



# Guide to Outdoor Adventures



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# PREPARING FOR A TROOP GETAWAY

## THE SECRET IS PLANNING & MORE PLANNING

Girls and leaders plan together:

Things to do. Having a theme may help.

Prepare a kaper chart (sample below).

Talk about the equipment needed, including personal care items.

Discuss health and safety procedures, such as a buddy system and fire safety.

## HINTS ABOUT ACTIVITIES

Have plenty to do, but don't schedule too much. Let girls enjoy what they are doing. Leave time for just running, playing and discovering without structure.

Avoid spending too much time cleaning.

Make the first night fun and educational - not just another slumber party. Remember, the first night sets the tone for the rest of the weekend.

## SECRETS TO SUCCESS

Leaders visit the site in advance of trip.

Before it gets dark, acquaint girls with camp site, have a fire drill, talk about "night" noises.

Make sure you and the girls get lots of sleep and rest. Consider making brunch instead of an early breakfast - You know everyone will be up late.

"Buddy Up" for safety, 2 by 2 is the thing to do!

Clean up as you go.

Teach and practice the Girl Scout "Quiet Sign"- When the hand goes up, the mouth goes shut.

Have some games mentally tucked away just in case it rains.

Be sure to save enough energy for packing up!

|                    | Meal Preparers                   | Dishwashers                      | Table Setters and Recyclers      |
|--------------------|----------------------------------|----------------------------------|----------------------------------|
| Saturday Breakfast | Allison<br>Jamie<br>Rebecca      | Angela<br>Kenya<br>Robyn         | Amanda<br>Christine<br>Stephanie |
| Saturday Lunch     | Amanda<br>Christine<br>Stephanie | Allison<br>Jamie<br>Rebecca      | Angela<br>Kenya<br>Robyn         |
| Saturday Dinner    | Angela<br>Kenya<br>Robyn         | Amanda<br>Christine<br>Stephanie | Allison<br>Jamie<br>Rebecca      |
| Sunday Breakfast   | Allison<br>Jamie<br>Rebecca      | Angela<br>Kenya<br>Robyn         | Amanda<br>Christine<br>Stephanie |

# SAMPLE SCHEDULE

## DAY 1

|            |   |
|------------|---|
| 4:00 p.m.  | Pack cars and leave meeting place         |
| 5:00 p.m.  | Arrive at destination                     |
| 6:30 p.m.  | Dinner                                    |
| 7:30 p.m.  | Site orientation and practice fire drill  |
| 8:00 p.m.  | Set up beds, review quiet-time rules      |
| 8:30 p.m.  | Campfire, singing, night sounds and snack |
| 9:30 p.m.  | Get ready for bed                         |
| 10:00 p.m. | Bedtime                                   |
| 10:30 p.m. | Final call for lights out!                |

## DAY 2

|            |   |
|------------|---|
| 7:30 a.m.  | Rise and shine!   |
| 8:30 a.m.  | Breakfast   |
| 9:00 a.m.  | Clean-up and get dressed  |
| 10:00 a.m. | Get Started! Now is the time to begin that big project, play that fun game or experience what you came to camp for! |
| 11:30 a.m. | Prep lunch  |
| 12:00 p.m. | Lunch   |
| 1:00 p.m.  | Low energy activities/rest period   |
| 2:00 p.m.  | Activities - Finish what was started in the morning   |
| 5:00 p.m.  | Prep fire for cook-out dinner   |
| 6:00 p.m.  | Dinner and clean-up   |
| 7:00 p.m.  | Low energy activities   |
| 9:30 p.m.  | Get ready for bed   |
| 10:00 p.m. | Bedtime   |

## DAY 3

|            |   |
|------------|---|
| 8:30 a.m.  | Rise and Shine!   |
| 9:00 a.m.  | Breakfast and kitchen clean-up. Get dressed                         |
| 10:00 a.m. | Pack up sleeping bags, put away mattresses, and pack all belongings |
| 11:00 a.m. | Activity  |
| 11:30 a.m. | Prep lunch  |
| 12:00 p.m. | Lunch   |
| 1:00 p.m.  | Clean-up/pack vehicles  |
| 2:00 p.m.  | Closing activity  |
| 3:00 p.m.  | Depart for home   |



# SCHEDULE HINTS

Have the girls develop a group agreement, talk about respect for other people's property, sharing space with others, and working together.

Post the schedule and the group agreement where the girls can view them. It will save you from having to answer the same questions over and over again like "When is lunch?"

Before the trip - Have the girls establish mealtimes, set guidelines for bedtime and put together a schedule of games and activities.

Make routines - The way you put the girls to bed, or wake everyone up in the morning will affect each girl differently, if you stick to the same routine, the girls will feel more comfortable knowing exactly what to expect when it comes to that time of day.

Allow sufficient time to wind down at night. Have night time activities away from the sleeping area, so if some girls want to go to bed early they can do that in a quiet area while others stay up later.

Be prepared to change it up - You never know how the group is going to respond to the activities, so be ready to change them around if they end up taking too much or too little time.

# MINIMAL IMPACT CAMPING

Leave No Trace is an ethic that promotes minimum impact while enjoying the outdoors. The Girl Scouts of USA supports Leave No Trace values and ethics, which teach stewardship, minimal impact camping, and responsible recreational use of the land. Visit [www.lnt.org](http://www.lnt.org) for more information.

As part of the Girl Scout Law, Girl Scouts have been taught since 1912 to "use resources wisely" and to leave a place better than they found it. Girls don't have to be in wilderness to practice Leave No Trace principles; it's just as relevant to local parks and Girl Scout camps like Camp Evelyn and Camp Manitou. Practicing Leave No Trace skills helps make the world a better place to be, building awareness, appreciation, and respect for the outdoors.

**"Take only memories, leave only footprints."**

# MENU PLANNING

In order to plan the menu, girls will need to find the answers to the following questions for each meal:

- What is the purpose of this outing?
- How much time will we have for cooking this meal?
- Will we be cooking indoors or out?
- Will we be using familiar cooking techniques or do we want to try a new method?
- What kind of stove and type of fuel or fire will we be using?
- What kind (and how much) of cooking equipment will we have available?
- Are there any concerns about spoilage, weight, cost, season, etc. that need to be considered?
- What food preferences or dietary restrictions need to be considered?

With the answers to all these questions in your hand, the girls are ready to plan their menus.

- Include some no-cook foods in every meal, to save time and to be sure the girls won't go hungry if there is a cooking failure.
- Include something from each of the basic food groups in every meal.
- Plan to have some snacks.
- For meals that are to be cooked, concentrate on one-pot dish meals and keep ingredients simple.
- Keep equipment at a minimum.

To help make cooking fun and also a positive learning experience, keep the following points in mind:

- Other camp activities may determine the type and amount of cooking that can be done that day. If there is a busy schedule, keep the cooking to a minimum.
- Consider preparing partial meals at camp so that all campers have a chance to cook.
- Help the girls plan menus. Keep in mind good nutrition and plan around the basic food groups. Give guidance and provide resources.
- Help the girls to experience progression in outdoor cooking: one-pot meals, foil cooking, stick cooking, Dutch oven, etc.
- Purchase adequate food but do not be wasteful. If doing an overnight or other activity where special supplies are needed, keep cost in mind when planning menus.
- Be aware of time needed to build a fire, prepare food, heat water, and clean up. Girls sometimes take more time than adults.
- Use a kaper chart and make sure that the kapers are rotated.

