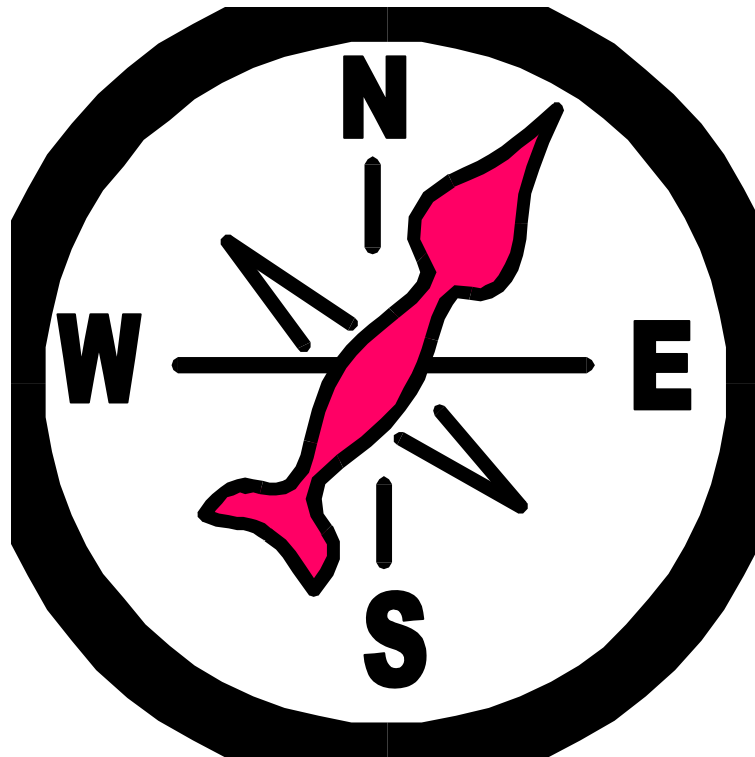


# SKILLS



## **WHAT TO TEACH GIRLS ABOUT OUTDOOR SKILLS**

### **KNOW AND PRACTICE OUTDOOR GOOD MANNERS, IN TOWN AND IN THE COUNTRY**

- Girl Scouts keep litter picked up.
- Girl Scouts bring a trash bag along on any outdoor event.
- Girl Scouts do not pick wild flowers.
- Girl Scouts do not cut branches off a tree or bush to cook marshmallows or hot dogs.
- Girl Scouts leave a site cleaner than they found it.

### **KNOW HOW TO DRESS FOR THE OUTDOORS IN YOUR LOCALITY, IN RELATION TO EXPECTED WEATHER**

- Girl Scouts dress in layers to keep warm.
- Girl Scouts wear light colors and hats to keep cool.
- Girl Scouts are prepared with plastic rainwear and boots to keep dry.
- Girl Scouts always wear socks and shoes to avoid blisters and poison ivy.
- Girl Scouts bring an extra set of clothes on every campout.
- Girl Scouts dress appropriately for outdoors. Shirts with sleeves are advisable to prevent sunburn.
- Sandals are not appropriate footwear.

### **KNOW HOW TO MAKE, USE, AND PUT OUT A FIRE FOR OUTDOOR COOKING**

- Girl Scouts know that there are three types of wood: tinder, kindling, and fuel.
- Girl Scouts know that a fire needs 3 things to burn: wood, oxygen, and a match.
- Girl Scouts know how to lay a fire circle, build, light and tend a fire, and put out a fire.
- Girl Scouts know what Fire Safety is. A bucket with water, and a rake or shovel should be close to the fire circle. The wood supply is away from the fire.
- Girl Scouts NEVER leave a fire unattended!

### **KNOW HOW TO COOK SOMETHING FOR YOURSELF AND FOR YOUR PATROL OR TROOP**

- Girl Scouts know how to plan menus.
- Girl Scouts know how to make and use a Kaper Chart.
- Girl Scouts know how to prepare and cook food in the out-of-doors.
- Girl Scouts know how to clean up the cooksite, including washing and rinsing dishes, repacking food, and cleaning out the fire circle.

### **KNOW SIMPLE FIRST AID**

- Girl Scouts know how to call the 1st Aider.
- Girl Scouts know that:
  - for cuts and scrapes - you wash with soap and water and use a Band-Aid.
  - for burns - apply cold water
- Girl Scouts know how to make a First Aid kit.
- Girl Scouts always take a First Aid kit with them.
- Girl Scouts remember to use gloves for protection.

### **KNOW HOW TO TIE A SQUARE KNOT AND A CLOVE HITCH**

- Girl Scouts remember this saying when tying a square knot:
  - Right over left, and left over right,
  - Makes a knot that's sturdy and tight.
- Don't forget the clove hitch.
- All Girl Scouts can learn both of these knots and many others!

## **HOW TO HANDLE AND CARE FOR A KNIFE**

Girl Scouts always have a circle of safety around them when using a knife.  
Girl Scouts never run with, play with, or hand a friend an open knife.  
Girl Scouts know how to open, close, and sharpen knives.  
Girl Scouts know how to cut properly, always cutting away from themselves.

## **KNOW HOW TO PROTECT THE NATURAL WORLD**

Girl Scouts always leave the site cleaner than they found it.  
Girl Scouts do not destroy or deface any natural thing.  
Girl Scouts do not pollute even the slightest waterway.  
Girl Scouts do not harm any animal or its habitat.



## PROGRESSION IN THE OUT-OF-DOORS



### Look Out

*Wonder what this world is like that starts at our doorstep.*



### Meet Out

*Look, listen, feel, smell, and observe the out-of-doors.*

See trees, birds, and buildings.

Listen to nature sounds and to city sounds.

Enjoy nature games and nature songs.

Find ways to protect and improve the environment.



### Walk Out

*Walk around the block to see what we can see.*

Locate a food chain.

Watch for sky spectaculars.

Trace neighborhood smells.

Examine a micro-habitat.

Look for tracks, trails, and traces of other living things.

Pinpoint pollution problems.

Touch a tall tree.



### Hike Out

*Walk with a purpose.*

Bird hike

Rock hike

Gadget hike

Metric hike

Penny hike

Color hike

Rainbow hike

Trailing hike

Hobo hike

Compass hike

Litter hike

Heritage hike



### Cook Out

*Now we are ready to try:*

To whittle shavings or a fuzz stick.

To light a fire and put it out safely!

To prepare...

Nosebag,

One pot

Skillet,

Stick,

toasting  
broiling

Ember,

Reflector,

Planking,

Beanhole,

Trail and other no-cook meals



### Sleep Out

*For more...*

*Prepare for an overnight in a backyard.*

Make equipment needed: dunk bag, sit-upon, camp gadgets.

