

# Girl Camping 101

*Just for Girls!*



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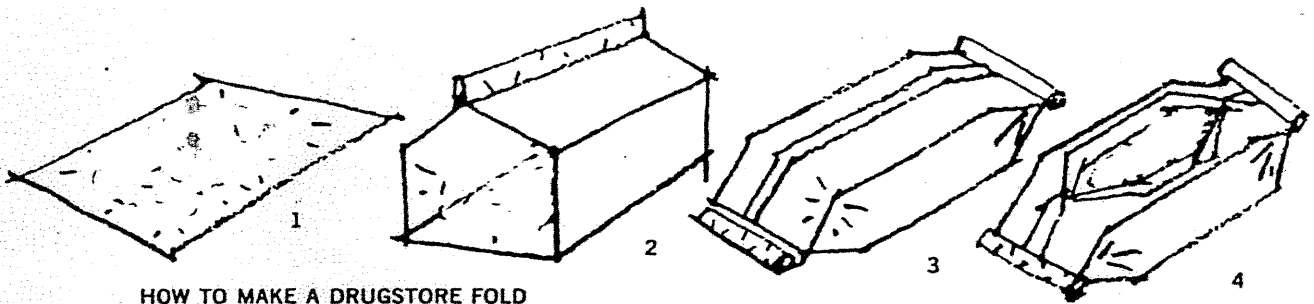
## GIRL CAMPING 101 Handout Booklet

The following Handout copies should be given out to every Troop for information and continued training with their leaders:

1. Progressive "S'Mores
2. Camping Needs for Girls
3. Troop Camp Box List
4. Edible Camp Fire List & Instructions
5. Trail Signs
6. First Aid Kit List
7. Graces & Songs (Used Today)
8. Games (Used Today)
9. Ceremonies (Used Today)
10. Training Team Notes

## DRUG STORE FOLD

(See diagram below) There must be a little space to allow for the expansion of the food, so don't wrap the raw food too tightly; just seal it well, to hold in the juices!



HOW TO MAKE A DRUGSTORE FOLD

Use heavy-weight aluminum foil (or double thickness of light-weight). Some folks say, "Wrap the shiny side in." Food in foil will burn if not moved or turned occasionally. Cooking time varies, but is much shorter than usual (15-30 minutes for most food); when food is wrapped as an airtight package around food, finishing off with a drugstore or freezer fold.

## Progressive S'Mores

### Solar:

Take two graham cracker halves, spread with marshmallow creme (Kraft). Put 1/2 of a Hershey's bar between graham crackers. Cover S'More with heavy duty Reynolds wrap using a drugstore wrap. Make sure the shiny side of foil faces the inside. Place in the sun to cook. (It is preferable to place on a black or dark surface.)

### Coals:

Complete same as above, but place Reynolds wrap covered S'More over a charcoal fire for five minutes *maximum* on each side.

### Stick:

Roast marshmallows on a stick. Place marshmallows between two graham cracker halves. Add 1/2 of a Hershey's chocolate bar. Make sure you remember stick cooking adult/girl ration.

Also remember to use your Outings and Safety-Wise references/guidelines.

## EQUIPMENT FOR CAMPING

**HERE IS A LIST OF ITEMS THAT YOUR DAUGHTER WILL EVENTUALLY NEED FOR OVERNIGHT CAMPING:**

SLEEPING BAG & A TWIN FITTED OR TOP SHEET	CAMP CHAIR
PILLOW	WASH CLOTH
HAT	FACE TOWEL
BANDANA	BATH TOWEL
SHORTS & SHIRT ( <i>NO SLEEVELESS</i> )	SWIM SUIT & TOWEL
LONG PANTS	DUNK BAG (MESH BAG FOR DISHES)
UNDERWARE	MESS KIT (PLATE, BOWL,CUP,FORK,KNIFE,SPOON)
SOCKS ( <i>ABOVE THE ANKLE</i> )	FLASHLIGHT (EXTRA BATTERIES & BULB)
CLOSED – TOE SHOES - (TENNIS SHOES)	DAY PACK
JACKET OR SWEATER	GIRL SCOUT GUIDE (FOR HER LEVEL)
RAINCOAT OR PONCHO	NOTBOOK AND PENCIL
PAJAMAS (NOT TOO WARM)	**GROUND CLOTH (FOR TENT CAMPING)
TOOTH BRUSH & TOOTH PASTE	
SOAP (BODY WASH IF POSSIBLE)	SUNSCREEN
HAIRBRUSH AND COMB	KLEENEX
SHAMPOO	INSECT REPELLANT ( <i>NON-AEROSOL</i> )
	MEDICATIONS: (SPEAK WITH LEADER)

