight!**

## Tuesday Schedule

<b>Opening Flag</b>	Mulberry	<b>Snack</b>	Fruit and Cheese Caterpillars Gatorade
<b>Closing Flag</b>	Windmill	<b>Lunch</b>	Coke Chicken Herbed Rice Caramel Apple Dump Cake Assorted Fresh Fruit Assorted Fresh Veggies
<b>Song of the Day</b>	My Country 'Tis of Thee	<b>Morning Zip (8:45-10:15)</b>	Brookside1
<b>Water Game</b>	Sponge Relay	<b>Afternoon Zip (12:30-2:15)</b>	Rocky Road

- 7:30: Aides and Adult Volunteers arrive
- 7:45: Campers arrive
- 7:55: Opening Flag Ceremony
- 8:10-8:45: Organize the day in campsites, text attendance to 785-813-1551, learn Song of the Day. Play "Get to Know You" games (p. 27-28)
  - Send the Cooking Crew to pick up your snack from the Cabin.
- 8:45-10:15: Morning activities
  - **Unit Leader meeting** 9:00-9:30 in the Cabin (one adult stays with unit, one comes to Cabin)
  - **Aide meeting** 9:50-10:15 in the Cabin (leave unit no earlier than 9:40).
  - **Junior & Teen Camper units, turn in the Wednesday Overnight rosters today at Aide meeting!!\*\***
- 10:15-10:30: Pick up lunch supplies
  - Fire Crew should start the fire while Cooking Crew gets the food.
- 10:30-12:30: Cook, eat, and clean up from lunch
  - Food should be cooked and ready to eat no later than 11:20.
  - Clean up should start no later than 12:00. Take trash to dumpster and recycling to the Attic.
- 12:30-2:15: Afternoon activities
- 2:30: Closing Flag Ceremony at Flagpole Hill
- 2:45: Daisy/Brownie dismissal. *Adults and Aides must stay in the Circle Drive until ALL your campers are picked up.*
- 3:00: Junior and Teen Camper dismissal. *Adults and Aides must stay in the Circle Drive until ALL your campers are picked up.*

Time	Daisy/Brownie Units	Junior Units	Teen Camper Unit
8:45-10:15	Fire building skills in campsites	Fire building skills in campsites	Zipline

Time	Croquet Kickball (Mary's Meadow)	Slingshots (see p.33)	Service Project (see p.34)
12:30-2:15	RO OG CB SU BR1	WM LO	12:30-1:00: MB 1:15-1:45: BR2 RB

**Please return your cloth food bags, Gatorade jugs, bleach container, and any unopened food back to the Cabin. Rinse your recyclables and take them to the bin in Evelyn's Attic. Take all trash to the dumpster. Leave NO FOOD in your unit overnight!**

## Tuesday Menu

### Snack: Fruit and Cheese Caterpillars

- Apples
- Grapes
- Bananas
- Cheese

#### Directions:

- Chop all fruits into large chunks.
- Carefully slide each chunk of fruit onto a wooden skewer.

### Lunch Main Dish: Coke Chicken

- 4lbs chicken tenders
- 1 bottle barbeque sauce
- 1 can of cola
- Large foil pan

#### Directions:

- Mix the can of cola and barbeque sauce in a large bowl.
- Place all chicken breasts in the bowl and stir. Let sit for about 10-15 minutes.
- Place large foil pan on top of the grate, over the fire.
- Carefully pour the chicken and sauce mixture into the large foil pan.
- Stir frequently to prevent burning.
- Cook until chicken is cooked thoroughly (it should be white on the inside and have no pink).
- Carefully remove pan from the fire and evenly divide tenders among all on the unit using tongs.
- If desired, use a large spoon to add some extra sauce on top of the chicken tenders on each plate.

### Lunch Side Dish: Herbed Rice

- 1 bag of rice
- 1 stick butter
- ½ bundle Green onions
- 2 garlic cloves
- 10c water
- ½ bunch Parsley
- 1t salt

#### Directions:

- Dice the green onions, parsley, and garlic cloves.
- In large pot, melt the butter. Add the onion and garlic. Stir until heated through.
- Stir in the rice and mix thoroughly. Add the water and 1 teaspoon of salt and bring to a boil over high heat, stirring occasionally.
- Cook for 10 minutes, stirring occasionally.
- Rice is done when it is tender. If there is extra water in the pot, drain off water before serving. If the water seems to have evaporated before the rice reaches the appropriate tenderness, add 1c of water, stir, continue cooking (repeat as needed).
- Serve about 1/2c of cooked rice per person.

### Lunch Dessert: Caramel Apple Dump Camp

- 2 cans apple pie filling
- Box yellow cake mix
- 2 sticks butter
- 1 jar of caramel sauce
- 1/2t cinnamon
- Whipped cream

#### Directions:

- Preheat dutch oven. In dutch oven liner, mix apple pie filling and caramel sauce. Spread evenly over bottom of the liner.
- Pour dry cake mix evenly over the top- do not stir!
- Slice butter into "pads" and spread evenly over the top of the dry cake mix.
- Place over hot coals and place hot coals on top of the lid. Cook for about 20 minutes. Check. Cook longer if top does not look thoroughly cooked.
- Top with small amount of whipped cream (remember, the can has to be enough for ALL people in the unit).

## Wednesday Schedule

<b>Opening Flag</b>	Coralberry	<b>Snack</b>	Ticks on a Toilet Seat Gatorade
<b>Closing Flag</b>	Sumac	<b>Lunch</b>	Pita Pizza Pockets Side Salad Assorted Fresh Fruit Black Forest Dump Cake
<b>Song of the Day</b>	America, America	<b>Morning Zip (8:45-10:15)</b>	Mulberry
<b>Water Game</b>	Great Jungle Fire	<b>Afternoon Zip (12:30-2:15)</b>	Windmill

- 7:30: Aides and Adult Volunteers arrive
- 7:45: Campers arrive
- 7:55: Opening Flag Ceremony
- 8:10-8:45: Organize the day in campsites, text attendance to 785-813-1551. Play "Get to Know You" games (p. 27-28).
  - Send the Cooking Crew to pick up your snack from the Cabin.
- 8:45-10:15: Morning activities
  - **Unit Leader meeting** 9:00-9:30 in the Cabin (one adult stays with unit, one comes to Cabin)
  - **Aide meeting** 9:50-10:15 in the Cabin (leave unit no earlier than 9:40).
- 10:15-10:30: Pick up lunch supplies
  - Fire Crew should start the fire while Cooking Crew gets the food.
- 10:30-12:30: Cook, eat, and clean up from lunch
  - Food should be cooked and ready to eat no later than 11:20.
  - Clean up should start no later than 12:00. Take trash to dumpster and recycling to the Attic.
- 12:30-2:15: Afternoon activities
- 2:30: Closing Flag Ceremony at Flagpole Hill
- 2:45: Daisy/Brownie dismissal. *Adults and Aides must stay in the Circle Drive until ALL your campers are picked up.*
- 3:00: Junior and Teen Camper dismissal. *Adults and Aides must stay in the Circle Drive until ALL your campers are picked up.*

Time	Through the Tulgey Wood (MM)	Be a Milliner (SS)	Service Project (see p.34)	Slingshots (see p.33)
8:45-10:15	WM BR2 LO	8:45-9:30: RO OG CB 9:30-10:15: SU RB	8:45-9:00: OO BR1 9:30-10:00: EF	RR HS

Time	Mad Hatter's Tea (tent)	Croquet Kickball (MM)	Service Project (see p.34)	Slingshots (see p.33)
12:30-2:15	RO OG CB SU RB	MB LO BR2	12:30-1:00: RR 1:15-1:45: HS	EF OO BR1

**Rookie Aide's unit site needs to check in all their equipment before afternoon activities today.**

**Arrange with the Day Camp director for a time.**

**Please return your cloth food bags, Gatorade jugs, bleach container, and any unopened food back to the Cabin. Rinse your recyclables and take them to the bin in Evelyn's Attic. Take all trash to the dumpster. Leave NO FOOD in your unit overnight!**

## Wednesday Menu

### Snack: Ticks on a Toilet Seat

- Apples (½ per person)
- Sunflower butter
- Raisins
- Chocolate chips

#### **Directions:**

- After rinsing apples, slice each apple *horizontally* so that they make “rings” not “slices.”
- Carefully cut out the center core area.
- Put an even layer of sunflower butter on the apple ring.
- Top with raisins and chocolate chips

### Lunch Main Dish: Pita Pizza Pockets

- 2 pita pockets per person
- Pizza cheese
- Pizza sauce
- Pepperoni
- Foil

#### **Directions:**

- Cut out 2 pieces of foil per person in the unit site. Lightly spray non-shiny side of each piece of foil.
- Carefully open each pita pocket and spoon a large spoonful of pizza sauce into each pizza pocket.
- Evenly divide the pepperonis and cheese into each of the pita pockets and then wrap in foil. If making vegetarian pizza pockets, add cheese only and then wrap in foil.
- Place in the coals of the fire to heat and melt the cheese.

