

# Discover Camping

## Patch Program

**Objective:** Encourage girls and parents to learn more about Girl Scouts of Central Illinois summer camps and become comfortable with the idea of attending during the 2012 summer

### Steps to Earning the Patch

1. Introduction & Summer Activity Guide Scavenger Hunt
2. Friendship Bracelets
3. Camp Snacks
4. Summer Safety & Relay Race
5. Planning a Camp-Out



----- Return form below -----

## Discover Camping Troop Evaluation & Patch Order Form

Troop Leader's Name & E-mail: \_\_\_\_\_

Did you (the leader) attend a camp of any kind as a child?  Yes  No

Girl Scout Age Level:  Daisy  Brownie  Junior  Cadette  Senior  Ambassador  
Troop Number: \_\_\_\_\_

Number of girls in troop: \_\_\_\_\_ Number of girls who participated: \_\_\_\_\_  
Number of parent/guardians present (including leaders): \_\_\_\_\_

Which Discover Camping activity did the girls enjoy the most? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Which Discover Camping activity did the girls enjoy the least? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Expected Camp Experience:** Find out the number of girls who now wish to attend:  
Day time program held at a GSCI camp: \_\_\_\_\_ A GSCI core camp (troop camp): \_\_\_\_\_  
Overnight program held at a GSCI camp: \_\_\_\_\_ A GSCI resident camp: \_\_\_\_\_  
A GSCI day camp: \_\_\_\_\_

What summer activity did the girls seem most excited to try this summer? \_\_\_\_\_  
\_\_\_\_\_

Did the Discover Camping activities encouraged girls and their parents to consider attending summer activities at GSCI's camps and to explore the outdoors on a greater level?  Yes  No

**Please return the evaluation to:**  
GSCI, Discover Camping Patch Program, 1103 W. Lake Ave, Peoria IL 61614  
or E-mail to [Knolan@girlscouts-gsci.org](mailto:Knolan@girlscouts-gsci.org)

From which Girl Scout service center would you like to pick up your patches? \_\_\_\_\_

# Introduction and Summer Activity Guide Scavenger Hunt

## Introduction

### Conversation with girls about camping

- What is camping?
  - For older girls: Why do they think camping is important?
- Who has been camping before?
  - Where did they go?
  - What did they do?
  - How long where they there?
- Who has been to Girl Scout camp before?
  - Where did they go?
  - What did they do?
  - How long where they there?



## Summer Activity Guide Scavenger Hunt

Using the 2012 Summer Activity Guide, girls search for answers to the questions below. Answers need not be turned in with the evaluation and patch order form.

- 1) Page 4 - which camp is closest to your home town? \_\_\_\_\_
- 2) What pages is the Monthly View on? \_\_\_\_\_  
What is happening on at Camp Kiwanis on June 23? \_\_\_\_\_  
What is happening at Camp Widjiwagan from July 7-8? \_\_\_\_\_  
What is happening at Camp Tapawingo on July 31? \_\_\_\_\_  
What is happening at Camp Peairs on September 1? \_\_\_\_\_
- 3) What is in the S'mores Gift Bag? \_\_\_\_\_  
\_\_\_\_\_
- 4) What is the difference between day camp and resident camp? \_\_\_\_\_  
\_\_\_\_\_
- 5) Where do resident campers sleep? \_\_\_\_\_
- 6) Find two camp sessions where swimming or boating are the main focus. \_\_\_\_\_  
\_\_\_\_\_
- 7) Find two camp sessions where horseback riding is the main focus. \_\_\_\_\_  
\_\_\_\_\_
- 8) Find three camp sessions or activities that your troop finds interesting: \_\_\_\_\_  
\_\_\_\_\_
- 9) Name two trips that GSCI will take with summer campers. \_\_\_\_\_  
\_\_\_\_\_
- 10) When does registration open for summer activities? \_\_\_\_\_

# Summer Safety & Relay Race

## Group Discussion: Talking about Safety

- Ask girls: What would we do in case of bad weather?  
What clothes are best to dress for the weather?
- Talk about being in the woods  
Leave No Trace, getting lost, what to wear for hiking
- Ask girls: How do we prevent problems at camp?  
Insect repellent, sun block, drinking water, etc.