## STICK COOKING RECIPES

## Heavenly Hotdogs

hot dogs

cheese

bacon

hot dog buns

condiments

Make a slit down the hotdog; place a piece of cheese in the slit. Wrap a piece of bacon around the hotdog, place toothpicks in the ends of the bacon to keep it in place. Put on forked or pointed stick and toast until done.

## Pioneer Drumsticks

3 lbs. ground beef

1 cup corn flakes (crushed)

2 eggs

salt, pepper, and onion

12 hot dog buns

condiments

Mix hamburger, seasonings, eggs, and corn flakes together. Wrap a portion around the end of a stick, squeezing in place evenly. Make it long and thin, not a ball. Cook over coals. Twist slightly to take off stick. Serve on a bun.

## Wood Twists

biscuit mix

onion, sliced

beef  $\frac{1}{2}$  to  $\frac{3}{4}$ " thick

Slide slices of beef and onions, alternating onto stick. Mix thick biscuit dough and wrap around meat and onions on stick. Cook over fire, turning often. When done, pull out stick and season.

## Doughboys

Pillsbury dough – wrapped around a stick

Variations:

**Bacon Twister:** Cook bacon, which is twisted around end of stick. Cover with dough and bake. Eat as a bacon sandwich.

**Jam & Jelly Twister:** Cook bread twister, slip it off the stick and fill the hole with butter and jam or jelly. Be sure that the dough covers the end of the stick so there will be a closed end to the twister.

## S'mores

marshmallows

chocolate bars

graham crackers

Toast marshmallows until brown, while they are still hot, place on cracker with a piece of the chocolate bar and top with another graham cracker.

# FOIL COOKING RECIPES



Foil cooking is a great choice for meals on hikes or overnights with no pots or pans to carry. If you want a meal of meat and potatoes, for instance, simply wrap them in a double thickness of foil and place the package on hot coals. When it is done the foil itself can be your plate. If it's bacon and eggs you desire, crimp up the edges of a double sheet of foil and use that for a pan. If you want a cup of steaming hot cocoa, you can make a pot from two thicknesses of foil by folding it the way you fold a square of paper for a drinking cup, and then flatten the bottom.

Use heavyweight foil. Leave some space for steam to escape when wrapping the package. When placed in a bed of hot coals with some heat on top, diced vegetables and meat cook in 15 to 25 minutes, whole potatoes in 40 – 50 minutes. If you want the food to brown or to broil as in a skillet, then leave the package open at the top. Hot mitts or tongs are necessary items when doing foil cooking. Using butter or spraying with oil will reduce burning of contents.

## Foil Hamburger Dinner – Serves 12

### Equipment or Special Needs:

Fire that has produced embers  
Heavy duty aluminum foil  
Shovel or tongs to remove dinners from the fire  
Can opener

### Ingredients:

12 medium potatoes  
12 or 13 carrots  
4 lbs. of ground beef  
Salt and pepper

### Directions:

Clean and cut potatoes and carrots into small pieces or drain canned vegetables.

Make 12 hamburger patties –  $\frac{3}{4}$ " thick.

Place hamburger and servings of vegetables side by side on a piece of aluminum foil.

Season, wrap in foil leaving room for expansion (bring side edges together and fold down several times)

## Mock Ham Rolls – Serves 16 to 18

1 lb. ground wieners (2 cups)  
8 hard boiled eggs, chopped (2 cups)  
2 cups grated cheddar cheese

$\frac{1}{4}$  cup sweet pickle relish  
2 Tbsp. mustard  
16 to 18 buns

Mix ingredients together. Fill buns, wrap in foil and place on coals for 15 to 20 minutes.

### **Baked Stuffed Potato**

Peel potatoes and hollow out. Insert smoky link or wiener, vegetables, butter, or whatever you like. Wrap in foil and bake.

### **Pigs in a Blanket**

Slice open hot dogs, stuff with strips of cheese and wrap in refrigerator crescent rolls. Wrap in foil and heat.

### **Submarine Sandwiches**

Cut long hard rolls in half. Fill with meat, tomatoes, cheese, etc. wrap in foil and heat.

### **Buffalo Burgers**

2 hamburger patties per person

slices of cheese and tomatoes

chopped onion, pickles, and mushrooms

ketchup and mustard

Place the hamburger patty on foil. Fill with desired ingredients, seal second patty. Wrap in foil and cook.

### **Bean Boats – Serves 12**

12 frankfurters, sliced lengthwise

1 can chili con carne

12 sliced frankfurter buns

$\frac{3}{4}$  cup chopped onion

Open frankfurter and place cut side down onto bottom half of bun. Top with chili and onion. Cover with top of bun. Wrap in foil. Heat 3 minutes on each side.

### **Hawaiian Burgers – Serves 12**

12 slices of ham

12 hamburger buns

12 rings of pineapple

margarine

12 slices of cheese

### **Vegetables**

Need approximately  $\frac{1}{2}$  cup of vegetables per person. A variety of three or four choices will make an attractive vegetable accompaniment to the dinner.

Place food in center of foil. Using butter or spraying with oil will reduce burning of contents.

Time: frozen – 20 minutes, thawed – 10 minutes.

Salt and pepper to taste.

### **Banana Boats**

bananas

marshmallows

chocolate chips

Wrap in foil and cook over coals.

### **Blond S'mores**

Peppermint Patty candy bars

marshmallows

graham crackers

Place the peppermint patty and marshmallows inside two graham crackers like a sandwich. Wrap in foil and warm until marshmallows are melted.

### **Baked Apples**

Core apples and fill with brown sugar and cinnamon. Wrap them in foil and bake over coals until the apples are soft.

### **Candied Apples**

sugar

butter

corn syrup or melted caramels

apples

Core apple, fill the inside with ingredients, wrap in foil and bake on coals until apple is soft.

# PUDGY PIE IRON COOKING RECIPES

Using Pudgy Pie irons (also known as Tonka Toasters) is an easy way to cook a delightful meal. You can make your main dish and dessert without a lot of clean-up.

Things to keep in mind:

Do not touch the hot surface; use wooden handles

Do not set hot iron on a surface that could be damaged by high heat

Close supervision is necessary when using the iron with or near children

Do not leave irons over fire unattended

Do not overheat or place directly into flames or into hot coals for an extended time

Do not heat when empty

Do not use iron for anything other than its intended use

Always use over medium or low heat to keep food from burning

All meat used in the meal, must be pre-cooked before being placed in the pie iron

## Pizza Pudgy Pies

|                 |                              |
|-----------------|------------------------------|
| pizza sauce     | 2 slices of bread per person |
| shredded cheese | sausage or pepperoni         |
| mushrooms       | butter                       |

Butter the bread and place butter side out in the pie iron. Spoon the ingredients onto the buttered bread inside of the pie iron. Place other slice of bread on top – butter side up. Close lid and toast each side for three to four minutes.

## Fabulous Sandwich Fillings

Mix and match any of the following ingredients for the suggestions listed below.

|             |         |             |
|-------------|---------|-------------|
| lunch meats | onions  | ketchup     |
| mushrooms   | pickles | pizza sauce |
| vegetables  | olives  | cheese      |

**Campers Stew:** Canned beef stew on bread, comes out of the fire like shepherd's pie.

**Blue Plate Special:** Baked Beans spooned on brown bread

**Hash and Eggs:** Spoon canned hash on bread. Top with chopped boiled eggs.

**Bacon and Eggs:** Line the pie iron toaster with the bacon. Place bread on top and crack an egg inside.

## **Sloppy Joes**

Use canned, precooked sloppy joe mix or make your own mix with hamburger, barbecue sauce and onion. Place between buttered bread and cook over low heat until hot and toasty.