### Lunch Side Dish: Side Salad

- Lettuce
- Tomato
- Celery
- Carrots

#### **Directions:**

- Chop everything into bite sized pieces.
- Serve with Ranch dressing on the side.

### Lunch Side Dish: Assorted Fruits

**Directions:** Evenly divide fruits and serve on the side.

### Lunch Dessert: Black Forest Dump Cake

- 2 can cherry pie filling
- 1 small can crushed pineapple (drained)
- Box devil’s food cake mix
- 2 sticks butter
- Whipped cream

#### **Directions:**

- Preheat dutch oven. Drain juice from pineapple.
- In dutch oven liner, mix cherries and pineapple evenly together. Spread evenly over bottom of the liner.
- Pour dry cake mix evenly over the top- do not stir!
- Slice butter into “pads” and spread evenly over the top of the dry cake mix.
- Place over hot coals and place hot coals on top of the lid. Cook for about 20 minutes. Check. Cook longer if top does not look thoroughly cooked.
- Top with small amount of whipped cream (remember, the can has to be enough for ALL people in the unit).

## Thursday Schedule

<b>Opening Flag</b>	Rocky Road	<b>Snack</b>	Ants on a Log Gatorade
<b>Closing Flag</b>	Brookside	<b>Lunch</b>	Taco Salad Assorted Fresh Veggies Assorted Fresh Fruit Strawberry Lemon Dump Cake
<b>Song of the Day</b>	Barges	<b>Morning Zip (8:45-10:15)</b>	Coralberry
<b>Water Game</b>	Back to Back	<b>Afternoon Zip (12:30-2:15)</b>	Sumac

- 7:30: Aides and Adult Volunteers arrive
- 7:45: Campers arrive
- 7:55: Opening Flag Ceremony
- 8:10-8:45: Organize the day in campsites, text attendance to 785-813-1551. Play “Get to Know You” games (p. 27-28).
  - Send the Cooking Crew to pick up your snack from the Cabin.
- 8:45-10:15: Morning activities
  - **Unit Leader meeting** 9:00-9:30 in the Cabin (one adult stays with unit, one comes to Cabin)
  - **Aide meeting** 9:50-10:15 in the Cabin (leave unit no earlier than 9:40).
- 10:15-10:30: Pick up lunch supplies
  - Fire Crew should start the fire while Cooking Crew gets the food.
- 10:30-12:30: Cook, eat, and clean up from lunch
  - Food should be cooked and ready to eat no later than 11:20.
  - Clean up should start no later than 12:00. Take trash to dumpster and recycling to the Attic.
- 12:30-2:15: Afternoon activities
- 2:30: Closing Flag Ceremony at Flagpole Hill
- 2:45: Daisy/Brownie dismissal. *Adults and Aides must stay in the Circle Drive until ALL your campers are picked up.*
- 3:00: Junior and Teen Camper dismissal. *Adults and Aides must stay in the Circle Drive until ALL your campers are picked up.*

Time	Through the Tulgey Wood (MM)	Be a Milliner (SS)	Service Project (see p.34)	Slingshots (see p.33)
8:45-10:15	MB SU RR HS	8:45-9:30: WM EF 9:30-10:15: OO BR	8:45-9:15: RO 9:30-10:00: LO	OG RB

Time	Mad Hatter's Tea (tent)	Croquet Kickball (MM)	Service Project (see p.34)	Slingshots (see p.33)
12:30-2:15	WM EF BR LO	SU HS RB	1:15-1:45: OG	MB RO CB

**Please return your cloth food bags, Gatorade jugs, bleach container, and any unopened food back to the Cabin. Rinse your recyclables and take them to the bin in Evelyn's Attic. Take all trash to the dumpster. Leave NO FOOD in your unit overnight!**

## Thursday Menus

### Snack: Ants on a Log

- Celery
- Sunflower butter
- Cream cheese
- Raisins
- Chocolate chips

#### Directions:

- After rinsing celery, cut into sticks about 3" long.
- Put an even layer of sunflower butter or cream cheese on the celery stick.
- Top with raisins and chocolate chips

### Lunch Main Dish: Taco Salad

- 3 lbs of hamburger
- Head of lettuce
- Tomato
- ½ onion
- Cheddar cheese
- 3 bags tortilla chips
- 1 can black beans
- 1 can pinto beans (drained)
- 1 jar of salsa

#### Directions:

- Dice onions and place in large pot. Add hamburger meat and cook until meat is browned.
- Drain pinto beans (not the black beans).
- Put pinto beans and black beans in a small pot. Heat until hot.
- Chop tomato and lettuce and put in separate bowls/plates.
- Set all food out in "buffet style" containers.
- Allow each camper to assemble their own taco salad

### Lunch Side Dish: Assorted Fruits and Veggies

**Directions:** Evenly divide fruits and veggies and serve on the side.

### Lunch Dessert: Strawberry Lemon Dump Cake

- 2 cans strawberry pie filling
- Box lemon cake mix
- 2 sticks butter
- Whipped cream

#### Directions:

- Preheat dutch oven.
- In dutch oven liner, spread strawberries evenly over bottom of the liner.
- Pour dry cake mix evenly over the top- do not stir!
- Slice butter into "pads" and spread evenly over the top of the dry cake mix.
- Place over hot coals and place hot coals on top of the lid. Cook for about 20 minutes. Check. Cook longer if top does not look thoroughly cooked.
- Top with small amount of whipped cream (remember, the can has to be enough for ALL people in the unit).

## Friday Schedule

<b>Opening Flag</b>	O-Gi-Na-Li	<b>Snack</b>	Cheese and Crackers Watermelon Gatorade
<b>Closing Flag</b>	Redbud	<b>Lunch</b>	Home sack lunches
<b>Song of the Day</b>	Linger	<b>If sandwiches have peanut butter or tree nuts in them, please send the girl to the Cabin to make a new sandwich. No peanuts/tree nuts can be eaten at Camp.</b>	
<b>Water Game</b>	Firetruck	<b>Morning Zip (8:45-10:15)</b>	Make ups only (Brookside2)

- 7:30: Aides and Adult Volunteers arrive
- 7:45: Campers arrive
- 7:55: Opening Flag Ceremony
- 8:10-8:45: Organize the day in campsites, text attendance to 785-813-1551. Play “Get to Know You” games (p. 27-28).
  - Send a Cooking Crew to pick up your Cheese and Crackers snack from the Cabin. One watermelon per unit on the concrete pad near the Attic.
- 8:45-10:15: Friday Activities (can do Activity Options shown below if not scheduled)
  - **Unit Leader meeting** 9:00-9:30 in the Cabin (one adult stays with unit, one comes to Cabin)
  - **Aide meeting** 9:50-10:15 in the Cabin (leave unit no earlier than 9:40).
- 10:30: Complete “Closing Camp Kaper” received during Leader Meeting this morning.
- 11:00-12:45: Friday Equipment Check or Check-in (see next page) & Lunch (wherever you choose)
- 12:30-2:15: Friday Activities (can do Activity Options shown below if not scheduled)
- 2:00: Challenge Box and markers returned to the Cabin
- 2:20: Firetruck
- 2:30: Closing Flag Ceremony at Flagpole Hill
- 2:45: Daisy/Brownie dismissal. *Adults and Aides must stay in the Circle Drive until ALL your campers are picked up.*
- 3:00: Junior and Teen Camper dismissal. *Adults and Aides must stay in the Circle Drive until ALL your campers are picked up.*

### Friday Activity Options

- Complete Unit Challenges
- Daisy/Brownies: Stream Walk (weather dependent)
- Junior/Teens: Creeking (weather dependent)
- Sign t-shirts
- Distribute unit awards, photos, and patches

Time	Through the Tulgey Wood (MM)	Be a Milliner (SS)	Service Project (see p.34)	Slingshots (see p.33)
8:45-10:15	CB RO OG RB EF BR1	8:45-9:30: MB HS 9:30-10:15: RR LO	8:45-9:15: WM 9:30-10:00: SU	SU

Time	Mad Hatter’s Tea (tent)	Croquet Kickball (MM)	Service Project (see p.34)	Slingshots (see p.33)
12:15-2:00	MB RR HS LO	WM OO EF	1:15-1:45: CB	BR2

**Please return your cloth food bags, Gatorade jugs, bleach container, and any unopened food back to the Cabin. Rinse your recyclables and take them to the bin in Evelyn’s Attic. Take all trash to the dumpster. Leave NO FOOD in your unit overnight!**

## Friday Equipment Check or Check-In

**Session 1:** At your assigned time, an adult will be around to check your cook box/unit site. All items must be **clean and completely stocked** and set for session 2. Remember, Girl Scouts leave it better than that found it!