## Exploring a First Aid Kit

- Ask girls: What do you need if you get hurt? What is in a first aid kit?

Take your troop first aid kit apart, asking girls what items are for, and seeing if they can name everything that's in the kit. Explain items as needed or ask girls to explain their purpose.

## Summer Safety Relay Race

Review the items used for the game if girls are unfamiliar with their safety purpose during the summer.

### Supplies Needed per Team (use all, some, or invent more items)

- Big floppy sun hat
- Flyswatter
- Flashlight/lantern
- Big tennis shoes
- Water bottle
- Whistle
- Bottle of sunblock
- Bottle of insect repellent
- First aid kit (or bag to represent first aid kit)
- Lifejacket/inner tube
- Sunglasses
- Knee/elbow pads
- Aloe vera gel
- Bike helmet
- Goggles
- Beach towels

## Instructions

Establish two or more teams as needed by your group size. Put the assorted summer safety items at one end of the room opposite of the teams in a box or on a table. Have one member run down to the items, put everything on and run around an object in the room (chair, pop-up tent, table, adult, etc.) and back to the box where they take everything off and run back to tag the next team member. Next person repeats until everyone on one of the teams has completed the challenge.

# Friendship Bracelets

## The Meaning of Friendship Bracelets

A friendship bracelet is given as a sign of friendship. It is intended to be tied on the wrist of a friend and worn continually as a symbol of lasting friendship. Select colors for a friendship bracelet that reflect the character traits of the intended recipient.

**Pink** -- kind  
**Red** -- honest

**Orange** -- energetic  
**Yellow** -- cheerful

**Green** -- responsible  
**Blue** -- loyal

**Black** -- strong

## Twisted Friendship Bracelet (From: <http://familyfun.go.com/>)

### Materials

- Colored embroidery thread
- Tape

### Instructions

1. To make each bracelet, gather six 24-inch strands of embroidery thread. Hold the strands together with the ends matched up, then tie an overhand knot one inch from an end.
2. Tape the knot to a tabletop (or anchor it in a closed drawer). Holding the free end, twist the bunch repeatedly in the same direction until it is tightly wound.
3. Pinch the twisted band in the center and fold it in half so that the free end matches up with the knotted end. Release the center, and the band will automatically twist back on itself.
4. Slip the ends through the loop (the pinch point) at the opposite end of the band, tie a knot to secure the bracelet, knot again and trim the ends.

## Braided Friendship Bracelet (From: <http://crafts.kaboose.com>)

### Materials

- 2- 24" strands of color 1
- 2- 24" strands of color 2
- 2- 24" strands of color 3
- Scissors
- Tape/thumbtack



### Instructions

1. Line up each strand on your work surface in matching pairs. Make sure they are all the same length.
2. Hold all the strands together, and then fold them in half. Tie a knot at the center, creating a loop.
3. Separate the strands into three sections by color
4. Tape the knotted end to the table or hang it with a thumbtack in a bulletin board. This will hold the string taut for you as you braid.
5. Braid the three strands. Keep going until you have a braid that will fit around your wrist.
6. At the end of the braid, combine the strands to make two strands instead of three and tie into a knot to end the braid.
7. Now separate the strands again into two separate groups. Braid each group, leaving enough room at the end to tie a knot. Knot both mini braids and trim off the excess strands to make them even and neat.
8. Wrap the bracelet around your wrist and ask a friend to tie the small braids to the loop at the end.