## **Peanut Butter and Jelly**

Spread peanut butter and jelly between two slices of buttered bread. Place in pie iron and toast until golden brown.

## **Ham and Cheese Sandwich**

Place ham, or any kind of precooked luncheon meat, and cheese slices between two slices of buttered bread. You can also just do cheese slices without meat. Place in the pie iron, toast until the cheese is melted and enjoy!

## **Applesauce Jobbie**

2 slices white bread

2 Tbsp. applesauce or canned pie filling

softened butter

Spread bread with butter. Place one piece of bread buttered side down on pie iron. Place applesauce in center. Top with remaining slice of bread, buttered side up. Close and place over high heat and cook on one side until golden brown. Turn and cook on remaining side until brown. Serve plain or sprinkle with confectioners' sugar. Makes one.

## **Fruit Pie**

Use your favorite canned pie filling; apple, cherry, peach, etc. Place filling between two slices of bread that have been buttered on the outside. Place in the pie iron and toast until golden brown. Sprinkle with sugar (optional) and serve.

## **Rocky Road Treat**

Spread peanut butter on two slices of buttered bread. Add one large marshmallow and one chocolate bar square between the buttered slices. Toast in the pie iron until golden brown.

## **Aluma Dessert**

Jams and preserves are delicious when spread between two slices of white, raisin, or cinnamon bread and toasted to a golden brown.



# DUTCH OVEN COOKING RECIPES

Dutch ovens for outdoor cooking are different from the type used in your kitchen. Outdoor Dutch ovens must have legs long enough to place on top of coals. They also should have a flat cover with a vertical lip, capable of holding coals. So, just like your oven at home, a Dutch oven can be heated from the top and bottom, making it a true oven.

Dutch Ovens come in several sizes. Diameters of 10, 12, and 14 inches are common. The ovens come in either cast iron or cast aluminum.

Cast iron ovens must be “cured” as all other cast iron cooking pots. To cure cast iron, coat the inside with a thin layer of oil. Place the Dutch oven in your kitchen oven and heat at 350° for an hour, and allow the oven to cool before removing the Dutch oven. The Dutch oven must always have a coating of oil or it will rust. So when you wash the Dutch oven make sure it still has some oil coating on it. If it seems dried out, “cure” it again. Often clean up of the oven can be accomplished by just wiping it out. Do not use soap to wash a Dutch oven.

In order to check on the food you are cooking you will need a few tools. A pair of leather gloves will protect your hands from the heat, a pair of tongs is needed to move the coals from the fire to the Dutch oven, and a pair of pliers is needed for lifting the lid to check on the food.

Dutch ovens can be used for baking, stove top cooking, and frying. The method of cooking determines where the coals are placed. Baking will require coals under the oven and coals on the lid. Stove top cooking is used for one pot meals, for this the oven may be placed on a grill or directly on the coals. Frying can be done by placing the Dutch oven on a bed of coals.

When baking, the Dutch oven should be pre-heated. This is done by placing the oven in the fire, no open flames, just hot coals. When the oven is warm, remove it from the fire. Then place five or six charcoal briquettes in a circle on the ground, if the ground is cold or wet use more coals. Make sure the coals are not near leaves, sticks, or weeds that could burn. Now place 12 to 15 briquettes on the lid. Depending on what you are cooking, check your food in about five minutes. Then add or subtract coals as needed. Food takes about as long to cook as it would in your kitchen.

## **Campfire Stew - Serves 8**

Brown 1 ½ lbs. ground beef with one chopped onion.

Add: 2 cans vegetable soup and 1 can water. Simmer a few minutes and serve.

### **New Goulash - Serves 8**

|                              |                            |
|------------------------------|----------------------------|
| 1 lb. ground beef            | 1 cup tomato juice         |
| 1 small onion                | 1 cup hot water            |
| 2 cans whole tomatoes        | 1 ½ cups uncooked macaroni |
| salt & pepper to taste       | 1 tsp. chili powder        |
| 1 Tbsp. Worcestershire sauce |                            |

Brown meat & onion. Add remaining ingredients. Simmer at least 30 minutes.

### **Camp Fire Mexican Dinner**

|                            |                                     |
|----------------------------|-------------------------------------|
| ½ lbs. ground beef         | 1 can tomatoes                      |
| ½ onion, chopped           | 1 cup egg noodles, cooked & drained |
| 1 can drained corn niblets | 2 tbsp. chili powder                |
| 2 garlic cloves            |                                     |

Brown beef and onion in Dutch oven until meat is well cooked – about 20 minutes. Add other ingredients and cook, stirring occasionally.

### **Sloppy Joes**

|                                  |                     |
|----------------------------------|---------------------|
| 1 ½ lbs. ground beef             | ½ cup chopped onion |
| 2 Tbsp. fat                      | 3 Tbsp. ketchup     |
| 2 Tbsp. prepared mustard         | ½ Tbsp. salt        |
| 1 – 11oz. can chicken gumbo soup |                     |

Brown meat in hot fat; add onion and cook until golden. Add remaining ingredients. Simmer for about 30 minutes. Serve on hamburger buns.

### **Hobo Hotdish – Serves 20**

|                                 |                                    |
|---------------------------------|------------------------------------|
| 2 large onions (chopped)        | 1 - 14oz box of Minute Rice        |
| 4 lbs. ground beef or turkey    | 5 cans of water                    |
| 3 (10 ½ oz) cans of tomato soup | 4 (10 ½ oz) cans of vegetable soup |

Brown meat and onion in Dutch oven. Add soups and water and rice, cook until rice is done. Add additional water if too thick.

### **Roasted Corn-on-the-Cob**

To roast corn in a Dutch oven, use a few of the outer husks to line the bottom of the oven. Place two or three layers of unhusked corn in oven, cover, and bake about 30 minutes. Serve, allowing each camper to flavor her own portion with butter, salt and pepper.

### **Taco Salad - Serves 20**

|   |                                 |
|---|---------------------------------|
| 3 ½ lbs of ground beef or turkey                | 2 pkgs taco mix (powder)        |
| 3 cans of kidney beans (drained)                | 3 (4oz) cans of tomato paste    |
| 2 large onions (chopped)                        | 2 1 lb pkgs shredded cheese     |
| 1 head of lettuce (shredded)                    | 2 cups of water (approximately) |
| 2 green peppers (chopped)—optional              | 4 – 5 fresh tomatoes            |
| 2 large bags of taco chips (or chips of choice) |                                 |

Brown meat, green pepper, and onion in Dutch oven, drain fat; add kidney beans, taco mix, tomato paste, and water amount will vary depending on juice from onion and pepper – sauce should not be too liquid; heat thoroughly. Combine tomatoes, lettuce and shredded cheese, mix into meat mixture, top with taco chips and serve immediately!

### **Spanish Stew - Serves 20**

|                                    |  |
|------------------------------------|--|
| 2 large onions (chopped)           | 1 large stalk of celery (chopped)            |
| 4 lbs ground beef or turkey        | 2 large cans of tomato soup                  |
| 4 16 oz. cans of whole kernel corn | 2 packages of cooked elbow or rotini noodles |
| salt and pepper to taste           |  |

Brown meat in Dutch oven with onions and celery. Add corn, tomato soup, salt, pepper and stir well. Add cooked noodles and heat until bubbly.