**Session 2:** At your assigned time, bring all of your unit site equipment to the assigned location. All items must be **cleaned** and ready to store for the year. Remember, Girl Scouts leave it better than they found it!

**Tarps:** Should be returned clean, dry, and neatly folded- they way you found them on Monday. If they are muddy or sticky, take them to a water hydrant in the meadow or near the Attic to spray/scrub them down. Lay them out in the sun to dry before returning to the proper locations.

**Cooking Equipment:** Should be cleaned and dried. If they are not clean, you will be told to clean them again. No food crumbs, paper, etc. can be left in the boxes.

- For Session 1: restock all items that are supposed to be in the cook box (see p. 25-26) for everything that should be in the box. If an item is broken or lost, report it to the equipment check person and go get a replacement from the Attic. It's ok- we know it happens! =)
- For Session 2: all items will need to be removed from the cook box and put in the correct locations within the Attic or Dogshed. If an item is broken or lost, report it to the check-in person and go get a replacement from the Attic. It's ok- we know it happens! =)

**Unit sites:** Should be thoroughly cleaned of all trash and food scraps. It is essential that no food scraps be discarded in unit sites at any time or the next group of campers will be dealing with rats, ants, and other undesirable creatures.

**Fire Rings:** should be left clean, bare, and have level soil. Rake remaining charcoal and ashes into a bucket (without digging inside the fire ring) and scatter them far into the woods. Straighten up the rocks and return half-burned wood to the woodpile.

**Woodpiles:** Should be straightened up, with wood sorted by size and have the oldest wood on top.

- Session 1: leave your woodpile tarp folded neatly on top of the woodpile.
- Session 2: return your woodpile tarp with your equipment.

**Challenge Boxes:** Should be cleaned out and returned to the Cabin at 2:00pm.

**Lost and Found:** Take your unit to look through the lost and found for items that may be theirs.

**Trash:** Pick up trash everywhere you find it and take it to the dumpster before 2:15.

<u>Time</u>	<u>Evelyn's Attic</u>	<u>Time</u>	<u>Dogshed</u>
11:00	Bishop's Glen	11:00	Brookside
11:15	Hillside	11:15	Windmill
11:30	Locust	11:30	Sumac
11:45	Red Oak	11:45	Rocky Road
12:00	O-Gi-Na-Li		
12:15	Redbud		
12:30	Osage Orange		
12:45	Coralberry		

## Wednesday Overnight for Juniors and Teen Campers

During Registration, girls stated whether they were leaving after Campfire (around 10:30pm) or staying the whole night. Girls and Aides who are leaving at 10:30pm, need to be walked by the unit up to the circle drive for pick up.

<b>Set up tents at Flagpole Hill</b>	6:30-7:00pm	<b>Induction of new Aides</b>	9:00-9:30pm
<b>Finalize unit skit (anywhere but the Gathering Place)</b>	7:00-7:20pm	<b>Nighttime hike</b>	9:30-10:15pm
<b>Flag Retirement Ceremony</b>	7:30-7:45pm	<b>Escort those leaving up to Circle Drive</b>	10:20pm (Aides dismissed at 10:45pm)
<b>Skits, S'mores, and Song Fest</b>	7:45-9:00pm (songs from 8:30-9:00pm)	<b>Lights Out</b>	11:15pm

After a unit has completed their skit, they should **QUIETLY** file off the stage to the s'mores station. Once they have their s'more, they should go **quietly** to sit back down. S'mores will be lead by Rookie Aides.

### Nighttime Hike

- The hike should begin from your unit site and can go anywhere within Hidden Valley. Travel the trails you know well to minimize tripping accidents.
- **Along the trails, you will be able to see the glowing “Cheshire Cat smiles” in the trees and grasses. Keep a count of how many you find and report back to the Cabin. Which unit will find the most smiles?**
- Travel silently so that you can hear the sounds of the night. Listen for some of these sounds...
  - Owl calls:
    - Like all nocturnal animals, owls depend more on their sense of hearing than sight. Depending upon the season, Barred and Great Horned Owls can be heard at Hidden Valley. Here are some tricks to remembering the calls... Barred Owls say “Who cooks for you? Who cooks for you?” Great Horned Owls say “Who’s awake? Me too.”
  - Animals rustling/moving or the wind whistling through the trees.
- Train for night vision!
  - When the lights are first turned off, it will see like you can see nothing. Wait a little while and the rods/cones inside your eyes will start to adjust and allow more light into your pupils. After a little while of traveling in the dark, you will find that you can see quite well!
- If you absolutely must use a flashlight, remember to use flashlight etiquette!
  - Hold the light as close to you as possible- don’t wave it around.
  - Have fresh batteries with you or recently put into your flashlight.
  - When you are standing still, you don’t need a flashlight... turn it off and listen to the world around you.
  - Always point your flashlight towards the ground, never in another person’s face.

## Day Camp Kapers

Day Camp Kapers are jobs that each unit does to help Hidden Valley and Day Camp run smoothly during the week. Each unit has an assigned day to do their Kaper. *Some units have more than one Camp Kaper!* Please check the Daily Schedule for your day and time to complete the below tasks:

Day	Clean and restock the Red Latrines <b>before 10:00am</b>	Clean and restock the Red Latrines <b>after 12:00pm</b>	Opening Flag Ceremony	Closing Flag Ceremony
Monday	Brookside	Rocky Road	Aides	Rookie Aides
Tuesday	Sumac	Osage Orange	Bishop's Glen	Windmill
Wednesday	Redbud	Hillside	Coralberry	Sumac
Thursday	Locust	Bishop's Glen	Rocky Road	Brookside
Friday	Windmill	Coralberry	O-Gi-Na-Li	Redbud

### Red Latrine Kaper Duties

- Sweep out trash, empty sanitary supplies box, webs, and bugs (brooms/sanitary bags at the Cabin).
- Clean seats and seat lides with vinegar spray (at the Cabin) using paper towels or toilet paper.
- Dispose of paper in the toilet, close the lid.
- Replace toilet paper and add an "extra roll" to the toilet paper can (if it is empty). No more than 2 total rolls of toilet paper in the latrine at one time.
- Refill the handwashing station with water and soap (at Evelyn's Attic).
- Wash hands and return supplies to the appropriate locations.

### Opening and Closing Flag Duties

- Assign speaking and flag carrying duties.
- Practice parts before your assigned day/time.
- Look up to make sure the ropes aren't tangled **before** hooking on the first clip.
- Make sure you know which clip goes on the flag first and which way to pull the rope.
- Practice tying off the rope securely so the flag doesn't fall in the strong winds.

Ceremony supplies are located in Evelyn's Attic in a bag hanging on the edge of the shelf.

## Unit Site Kapers

Unit Site Kapers are jobs that should occur in your campsite. Some tips for assigning Uni Site Kaper jobs are (use chart on next page):

- Create groups of Girl Scouts and keep all groups together for the duration of Day Camp.
- Rotate the groups one job each day so that every girl gets a chance to do each job.
- Make sure everyone understands what her job is for the whole day at Day Camp.
- Campsite Kaper Jobs are:
  - Fire Crew: collect firewood, start, maintain, and put out fire
  - Cooking Crew: get food from the Cabin, prepare, cook, and serve food
  - Water and Hostess Crew: fills ALL buckets, handwashing station, etc. and maintain the water throughout the day. Takes recycling up to Evelyn's Attic at the end of the day, pick grace, creates centerpiece, washes cooking dishes (not the cook's personal dishes!)
  - Clean-Up Crew: wipes down tables, sweeps, makes sure trash is picked up, reorganizes campsite after lunch, etc.

## Unit Site Kaper Chart

	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<p><b>Cooking Crew</b></p> <p>Gathers, prepares, and serves food</p>			
<p><b>Fire Crew</b></p> <p>Collects firewood, starts, maintains, and extinguishes fire</p>			
<p><b>Water and Hostess Crew</b></p> <p>Refills fire buckets, drinking water cooler, handwashing station, washes cooking dishes, picks grace, and makes a centerpiece</p>			
<b>Clean-Up Crew</b>	<b>EVERYONE!</b>	<b>EVERYONE!</b>	<b>EVERYONE!</b>

## Outdoor Flag Ceremony Commands and Procedures

The red sashes and flag are located in a bag hanging from the shelves in Evelyn's Attic. There are also laminated copies of the calling procedures in the bag. If you are leading a Flag Ceremony, make sure to have practiced with your unit earlier in the week so that you know who is doing which parts and how.