**REMEMBER THESE CAN BE PURCHASED AS A CHRISTMAS OR BIRTHDAY PRESENT AND LOOK FOR SPECIALS AT WALMART, TARGET, SAMS CLUB, ETC...**

## TROOP CAMP BOX LIST

The following is a list of the essentials necessary when taking your troop camping at any camp site. Even a Girl Scout Camp.

1. Toilet Paper
2. Paper Towels
3. Clorox Bleach (Regular Only)
4. Dish detergent (Regular Dawn)
5. Pine Sol
6. Denorex (To wash hair with to help ticks release)
7. Ziploc Storage Bags (Medium and Large)
8. Heavy Duty Trash Bags (32 Gallon or Larger)
9. Heavy Duty Aluminum Foil
10. Matches (Long and Medium)
11. Rope / Clothesline
12. Propane (2 Canisters)
13. Sponge / Dishcloth
14. Scrubbing Pad
15. Long Tongs
16. Insulated Hot Mitts
17. Can Opener
18. Sharp Cutting Knife
19. Big Mixing Spoon
20. Wooden Spatula
21. Cutting Board
22. Measuring Cup
23. Mixing Bowls (plastic or stainless steel)
24. Fire Starters
25. Charcoal (Royal Oak Quick Light)
26. Mantles for propane lantern
27. Propane Lantern
28. Extra Plastic Cups
29. Extra Plastic Forks, Knives, & Spoons
30. Paper Plates
31. Plastic Table Cloths
32. Hair Ties or Scrunchies

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Remember: **FIRST AID KIT, EMERGENCY INFORMATION & PHONE NUMBERS; PERMISSION SLIPS & HEALTH HISTORY** for the Girls.

## **EDIBLE CAMP FIRE**

(Script)

Hello, My name is:

Today we are going to build an edible camp fire.  
First, you should know what a SAFE Camp Fire is:

### **A GOOD CAMP FIRE**

1. Is built in a SAFE place which helps control it.
2. It is just large enough to serve the need and to make thrifty use of FUEL
3. It is kept under control and is watched at all times
4. Never leave a camp fire unattended.
5. Has a filled water bucket nearby at all times
6. Is put out when no longer needed

Now, we will instruct you on the proper way to build an Edible Camp Fire.

\*NOTE: Any time you handle food you should wear plastic gloves.

- A. The plate is your FIRE RING
- B. The spoon is your SHOVEL
- C. The fork is your RAKE.
- D. One cup holds WATER
- E. The other cup holds Koolade for SAND.
- F. The Marshmallows will be the STONES around your fire ring.
- G. The Sunflower Seeds will be your TENDER \*(Smaller than your pinkie and snaps)
- H. The Chow Mein Noodles will be your KINDLING \*(Larger than pinkie, smaller than your wrist)
- I. The Large Pretzel Rods will be your FUEL \*(Wrist size or Larger)
- J. The M & Ms will be your FIRE STARTERS \*(Rolled Newspaper or cardboard dipped 3 xs in paraffin)

At this time, each of you will get approximately: 8, marshmallows, 6 Noodles, 6 Sunflower Seeds, 2 pretzels and 1 M&M

1. **Take the marshmallows and make a circle around the middle of your plate.**
2. Take the noodles (Kindling) and place them on your fire ring in the shape of the letter A
3. Place the sunflower seeds (Tender) in the center of the triangle part of the A
4. Then place the M & Ms (Fire Starters) just under the (Tender) and light it. \*There is a string hanging off of the Fire Starters so you won't burn your fingers.
5. Last place the two pretzel rods (Fuel) on top of the A in a criss-cross. \*This is to prevent you from smothering the fire. (You place the fuel on as the fire strengthens to keep it going)
6. **DO NOT EVER LEAVE AN ACTIVE FIRE**

Congratulations! You have just built your first EDIBLE CAMP FIRE.