### **Cherry Cobbler**

|                           |                        |
|---------------------------|------------------------|
| 2 cans cherry pie filling | 1 pkg. yellow cake mix |
|---------------------------|------------------------|

Place pie mix in bottom of Dutch oven. Mix cake mix as directed on box and place over cherries. Place in coals, keeping cover on tightly until done – about 30 minutes.

# VAGABOND STOVE COOKING

## To make the vagabond stove:

You will need a No. 10 tin can, pair of tin snips, gloves, roll-type can opener, punch opener, and a hammer.

Remove lid from tin can using roll-type can opener. This open end will be the bottom of your stove.

Cut a door in the stove. Wearing gloves, take tin snips and cut from the open end two slits three inches apart and three inches long. Bend this piece of tin back into can and hammer it flat.

Punch with the punch opener two or three small holes at the top of the can on the side opposite the door. These are your air holes and serve as a chimney.

## To use the vagabond stove:

Find a level spot for the stove so food will not run over the side. If stove is not level, put a twig under the low edge.

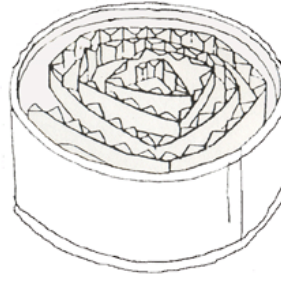
Press the stove in the dirt so it makes a ring. Then put it aside. Make a small fire of twigs in the ring. Keep the fire small but steady. You can also use a buddy burner.

Put the stove over the twig fire or buddy burner. The stove will get very hot so do not touch it.

The first time you use your stove you will have to wipe the finish off the tin can after the stove has heated up. Hold stove with a pot holder and wipe off with a paper towel.



# BUDDY BURNER



A buddy burner is fuel and can be used with a vagabond stove. It is also good emergency fuel to have on hand if your stove at home should not work. You can use it in a driveway or an inside fireplace or when you cannot have an open fire. The smoke is very black so do not use it in a room.

You will need: A shallow tin can, a strip of corrugated cardboard, a little narrower than the depth of the can; paraffin in a tin can; lid from a larger can; pot of water on the stove.

Roll cardboard into a coil that fits loosely into the can.

Melt the paraffin. Paraffin should always be melted in a tin can set in a pot of water on the stove. Use low heat. Melt small amount at a time. The vapor given off by the melting paraffin might start to burn, so have a lid from a larger tin can on hand to smother any fire.

Fill shallow can almost to the top with the melted paraffin.

Let the paraffin harden. Now you have a buddy burner.

You can make a buddy burner using sawdust instead of cardboard. Fill the tin can with sawdust and pour in the paraffin.

**To Use:** Light the top of the buddy burner with a match. Now you can cook on your vagabond stove. Never cook directly over a buddy burner because the smoke is black and sooty.

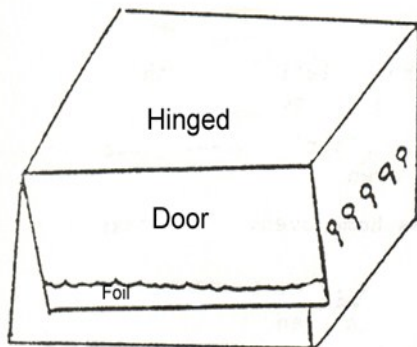
Place the vagabond stove over the Buddy burner.

Put the fire out by lifting the stove off and smothering the flame with a No. 10 tin can lid or any flat surface larger than the Buddy burner. The bottom of a pan would do. Use a pot holder to lift the stove, or knock the stove over with a stick. The paraffin will be hot and liquid, so wait until it hardens and cools before you pick up the burner.

## Waterproof Matches:

Waterproof your matches by dipping them into thin nail polish. You can dip them one at a time or in small amounts. Keep them in a small tin box along with a strip of sandpaper.

# BOX/REFLECTOR OVEN COOKING

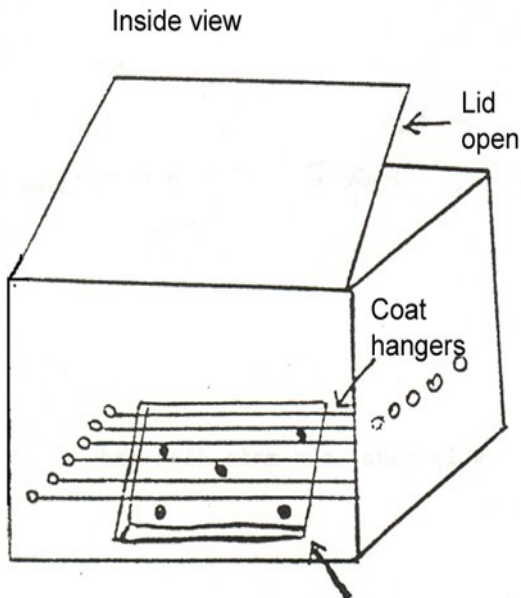


Outside view

## Materials Needed:

- Cardboard box at least 12" X 12" X 12" with top cut only on three sides to make a hinged top
- Four coat hangers
- Heavy duty aluminum foil

Note\*\* Oven door opens up. Put box on a table in this position to start work



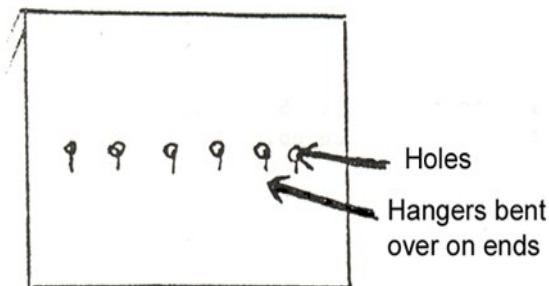
Aluminum pan in which to put red hot coals

## Directions:

1. Cut coat hanger wires 4" longer than the width of the box; these make a shelf.
2. Use punch and poke holes in opposite sides of box. One row of six holes across just below center of box is baking position for most things.
3. Measure a piece of heavy duty foil long enough to turn over side of box 2" to outside, go across both sides and bottom and overlap on opposite side. Put this in as a lining, shiny side out.
4. Cut a piece of foil long enough to overlap door 4 inches, cover door, side bottom side and overlap 2 inches. Fit this into inside to complete lining. Attach to outside of box with masking tape to hold.
5. Insert coat hanger rods into holes to make shelf. Bend near outside of box so they don't slip out.

## To Use:

1. Charcoal briquettes must be very hot and glowing. Use hardwood charcoal.



# HOW TO USE BOX OVEN

1. Charcoal briquettes must be very hot and glowing, use hardwood charcoal
  2. Glowing hardwood coals from a campfire may be used, sample to see how many are needed, will not be as hot as charcoal
  3. Using a pair of tongs, place five hot coals into aluminum tray, space the coals evenly in the tray
  4. Put tray on the floor of the oven and close the door, door does not need to fit perfectly because the coals need air to remain hot
  5. Wait about eight minutes
  6. To test the temperature of the oven, place a strip of white paper on the shelf and close the door: For a hot oven (425 degrees), the paper tans in one minute (biscuits and pizza): For a medium oven (350 degrees), the paper tans in two minutes (cake or cobbler): For a low oven (325 degrees), the paper tans in three minutes (Roast)
  7. For an oven that is too hot, remove one coal, wait a few minutes, and test again
  8. For an oven that is too cool, add one coal, wait a few minutes, and test again
  9. Place baking pan on shelf, close the door and time as the directions for the recipe indicate, allow five to ten minutes longer than recommended.
- Bake anything in this oven as you would in your oven at home
  - Oven is re-useable as it does not get hot on the outside
  - CAUTION: Use a size pan that provides ample heat circulation in the oven
  - A pan that has blackened on the bottom may bake more evenly but this is not necessary
  - Do not wrap food in foil with the idea it will cook faster
  - Always have firefighting equipment handy

## Box Oven:

Choose a sturdy box that has the lid still attached. Line the whole inside with heavy duty foil, with the foil double on the side that will be the bottom.