*Color Bearer:* may wear a red sash over the right shoulder and tied with a square knot under the left arm.

*Color Guard:* may wear a red sash tied around the waist with a square knot under the left arm. There are generally found Color Guard but there may be two, six, or eight.

### Opening Flag Ceremony at Day Camp

#### Commands (Caller's Part)

#### Action

Commands (Caller's Part)	Action
Girl Scouts attention	All Girl Scouts pause and look to the Caller in silence
Color Guard attention	All CG members look to the Caller
Color Guard advance	CG walks up the aisle
Color Guard post the colors	CG attaches and raises the flag
Please join me in the Pledge of Allegiance & Girl Scout Promise	All but CG recite Pledge followed by the Promise
Color Guard dismissed	CG turns sharply and walks down the aisle, All GS watch in silence
Are there any announcements?	All Girl Scouts sing the "announcements" song
Girl Scouts Dismissed	All Girl Scouts dismissed to unit sites

#### When to Salute

The *Color Guard* salutes the flag immediately after they have raised the flag and returned to position. They do not participate in singing, speaking, or saluting with the audience.

*All other Girl Scouts* salute the flag when the first clip is placed on the flag and held until the flag reaches the top of the pole.

## Closing Flag Ceremony at Day Camp

### Commands (Caller's Part)

### Action

Girl Scouts attention	All Girl Scouts pause and look to the Caller in silence
Color Guard attention	All CG members look to the Caller
Color Guard advance	CG walks up the aisle
Color Guard salute the colors	CG salutes the colors
Please join me in singing Day Time Taps	All but CG sing Day Time Taps
Color Guard retire the colors	CG take lowers flag down the pole, removes the clips, and folds it
Color Guard dismissed	CG turns sharply and walks up the aisle, all Girl Scouts watch in silence
Are there any announcements?	All Girl Scouts sing the "announcements" song
Girl Scouts Dismissed	All Girl Scouts dismissed to unit sites

### When to Salute

The *Color Guard* salutes the flag as soon as they are in position and before lowering the flag.

*All other Girl Scouts* salute the flag when it starts to move down the pole and is held until the last clip is removed from the flag.

## Campfire Ceremony with Flag Burning at Day Camp

Campers line up on the road leading to the Gathering Place. The flag is out of sight and will be carried in (cut into sections/strips based on color) folded over a long stick. The fire is already burning in the fire ring. Ceremony leader shows the quiet sign then explains that we are about to have a solemn ceremony. It is not meant to be sad or scary but it is serious. Everyone will need to stand quietly. Campers then process in and stand around the ceremonial campfire in a horseshoe shape.

**Speaker:** A flag that is worn, faded, or tattered is no longer a fitting symbol of our country. The two respectful ways to dispose of an old flag are burying or burning. Tonight we will retire this old flag in a dignified burning ceremony.

**Speaker:** The color red represents bloodshed for freedom and the white represents purity and the heavens. The 13 stripes represent the 13 original colonies: Delaware, Pennsylvania, New Jersey, Georgia, Connecticut, Massachusetts, Maryland, South Carolina, New Hampshire, Virginia, New York, North Carolina, and Rhode Island. (*lay one strip on the fire and watch it burn as you say the name of each state*).

**Speaker:** Please join me in singing "My Country 'Tis of Thee." (*all sing*)

**Speaker:** Please join me in singing "America, America" once all together then three times as a round

**Speaker:** Thank you for your respectful behavior and attention during our ceremony. Let's start the fun part our campfire.

## Rainy Day Activities

### Anticipate rain and have a plan ready!

Rainy days are the days for special program ideas. Test your ingenuity so that girls remember them as fun instead of tedium. When possible, follow the program planned for the day. It is a wise idea to plan a rainy day program at the beginning of camp and store it away, just in case. Here are some ideas...

- Learn new songs and review old ones.
- Hold a dance festival.
- Do some sketching for fun. Have girls sketch one another and then guess who they have drawn (supplies in the Cabin).
- Take a hike in the rain (if campers have raincoats and boots).
- Practice knot tying (see next page).
- Have a spelling bee or quiz program.
- Practice first aid.
- Compose a sunshine dance.
- Touch: two or more teams. Leader calls "Touch a...(door, table, or some other object)..." Everyone fast walks to touch what is called; they must get back in team lines again. First team back wins. (Don't call anything fragile!)
- Words Within Words: in a given length of time, see how many words you can make using the letters in STORMY WEATHER, or GIRL SCOUT CAMPOUT.
- Charades.
- Perform a play or skit.

## Free Time Activities

If you find yourself needing to have your girls do "something" in their unplanned time, here are some suggestions:

- Do the Bubble Blowing Challenge behind the Cabin
- Do the Stream Walk (p. 24) activity
- Do leaf rubbings with paper and crayons (in the Cabin)
- Play some of the games listed later in the manual
- Junior and Teen campsites are allowed to go "creeking" on Friday **AFTER** they have checked in their campsite supplies/cook boxes (weather dependent).
- Go for a Scavenger Hunt
- Go to other unit sites and do their Unit Challenges
- Go use the Monkey Bridge and Climbing Tower in Dogwood Forest
- Practice knot tying (see next page)
- Find Sherwood Forest (archery range) in the afternoon, walk onto the shooting platform and pretend to be an archer! While there, have each girl say 1 thing they look forward to trying at Day Camp next year.

## Junior and Teen Camper Skit Guidelines

Skits are supposed to be fun for ALL involved- the actors and the audience. In order to help that happen, here are a few guidelines that you should follow when creating your skit. If you need some ideas for a skit, come to the Cabin- we have books!

- Skits can be no longer than 5 minutes
- Skits should not have "inside jokes" that only your unit will understand
- Skits should not make fun of anyone
- Practice your skit ahead of time and don't try to make it up "on the spot."

# Knot Tying

Kits can be found in the Cabin.

- Square Knot:
  - Take 2 ropes (or ends) and lay the right side over the left.
  - Wrap the RIGHT rope UNDER the LEFT rope
  - Bring the RIGHT rope back over the LEFT rope
  - Bring the original RIGHT rope (now on left) over the other rope
  - Pull the original RIGHT rope under the other rope
  - Pull on both ends firmly to tighten
  - Undo the knot by pulling the loops outward
- Clove Hitch:
  - Wrap the free end of the rope around a post (or a partner's arm)
  - Making sure to cross over the top of the rope, wrap rope around the post a second time.
  - Thread the end under itself
  - Pull tight to form the clove hitch.
- Bowline:
  - Form a small loop (leave enough rope for the desired loop size) partway up the rope
  - Pass the end of the rope THROUGH the small loop
  - Continue the end of the rope around the long side of the rope
  - Pass the end of the rope THROUGH the small loop again
  - Pull tight.

Uses for Knots Learned:

- Square Knot: General purpose knot; can also be used to tie 2 ropes together
- Clove Hitch: Fasten a rope to a post.
- Bowline: Used to make a non-slip loop on the end of a rope

## Unit Challenge Ideas

- Sing a song (with actions) so that it can be heard in the next unit.
- Quack like ducks and flap your arms while walking from this unit to \_\_\_\_\_.
- Identify three different kinds of plants around this unit
- Write down a tongue twister to have others repeat 5 times as fast as possible
- Think about why this unit has the name it does. Leave a note in the lunchbox giving your explanation.
- Find a sign of erosion near this unit.
- Think of ten uses for a bandana. Leave your list in the lunchbox.
- Do the Girl Scout handshake with the other people in your unit. The Girl Scout handshake is: shake left hands while holding the Girl Scout sign up in the right hand. The left hand is nearest to the heart and signifies friendship.
- Who was the founder of Girl Scouting in the United States? Be sure everyone in your group knows a little about her. (Leader folder has more information)
- How many years have there been Girl Scouts in the United States? Sing "Happy Birthday" to us
- Find nature items that begin with the letters used in your unit site's name

**\*\*Please don't hide your unit sign! It's very hard for people to orient themselves when they don't know the campsite's name!\*\***

## Stream Walk Activity

A self-guided exploration of a portion of one of Hidden Valley's many streams!

The Stream Walk follows alongside the stream, crosses the stream, and is sometimes in the stream...just follow the pink ribbons from Evelyn's Attic to the bridge of Bishops' Glen. Walk slowly, observing the ground, the hillsides, the trees, water and rocks. Stop frequently to turn a stone, look for aquatic (water) insects or signs of wildlife. Observe one of the many species of mushrooms.