Tie three knots: square knot, clove hitch, bowline.

Plan what to take and what to eat.

Make a kaper chart.

Know how to choose a good safe spot for sleeping in the outdoors.

Know how to make sleeping comfortable without disturbing the environment.



### Camp Out

*And more...*

Plan what to wear and what to take.

Know safety rules and first aid.

Be safety wise with a jackknife, tools and fire.

Establish a campsite with: sleeping quarters, kitchen area, food storage.

Pitch and strike a tent, if necessary.

Handle dishwashing, garbage and grease disposal in environmentally sound ways.



### Trip Out

*Now we will use everything we have learned to plan a trip that offers interest and expanded program possibilities.*

Plan meals, menus, select places to eat, purchase and provide storage of food.

Plan routes, transportation and necessary arrangements.

Use road maps, city maps, geological survey maps, charts, timetables and compass.

Select, set up and dismantle a campsite in a minimum of time.

Determine trip cost: make a budget and keep financial records.

Select, pack and transport minimum personal and group equipment needed for personal use, shelter, cooking, eating and sanitary needs.

Come along with us for outdoor fun

**Girl Scouts - Pacific Peaks Council**  
**PROGRESSION IN OUTDOOR LIVING SKILLS**

**BROWNIE GIRL SCOUTS**

(ages 6-8)

- Wood            collect wood for a fire - only wood lying on the ground  
                     sort into piles of tinder, kindling and fuel  
                     understand difference between dry, green and rotten wood  
                     collect different kinds of tinder - bark, twigs, etc.
  
- Fires            know how to select a safe place for fire  
                     know safety precautions - clothes, hair, etc.  
                     light match and fire with supervision  
                     help build a fire  
                     add fuel to fire and learn what burns well and what does not  
                     help put out a fire
  
- Cooking        nosebag lunches  
                     walking salads  
                     one pot meals  
                     simple box oven meals
  
- Tools            learn proper use of jackknife - opening, closing and using  
                     learn how to whittle with CLOSE supervision  
                     understand safety circle  
                     cut vegetables with close supervision
  
- Knots           learn to tie a square knot and where to use it  
                     learn to tie a clove hitch and where to use it.
  
- Health and Safety  
                     know how to dispose of garbage, paper and liquid properly  
                     understand why the 3 step system for cleaning dishes is used  
                     know what to do for a cut or bruise
  
- General        know safe wading practices  
                     know how to roll a sleeping bag  
                     go on a simple overnight/sleep-over  
                     learn what to bring on an overnight (equipment & supplies)  
                     learn to follow a kaper chart

## Girl Scouts - Pacific Peaks Council

### *PROGRESSION IN OUTDOOR LIVING SKILLS*

#### **JUNIOR GIRL SCOUTS / STUDIO 2B PARTICIPANTS**

(ages 8 - 11)

(age 11)

- Fires            build a fire with wet wood and know methods for starting fire under wet conditions  
                      learn to split logs to get dry parts  
                      learn different types of fires and when to use them  
                      know which types of cooking require flames and which require coals
- Cooking        Dutch ovens  
                      box reflector ovens  
                      foil cooking, cake in an orange, eggs in a bag, etc.  
                      know and use methods of refrigeration
- Tools            practice use of knife  
                      learn how to safely use, carry and store a hatchet  
                      split wood with a wedge and sledge hammer
- Knots            be proficient with square knot and clove hitch  
                      learn to whip a rope
- Health and Safety  
                      know basic First Aid for sprains, fainting, cuts, etc.  
                      know proper sanitation and minimum impact camping skills  
                      take charge of part of a cookout and demonstrate good sanitation practices (hand washing, garbage disposal, dishwater disposal)
- Orienteering   learn to read a compass and follow a simple course  
                      learn good hiking practices  
                      know what to do if lost
- General        practice overall camp craft skills on an overnight at camp  
                      learn about making and following kaper charts  
                      learn to pitch tents  
                      learn the safe way to do things

## Girl Scouts - Pacific Peaks Council

### *PROGRESSION IN OUTDOOR LIVING SKILLS*

#### **CADETTE GIRL SCOUTS / STUDIO 2B PARTICIPANTS**

(ages 11 - 14)

(ages 11 - 14)

- Fires be able to build a fire using wet wood
- Cooking advanced Dutch oven  
bean hole  
planking  
be able to improvise for utensils, grate, etc.
- Tools learn how to chop with an ax
- Knots learn bowline, and tautline hitch  
do lashing and crafts with wood brought from home
- Shelters learn to use tarps for shelter  
learn other types of shelters used for survival
- Orienteering follow a course using map and compass  
learn how to tell direction using sun, stars and landforms
- General be comfortable with First Aid and CPR practices  
do all of the planning and packing for an overnight trip

#### **SENIOR GIRL SCOUTS / STUDIO 2B PARTICIPANTS**

(ages 14 - 17)

(ages 14 - 17)

- General learn to sharpen a hatchet and ax  
take complete charge of cookouts and overnights  
go on extended minimum impact camping trips  
be comfortable with all skills so they can teach them to younger campers

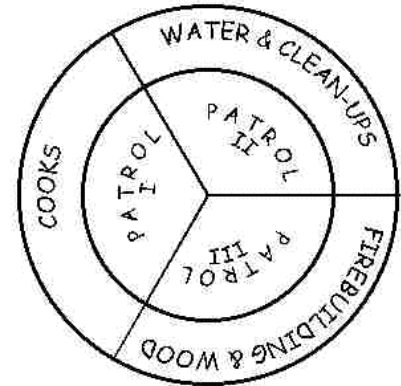
## Kaper Charts

Camp living is more comfortable and work gets done with ease with the use of a kaper chart. It is a simple diagram showing each girl's, patrol's, or unit's job for each day.

### STEPS FOR BUILDING A KAPER CHART, WITH UNIT MEALS AS AN EXAMPLE

1. List the jobs to be done and sort them into a logical pattern:

- |                          |                        |
|--------------------------|------------------------|
| food preparation         | serving meal and drink |
| cooking                  | choosing grace         |
| fetching water           | introducing guests     |
| heating water for dishes | setting table          |
| <br>                     | <br>                   |
| wood gathering           | washing pots           |
| fire building            | put equipment away     |
| fire tending             | dispose of garbage     |
| putting fire out         |                        |
| fire safety equipment    |                        |



2. Name your chore groups. (Examples: flames, chefs, pot shiners, hostesses.) Consider a fifth group so everyone gets a free day or free meal.
3. Divide girls into needed groups. Consider skill level and try to mix experienced girls with inexperienced ones.
4. Make chart that lists chores each group performs and schedule a group for each chore all weekend.