Place four empty soup cans inside to support the cooking pan. Distribute white hot charcoal, one for every 40 degrees inside around the bottom of the oven.

Place pan of food on cans. Cooking time is about the same as home oven. Use tongs and mitts to remove pan. Breakfast would be a lot better with fresh hot biscuits!

If your girls are interested in this, you might want to check out the Solar Oven Society at [solarovens.org](http://solarovens.org) and [solarcooking.org](http://solarcooking.org) for recipes and more information.

# BOX OVEN COOKING RECIPES

## Biscuits

4 cups Bisquick

1 ½ cups milk

Mix together milk and Bisquick. Drop by the spoonful onto ungreased pan. Bake eight to ten minutes at 475 degrees for about 20 biscuits

## Dill Rolls - Serves 20

6 ¾ cups Bisquick

2 cups milk

dill or onion to taste

Follow direction on box for biscuits. Add dill or onion. Blend. Drop into greased (sprayed) muffin tin. Place in box oven for 20 to 30 minutes, until golden brown.

## Biscuit Cups

Preheat the oven to 450degrees. Roll refrigerated biscuits very thin, fit over bottom of muffin cup of muffin pan. Bake eight to ten minutes. Fill with chili, creamed tuna, creamed vegetables, or favorite creamed vegetable and meat mixture.

## Garlic Butter Sticks

Make biscuit dough. Roll it into 10" X 6" rectangle. Cut in half lengthwise and again into 12 strips. Melt 1/3 cup butter or margarine. Pour half into oblong pan. Lay biscuit strips in pan. Pour remaining butter over the biscuit dough. Sprinkle with garlic salt and bake in reflector oven until well browned and done.

Note: Thinner smaller strips will cook faster.

## Open Face Pizza - Serves 12

1 ½ lbs. ground beef

canned pizza sauce

12 hamburger buns or English muffins

butter

mozzarella cheese

oregano

Brown the ground beef in skillet and season. Open buns, butter, and spread pizza sauce on buns. Sprinkle cooked ground beef over bun. Sprinkle cheese over all. Place on cookie sheet in reflector oven until hot. Season with oregano if desired.

## Apple Crisp - Serves 12

1 cup rolled oats

1/2 tsp. baking powder

3/4 cup brown sugar

pinch of salt

1/3 cup flour

1/2 cup butter

Place above mixture over 4 cups of apple pie filling and bake until browned.



# NO BAKE COOKING RECIPES

## Walking Salad

Cut an apple in half and hollow out the center. Fill it with a mixture of raisins, celery, nuts, and pieces of apple. Moisten with mayonnaise. Put halves together and wrap tightly with foil or plastic wrap.

## Trail Mix

A mixture of M&Ms, peanuts, Chex cereal, and raisins, or be creative and add your own ingredients. Girls could select from ingredients to make their own portions and carry in sandwich bags.

## Hiker's Sandwich - Usually 2 per person is enough

|                                 |         |
|---------------------------------|---------|
| breadsticks, 1 large or 2 small | cheese  |
| meat slices                     | lettuce |

Wrap cheese, meat, and lettuce around the bread sticks. Seal with plastic wrap for transporting.

## Ants on a Log

|         |                               |
|---------|-------------------------------|
| celery  | peanut butter or cream cheese |
| raisins |                               |

Stuff the celery sticks with peanut butter or cream cheese. Top with raisins.

## Bugs on a Log

|         |               |
|---------|---------------|
| banana  | peanut butter |
| raisins | nuts          |

Banana covered with peanut butter. Sprinkled with raisins or nuts.

## Fruit Salad (Serves 12)

|                              |                          |
|------------------------------|--------------------------|
| 2 - #2 ½ cans fruit cocktail | 1 pkg. mini-marshmallows |
| 1 pkg. frozen strawberries   | 2 bananas                |

Mix the fruit cocktail, strawberries and mini-marshmallows together. Add the bananas just before serving.

# FIRE-BUILDING

You may be planning to cook over a campfire or want to enjoy a campfire with your girls at the end of the day. *The Safety Activity Checkpoint for Outdoor Cooking* provides guidance for fires while pointing out that there are other ways to cook (stoves, charcoal fires, solar cookers), which are more environmentally friendly. If you plan to practice minimal impact camping, you may want to look into these other methods for cooking. Some campgrounds and parks prohibit fires because of wood scarcity, fire danger, or air pollution.

At both Camp Evelyn and Camp Manitou there are established fire rings and outdoor fire grates. Please use those rather than making a new fire site.

## Planning and Supervision for Open Wood and Charcoal Fires

- Keep the fire small
- Never reach over the fire
- Avoid overcrowding around the fire
- Store fuel away from the fire
- Watch for sparks and put them out immediately
- Have a bucket of water on hand to extinguish the fire
- Make certain the fire is completely out before leaving the site: To be sure, sprinkle the fire with water; stir and sprinkle more water on the fire; finally, check by holding hands over coals, ashes, or partly burned wood or charcoal for one minute; It should be cool to the touch

## Clothing and Equipment for Campfires

- Never wear loose, dangling, plastic or nylon clothing around a campfire; always tie back long hair (Plastic shoes or shoes with plastic soles should not be worn around a fire)
- Store matches in metal or plastic, waterproof containers
- A candle or a fire starter can be used to light a fire
- Fire-fighting equipment should be available at the site prior to building the fire including water, rake, and shovel
- Use potholders or insulated gloves to protect hands when cooking
- Do not use plastic cooking equipment
- Never put pressurized cans in a fire

# EDIBLE FIRE

A good activity to explain fire building and fire safety, either while camping or during one of your troop meetings before your camping trip, is the edible fire. Each girl can build her own fire as you discuss the ingredients for a fire and what is needed to put the fire out.

Ingredients:

Large pretzel logs (Fuel)

Small pretzel sticks (Kindling)

Shredded coconut/potato sticks (Tinder)

Small marshmallows, M & M's, Cheerios, or Raisins (Stones for fire circle)

Small cups of juice (Water bucket)