## Friendship Necklace (From: <http://www.how-to-make-jewelry.com/>)

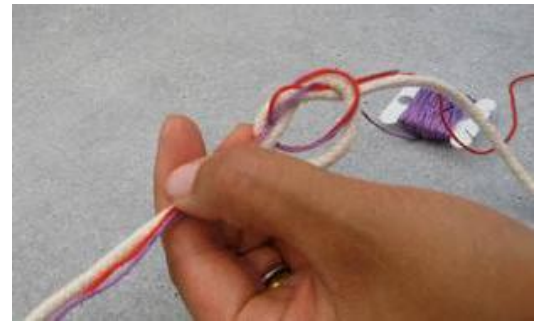
### Materials

- Embroidery floss or yarn in different colors
- Cotton twine or something similar to use as a base for wrapping
- Scissors
- Cardboard bobbins or pieces of cardboard Optional: Brass nuts and washers

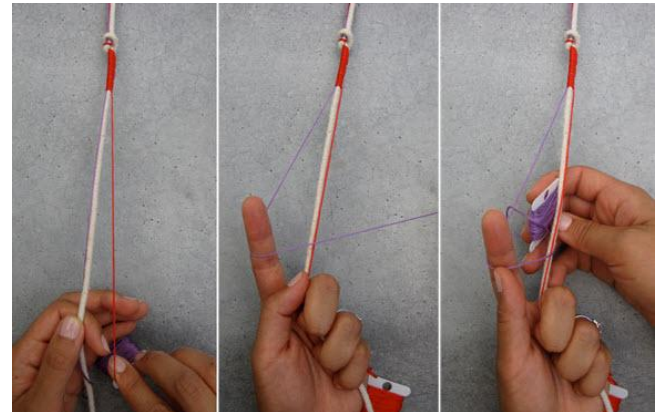


### Instructions

1. Take each of your chosen embroidery thread colors and wrap them each around its own piece of cardboard. This makes them easier to manipulate and cuts down on tangling.
2. Cut a long piece of cotton twine or rope, and tie the two colored threads to the rope leaving at least 3 inches of slack.
3. Tape down the slack to a flat surface or safety pin it to something that will help keep it in place.



4. Lay the color that isn't being used (shown here in purple) in your left hand, along with the rope, and hold them taut.
5. Take the active color (shown here in red) in your right hand, pass it over the rope, loop it under and back through the opening. Pull up and to the right to tighten.
6. Repeat the knots until you are ready to switch colors.
7. Switch colors by putting the inactive color (red) in your left hand and the new active color (purple) in your right. Repeat the steps. If you're a lefty, of course do the switch up and use opposite hands.



8. Once you're done knotting with the floss, if you'd like, you can add a few nuts and/or washers to the necklace. Undo the large starter knot and tie both open ends together, creating your very own friendship necklace! Trim any extra rope and tread. Done!



# Camp Snacks

Pick one or more of the following snacks to make with the girls during your Discover Camping meeting.

## Chrispy & Chewy Worms



### Ingredients

- crispy rice cereal treats
- butter
- fruit leather
- plastic wrap
- googly eyes
- pipe cleaner

### Instructions

1. Whip up a batch of crispy rice cereal treats, using your favorite recipe.
2. Using buttery hands mold the rice mixture into worm shapes (ours are about 5 inches long).
3. Add three strips of fruit leather to each worm, securing the overlapping ends of each strip with a dot of water.
4. Wrap the worms in plastic wrap, and then add two googly eyes.
5. Loop a pipe cleaner around the worm's neck and twist it together at the top. Curl the ends into antennae.

## Nutty for Acorns

### Ingredients

- chocolate frosting
- mini vanilla wafers
- chocolate kisses
- pretzel sticks

### Instructions

1. For each, use chocolate frosting to attach a mini vanilla wafer to a chocolate kiss.
2. Snap a 1/4-inch section from a pretzel stick for a stem and use more frosting to attach it to the wafer. Let the frosting set for 20 minutes before serving.



## Traditional Trail Mix

Combine one quarter cup of any of the following ingredients or pick your own:

Unsalted peanuts,  
Sunflower seeds,  
Dried cranberries,  
Dried cherries,

Dried apricots,  
Raisins,  
Chocolate chips,  
Pretzels,

Cheerios,  
Chex,  
Granola

Mix together in a big bowl. Store in an airtight container or eat immediately.

## Honey Bee Cookies

### Ingredients

- 12 round cookies
- 1 and 1/2 cups light-blue frosting
- Twix Mini candies
- 12 marshmallows
- 1/2 cup yellow frosting



### Instructions

1. Frost 12 round cookies (recommend Keebler Sandies Pecan Shortbread) with 1 and 1/2 cups light-blue frosting and place a Twix Mini in the center of each.
2. For the wings, use scissors to cut the ends from 12 marshmallows, then press them onto the cookies, sticky side down.
3. Spoon 1/2 cup yellow frosting into a ziplock sandwich bag, snip off a corner, and pipe stripes onto the bees.