## **PUTTING OUT A FIRE**

How many of you have seen a show on TV where someone puts out a fire by throwing a bucket of water on it?

This type of action is wrong and dangerous. The steam could burn your skin and the smoke could choke you.

The proper way to put out a fire is:

- First: let the fire die down and get your gloves on
- Second: with your shovel sprinkle some sand on the open flames
- Third: sprinkle water on the fire area
- Fourth: separate larger pieces of wood with rake sprinkle with water & dunk in bucket to cool
- Fifth: take shovel and stir the fire area, repeat sprinkles until the area is cool
- Sixth: when area is cool, rake it clear and flat cleaning all debris out of the ring
- Seventh: using gloves, when the unburnt wood is cool to the touch, remove it from fire ring
- Eighth: place a fresh palmetto frond straight up in the center of the fire ring to show that a Girl Scout has had a hot fire there and it is now cooled and ready for future use.

Here is my favorite part of the Edible Camp Fire:

Please pour your water into your sand and stir. You may eat your camp fire.

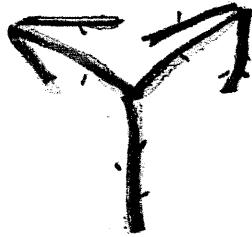
Thank you for your attention!



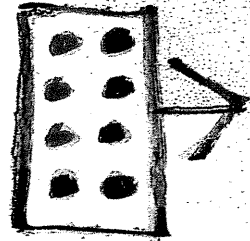
Turn right



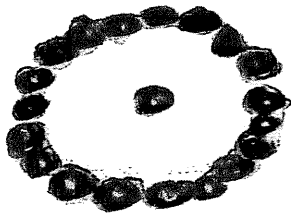
Turn around and go back



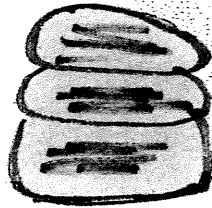
Split your group



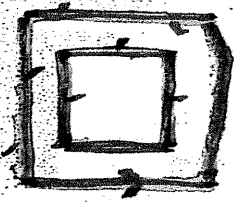
Go eight steps this way



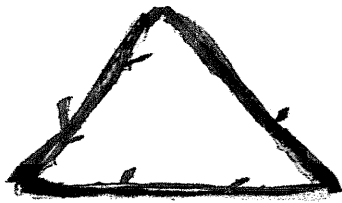
End of trail



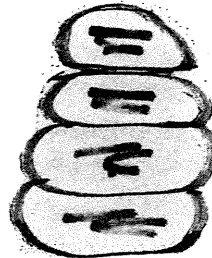
Keep going



Wait here for directions



Danger



## FIRST AID KIT LIST

THIS IS A LIST OF THE ITEMS YOU WILL NEED IN YOUR FIRST AID KIT.

- First Aid Book
- Soap (Not Anti-Bacterial)
- Safety Pins
- Scissors
- Distilled (not tap) water in an unbreakable container
- Tweezers
- Sewing Needle
- Matches
- Band-Aids ( all sizes)
- Adhesive Tape and Bandages
- Flashlight, Batteries & Bulb
- Paper Drinking Cups
- Sterile Gauze
- Triangular bandage or clean cloth
- Cotton Swabs
- Oral Thermometer
- Latex Gloves
- Instant Chemical Ice Pack
- Pocket Face-Shield
- Plastic Bag
- Insect Repellant (Non-Aerosol)
- Sun Screen (30 to 50) Sport
- A Bag of Hair Ties (Soft No Rubber bands)
- Emergency Telephone Numbers
- First Aid Information, Guide

**GRACES**

**-1-**

**A – B – C**

A B C D E F G

THANK YOU GOD FOR FEEDING ME

**-2-**

**GOD THE FATHER**

(Frere' Jacques')