### Example: UNIT III - LUNCH KAPERS

#### Firebuilders:

1. Gather wood
2. Tie hair back
3. Stack wood
4. Build fire
5. Tend fire
6. Put fire out
7. Clean up fire ring
8. Keep safety pail of water and shovel by fire

#### Hostesses:

1. Arrange tables
2. Serve food
3. Introduce guests and see to their needs
4. Choose grace
5. Set table
6. See that the unit is neat and tidy

#### Cooks:

1. Wash hands
2. Prepare food to cook
3. Tie hair back
4. Cook food
5. Carry water for dishes
6. Clean up as you cook

#### Clean-up:

1. Set up for dishwashing
2. Provide dish cloth/scrubber
3. Scrape pots
4. Take care of leftovers
5. Dispose of garbage
6. Wash pots and serving pieces
7. Wash table
8. Put equipment away

#### Free as a Breeze:

1. Play games, sing songs for this meal while everyone else works.



**SAMPLE**

	Fri Din	Sat Am	Sat Noon	Sat Din	Sun Am
Fire Builders	D	L	V	T	R
Cooks	R	D	L	V	T
Hostess	T	R	D	L	V
Pots	V	T	R	D	L
Breeze	L	V	T	R	D

<u>Daisy (D)</u>	<u>Rose (R)</u>	<u>Tulip (T)</u>	<u>Violet (V)</u>	<u>Lily (L)</u>
Kamiya	Jane	Cheri	Keisha	Shayla
Maria	Roxanne	Louly	Sandi	Kathy
Tasha	Lynn	Amy	Ayano	Kari
Dorothy	Peggy	Jenny	Beth	Dana
Terri	Sun	Sara	Pat	Lakeitra

**All-Camp Kaper Chart**

Divide your camp chores so that each patrol has an all-camp responsibility each day. Write up descriptions of the kaper so that everyone will know what to do. Post your kaper chart where everyone can see it and make a mention at announcement time. You can use just names, or pictures on your kaper charts.

<u>Some Samples:</u>	Eagle Eyes:	Pick up camp litter/garbage sacks from units before closing ceremony
	Honey Bees:	Sweep and pick up latrine area and hand washing area.
	Day Openers:	Plan and conduct opening flag ceremony. If raining, possibly a good morning song, or thought for the day.
	Day Closer:	Plan and conduct closing flag ceremony or other closing.
	Hostesses:	Prepare extra lunch that day for camp director and any other guests.

**SAMPLE**

<b>All Camp Kapers</b>					
Kaper	Mon	Tues	Wed	Thurs	Fri
Eagle Eyes	Rockets	Satellite	Planets	Stars	Jets
Honey Bees	Jets	Rockets	Satellite	Planets	Stars
Openers	Stars	Jets	Rockets	Satellite	Planets
Closers	Planets	Stars	Jets	Rockets	Satellite
Hostess	Satellite	Planets	Stars	Jets	Rockets

To learn more about kaper charts please refer to age level handbooks or attend Age Level Basics Training.

## Fire Building

### What is needed:

Fire site	on sand, rocks, or dirt - never under a tree, or near a building
A Large Site	clear of leaves, grass, roots, etc.
Gather	Have all wood ready before fire is started. Gathering wood after the fire is started wastes fuel and heat.
Tinder	shavings, fuzz sticks, fine twigs.
Kindling	good dry sticks and twigs graduated in size from pieces bigger than tinder up to pieces as thick as a thumb, and from 6" to 12" in length.
Fuel	is the real fire material. Good firm pieces of wood, graduated in size from pieces just bigger than kindling to good sized logs. Charcoal is used as fuel at times.
Woodpile	Stack wood so that tinder, kindling, and fuel are in separate piles for convenience. Place close enough to fireplace for convenience, but away from the wind, and out of traffic patterns.
Matches	Strike away from the body, directly under the center of the pile of tinder. Leave match in the fire - it burns too.

### Fire Safety:

- Before lighting a fire, have water or dirt and shovel at fire area.
- DO NOT play with the fire.
- Tie long hair back.
- No nylon jackets, windbreakers, ponchos, or loose clothing close to fire.
- No horsing around fire area.
- When through with fire, sprinkle with water, stir, and sprinkle again until completely cool.
- Take all precautions to be sure the fire is out.
- Do not remove partially burned wood from fire circle.

### Remember:

- Keep fires small. Big fires mean extra work and no one likes to cook over a blast furnace. It wastes our resources.
- Fire needs air. Leave a tunnel in which to insert match.
- Kneel with the wind at your back.
- Strike match, tipping it so the wind blows the flame up the matchstick.
- Place the lighted match in the air space, putting the flame up under the tinder.
- Blow gently at base of fire, if necessary. Carefully add bits of tinder until there is a brisk fire.
- Then add pieces of kindling, one by one, placing where flame is best.
- When fire is going well, begin to add fuel in graduated sizes.
- Split wood burns better than unsplit wood.
- Fast burning woods are gone quickly, slow burning woods cook the meal.

### Build Fires Suitable To Your Purpose

- A-frame or Teepee for quick cooking
- Leaning teepee for reflector oven
- Criss-cross for coals