This stream was once just a small drainage ditch in an open field, until development surrounded the camp. The stream has become deeper and wider. How did development change the stream? As you go, look for places where the force of water has changed the stream and surrounding land over time.

What is around the stream?

- Activity: Look for animal tracks and guess what they might be.
- Activity: See how many different kinds of leaves the Girl Scouts can find (but make sure they know to not pick poison ivy leaves).
- Activity: See how many different kinds of twigs with different texture bark they can find.
- Activity: Look for different colors and shapes of rocks in and around the stream.
- Activity: Look for different insects in the water and crawling nearby and flying around. Can you find spiders and spider webs? What is caught in the web?
- Activity: The graduated canopy—notice the small plants that grow near the ground, the bushes that grow to intermediate height, and the trees. Which need the most sun? Which need the least sun?
- Activity: Can you find any toads, frogs, tree frogs, snakes, lizards, salamanders? Any other reptiles or amphibians? Notice where each lives- in the water, near the water, away from the water.

Float or sink?

- Activity: Collect a variety of different items that might be in the stream valley. With each one, have the Girl Scouts guess whether it will float or sink. If you are doing this on a nice day, you can drop things directly in the stream, and compare with what is floating or on the stream bottom already.

What is a watershed?

- Activity: Demonstrate that water flows downhill, and faster if the hill is steep. Fold a piece of paper into a V. Hold it at a slight angle (over a sink or basin or bucket), and pour water down it. Hold it at a steeper angle, and observe how much faster the water flows. (If your Girl Scouts can read topographic maps, then use the topographic map to see where the streams will go once they are outside of Hidden Valley.)

Boat Race

- Make boats out of natural objects (e.g. leaves and twigs). Which objects float easiest? Which travel the fastest? Choose two places, one where stream is flowing slowly, one where it is flowing fast. Do objects get "stuck"? What is different about the stream where they get stuck?

Ideas for service projects

- Collect trash in and around the stream
- Clear out debris jams under bridges

# Equipment Lists

## Inside of Cook Box Equipment

Check Out	Check In	Item	Notes
		Silicone spatula for scraping dishes (1)	
		Cooking spoons (2)	
		Mixing bowls (3 sizes)	
		2 cooking pots (large and medium)	
		Can opener	
		Measuring spoon and cup set	
		Peeler (2)	
		Tongs	
		Paring knives (3)	
		Butter knives (2)	
		Serving spoons (2)	
		Dish scrubbers	
		Sponge	
		Oven Mitt and hot pads (2 total)	
		Foil	
		Trash bags (5)	
		Cooking spray	
		Dish soap	
		Paper towel roll	
		Salt and pepper shakers	
		Cutting board	
		Clipboard	
		3 copies of the Day Camp Songbook	

### Outside of Cook Box Equipment

Check Out	Check In	Item	Notes
		Table	
		Dining fly with 2 orange poles	
		2 blue tarps (large and small)	
		Canvas tarp for woodpile	
		Shovel	
		Rake	
		Grate	
		Mallet	
		Fire bucket	
		Dishwashing buckets (3)	
		Fire starters and matches	
		Hand soap	
		Twine or rope for dunk bag line	
		Loppers	
		Handwashing station	
		Gott cooler for drinking water	
		Dutch oven	
At site		Unit site sign	Return with equipment
		Unit challenge box (green)	Return to Cabin
		5 gallon buckets (2)	Session 1: return to Cabin Session 2: return with equipment
		Little red wagon (D/B units only)	

## “Get to Know You” Games

### A Cool Wind Blows

This get to know you game is easy to play with all ages. However, younger ages might need a pile of cards or a little help from their Aides. For younger groups, consider having a list of 20 different things they could say like “has a dog, likes to eat tomatoes, etc.

Directions:

- Have some way to mark each girls’ spot (think like a bandana, a cup, etc.). Make sure that there is one item fewer than there are people play (e.g. 10 people play = 9 cups marking sit spots).
- The person without a spot to sit explains the game and then starts by saying “a cool wind blows when...” and completes the sentence.
- To complete the sentence, you must think of something that describes the people in the group. For example, the leader could say :a cool when blows when my hair is brown.”
- At that time, everyone who identifies with the comment (in this case, has brown hair), stands up and must find a new spot to sit in the circle. They can sit no closer than 2 spaces from the space they just left!
- The person who is left standing is the new leader and says “a cool wind blows when...” and the game continues until everyone has had a chance to say something or you run out of time.

### Beach Ball Icebreaker

This takes a little preparation on your part as you will need to have written some instructions on an inflatable beach ball (use permanent marker). On each of the sections of the beach ball, write a “get to know you” question or statement. Questions/statements could be things like:

- What is your favorite thing to do at camp?
- What is your favorite type of food?
- Tell us a silly joke

Directions:

- Have the group stand in a circle.
- Tell everyone to identify their left thumb. Whatever panel their left thumb touches, that is the question/statement that they are going to answer.
- Lead by doing first- toss the ball in the air and catch it. Then...
- Say “my name is....” and my....(answer the question)....”
- Then gently toss the ball to a camper across the circle from you.
- Repeat as necessary to make sure everyone gets a turn.

### Don’t Make Me Laugh

Directions:

- Two people stand in the center of the circle. One camper’s job is to stay silent and straight-faced.
- The other camper’s job is to make the first camper laugh using funny facial expressions and gestures- but they cannot make noise or touch the other person.
- Give a time limit of about 30 seconds.
- If the first person laughs, they are “out” and a new person comes to take the “silent faced” spot. If the second person doesn’t make the first one laugh, they are “out” and a new person comes to take the “funny” spot.

### Hullabaloo

This takes a little preparation on your part as you will need to create a chart or cheat sheet for yourself of activities. You need 3 categories:

- Ways to move (e.g. tiptoe, skip, walk like a zombie, swim)
- Ways to greet (e.g. link elbows, handshake, pinky shake, high hive)
- Topics to share (e.g. favorite dessert, how many kids in family, favorite story, favorite game)

Directions:

- Call out a direction from each category on the chart. For example, tip-toe-handshake-favorite story.
- Kids tip-toe around the area to find a partner (someone they don't know!), greet them with a handshake (and say their name!), and then tell each other what their favorite story is.
- Ring a bell or have introduced a "call" signal to have everyone freeze.
- Call out new directions. Repeat the game no fewer than three times.

## “On Your Own” Group Games

**Little Sally Walker-** Girls stand in a circle. 1 girl skips around the inside of the circle while the rest sing. When the song says “so she stopped in front of me” the girl in the center stops in front of one of the girls in the circle and does a dance. Then the girl in the circle mimics the dance, they switch places and the song starts over.

*Little Sally Walker, walking down the street, she didn't know what to do so she stopped in front of me. Hey girl, do your thing, do your thing stop, hey girl, do your thing, do your thing stop. Repeat*

**People to People-** Girls pair up and hold hands with their partner. The partners form a circle and one girl is left in the middle. The girl in the middle begins calls, for instance, toe to toe, hand to hand, back to back. When she calls “people to people”, everyone scrambles to find a new partner, the girl without a partner becomes the caller.

**Rock Rock-** Girls sit in a circle cross-legged with one girl in the middle. The girls in the circle place their left hand on their neighbor to the left's right knee and cup their fingers. They then put their right fist in their own hand on the other person's knee. When the song starts, they in unison begin to move their right hand from their own hand to the neighbor to the right's hand that is on their knee and back to their own hand. They will be passing a rock among them during the song. They can pick the rock up with their moving hand and drop the rock in either hand that hand is moving between. The girl in the center begins with her eyes closed until the song starts, then she watches to see if she can find the rock. If she guesses right, the girl that has the rock goes to the center and it begins again.

*Rock, Rock, how I wander, from one hand into the other, is it fair, yes it's fair to keep poor “child's name who is in the middle” sitting there.*

**Down by the Banks-** Begin with the girls in a circle with their left hands out and their right hands resting in their neighbor's left hand. One girl starts the song by taking her right hand out of her neighbor's left hand and slapping the right hand of her neighbor on the left. The hand-slapping continues throughout the song. The girls whose hand is slapped on the last beat of the song is out. She moves out of the circle and the game begins again from where it stopped. Continue until there is one girl left—she wins.

*Down by the banks of the Hanky Panky where the bullfrogs jump from bank to banky, with an eep, ipe, ohp, opp, with an e-flopadilly and a big ker-plop.*

**Rube Goldberg Machine-** Every girl in the group must do a repetitive simple motion and sound effect that will aid in passing an object from one end of the line to another. Example: raising a bandana while saying “woooo” and dropping it on the next person's hand.

**Do as I Say, Not as I Do-** One person is it. She says something like rub your stomach, but she is patting her head. Anyone caught patting their head is out, until it is down to one player. That player becomes it.