GOD THE FATHER

God the Father

ONCE AGAIN

Once Again

WE WILL ASK THY BLESSING

We Will Ask Thy Blessing

A-MEN

A-Men

**-3-**

**GIRL SCOUT FAMILY**

(The Adam's Family)

Da Da Da Da (Now Snap Fingers twice)

Da Da Da Da (Snap Fingers Twice)

Da Da Da Da; Da Da Da Da;

Da Da Da Da (Snap Fingers Twice)

WE THANK THE LORD FOR GIVING  
THE THINGS WE NEED FOR LIVING  
LIKE FUN AND FOOD AND FRIENDSHIP  
THE GIRL SCOUT FAMILY

Da Da Da Da (Snap Fingers Twice)

Please Eat

**THE MOOSE SONG**  
**(This is a Response Song and every one repeats the lines after the song leader says them)**

*(Sing verses twice before CHORUS)*

**Verse 1**

There was a great big MOOSE

(Repeat)

He liked to drink a lot of juice.

(Repeat)

**Chorus**

(Start low with hands and then raise your arms over your head from one side to the other and Swing them over your head as you swing your hips the opposite way)

Singing Way-O

(Repeat)

Way-o, Way-o, Way-o, Way-o

(Repeat)

Singing Way-o

(Repeat)

Way-o, Way-o, Way-o, Way-o

**Verse 2**

The MOOSE'S name was Fred

(Repeat)

He liked to drink his juice in bed

(Repeat)

**Chorus**

**Verse 3**

The MOOSE'S juice was Red

(Repeat)

He spilled that juice right on his head

**Chorus**

**Verse 4**

Now he's a sticky MOOSE

(Repeat)

Full of juice and on the loose

(Repeat)

**Chorus**

**(Sing the last line slowly)**

## LITTLE GREEN FROG

(With eyes closed and Fists closed, start UMM - Then open eyes and fists and say AAAA)

UMM AAAA WENT THE LITTLE GREEN FROG ONE DAY;

UMM AAAA, WENT THE LITTLE GREEN FROG.

UMM AAAA, WENT THE LITTLE GREEN FROG ONE DAY;

UMM AAAA, UMM AAAA, UMM AAAA AAAA AAAA.

ALL THE OTHER FROGS WENT...

FRO-DO - DI - ODEO, FRO-DO - DI - ODEO, FRO-DO - DI - ODEO;

ALL THE OTHER FROGS WENT...

FRO-DO -DI-ODEO, FRO-DO - DI - ODEO, FRO-DO - DI - ODEO,

BUT THIS LITTLE FROG WENT...

UMM AAAA, UMM AAAA, UMM AAAA, AAAA, AAAA

## **SINGING IN THE RAIN**

*(Song tune by: Fred Astaire & Ginger Rodgers)*

This is a RESPONSE song where the song leader sings a verse and the group response with that verse. The Verses are self explanatory, do what the leader does. The Chorus is all together and not a response, AND IN BETWEEN EACH VERSE.

### **CHORUS**

Singing in the Rain, Just Singing in the Rain  
What a wonderful feeling, I'm (Clap your hands twice)  
Happy Again

### **VERSES**

1  
THUMBS UP  
*(response)*

2  
ELBOWS BACK  
*(response)*

3  
CHEST OUT  
*(response)*

4  
BUNS OUT  
*(response)*

5.  
KNEES TOGETHER  
*(response)*

6  
TOES TOGETHER  
*(response)*

7  
TONGUE OUT  
*(response)*

8  
(End Verse)