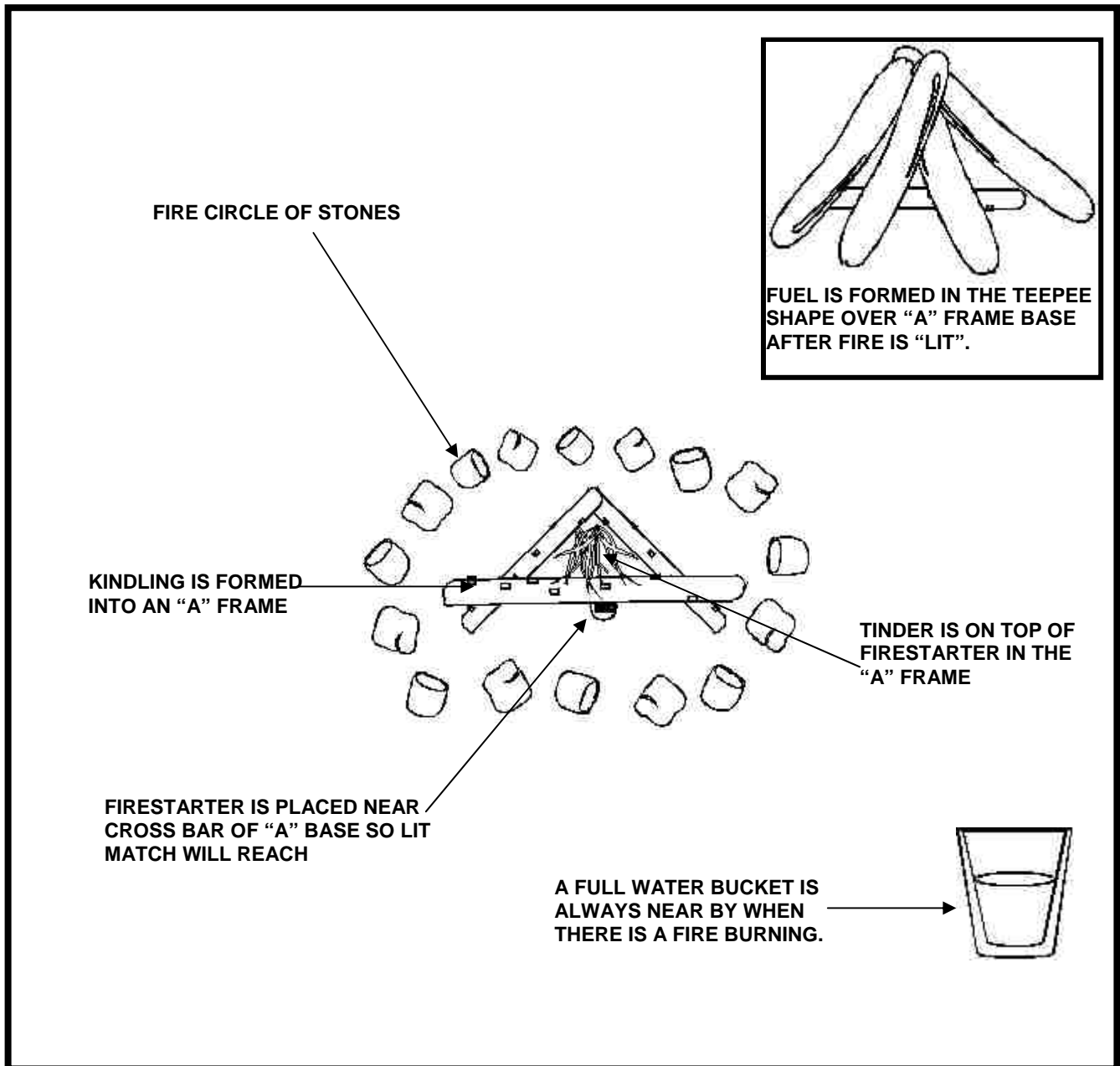
Remember: Flames for boiling and baking, coals for baking and frying.

## EDIBLE FIRE

Use this unique method for demonstrating the fundamentals of fire building. This may be used as an example for the ingredients for a basic "A" fire.

Fuel:	breadsticks, cheese curls (Cheetos), licorice sticks
Kindling:	pretzel sticks, shoestring potatoes
Tinder:	shredded coconut
Stones for fire circle:	miniature marshmallows, M&M's, raisins
Fire starters:	raisins, M&M's
Water bucket:	small cup of water or juice
Paper towel or napkin to build fire on.	

***Each girl can build her own fire as fire building and fire safety is discussed and then eat and enjoy an edible fire snack.***



## **FIRE STARTERS**

Where wood is available for building fires tinder is usually at hand. Look for such things as stalks of dried weeds, pine needles, fine dead twigs, shavings cut from dead sticks. Charcoal fires, wet weather, terrain short of tinder, etc., being able to start a fire quickly for cooking often is the difference between a successful outing and a disappointing experience for Girl Scouts. Fire starters will ensure this success and are relatively easy to make.

### EGG CARTON FIRE STARTERS:

Supplies Needed: Regular pressed cardboard type egg cartons  
Paraffin or old candles - melted in a double boiler over hot water  
Pieces of old crayons or colored candles (optional)  
Flammable materials such as sawdust, wood shavings, dry pine needles, fine pieces of presto logs, or other burnable natural materials (be creative)

Instructions: Lay carton out flat, loosely fill about 3/4 full with flammable material. Fill each section with melted wax. Cool the egg carton fire starter until wax is again solid. Whole carton may be carried and one section at a time torn off to start a fire. Place one fire starter in "chimney" for starting charcoal. Leave the cardboard egg carton around the wax - it is less messy carrying and also burns well and can serve as a wick when lighting the fire starter.

### TRENCH CANDLE FIRE STARTERS:

Supplies Needed: Wax paper  
Broken candle pieces  
String

Instructions: Take the pieces of broken candles (1-2 inches) and wrap in a piece of wax paper, leaving long "ends." Twist the ends around the candle, tie with string. Fire starter can be lit by igniting the wax paper end.

### TRENCH CANDLE FIRE STARTERS: (2<sup>nd</sup> version)

Supplies Needed: Newspaper  
String  
Melted wax

Instructions: Roll several sheets of newspaper into a long, tight roll. Tie the roll with string at about 2½" intervals. Cut the roll between the strings. Dip each section of paper into melted wax. Hang by the strings to dry.

## CHARCOAL CHIMNEYS

Remove both ends of a large #2, #2½, or #3 can, (or a 1 pound coffee size tin can). Punch ventilation holes at intervals around the bottom with the type of opener used to punch V-shaped openings. Place the can in the fire circle or on a foil base wherever you are planning to cook. Putting a double layer of foil under the chimney protects the charcoal from the damp ground. Be sure you are on clean dirt, free of flammable twigs or needles. **Never place the chimney on asphalt or wood.** Put a fire starter at a vent hole for easy lighting. Fill the rest of the can with charcoal needed for correct heat. Light the fire starter at the bottom through the vent hole. The chimney protects the fire starter and most of the charcoal from the weather and brings the mass of charcoal to the proper stage for cooking in a much shorter time.

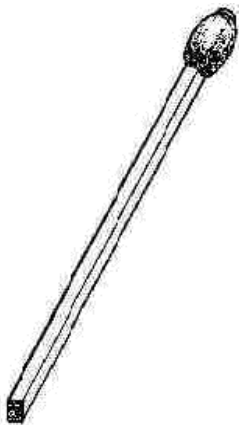
**#2½ can:** 1 lb. or 13 oz. can is available in peaches, pears, fruit cocktail, pumpkin, etc.

**#3 can:** 64 oz. can is available in juices, canned whole chicken, etc.

**1 lb. can:** available in coffee cans



## WATERPROOF MATCHES



Matches are the original starters for any fire. Waterproof matches may be purchased, but by “doing your own” you not only provide an opportunity for the girls to learn a good skill but you also save money. To waterproof the match, dip the match head into clear nail polish. Stick the matches down in a corrugated box edge to dry. Drying can take up to a week. Plan to prepare matches well before camping. When the matches are dry they can be wrapped in foil or carried in a small watertight plastic container. Do not use glass because it is too easy to break. They can also be carried in the smallest metal band-aid box. A piece of sandpaper or emery board can be glued on the inside of the lid to ensure access to a “striking” surface.