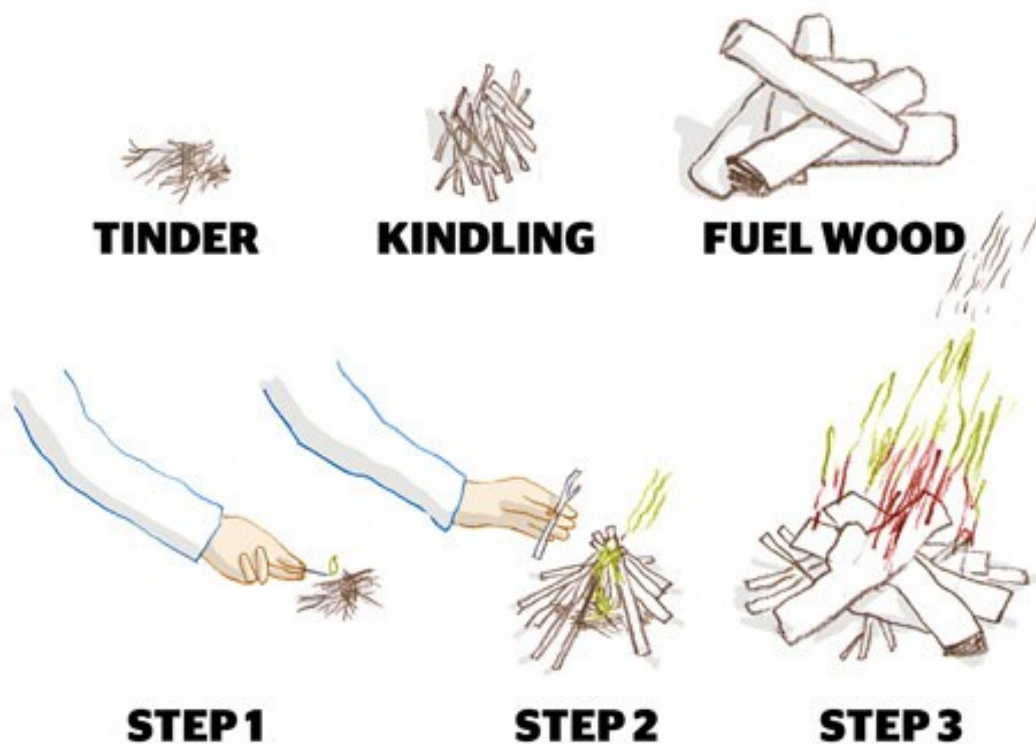
Red Hots or Red Licorice (Sparks, Small Fire)

Candy Corn (Large Fire)

Fork (Rake or shovel)

Toothpick (Match)

Paper towels or napkins to place the 'fire' upon (Safety Circle)



# FOOD PREPARATION AND SERVICE STANDARDS

The following information is in compliance with regulations of the  
Department of Health and Family Services of the State of Wisconsin.

- Workers must wash their hands after touching food or work surfaces and equipment where food has been prepared. Wash hands with soap and warm water for a minimum of twenty seconds, rinse and dry with disposable clean paper sheets/towels.
- Clean and sanitize counters and utensils immediately after use.

## Food Preparation

- The danger zone for foods is between 41 and 140 degrees Fahrenheit.
- Thaw food in the refrigerator or in the sink (in a container) under running water. Allow water to drain.
- Do not store food on the counter before cooking – always refrigerate.
- Cook and serve food at a temperature above 140 degrees Fahrenheit.

## Contamination

- Cross-contamination occurs when harmful bacteria is transferred from one food to another. The bacteria can also be transferred by utensils, equipment, or human hands.

To prevent contamination:

- Workers must use separate areas for raw and cooked products.
- Change gloves and wash hands after handling raw food products. Sanitize utensils, cutting boards, and any surface that comes in contact with raw food.
- Store meat, poultry, and other raw food on the lower level of the refrigerator.

## Safe Cooling and Reheating

- Proper heating can kill most harmful bacteria.
- Use small flat containers to cool food quickly.
- Mark containers with the name of the product, date, and time it was cooked, before refrigerating.
- Reheat foods to at least 165 degrees Fahrenheit.

## Garbage and Recycling

- Garbage and recycling containers are provided in each facility at Camp Evelyn and Camp Manitou.
- Please be sure to talk to your group about what must be recycled and what can go in the garbage.
- Follow the instructions on garbage removal at the end of your stay at Camp Evelyn and Camp Manitou.

# TEAMBUILDING

It is important to start these games right away to promote a welcoming, all-inclusive fun environment for everyone.

## HUMAN KNOT

Have the girls make a large circle. This game also works well as a race between several circles in larger groups. Have everyone put their left hand in the middle, and hold hands with someone in the circle, not directly next to them. Repeat with the right hand, and be sure to hold hands with a different person, who is not directly next to them. You can use 1-foot "buddy ropes" to reduce arm twisting if you like. Then the group must use teamwork to unravel themselves into a circle again without coming disconnected.

## HULA HOOP PASS

Have the group form a circle holding hands. Ask two girls to let go of their grip long enough for them to place their hands through a hula hoop before rejoining them. The team task is to pass the hula hoop around the circle in a specified direction until it returns to the starting point. Another way to play is to use two hoops and have them go around the circle in opposite directions.

## HOT CHOCOLATE RIVER

Lay two ropes on the ground parallel, with about seven giant steps in between. Have the girls line up on one side of the rope, and tell them that they are looking at a giant hot chocolate river. They must get their entire team across the hot chocolate river, but it is too hot to swim across and too deep to walk across. The girls cannot walk around the river, since it does not end just because the ropes do.

The only way to get across is by using the large, fluffy "marshmallows" i.e. carpet squares or paper plates, but anything will do, as long as it's not too big. Give the girls about eight or nine "marshmallows", so that they have enough to get across with one or two left over. This isn't about physical abilities, but rather communication. Keep in mind, the current in the river is so strong that it actually sweeps the marshmallows away if someone is not holding them down with a hand, foot, or other safe appendage. Also, the marshmallows swell up once they are placed in the river, and they become too heavy to move again, so they must remain where they are placed.

## CONCENTRATION

Have the girls stand in a circle and count off so that everyone has a number. Player one starts by calling out her own number and another number at random, for example, "One, four." Then, player one calls out her number and another random number, for example, "Four, five." After a few rounds to get the hang of it, another dimension is added to the game.

Now the players must clap their hands, in unison, in two beat units while the numbers are being called out. The object of the game is to see how many pairs a group can get to before someone messes up, forgets their number, or the group is unable to clap in unison any longer. The game becomes challenging because while players are concentrating on listening to their numbers, the tendency is for the clapping to get faster, which means that they will have to call the numbers out faster, as well.

# ICE BREAKERS

Generally known as “Get to know you activities,” these are great activities to do if there is someone new in the group, perhaps there are some parents chaperoning or because the group will be spending a lot of time together, feeling comfortable is in everyone’s best interest and through ice breakers and name games you are setting the tone for the session.

## M & M GAME

Take a large bag of M&Ms and ask each girl to choose as many as she wants. Set a limit of 5 to 15. Tell them they are not allowed to eat them until it is their turn in the game. Go around and have each person say something about themselves for each M&M until they are finished. They may eat the M&Ms after they have shared. To make this game more challenging for older girls: assign each colored M&M to a theme of questions. For Example: Yellow M&Ms=Share something about your childhood, Green M&Ms=Share something that is your favorite.

## TALL STORIES

The leader starts a story with a sentence that ends in SUDDENLY. The next person then has to add to the story with his own sentence that ends in SUDDENLY. Continue the story until everyone has contributed. The story becomes crazier as each young person adds their sentence. Tape it and play it back. For example; 'Yesterday I went to the zoo and was passing the elephant enclosure when SUDDENLY.....'

## BUMPITY BUMP BUMP BUMP

Arrange all players in a circle. Give them time to ask the names of the players on either side of them. Once the names are known, the person in the middle goes up to a player and says "(name) \_\_\_\_, bumpity bump bump bump." That person then has to say the names of the people sitting/standing beside her before the middle person finishes saying "bumpity bump bump bump."

Added Twist:

The person in the middle can randomly yell out bumpity bump bump bump and everyone has to find a new spot on the edge of the circle. Then repeat.

## PEEK-A-WHO

Split the group into two teams. Each team sits behind one side of the sheet so that they are out of the view of the other side. One person from each side will sit facing the sheet. When the sheet is lowered, the team that says the name of the person on the opposite side first gets that player on their team. The game ends when everyone is on the same side.