QUACK, QUACK, QUACK  
*(response)*

## **Dunk Dunk Noose Game**

- 1. Get three Dish Washing Tubs or Buckets Set up on a Bench. Make sure that each bucket is ½ full of clear water.**
- 2. In front of first Bucket have a bottle of Regular Dawn Dish Soap. In front of the last Bucket have a Regular Bottle of Clorox Bleach (These are for show only DO NOT PUT THEM INTO THE BUCKETS) This is a Game.**
- 3. Tie the rope for the Dunk Bags up between two Trees close by.**
- 4. Have a Dunk Bag with (Plate, Bowl, Cup, Plastic Fork, Knife & Spoon) in it for each team.**
- 5. Place a Training Team Member at the Buckets of Water for Assistance, and One at the Rope for Assistance.**
- 6. Now Run through the exercise for the Girls and be sure to show the way to tie a Dunk Bag several times with the girls watching. Then line them up to the Rope and have them tie a Dunk Bag up one time each with assistance.**
- 7. Divide Girls into teams of approximate number.**
- 8. Have Daisy Girls and First Year Brownies Buddy Up.**
- 9. Now Instruct the Girls that their Teams must have their members run to the rope where the Dunk Bags are tied and untie the bags; then run to the buckets and empty the Dunk Bag into the first bucket then put the items back into the Dunk Bag and Dunk the Dunk Bag into the last two buckets; then run back to the rope and re-tie the bag back onto the line. The team that completes the task first wins.**
- 10. Begin Game!**

**The Girls may get wet so be sure to keep a Towel handy.  
Watch your time!**

## WATER BOTTLE RELAY

You will need: ( plastic cups and empty water bottles enough for two for each team; and a Bucket of Water for each team)

1. Divide the girls up into teams and ask them to find a Buddy.
2. Explain that the girls will get when the caller says go, one set of Buddies for each team will run to the pile of empty water bottles and take one each and then run to the bucket of water and take a plastic cup and scoop up the water and pour it into the water bottle until it is full, then run back to their team. When every one of the girls on a team has a full water bottle that team wins.
3. Begin the Game.
4. Be sure to have all of the girls pour the water back into the buckets when done with the game for the next group. (If water is lost, be sure to have the buckets full before you begin the next game.

Watch your time.

## ALL WEATHER RELAY

You will need enough Junior Size (10 to 14) clothing as follows: (Jackets; Sweaters; Long Sweat Pants; Rain Coats or Ponchos) for each team. NOTE: be sure to cover the extra girls in Buddy teams of three...

1. Divide the Girls into teams of an approximately even number and tell them to find a Buddy or Buddies. (3)
2. Explain to them the game rules: (When the Caller tells you the type of weather, your team will send a Buddy team to the pile of clothes for that relay team and pick out the clothing for that type of weather and put them on and run back to the relay team) (The Buddy team will then take those clothes off, and the Next Buddy Team will run them back to the pile and wait for the next type of weather called) The first team to have all of it's team members complete the task will win.
3. Have one of your Training Team members stay at each pile of clothes and one at the head of the Team lines for assistance.
4. Play the Game.

Watch your time.

## FRUIT BASKET

1. Everyone get into a circle.
2. One person goes into the middle and will be called: **“THE CALLER”**
3. The CALLER begins to her left and names off 3 to 6 types of fruit around the circle until all participants has a fruit. (Example: Apples, Pears, Bananas, Grapes, Mangos, Strawberries)
4. The CALLER begins to call each fruit into the center of the circle, at **ANY time** the CALLER can call: **“FRUIT BASKET”** at this everyone must change places with someone else and cannot be in the same place as they were before.
5. If someone get caught without a place to stand, that person is in the middle and becomes the Caller.

**SHARK WATERS**  
(This is a TEAM Building Game)

You will need: 1 Medium sized blanket or tarp

1. Put as many girls on the blanket that will fit.
2. Instruct the girls that the blanket is really a capsized boat, and they must use team work to roll the boat over and keep their crew together.
3. Meanwhile any Left over girls are the SHARKS and will circle the blanket (boat) “not too closely”.
4. If any girls step off of the blanket (boat) onto the floor or grass, they are eaten by the SHARKS and become SHARKS.