## BUILDING A FIRE

**Fire Ring:** To safely build a fire, you need a fire ring. This should be a cleared piece of ground at least 10 feet in diameter, surrounded by rocks or large logs. The ground must be clear down to mineral soil (no twigs, leaves, forest floor litter, etc.). There should be no trees or bushes above the fire ring.

**Things to burn:** There are three types of materials used in fires - tinder, kindling, and fuel.



Twigs



Bark



Fuzz Stick

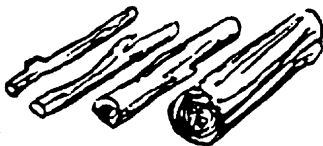


Shavings

**Tinder:** That material which catches fire from a match. It should be no thicker than a match, but longer. Shavings or fuzz sticks, fine twigs (especially from evergreen trees), bundles of tops of bushes or weeds, pieces of fat pine, thin pieces of bark, and dried bracken fern all make good tinder. Paper works, too. Beware of light materials like grass or leaves. These flare up quickly, have little real substance and burn out too quickly to catch on anything heavier. Light materials also may blow away and become a fire hazard to the surroundings.

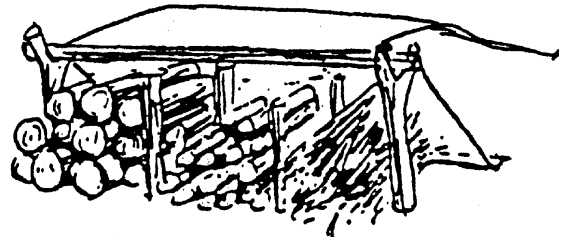


**Kindling:** Good dry sticks graduated in size from pieces just bigger than tinder, up to pieces as thick as a thumb, and from six to twelve inches long. Larger pieces may be split for kindling. On wet days, dead branches hanging in trees may be used for kindling. Do not use any branches that bend rather than break - they may be too wet to burn well. Do not break branches still attached to trees.



**Fuel:** The real fire material. Good firm pieces of wood, graduated in size from pieces just bigger than kindling to good sized logs, depending on use. Charcoal is often used as fuel too. Downed trees may be cut up and used for fuel, but avoid rotten logs. Rotten logs will burn, but give almost no heat. Pine and other evergreens burn quickly, with bright flames, but do not make good coals. Oak and other hardwoods will give good coals that burn for a long time, but with less flame.

**Woodpiles:** A good woodpile is a convenience, as well as a safety device. Stack wood so that tinder, kindling, and fuel are in separate piles. Place woodpile near fireplace far enough away so campers do not have to walk in it to get around the fire, and far enough on the side away from the wind so sparks cannot possibly fly into it. Cover your woodpile with a tarp at night or when it looks like rain.



## BUILDING A FIRE

### How to Build a Foundation Fire

This fire is the base that all types of fires are built around. Have ready at hand matches, a big handful of tinder, a double handful of kindling, and the fuel you will need. Once you have lit the fire, someone must always stay by it to act as a fire watch.



Kneel with wind at your back; take two small sticks of kindling and place to form an angle in fireplace with the open end facing into the wind, as shown in figure 1 at left. Place a third stick across the first two to form an "A". This is your prop for the tinder.



Pile a good bit of tinder against the crossbar, but do it lightly so that air can flow through the pile. Be sure all of the pieces touch each other. Leave a small tunnel at the bottom for the match. (fig. 2)

**REMEMBER:** Fire needs air to burn. Flames burn **up**. Only material in the path of the fire will burn.



Strike match, tipping down, so flame catches on wood (cup match in hand, if necessary - fig. 3). When well lighted, stick flame in air space, putting flame under the center of the pile of tinder. If match goes out, use it as extra tinder. Blow gently at base of fire if necessary.



As flame catches and begins to spread, add bits of tinder, placing gently over flame until there is a brisk fire. (fig. 4)

Then begin to add pieces of kindling, one by one, placing lightly where flame is best; starting with small pieces, gradually adding bigger pieces to form a teepee shape. Do not make any **sudden** changes in size of wood used; add pieces that are just a bit larger than those already burning, until you are using thumb sized sticks. (fig. 5) Have a good supply of kindling at hand; it burns surprisingly quick.



**REMEMBER:** Build gradually. Keep fire compact, each piece of wood touching other pieces for most of its length.

When fire is going well begin to add fuel in graduating size, building into the kind of fire you will need.

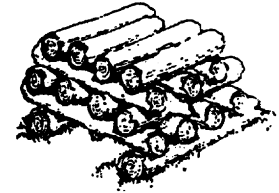
Do not make the fire bigger than you need. That wastes wood and makes putting it out much harder.

Various Fires include **Teepee Fire**, **Criss Cross Fire**, **Hunter's Fire** and **Reflector Fire**.



**Teepee Fire:** A quick, hot fire. Built like a foundation fire, but kindling and later fuel wood is placed just above and around tinder in shape of a teepee.

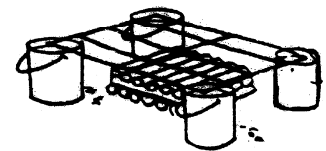
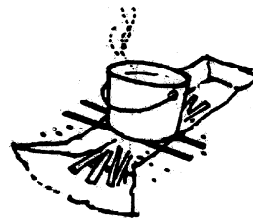
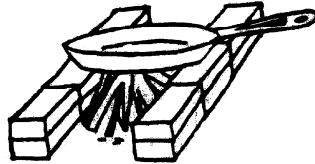
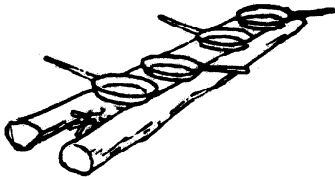
**Criss Cross:** A solid fire that burns to coals and is long burning. Start with a foundation fire and add fuel in log cabin fashion. Remember to leave space between the logs for air. Use the largest logs at the bottom of the fire. This can also be used for a ceremonial fire.



**Hunter's Fire:** Good for skillet cooking and one-pot meals. Built with two large logs laid in direction of wind. A foundation or teepee fire is laid first.

**Reflector Fire:** Provides a steady and high heat for baking or planking. Heat is reflected to oven or plank usually by tin foil.

Build a fireplace to fit your kettles.