## Nut Butter-Fly

### Ingredients

- Nut butter
- Apple
- Carrot

### Instructions

1. Simply make a nut-butter sandwich using apple slices, cut it into quarters, arrange the pieces as shown, and add a trimmed carrot stick.

## Strawberry Mice

### Ingredients

- Fresh strawberries
- Mini chocolate chips
- Black decorators' icing
- Almond slivers
- Toothpick
- Red lace licorice
- Wedge of Cheese (Your choice)



### Instructions

1. For each mouse, slice a small section from the side of a strawberry so it sits flat.
2. Press a mini chocolate chip into the tip for a nose, using a small dab of icing to secure it in place, if needed.
3. Add icing eyes and stick 2 almond slivers into the top of the berry for ears.
4. For a tail, use a toothpick to carve a small hole in the back of the berry and push the end of a piece of licorice lace into the hole. Serve these berry cute treats with small triangles of cheese.

## School of Fish

### Ingredients

- Dried apricots
- Mini pretzels
- Cream cheese
- Mini chocolate chips



### Instructions

For each fish, slit one end of a dried apricot and insert the bottom of a mini pretzel. Pinch the apricot around the pretzel to hold it in place. For a fish eye, pipe on a small dot of cream cheese (a plastic sandwich bag with a corner snipped off works well for this) and then press a mini chocolate chip, tip down, into the cream cheese.

## Edible Campfire

### Ingredients

- 12-inch flour tortilla
- Red licorice rope
- Peanuts
- Peanut butter
- Fried Chinese noodles
- Tootsie Rolls
- Mini pretzel sticks
- White grape juice
- Hot cocoa powder
- Candy corn

### Instructions

1. Lay down a tortilla fire base and wrap a licorice rope safety circle around the tortilla about an inch in from the edge. Build a peanut rock ring halfway between the safety circle and the center of the fire base. Spread a circle of peanut butter in the center of the fire base, and then lay a small handful of fried Chinese noodles on top for kindling.
2. Lay Tootsie Roll logs around the peanut butter circle. Use mini pretzel sticks as fuel wood to build a tepee inside the ring of logs and over the kindling, sticking the pretzels into the peanut butter at a 45-degree angle.
3. Add another layer of logs, setting them across the corners of the first layer to form a box around the tepee. Lay a few more pieces of fuel wood across the logs.
4. Make sure buckets of water (glasses of grape juice) and dirt (hot cocoa powder) are nearby to put out the fire if necessary, and then light the fire by adding candy corn flames.
5. After the camp director approves the fire, throw dirt on the fire to put it out. Now, the moment the fire builders have been waiting for: Eat your fires!



## Walking S'mores

- Mini Marshmallows
- Teddy Grahams
- Chocolate Chucks (found in the baking section)

Mix ingredients together in small zip lock bags or cups.

# Planning a Camp-Out

Put girls into groups to plan a camp-out for your troop, after some time of working- bring the group together to share what they planned. Advice: for younger troops have an adult help each group, for larger troops assign groups to specific days or meals.

## Food & Meals

### Materials

- Scissors
- Glue/Tape
- Grocery store ads
- Paper

### Instructions:

Have group clip images of food they would like to have at during their camp-out tape/gluing them down to create a collage.

## Kapers

### Materials

- Markers
- Paper

### Instructions:

Have the group create a list of jobs/chores that would have to happen while on your camping trip. You may need to give them some suggestions to start such as collecting wood for a fire, putting up tents, etc.

## Packing Lists

### Materials

- Scissors
- Glue/Tape
- Clothing & Supply Store Ads
- Paper

### Instructions:

Have the group find images of items they would need to have on their camping trip, including both personal and group items.

## Activities

### Materials

- Markers
- Paper

### Instructions:

Have the group draw or create a list of all the fun activities they want to do while on their camping trip!