## OH DEER

(LNT – Habitat Game)

1. Divide the group into two equal parts. Group A and Group B
2. Have them turn their backs to each other and take (6) six giant steps forward so that there is a space between them.
3. Tell each group how to show how they want or need: “SHELTER” “FOOD” OR “WATER”

SHELTER - (Arms over head in a Tent)

FOOD – (Hands over Stomach)

WATER - (Fingers over Mouth)

- A. One Line is Stationary (Group B) and does not move. (Have them choose what they want to be: Shelter; Food or Water)
- B. When told the other line (Group A) will run to the stationary line with its need.
- C. Now tell **Group A** when they turn around they must “Find what they need” in the other line and get behind that person. NOTE: Only one person behind at a time. If they cannot find a NEED they must sit down.
- D. Let them play this (2) times and then begin to ask some people in Group B to stop being FOOD OR WATER until there is only SHELTER left and the people in GROUP A have no where to meet their needs.
- E. When everyone in Group B is SHELTER, all of the people in Group A must sit down...
- F. NOW, explain that as the FOOD and WATER resource disappears the deer die.

THE MORAL OF THE GAME: IF WE DO NOT HELP IN SAVING THE FOOD AND WATER RESOURCES OF THE FOREST, THE ANIMALS WILL ONLY HAVE SHELTER AND WILL DIE.

## BARNYARD FUN

You will need: 1 container of colored wooden toothpicks (NO PLASTIC)

1. Count each color of toothpicks and determine the amount for each color and write it down.
2. Spread the toothpicks around in a wide area that is safe for the girls.
3. Get girls into a large circle and have them count off (1, 2, 3, 4) around the circle.
4. Separate all of the girls by having all of the (1) s in a group and so on...
5. Now ask the girls to choose a Captain for their team, and a "Barnyard animal" that their group is going to be. (example: Horse, Cow, Pig, Lamb; Duck)
6. Tell each group what color of toothpicks they must search for. (Only the CAPTAIN can pick up the toothpicks)
7. All of the other team mates can only find their color toothpick and make their animal sounds until the CAPTAIN comes and gets the toothpick.
8. Now choose a girl to be the ROOSTER and one to be the HEN (The Rooster may pick up any color tooth pick and the Hen must stand by any tooth pick and make a clucking sound to show the rooster where the toothpicks are.
9. The object of the game is for the animals to get their color toothpicks before the rooster does.

BEGIN THE GAME...

The group that finds the most toothpicks wins.

10.

## OUTDOOR FLAG CEREMONY (At Camp) Instruction

Welcome everyone here and introduce today's Training Team. Explain the duties of the Caller; The Flag Bearer; The Guard to everyone.

- Caller: Is in charge of the Ceremony and calls each action taking place until you are dismissed.
- Flag Bearer (s) : Handle the Flag of our Country with care not to allow it to touch the ground and with dignity.
- The Guard: Are to protect the Flag on it's way to be presented and will assist the Flag Bearer (s) if they need assistance.

Explain that you are to:

- A. Remove your hats and Bandana's from your head in respect for the Flag.
- B. Stand Silent and at Attention
- C. When the first Grummet is hooked place your Right Hand over your Heart in Honor of the Flag. The Caller will place her hand over her heart as a signal incase you cannot see the grummet hooked on the standard. (If you are from another Country you may just stand at attention until the ceremony is complete out of respect for another Country)
- D. The Flag will go up Fast and be taken down Slow.
- E. Explain that they are to LISTEN closely to the Caller for when to say the Pledge of Allegiance.

Now, you will ask for two volunteers from each troop to be in the flag ceremony. Two members of the Training Team will escort these girls away from the group to prepare for the Flag Ceremony. While they are gone, explain that after the Pledge there may be Announcements from the Leaders so to stay quiet so that you can hear whatever is being said.

When your Training Team has signaled that the Color Guard is Ready, Turn the Ceremony over to the Training Team member who is instructing the caller (s).

***NOTE: Be sure to repeat the instructions at the end of the day for the group to Retire the Colors.***

## **Outdoor Flag Ceremony (Posting)**

**Caller:** “Color Guard Attention”

**Caller:** “Girl Scouts Attention”

**Caller:** “Color Guard Advance”

**Color Guard:** Advances to the Flag Pole all together in formation

(When the Color Guard gets close to the Flag Post “within 3 feet”)

**Caller:** “Color Guard Halt”

**Color Guard:** Halts and prepares the Flag for the Pole. Also prepares the rope and the hooks / standards for the Flag.