## PUTTING OUT A FIRE

- ◆ Fire is not out until ground under it is cold to the touch.
- ◆ Stir the embers with a metal rake, turning over any remaining large logs.
- ◆ **SPRINKLE** water on the embers while continuing to stir, or splash water out of a bucket or hose. Do not pour water directly from the bucket onto the fire. Continue stirring and sprinkling until no live embers remain. Again turn over any remaining logs.
- ◆ Rake ground thoroughly, and continue adding water until ground is cold and you can place your hands near the ashes for at least 30 seconds. There should not be any smoke or steam rising from the ashes.
- ◆ After a few minutes double-check your work. Is the ground still cold?
- ◆ Put away the rake, shovel, and bucket.
- ◆ Do not remove burnt wood from the fire circle. You may spread logs to the edges, but never stack burnt wood back in the woodpile.



## FIRES IN THE RAIN

It goes without saying, that you must build the fire in a safe place, a hot fire can spread through wet brush and woods almost as quickly as it can through dry. If there is no permanent fire ring or fireplace, clear the ground down to bare dirt. Be sure there are no roots in the area. Fires can spread underground for long distances. You will want to circle the fire with rocks to help the girls remember to stay out of the fire ring. One word of warning about rocks, though. Any stone that is cracked, looks layered, or appears sandy is unsafe for a fire ring. It could explode when heated.

In wet weather it is better to look up for fuel rather than to look down. Tinder can be found caught in the branches of trees. Do not break it from trees, just use the pieces caught in the branches. You are looking for pieces that snap when you bend them. You can also look on the underside of evergreens for twigs. Never use twigs from vines; without the distinguishing leaves, you can't be sure you aren't getting poison ivy.

Tinder should be no thicker than the match you plan to light it with, and most pieces need to be four to six inches long. This keeps them from stacking too closely to let in air. You'll want a double handful of tinder on dry days and at least four times that much on a wet day. Girls will remember if you call it a "birds nest" of tinder.

Kindling is also better if it comes from above ground. You can pick kindling in much the same way you pick tinder, often from the same trees. You'll need at least 25 pieces ranging from pencil to thumb thickness. Break it into pieces that are eight to twelve inches long and stack it within easy reach of your "birds nest." When you are ready for kindling, you'll want it handy.

For larger fuel to sustain your fire, you can use wood from the ground unless it's rotten or waterlogged. The fire will be hot enough to dry it and set it ablaze.

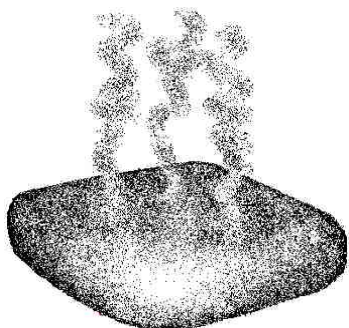
Now let's put the fire together. Make a base of a few pieces of wood laid side by side to set the "birds nest" on so it won't be on the wet ground. Leave the tinder fairly loose and tall. Light it with a wooden match held still under the center of the pile. If there is no breeze, you may need to blow gently to insure plenty of oxygen. Remember, gently. You don't want to blow the fire out! It is wise to feed a rainy day fire before it needs fuel. By the time the wood is needed, it will have dried and become ready to burn. A loosely stacked criss cross fire works well to help the logs dry and protects the flame from water.

There are some rain preparations your troop can make ahead of time, too. One leader takes a cardboard box of dry wood pieces from home. Make waterproof matches a few weeks before the camping trip, as they can take several days to dry. Take a tarp to cover the dry wood.

A final word of caution. You must be as careful about putting out a fire in the rain as you are on a nice day. A wild fire destroys woods and property just as much on a rainy day as on a clear day.

## CHARCOAL BRIQUETTES

Works best with Kingsford Charcoal because it is compacted tight (each weighs 2/3 oz.)



**1 FULLY LIT = 30°**

Be sure they are full - not broken - briquettes. Always store briquettes in a plastic garbage bag so they will not pick up moisture. If wet they will not light.

Windy days - add 1 - 2 extra briquettes and vent box open ½ inch only on side away from wind.

Cold days - add 2- 3 extra briquettes for chill factor. Also, when heating larger or heavier metal containers such as muffin pans, skillets, etc.

Dutch oven briquettes need:

Dutch oven size	top	bottom
8"	8-11	6-9
10"	11-14	8-11
12"	15-18	11-14
14"	16-21	14-16
16"	21-24	16-21

**General rule - allow 2 inches between briquettes and arrange in a checkerboard pattern. When using a Dutch Oven for baking, preheat the oven by using extra briquettes on top and bottom for 5 - 10 minutes, or heat the oven slowly over the campfire for a short time until warm, not hot. Intense heat may warp or crack the oven. Baking in Dutch Oven requires fewer briquettes under and most on top. The general rule is one-third bottom and two-thirds on top. For a 12' oven, try 11 - 14 on the bottom and 15 - 18 on the top.**

### **WARNING**

#### **MATCH-LITE CHARCOAL or equivalent**

From the Washington State Department of Labor and Industries, Anne Foote-Soize, Industrial Hygienist: "I would not recommend the MATCHLIGHT brand charcoal or any other chemically-treated fast-lighting charcoal in your box oven baking experiments conducted by the Girl Scouts. This charcoal is safely used in an open and well ventilated environment, but the containment you described could concentrate chemical deposits in food being cooked."

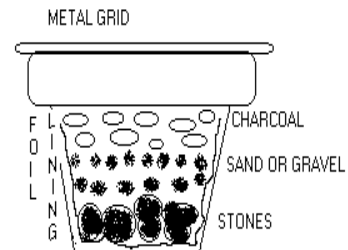
## CHARCOAL COOKERY

Charcoal can be used where wood fires are unsafe or forbidden, or where fuel is scarce. It has that woody aroma lacking in artificial fuels. Of course, it is made of wood, but it is light and convenient to tote. A charcoal fire can be built in almost any kind of fireplace (indoor, hunter-trapper, trench, etc.) or in a fireproof container, i.e. flower pot, a wheelbarrow, a pail or an oblong cake pan, to name but a few. The ideal stove for all-around use: 1) enables the cook to control the draft; 2) permits entry of air from below (as via a grate to support the charcoal); 3) permits raising or lowering of either the fire bed or grid toward or away from the fire. When equipment is not adjustable, meet different needs by controlling the heat. Spread out charcoal if it is too hot, or pile or bunch charcoal if heat is too low.

Below are two examples of basic types of improvised containers.