**Bandaid Tag-** Everyone is it. When a player touches another player the tagged player must cover that spot with a bandaid (i.e. her own hand), if a player gets tagged twice she covers the second spot with her free hand and sits out. Whoever is left with one or no bandaids wins.

**Caterpillar Relay**-Two teams start at the same place with girls holding the waist of the person in front of them. On go, the girl at the back crawls through the legs of all girls until she gets to the front then she stands up and becomes the first in line. Then the new last girl does the same thing, until the first in line is on finish line.

**Telephone**- Girls sit in a circle. Someone begins with a fairly simple sentence like “Day camp is fun because we love our leader”. She whispers that to her neighbor one time, the neighbor then whispers it one time to the girl next to her and so on around the circle. The last person says what she heard, and compares that to what the first girl whispered.

### **Loop the Hoop**

Players: 4 or more

Supplies (in the Evelyn’s Attic): 1 or more hula hoops

Goal: To move the hoop from player to player without letting go of hands

Start: Players stand in a circle holding hands. Place hula hoop between two players. Without letting go of hands, players have to step through hoop to pass the hoop completely around the circle. For large groups, use two hula hoops starting at opposite sides of the circle. Can also divide into smaller groups and race to see which group completes loop first.

### **Extreme Spelling**

Players: 8 or more

Supplies: paper and pencil

Goal: To use bodies to form letters or words

Set-up: Write letters that are easy to shape (e.g., A, E, F, H, I) and simple words (e.g., BET, HAT, GIRL, CAMP) on slips of paper and fold over. If pencil and paper is not handy, the leader may whisper the word or letter to be formed.

Start: Divide players into even teams. In turn, each team picks a paper with a word to spell. Players arrange themselves into the shape of the letters to spell the word while other team looks away. May lie down on ground to arrange themselves in the shape of the letters. Other team guesses the word the human spelling bee has formed with their bodies.

### **Extreme Firecrackers**

Players: 10 or more

Goal: The goal of the firecracker is to not smile or laugh

Set-up: Two or three volunteers stand off to the side while the other players spread out a little in the play area. They rub their hands together in front of them as if it were cold outside. The leader then tells them to rub their hands together over their heads making them into pretend firecrackers.

Start: It is the job of the volunteers to extinguish the firecrackers before they explode. A firecracker is extinguished by making it laugh or smile. The firecrackers may not close their eyes, and the volunteers may not touch the firecrackers, but they can talk, sing, laugh or gesture appropriately. Once extinguished, a firecracker helps extinguish others. Before the game begins to drag, the leader can shout "Cover your ears," and all firecrackers still burning make an exploding noise, such as KA-BLAM!

## Water Game Instructions

**Drip-Drip-Splash:** Great for a hot day. Played the same as Duck-duck-goose, but instead of touching the heads of those not picked they have a little bit of water from a cup dropped on their head. The person picked gets the rest of the cup poured on their head.

**Sponge Relay:** Divide the campers into two teams and have them line up behind a starting line. Each team gets a small empty bucket and a large sponge. At the finish line, place two larger buckets filled with water. Tell the campers that on the word go, the first person in line must fast walk to his/her team's water bucket, dunk the sponge in, fast walk back with it and squeeze all the water from the sponge into the team's empty bucket. They then pass the sponge to the next person, and so on until one team fills up their empty bucket with water. That team wins.

Just before you say go, stop and tell the campers that, wait, there is one more rule! The wet sponges must be carried ABOVE their heads as they fast walk back from the water buckets. They will get wet and have fun!

**The Great Jungle Fire:** Here is the scenario: The jungle is on fire, and the animals must keep themselves wet to avoid being burned.

This is a relay race. You need a bucket of water and a cup per team. Set the water bucket and the cup about 15-20 yards away from each team. There is also a list of animals that each team has. The list is as follows:

1. Gorilla
2. Bat
3. Leopard
4. Snake
5. Kangaroo

The first person to fast walk must move like a gorilla, the second pretends to fly like a bat and so on. Gorilla's must move with their arms and legs held out awkwardly away from their body. Bat's must flap their arms wildly. Leopards must move on all fours. Snakes must get on their elbows and knees. Kangaroos must hop. Once 5 people have fast walked, the 6th person will start the list again as a gorilla, the 7th will be a bat and so on. Once they reach the water bucket they must fill up the cup with water and throw it over themselves. Game ends when the teams have been through twice. The very last person must pick up the bucket and put it on their heads.

**Back to Back:** Split children up into partners however many as necessary. Then put them next to their bucket of water with water balls in it.

- This is a relay race so have another bucket about 15 feet away.
- The players have to put the water balls between both of their backs and walk to the other bucket.
- If your ball drops you must return to the bucket and re-soak it and start again.
- Set a time limit and when the times run out see which team has the most water balls in their bucket.

# Activity Rotation Instructions

## Be a Milliner (at Southern Shade lawn/patio)

Expand your vocabulary: a “milliner” is someone who makes hats!

Every camper is going to create their own Tea Party hat! Each camper needs one paper bag and then uses various crafting supplies and paint to decorate and personalize their hat. Remember to wear your hat down to the tea party later in the afternoon!

Possible supplies that they can use:

- Acrylic paint
- Feathers
- Googly eyes
- Stickers

## Croquet Kickball (in Mary’s Meadow)

For this game, the Adults and Aides need to be helping “coach” each time by reminding them of the rules, order of play, etc.

### Rules of the game

- The object of the game is to be the first team to kick your ball through the series of wickets.
- There are 9 wickets (hoops) arranged throughout the meadow.
  - Each wicket has a number attached to it and you must play them in number order.
  - If the ball goes through a wicket that it is not supposed to go through yet (e.g. you need to go through number 3 but got it through number 5), it doesn’t “count” as you must go through the wickets in number order.
  - In order for it to “count” as making it through the wicket, the ball must have gone at least 75% through the wicket.
  - Each wicket has 2 sides, the “playing side” and the “non-playing side.” The ball must go through the wicket on the “playing side” in order to “count” as making it through the wicket.
- You must play the ball where it lays, you cannot move the ball to make your aim easier.
  - You cannot intentionally kick another team’s ball but if their ball gets moved because it is hit by your ball, it must be played from it’s new resting position.
- Each player in the team gets 1 kick before the kicking order is repeated.
- Each team’s turn is up (and the next team goes) when...
  - Either the ball goes through the correct wicket or
  - Every player in the team has kicked once but nothing has gone through the wicket.
- The team which gets all the way through the series of wickets first, wins.
- Divide the number of campers into 6 even groups.
- Give each group 1 ball, making sure they know which ball is theirs.
- Determine the team’s play rotation- the order must stay the same throughout the game (for example, shortest team to tallest team or use the color of the balls to make an order).
- Determine each team’s individual “kicking order” and write it down below.

### Steps to play

- The first team, first kicker, puts their ball down at the start point. They get one kick and goes to watch the next player.
- The next kicker in the order then steps up and kicks the ball once then goes to watch the next player.

- Continue in this order until either the ball goes through the wicket OR you have gone through the whole kicking line. In either case, make a mark on the kicking order sheet so that the team knows who is up to kick next time their turn comes around.
- Switch teams and repeat steps to play until all balls and gone through each of the 9 wickets.

Team 1	Team 2	Team 3	Team 4	Team 5	Team 6

## Firebuilding

**Before** it is time to do the Tuesday morning Firebuilding activity, divide your unit into three groups (you can use the same groups as you have set up for the Unit Site Kapers or you can create different groups). Each “station” will need at least one Adult or one Aide to oversee the tasks/skills so decide who will lead each of the stations. Each station will have specific tasks that they need to complete/practice during each time slot.

From 8:45-9:00, have a whole unit meeting. Ask them the following questions to help them remember their Monday campfire snack and the various parts of creating and caring for a fire:

- What do you remember about building fires from our snack yesterday?
- What do you remember about the kinds of wood that you use in a fire?
- What do you remember about how to extinguish or put out a fire?

From 9:00-10:15, work with the small groups in the three “stations described below:

- Lighting matches: give each camper a small box of matches and have them sit around one of the metal buckets full of water. Teach the campers how to strike the match- away from you- and let it burn for a while before dropping it into the water. Teach them how pointing the match downwards will cause the fire to come towards their fingers more quickly and that they need to hold the match horizontally. Any matches that they don’t use from their small box, should be added to the large unit match box inside the cook box.
- Gathering wood: taking one of your five gallon buckets, take your group around your unit site to gather tinder and kindling. Make sure that you are talking about how you should only take twigs and branches from the ground or dead trees. When they try to break it, it should *snap and not bend*. Teach them that tinder is “tiny” and kindling is the size/width of your finger or thumb. Once they have collected a **bunch** of both, bring it back to the woodpile and have them sort them into **neat** piles of each size of fuel.
- Firebuilding: each camper should use some of the tinder and kindling to build individual fires. They need to use the matches from the cook box and practice sprinkling with water to put their fires out.