## ACTION SYLLABLES

With the group standing in a circle, have each of the participants choose an action for every syllable of their name. Example: Elvis has two syllables, so he does a hip shake with “El” and snaps his fingers for “vis”. Once Elvis has done his action while saying his name, the whole group repeats. After the second person does her name, the whole group repeats, then does Elvis’s again. And so on ‘til everyone’s done it

# HIGH ENERGY GAMES

These camp games are perfect for those girls who love to run, run, run!

## FIFTY YARD SCREAM

Everyone runs screaming and stops when they've run out of breath. Then go back and try to beat your score.

## SPUD

This game is played with a large ball; each player picks a number in the beginning of the game. Then the game is started by one person throwing it up in the air and calls out a number. The player, whose number is called, grabs the ball and yells 'freeze'. Then the player with the ball takes three steps toward another player and throws the ball under arm at that player. If they are hit, the other player gets an S, but if they miss the thrower gets an S. Each time there is a mistake, a letter is given out, until someone is a S-P-U-D.

## KICK THE CAN

It is played the same as hide and seek, except a tin can is set up in a circle near a designated "jail." The game begins with a player kicking the can. The player who was chosen to be "it" must retrieve the can and place it back on its starting point. As soon as the can has been kicked, all other players run and hide. If a player is seen hiding by "it" and are called out by name or description they are caught and brought to "jail." If a player can rush in without being caught and kick the can, all who are held as prisoners can run and hide within the space of time it takes for the one who is "it" to get the can back in place. One good rule is that a person caught three times becomes "it", or if all are held prisoners, the first one caught becomes "it."

## STEAL THE BACON

Split the group evenly into two groups and sit them with their backs turned towards the center line, approximately 20 feet apart. Assign numbers to each player on both sides from one to the final person. At the end, each team will have a number 1, 2, etc. In the center place a ball. When you call out a number, the goal is to be the first to reach the ball, and bring it back to your side without being tagged by the other person. If you make it back safely, your team scores a point, if you are tagged, the ball goes back in the middle, and a new number is called.

## WHAT TIME IS IT MR. FOX?

Mr. Fox starts out at one end of a field, room, or designated area with his back to the group. The group at the other end then yells out "What time is it Mr. Fox?" Mr. Fox then calls out a time that is on the even hour (1 o'clock - 12 o'clock). The group then takes that many steps. When the group gets to where the fox is, but not past him, and asks the time, the fox can yell "Midnight!" They then turn and chase the group. Those that he catches are to sit out. The last one left becomes the fox.

A variation is to allow each player who is tagged to become an honorary fox and help catch people.

# CIRCLE GAMES

Circle Games are easy to monitor, ensure that participants are on equal ground and enable everyone to see and hear one another.

## FROGGER

First sit everyone down in a circle. Choose one person to be the detective, and have the detective leave the circle and close her eyes. Then have the rest of the group close their eyes tight. Tell them that you are going to tap one person on the head and they are the frogger. The frogger's role is to stick their tongue out at people. When they do this, it will "freeze" that person. After the frogger is chosen, the detective re-joins the group and the group opens their eyes and everyone tries looking for the frogger to stick out her tongue. But the frogger has to be careful not to get caught by the detective. The detective has three chances to guess who the frogger is. When girls in the circle sees that the frogger has stuck there tongue out at them they should wait five seconds before they freeze. Once frozen, the camper should make a funny face and noise and then lay back onto the floor, signaling that she is out.

The game continues until the frogger is discovered or the detective runs out of guesses.

## HA HA HA

Have everyone lie in a circle with each other's head's on each other's stomachs. On 'go', the first person will shout 'HA' and then it will be repeated one by one clock-wise around the circle. When you do this everyone's heads bounce up on the person's stomachs. Then you shout two 'HA HA's' and go around. Continue doing this and increase the number of 'HA's!' See if you can get up to 10 HA HA's without everyone going bananas laughing!

## HONEY IF YOU LOVE ME...

The group starts in a circle with one person in the middle. This person tries to get others to laugh by saying "Honey if you love me you'll smile." The person on the outside must respond without smiling or laughing saying "Honey, I love you but I just can't smile." The person in the middle can do various things, without touching anyone, to get another person to smile. If the person does smile then they will become the center person.

## RHYTHM GAME

Everyone is in a circle. One girl closes her eyes or steps out of the room. The leader chooses a secret leader. Be sure to choose quietly so the "guesser" can't hear you.

The leader begins an action such as snapping fingers, patting the tummy, or slapping knees, and everyone in the circle imitates the leader. The guesser returns and tries to figure out who the leader is within three guesses. As the guesser looks around, the leader should change the action without being detected.



# RAINY DAY ACTIVITIES

## TELEPHONE MESSAGE GAME

This game is intended for a large group of girls and/or adults, the more the better.

The group sits in a large circle. One person starts the game by whispering a short message into the ear of the person sitting to the right of them. The message is whispered once, then the new messenger passes the message on to the next person, so on and so on.

When the message reaches the person to the left of the person that started the game the final message is announced out loud and the first person can announce the original message.

## ZIP ZIP ZONK

Sit your group in a circle. The first person starts by saying the word "zip." One person says it after another around the circle... zip, zip, zip, zip etc.

Now tell the players that the aim is for no one to be able to see their teeth. They must cover them with their lips at all times. Pull them over your teeth as you would if you were rubbing in lipstick. Now go around the circle again saying zip. It sounds more like zaip now!! Ok then explain to the players that they can change the direction that zip is going by saying zonk which makes it bounce around again the other way. A player is out if any of the players sees another's teeth. The accuser must show this by shouting TEETH, bending their arm up so their hand touches their shoulder and slapping their elbow. At all times teeth must be covered. Players who are out must sit outside of the circle.

When only three or four people are left, have them stick out their tongues while keeping their teeth hidden. Keep playing the game. Eventually you should get a winner.

## TWO TRUTHS AND A LIE

Take turns telling three statements about you. Make sure one of the statements is a lie. A little imagination goes a long way in this game.

Everyone then tries to figure out which statements are true and which are not.

## HEADS DOWN, THUMBS UP

Two or more girls, depending on the size of your group, are chosen to stand up and all the others put their heads down with their eyes closed and thumbs sticking up. The two left standing must then creep around and gently touch one person each on the thumb. Everyone is then told to open their eyes and the girls who were touched stand up and try to guess which of the girls touched them. If they get it right the girls swap places, if not the girls have another go.

## BALLOON BASEBALL

Players are divided into two teams. Each team designates a pitcher who pitches to her own team. Each batter gets two pitches to hit a balloon with her fist. If the ball is hit, the fielding team tries to blow the balloon to the ground before the batter runs around the bases. If they do not, a run is scored. Play continues until everyone on the batting team has been "up to bat". Then, the inning is over and teams switch places. The game continues for a specified number of innings.

# ART PROJECTS

## CAMP SIT-UPON

**Materials:** Two pieces of square fabric or two large bandannas, iron-on vinyl, iron, scissors, sewing machine and thread, straight pins, old pillow or stuffing, thin cording

Attach iron-on vinyl to the right sides of the fabric of your choice or large bandannas. Pin the two pieces of fabric together, right sides together. For the handle. Cut a piece of the thin cord and tie a knot in each end. Pin the handle on the inside of the two pieces you just pinned together so that when you turn the fabric, the handle will be on the outside. Sew the two pieces together leaving space to turn and stuff. Turn the fabric and stuff with the old pillow or stuffing. Sew the rest of sit-upon together. Take to camp and enjoy!