### Clay Flower Pot Stove

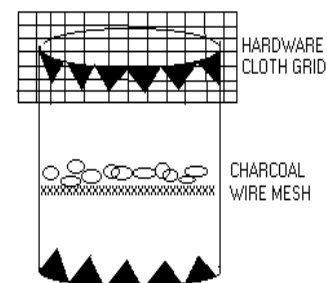
The sand and rocks elevate the fire bed to insure ample air. Gravel may be used instead. These materials being porous (dirt is not) provide for limited air circulation; they also increase radiation of heat from the fire. The foil lining in the pot increases heat radiation. For a grid, use hardware cloth, chicken wire, etc., but burn off the finish before laying food on it. Lastly, grease it well before placing lean meat directly on it. Quick cooking foods like hot dogs can be done on a flowerpot stove, whereas barbecued spareribs or chicken parts, requiring long slow cooking, are better done in a grid further from the heat. Any size flowerpot can be used; small pots for individual cookery (Brownies would like this) and larger pots for cooking for several persons.



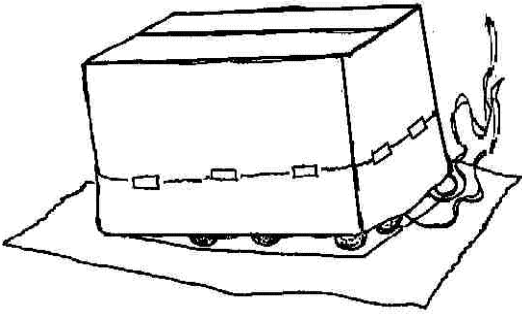
### Tin Can Charcoal Stove

This has one grate and provides for a draft from below. You'll need a #10 tin can, tin snips, canvas gloves, a large piece of hardware cloth or other wire mesh, a beverage can opener and a wire coat hanger.

1. Stand can on the ground, open end up.
2. Cut a round gate (to hold fuel) from the wire mesh the same diameter as open end of can.
3. With can open, punch draft holes about 2" apart all the way around sides at both top and bottom of the can.
4. Cut a grid to lay across open top, again using hardware cloth or substitute, and a handle from a coat hanger wire if desired.



## BOX OVENS



Get a sturdy cardboard box (liquor boxes are sturdy; 6 half gallon size is good). It must fit over the pan (9x13 or 10x15) being used and have about a 1 inch clearance all around. This allows for airflow and even heat for baking.

Line inside with heavy duty foil - **SHINY SIDE SHOWING**. Line it first from end to end; then side to side. (Form foil over outside of box so it slides into bottom of box easily. The fewer creases in the foil, the better the reflection.)

Use tin can (approx. 29 - 32 oz.; #2½) as a **chimney** for charcoal starting. Remove ends and puncture holes around one end (bottom) of chimney can.

Use foil on the ground for base of oven - **SHINY SIDE UP**. Clear away burnables on ground so soil is clean. Set on soil or concrete, **never** on wood or asphalt surfaces.

Fill chimney can with one fire starter and right number of charcoal briquettes (each briquette - 30° **FULLY LIT** --- **be sure to count them**). Read recipe for heat needed.

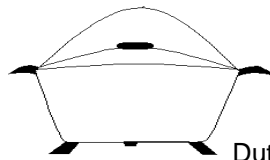
Start charcoal 20 - 30 minutes before baking for “ready” coals. When coals are fully gray, they are “ready.”

**Spread** hot charcoal with tongs in an area about the size of a baking pan (9x13) pans work well).

Use 6 oz. **metal** (not aluminum) juice cans to support baking pan at four corners. Put box oven upside down over baking pan and hot charcoal, propping up one long edge about ½ inch for ventilation, away from any wind blowing (leeward side). **Follow baking time directions for item being baked**. When checking for doneness, raise box **slowly** straight up (don't spill the heat), peek, then replace if more time is needed.



Frying Pan



Dutch Oven



Griddle

## CARING FOR CAST IRON COOKWARE

### Cleaning and Storage

Scrape food from cast iron cookware. Wash with very hot water and brush/scrubber to remove food particles. If cooking greasy foods you may need to wash in mild soapy water. Rinse and dry thoroughly. Prior to storing, oil very lightly with mineral oil inside and out; then wipe dry with paper towel. Store in a dry place, uncovered. This is especially important in humid climates. If you put a lid on a pot for storage, condensation could occur, causing rust. Give your pot clean, dry air in a place where the temperature is fairly stable.

### Helpful Tips

1. Avoid cooking acidic foods, e.g. tomatoes, unless combined with other foods. Acidic foods draw the oils out of the pores of cast iron and the pot will rust and need re-seasoning.
2. Uncover hot foods when you remove from heat so steam does not collect and remove oil coating.
3. When cooking something which does not need stirring, line the Dutch oven with foil for easy serving and clean up.
4. When baking pies in a Dutch oven, set 4 - 5 one inch rocks on the bottom of the oven to support the pie pan. This allows the heat to circulate around the pie. To brown the top crust, add 3 - 4 briquettes to the lid half way through the cooking time.
5. When baking in a Dutch Oven, the general rule to follow is one-third of the briquettes on the bottom and two-thirds on top (approximately 6 - 7 below and 15 - 18 on lid) according to the book "*Dutch Oven Cooking*", by John G. Ragsdale.
6. When baking in a Dutch oven check the charcoal briquettes page in this manual for briquette needs.

### Rust Spots

If your old or new cast iron ware gets light rust spots, scour the rusty areas with steel wool, i.e. SOS pad, until all traces of rust are gone. Wash, dry and repeat seasoning process.

### Metallic Taste

If your food gets a metallic taste, or food turns "black", it means one of two things is wrong. Either your pot has not been sufficiently seasoned, or you are leaving the food in the pot after it has been cooked. Cast iron utensils are NOT to be used as storage vessels. Remove food from the cookware as soon as it is cooked.

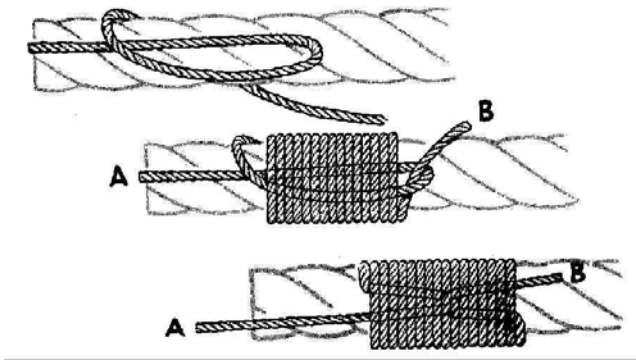
### How to 'Season' Cast Iron Cookware when it is Brand New or Seriously Rusted

Seasoning is the process of allowing oil to be absorbed into the iron, creating a non-stick, rustproof finish. Here's how to do it:

1. Wash with hot, soapy water and a stiff brush. Rinse and dry completely.
2. Oil the cookware (inside and out) with mineral oil.
3. Turn upside down on the top rack of a 350°F pre-heated oven.
4. Put aluminum foil on the bottom rack to catch any excess drippings.
5. Bake the cookware for one hour at 350°F.
6. Let the cookware cool slowly in the oven.
7. Store, uncovered, in a dry place when cooled.