**Caller:** “Color Guard Post the Colors”

**Color Guard:** Begins by placing the first grummet at the top of the Flag by the Stars on the hook / standard and begin to pull the rope and hook / standard the last grummet at the bottom of the Flag near the Stripes. (Be sure NOT to allow the Flag to touch the ground. NOTE: The Color Guard DOES NOT say the Pledge, Promise or Laws, they stand at attention until all is completed.

*(The Caller will when the first Grummet is connected place her hand over her heart to signal the group to do so.)*

**Caller:** “Please join us in saying the Pledge of Allegiance”

**Caller:** “Please join us in the Girl Scout Promise”

**Caller:** “Please join us in the Girl Scout Laws”

**Caller:** “Color Guard, Honor the Flag of your Country”

**Color Guard:** Takes a step back and places their hand over their hearts then steps forward at Attention.

**Caller:** “Color Guard Dismissed”

**Color Guard:** Turns in Formation and walks to the outside of the horseshoe and joins the other girls.

**Caller:** “Are there any Announcements”

**Adult Leader:** Steps out and replies: “Yes” and continues with them, or “No” and steps back into the Horseshoe.

**Caller:** “Girl Scouts Dismissed”

Everyone goes to their stations or on to whatever program there is.

## **Outdoor Flag Ceremony (Retire)**

**Caller:** "Color Guard Attention"

**Caller:** "Girl Scouts Attention"

**Caller:** "Color Guard Advance"

**Color Guard:** Advances to the Flag Pole all together in formation

(When the Color Guard gets close to the Flag Post "within 3 feet")

**Caller:** "Color Guard Halt"

**Color Guard:** Halts and prepares To take down the Flag from the Pole.

**Caller:** "Color Guard Retire the Colors"

**Color Guard:** Begins by un-wrapping the rope from the Flag Pole and pulling the rope *slowly* to bring down the Flag. Then take last grummet at the bottom of the Flag by the Stripes off the hook/standard and begin to pull the rope and take the first grummet off the hook / standard at the top of the Flag near the Stars. (Be sure NOT to allow the Flag to touch the ground).

*(The Caller will when the first Grummet is disconnected from the hook / standard, place her hand over her heart to signal the group to do so.)*

**Color Guard:** Pulls the flag to it's full length and folds it, then the Flag Bearer in the front takes the Flag and puts in into the Flag Box at the Base of the Pole. Or the Flag Bearer takes the Flag in her possession to prepare to leave.

**Caller:** "Color Guard Dismissed"

**Color Guard:** Turns in Formation and walks to the outside of the horseshoe.

**Caller:** "Girl Scouts Dismissed"

Everyone may leave in line formation or be at ease where they have been standing for further instruction.

Announcements

## Scouts Own Ceremony

The directions for a Scouts Own Ceremony is as follows:

1. Pick a place that will hold the whole group and be a compliment for the Theme that you choose. Be sure that it is not too long of a walk from where you begin.
2. Explain the rules to the group before you begin. Tell everyone the theme and for them to think of the one thing that they liked. (Example: Theme Camp Caloosa: I like the beauty of the camp)
3. Request SILENCE from the beginning until the ceremony is over. ( It is ment to be a reflection of the day or weekend and a solemn occasion).
4. Choose someone to begin with the theme restated and state what they are thinking.
5. When everyone is completed their thoughts, you call the ceremony to a end and close with Taps or another closing.

### Some Themes

- a. Camp
- b. Wildlife
- c. Friends
- d. Skills
- e. Canoeing
- f. Camp Fires
- g. Girl Scouts

You can think of others.

## TRAINING TEAM NOTES FOR TROOPS

Thank you for coming to our training of “Girl Camping 101”. We sincerely want you to have the best time possible in the outdoors. Camping is a lot of fun, just remember to keep:

“SAFETY FIRST”

STAY HYDRATED”

and remember the “GIRL SCOUT LAWS”

and you will have the greatest time on your camping trip.

Refer to these pages and continue your training to be the best YOU can be.

Always In Girl Scouting,

The Training Team