	9:00-9:25	9:25-9:50	9:50-10:15
Group 1	Lighting matches	Gathering wood	Firebuilding
Group 2	Firebuilding	Lighting matches	Gathering wood
Group 3	Gathering rood	Firebuilding	Lighting matches

### **Mad Hatter's Tea Party (under the tent in the Gathering Place)**

Earlier in the day, your unit will do "Be a Milliner" and create their own tea party hats. During this station, Aides and Adults should divide themselves among the groups to help them learn how to play the card game Crazy 8s. Divide the campers into 6 even groups. Each group gets one deck of large playing cards to play the game Crazy 8s.

While the campers are playing, they can each have a piece of pound cake and some sun tea (*write their names on the tea cup with permanent marker before putting tea in the cup!*). In the last half hour of the tea party time, have each camper empty out their tea cup and fill it with soil. They can then plant a few native wildflower seeds in their cup so they will get to enjoy the Day Camp memories for the rest of summer. Make sure to water it just a little bit once the seeds are planted. Remind the campers that over the next few weeks, they need to water their flowers when the soil gets dry and to keep the cup in the sunlight.

#### Rules for Crazy 8s

- Deal 5 cards to each player. The remaining cards go in a stack face down in the middle. Turn the top card over.
- The player to the left of the dealer starts the game and turns move clockwise from there.
- During a player's turn they can play cards face up that match the current card in either suit (i.e. hearts, diamonds, etc) or rank. For example, if the current face up card is the 5 of clubs, you may play either a five or a clubs.
- Eights are wild and can be played at any time. When a player plays an eight, they then get to pick the current suit, whether that be hearts, clubs, spades, or diamonds.
- If the player can't match the top cards, then they must draw cards from the deck until they get a match. Once the draw pile is empty, then players that don't have a match, lose their turn.
- The first player to discard all their cards is the winner!

### **Slingshots**

**There are two areas for slingshots- please be aware of which area you are going to before your assigned time.** Juniors/Teen Campers will do slingshots behind the Dogshed. Daisy/Brownie Campers will do slingshots in the area near the bottom of the gravel drive. *If there are two same-age groups assigned to slingshots at the same time, then the first one listed will go to the Dogshed area and the second one listed will go to the bottom of the gravel drive.*

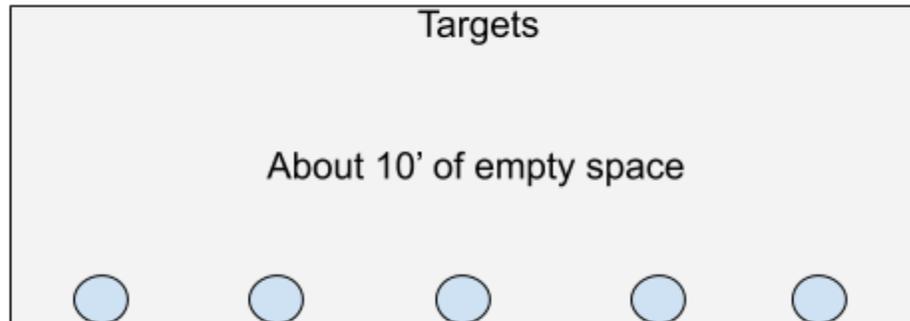
How to hold the slingshots:

- Hold the slingshot in your non-dominant hand and stretch your arm all the way out.
- Place the ammo in the center of the ammo "pouch" and use the thumb and index finger of your dominant hand, to squeeze the pouch closed.
- While keeping the thumb/finger closed around the ammo, pull back on the pouch as far as you can (this will cause the rubber tubing to stretch backwards, towards your body).
- Aim at your target.

- Once you have your target in your sights, simply release the ammo pouch. It will fly forward causing the ammo to go towards where you aimed.

How to run the activity:

- While one Aide or Adult is going over the behavior expectations (next step), the other Aide or Adult should be setting up the shooting site as shown below.



● = 1 plastic cone

- Before handing out the equipment, go over the behavior expectations (listed below)
  - No more than 5-6 shooters at one time.
  - Shooters must be spread out evenly and facing the targets (never turn the slingshots where the other people are waiting their turn to shoot).
  - Before you begin shooting, make sure there are no people behind the targets or in the shooting area.
  - You **MUST** wear your eye protection when you are shooting (safety glasses provided).
  - Never shoot at a 90 degree angle to the target, it could cause the ammo to bounce back at you.
  - Wait to fire your first piece of ammo until after the leader says “fire!”
    - This is to make sure that the shooting field is cleared of people and the leaders are ready for the group to begin firing.
  - You may fire the rest of your ammo as quickly or as slowly as you feel comfortable.
  - Once your ammo pouch is empty, take all of your materials back to the leader and then go sit down and wait for your next turn.
  - Once all of the first team is done shooting, the next team can come up and shoot.
- After the behavior expectations are covered, one of the Aides or Adults need to go over how to hold and shoot the slingshots (described above).
- Divide the unit into three even groups. Give each group a number or color so that they can identify when it is their turn to get up.
- When their number or color is called, each person puts on a pair of glasses and gets 1 slingshot and a pouch of 5 ammo pellets.
- They take their positions and wait for the word “fire” to be called by the leader.
- They then fire all of their ammo.
- While they are firing, the next group to come up should be putting 5 pieces of ammo into the empty pouches so that they will have ammo to use when it is their turn.
- Continue rotating through the groups until your time runs out or the girls are tired of shooting slingshots. *Make sure that all of the groups get an even number of turns to shoot.*
- Make sure that all of the glasses, pouches, and ammo are put back in the plastic tub and that the tub is completely closed before leaving the shooting range.

## Service Project

### What is the Service Project?

At your assigned time (see daily schedules and below...), report to Durand for instruction on what your unit will be doing. Session 1 units should meet in Dogwood Forest (near the Dogshed) and Session 2 units should meet near the Wetlands.

Day	Time	Unit(s)
Tuesday	1:15-1:45	Mulberry, Redbud, and Brookside 2
Wednesday	9:30-10:00	Brookside1, Osage Orange, and Emerald Forest
Wednesday	1:15-1:45	Rocky Road and Hillside
Thursday	9:30-10:00	Red Oak and Locust
Thursday	1:15-1:45	O-Gi-Na-Li
Friday	9:30-10:00	Windmill and Redbud
Friday	1:15-1:45	Coralberry and Sumac

### Through the Tulgey Wood (in the Gathering Place)

Aides and Adults should be leading each of the games. You want no more than 20 campers to be in the game at one time. This is a “free floating” activity where as soon as a game finishes, the campers move to another game and wait for it to begin again. Campers should do every activity once before they repeat a game that they have already done.

- Tea Toting (in front of the Stage):
  - This is a relay race game. Make two lines of campers (about 10 kids per line) between the large buckets. The first person in line dips a cup into the large bucket of water. The cup is then passed down the line. The last person in line empties the cup into the empty large bucket. The first team to get fill the end bucket to the line wins the race.
- “I’m Late” three-legged race (by Mary’s Meadow):
  - Divide campers into pairs, matching children of similar height and build (about 10 kids per line).
  - Have each player stand next to his partner and put his arm around his partner's waist.
  - The partners' inside legs (the right leg of the partner on the left and the left leg of the partner on the right) should be touching. Attach the partners' inside legs together so each pair of children has three legs rather than four using the leg bands.
  - Use two ropes to mark a starting line and a finish line.
  - Have the players line up at the starting line. At your signal, have players walk or fast walk as fast as they can to the finish line.
  - It sounds easy, but it takes practice to make two legs work as one! The winners are the pair of children who cross the finish line first.
- “Humpty’s Downfall” relay race (under the Tent):
  - Divide players into teams and line the teams up (about 10 kids per line).
  - Pass out a spoon and egg to each person in the front of the line.
  - Signal the start of the relay. Each person with a spoon and egg must carry the egg on the spoon to and from a designated spot (e.g. to the tree and back, to the fence and back, or