## EGG CARTON INSECTS

**Materials:** egg cartons, crayons or markers, paint, brushes, glue, scissors, pipe cleaners, and googly eyes are optional

**CATERPILLAR:** Separate four, five, or six cups from an egg carton. Using the point of a scissors, an adult should make two small holes at one end for the antennae. Insert pipe cleaners for the antennae. Add eyes, a mouth, and decorate.

**LADYBUG:** Separate one cup from an egg carton. Using markers or tempera paint, girls can paint the egg carton cup red. Then, using black paint, color in the head, and make spots on the body. Using the point of a scissors, an adult should make six small holes, three on each side at the base of the cup these will be for the legs. Make two small holes for antennae where the top of the head will be. Insert a black pipe cleaner into each a side hole and out the other side for the legs. Use half a pipe cleaner for the antennae. Glue on googly eyes or paint on white eyes.

**SPIDER:** Separate one cup from an egg carton. Using the point of a scissors, an adult should make eight small holes, four on each side at the base of the cup. Insert a pipe cleaner into each of the holes

## RAINSTICK

**Materials:** A paper towel tube or other long cardboard tube, aluminum foil, small dried beans (like lentils, un-popped popcorn, dry rice, or tiny pasta), brown paper grocery bag or construction paper, glue, scissors, crayons or markers

Trace around the end of your tube onto a piece of brown paper (or construction paper). Draw a bigger circle around that circle and then draw a lot of spokes between the two circles. Cut along the spokes. Put glue on the spokes and glue the cap onto one end of your tube. Cut a piece of aluminum foil that is about one and half times the length of your tube and about six inches wide. Crunch the aluminum foil into two long, thin, snake-like shapes. Then twist each one into a spring shape. Put the aluminum foil springs into your tube. Pour some dry beans, dry rice, or un-popped popcorn into your tube. The tube should only be about 1/10 full. You can experiment to see how different amounts and different types of seeds and beans change the sound. Make another cap from brown paper, the same as the first three steps, and cap your tube. Optional: Decorate the tube by covering it with brown paper or construction paper, and then making designs with crayons or markers (or cut-out paper or stickers). Rainforest designs are nice, especially brightly-colored butterflies, frogs, and flowers. Tiny construction paper butterflies are nice glued onto the rainstick, too.

# NATURE ACTIVITIES

Camp provides a unique opportunity for girls to experience the outdoors and... learn something! These camp games for nature activities are a perfect way to help advisors lead educational and fun activities.

## ROCK OUT

Look for things around you that can be used as musical instruments. From just tapping a tree with a stick to rubbing two rocks together, you can make interesting sounds. If you are alone, see how many instruments you can invent from nature. If you're in a group, you can each make an instrument and play it while singing a song everybody knows.

## TRACKS

Tracks are the impression made by an animal's feet in the ground. Look around you and see how many tracks of different animals you can find. Can you see any human tracks? What about bird tracks? In addition to looking for tracks, see what other ways you can determine that an animal has been there. Are there any stray feathers, nibbled leaves, or droppings on the ground?

## NATURAL RULER

With your ruler, find something around you that is almost exactly one inch long. Then find something two inches long and so on. Then draw a ruler on your piece of paper, but instead of using numbers at each inch mark, write down what you found in nature. For example, where it would normally say one inch, you might write "caterpillar," and two inches might be "feather." Now use your new natural ruler to measure larger things and record their size in natural measurement.

## HOW FAR CAN YOU SEE?

One person starts this game by looking around and picking something fairly big, like a mountain or a tree, and says, "I see a tree." The next person then picks something big on the tree. Like "I see bark on the tree." The next person has to pick something that's on the bark, "I see a branch on the bark," and so on, until you can no longer actually see things that are being said. Then you make things up, like "I see a bug on the leaf," and the next person might say, "I see a baby bug on the back of the big bug," and you continue until you can't think of anything smaller. Then start another round.

With one or more people, make a list of common natural things like a feather, a ladybug, a bird's nest, etc. Each of you makes a copy of this list and then goes in search of each item on it. Whoever finds all the items on the list first wins, but, you need to prove you found something by picking it up if it is small, or by being able to point to where it is.

# FUN HIKES

## ALPHABET HIKE

Divide into teams – Each member of the team finds nature objects beginning with the letters of the alphabet in order. First team to finish wins. Examples: A – aspen, B – berry, C- cone

## STOP, LOOK AND LISTEN HIKE

Hike for five minutes, then stop, look and listen. List all the things you see and hear now, and saw and heard on the way.

## FIVE SENSES HIKE

At a given place, list all the things that you see, hear, feel, taste, and smell.

## SILENT HIKE

A short listening hike - go through the woods without any sound.

## HOME HIKE OR HOUSE HUNTING

Find homes of spiders, birds, mice, insects, etc.

## ECOLOGY HIKE

Pick up litter as you walk. Bring plastic bags for trash and wear gloves.

## CAMERA HIKE

For shutter-bugs, photograph some of the unusual characteristic places and things on a hike.

## NIGHT HIKE

Fear of the night is a very real emotion. Infrequent experiences in the dark have caused us to lose appreciation of the night.

Beginning the experience:

Inform the group that people do develop 'night eyes'. It takes about 30 minutes for the change to take place. Any light will disturb this process, so for the best experience the girls should go without flashlights. The leaders and girls may use flashlights covered with red cellophane. This will not disturb the night vision or scare animals away.

**TIP:** The advisor leading a night experience needs to feel confident in her skills and needs to put the younger girls at ease. Make certain that you are familiar with the trail, for it will seem different in the dark.

# TAG GAMES

Tag Games are great, fast-paced chasing activities that get campers moving.

## CLOTHESPIN TAG

Hand any number of clothespins to all the girls, the more clothespins everyone starts with, the longer the game lasts. A suggested number to start with is five clothespins. Have the girls pin them to their shirt sleeves, hems, pockets, etc. Then have the girls all scatter on the playing field. On the signal, everyone runs around snatching clothespins from one another, kneeling down to attach their newly acquired prizes. At the end of the game, usually a time-limit, the player with the most clothespins wins.

## GIANTS, WIZARDS AND ELVES

Split group up into two teams. Designate two safety zones, one on each team's side, and designate a middle area.

Each team then gets in a huddle and picks what they want to be as a team, a giant, a wizard or an elf.

Giants put their hands up over their heads, wizards put their hands out straight in front of them wiggling their fingers, and elves make pointy ears on their head with their index fingers.

Once the teams have decided their character they want to be, they come up to the center spot and line up face-to-face, then on a count of three, everyone does whatever action their team picked.

Giants beat elves, elves beat wizards and wizards beat giants, so the team that beats the winning team chases the other and tries to tag as many members on the other team as possible before they reach the safety zone.

The members from the team that get tagged become a part of the other team.

Repeat until all players are on one side.

## SHARKS AND MINNOWS

The group starts out on one side of the field or room with one person in the middle of the room posing as the shark.

The person in the middle will call for the minnows to come over. She will then specify how she wants the minnows to cross the room, running, backwards, hop on one foot, etc.

The shark will then chase in the minnows in the same manner that she called out. If one of the minnows is tagged by the shark they sit right where they were tagged and become seaweed.

This seaweed has to stay sitting on the ground, but they can tag others that are crossing as long as they are sitting. If tagged by seaweed the participant becomes seaweed as well.

## EVERYBODY'S IT

Everyone tries to tag everyone else. If you are tagged, you must sit down. This is a great game to play with a large group. It goes fast, but kids have fun playing it over and over again.