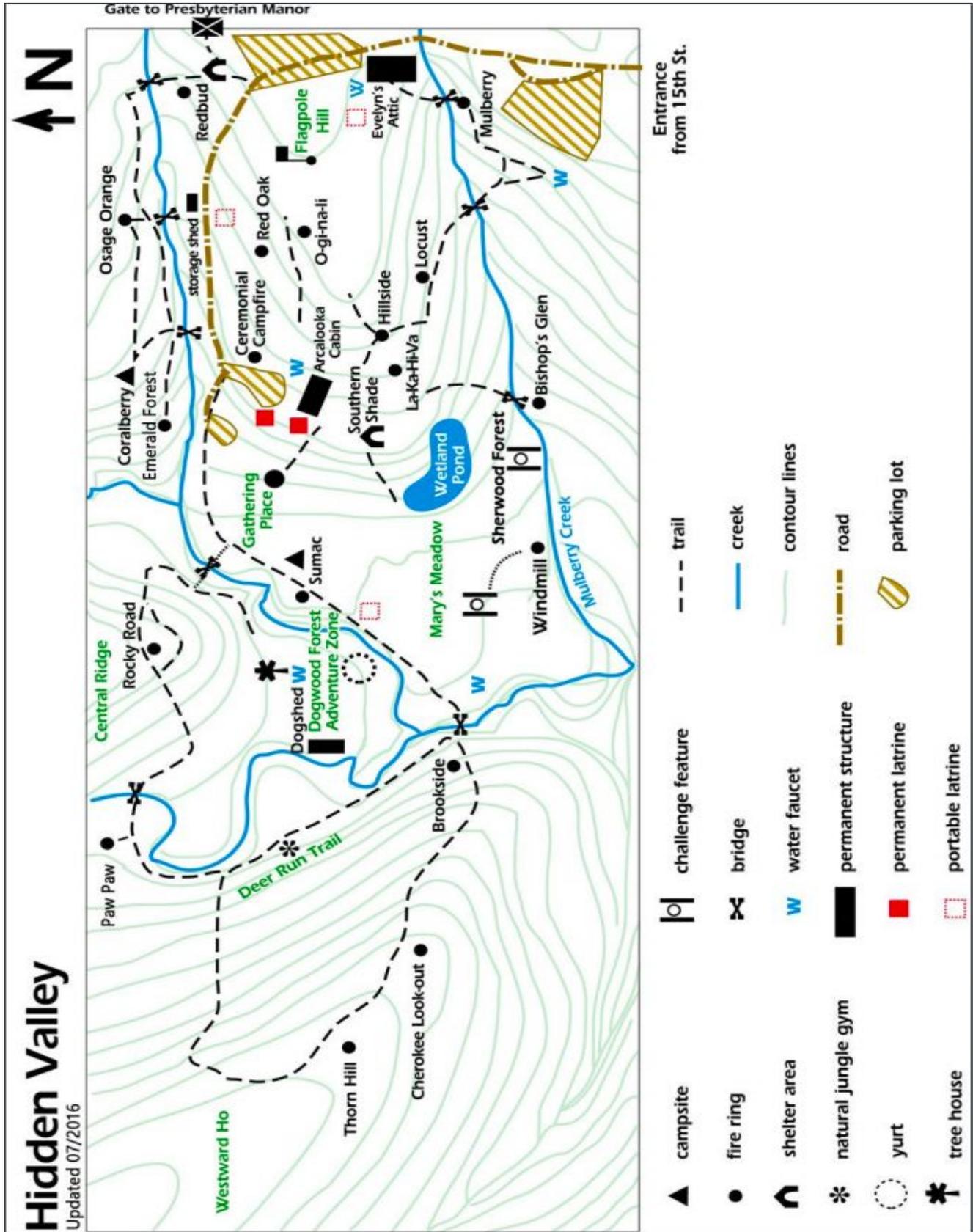
- whatever you choose). If they drop it, they simply pick it up and begin again from the spot where it was dropped.
- As soon as the player returns to the line, he or she passes the egg and spoon on to the next person in line.
  - Tea Topper (on the Stage):
    - The objective of the game is beat the opposing team by throwing your ping pong ball into your set of 10 cups before your opponent does. The first team to achieve this wins (about 10 kids per team).
    - Establish the shooting line 8 feet from the board. Use some tape as a reference point.
    - The Shooter stands behind the line and attempts to shoot the ball into his team's set of cups.
    - The Rebounder stands on his team's side of the board and rebounds any missed shots, and tosses the ball back to the shooter.
    - When The Shooter gets the ball in the cup, switch Shooters and Rebounders to the next people in the team.
    - Play resumes with each teammate in their new position.
    - The first team to have a ping pong ball in each cup- wins!

## Badge Requirements Covered During Day Camp

Daisy Petal Requirements (Entering 1 <sup>st</sup> grade in the fall)				Mark "X" When Complete
Badge Name		Part of the badge earned		
Sunny's Story		Community service project		
Mari's Story		Cleaning up after self/camp		
Rosie's Story		Leave it better than you found it by picking up trash and recycling		
Eco Learner		Be prepared to go outside, keep living things safe, protect nature from trash		
Brownie Badge Requirements (Entering 2 <sup>nd</sup> and 3 <sup>rd</sup> grade in the fall)				Mark "X" When Complete
Badge Name	Step #	Step requirement	Doing what during Day Camp?	
Eco Friend	1	Take a hike	During weekly activities	
	3	Build a safe campfire	Learned during Firebuilding	
	5	Help improve an outdoor space	During the Service Project	
Fair Play	1	Follow the Rules	During "Through the Tulgey Wood"	
	2	Include everyone	During "Through the Tulgey Wood"	
	3	Be part of a team	During "Through the Tulgey Wood"	
	5	Have a field day	During "Through the Tulgey Wood"	
Girl Scout Way	1	Sing everywhere	During weekly activities	
	4	Leave it better than you found it	During weekly activities	
Making Friends	1	Make friendly introductions	During Monday activities/set up	
	2	Show friends you care	During weekly activities	
	3	Try a new game	During weekly activities	
	4	Take turns	During weekly activities	
	5	Play games with new people	During "Through the Tulgey Wood" and other weekly activities	
Outdoor Adventure	1	Try an outdoor challenge	Use the Monkey Bridge and Climbing tower	
	2	Take a nature hike	Collecting items for center pieces during lunch	
	3	Play a water game	During any of the free time water games in the manual	
	4	Prepare a campfire	During weekly meal preparation	
	5	Help an outdoor space	During the Service Project	
Junior Badge Requirements (Entering 4 <sup>th</sup> and 5 <sup>th</sup> grade in the fall)				Mark "X" When Complete
Badge Name	Step #	Step requirement	Doing what during Day Camp?	
Eco Camper	1	Talk to an experienced camper	Juniors should talk to Aides about how to "leave no trace" at camp	
	3	Set up a campsite kitchen, sleeping area, and fire pit	During weekly activities and overnight	

	4	Learn how to secure a dunk line	Practice knot skills during camp set up and the week	
Simple Meals	3	Make a healthy lunch	During weekly meal preparation	
	4	Create a delicious dessert	During weekly meal preparation	
	5	Make a "one pot" meal	During weekly meal preparation	
Girl Scout Way	1	Choose song for a purpose	Picking Graces before meals	
	4	Leave it better than you found it	During weekly activities	
Camper	1	Talk to an experienced camper	Talk to Aides about what they need during the week and during the overnight to have the most fun!	
	2	Build a campfire	During weekly meal preparation	
	3	Make a "one pot" meal	During weekly meal preparation	
	4	Try a new adventure	Do an adventure activity that you haven't done before. Use the climbing tower, try the zipline, cross the monkey bridge, hike a new trail, etc.	
	5	Gather round a campfire	During overnight song singing	
Cadette Badge Requirements (Entering 6 <sup>th</sup> -8 <sup>th</sup> grade in the fall)				Mark "X" When Complete
<b>Badge Name</b>	<b>Step #</b>	<b>Step requirement</b>	<b>Doing what during Day Camp?</b>	
Girl Scout Way	4	Leave it better than you found it	Used during weekly activities	
Night Owl	2	Tour the world after dark	During overnight hike	
	4	Explore nature after dark	During overnight hike	
Archery	1	Get to know archery equipment	During archery (learning about parts of the bow and arrows)	
	2	Learn about archery safety	During archery (learning about the safety equipment and distances)	
	3	Practice archery before you go on a range	During archery (learning about body position)	
	4	Shoot on an archery range	During archery	
	5	Create an archery challenge	During archery if they do the "added challenge"	
Senior Badge Requirements (Entering 9 <sup>th</sup> and 10 <sup>th</sup> grade in the fall)				Mark "X" When Complete
<b>Badge Name</b>	<b>Step #</b>	<b>Step requirement</b>	<b>Doing what during Day Camp?</b>	
Adventurer	4	Help the natural environment	Used during weekly activities	
Sky	1	Focus on the night sky	Used during overnight	

# Map of Hidden Valley



## Lined Paper for Notes