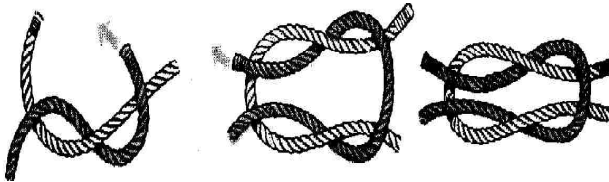
## KNOTS

WHIPPING keeps rope ends from unraveling.



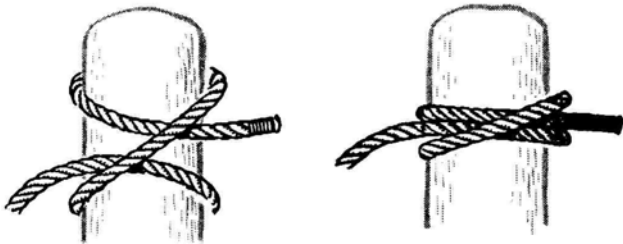
To Tie: To make the whipping, a fine yarn, carpet thread or kite string may be used. Place the end of the yarn at the end of the rope and then laying a loop along the rope wind the yarn tightly around both loop and rope, thus binding them together. Wind to a distance roughly equal to the diameter of the rope being whipped. Finish by putting the winding end B through the loop -- then pulling end A tight, until the loop is drawn back out of sight. Both ends are then cut short to make a neat finish.

SQUARE KNOT is a universal knot that unties easily when either free end is pulled.



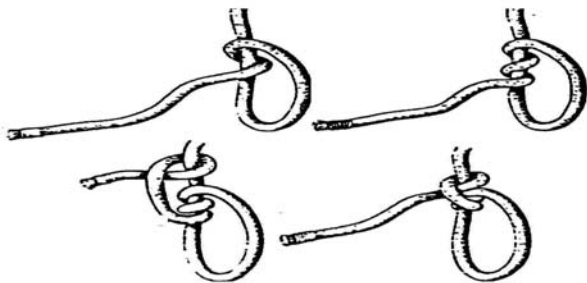
To Tie: Pass the left over the right, then around and up. Pass the right end over the left, then around and up. Pull tight.

CLOVE HITCH is a quick, simple method of fastening a rope around a post or a tree.



To Tie: Bring the working end of the rope around the post. Cross over the standing line around the post again. Push the end under the second turn so it lies between the rope and the pole. Tighten by pulling on both ends.

TAUT-LINE HITCH is used on the end of tent or tarp lines to make an adjustable loop around stakes.



To Tie: (1) Wrap the working end around the standing end. (2) Make 2 or 3 wraps. (3) Bring the end up and around the rope again. (4) Tighten.

BOWLINE is a loop that never jams or slips.



To Tie: Make an overhand loop with the end held toward you. Pass the end up through the loop, then up behind the standing part -- then down through the loop again. Draw up tight.

## HOW TO WHIP A ROPE

Because of the way it is made, rope tends to unravel as it is used. If nothing is done to stop this process the rope will become useless. If the rope in question is being used to tie the corner of your tent shut, you will wish someone had whipped it. There are several different methods of whipping a rope.

1. **HEAT SEALING:** Nylon or synthetic rope can be whipped or sealed with heat. For braided rope, flame the rope ½" back from the end, heating just enough to melt the fibers. If you are dealing with twisted rope, apply tape to the end before heating, and heat behind the tape. Cut through the heated portion then re-flame the cut end to finish.
2. **PLASTIC WHIPPING:** Dip the rope end into "liquid plastic rope whipping", and allow to dry. For a neater look, apply heat - shrink plastic sleeves to the rope ends. Apply heat to the tubing with a heat gun or carefully with a match.
3. **STRING WHIPPING:** This is time consuming to do, but more reliable than flame or liquid plastic. It works especially well on hemp or sisal rope, but can also be used on synthetic. The "simple whip" illustrated on the previous page works quite well. For best results, use waxed linen thread, heavy carpet thread, or waxed dental floss. Wind against the lay of the rope, toward the end.

## KNOT GAMES

### **Knot Relay:**

Equipment: One rope for each girl about three feet long  
Formation: Patrols in circles. Each girl is numbered  
Procedure: Decide on a knot for each round of the game. At signal, the number one player runs around the circle and returns to her place. She must then tie the knot correctly. She passes the rope to the player on her left, who must untie the knot before starting around the circle. Each player takes a turn until the rope has come back to the number one player and she has untied the knot.  
Finish: The first patrol to finish wins.

### **Cats Tails:**

Equipment: 20 - 30 pieces of heavy string, each piece six inches in length  
Formation: Troop divided into three or four teams  
Procedure: Hide all but three or four pieces of string. Each team chooses a "cat", who is given one of the extra pieces of string. At a given signal, all players except the "cats" scatter to find the hidden strings. As a girl finds one, she takes it to her "cat" and ties it with a square knot to the last piece of string the "cat" holds.  
Finish: The team with the longest tail of strings with correctly tied knots wins.

### **Test of Strength:**

Equipment: One rope for each girl, about three feet long  
Formation: All girls in a circle  
Procedure: Players sit in a circle holding their ropes. Each girl ties one end of her rope with a square knot to the rope of the girl on her left. When all knots are tied, lift the rope over your heads and down to the middle of your back. At a signal, lean back hard against the rope circle. (If any of the square knots isn't tied correctly, you'll fall over backwards). Try this game making the knots behind your back instead in front, or tie them with your eyes shut.  
Finish: The team with the longest tail of strings with correctly tied knots wins.

### **Simon Says Knots:**

Equipment: One rope for each girl about three feet long  
Procedure: Each player holds a rope. Every time "Simon says" to tie a certain knot, each player must do it. If the command doesn't start with "Simon says", players do nothing. A player misses if she ties the knot incorrectly, ties the wrong knot, or ties one at the wrong time. After three misses, a player is out.

### **Blindfold Test:**

See how fast you can tie a certain knot when you have your eyes shut or are blindfolded.



**Rings:**

- Equipment: One rope for each girl, about three feet long.  
Formation: Patrols in circles  
Procedures: Each girl holds her own rope. On signal, each takes one end of it, and one end of her right hand neighbor's rope and ties them together with a square knot, thus making a ring.  
Finish: The first patrol to put the ring on the floor and step into it wins.

**Clove-Hitch Race:**

- Equipment: One rope for each girl, about three feet long  
Formation: Patrols in lines. One player from each team stands about ten feet in front of her line to act as post.  
Procedure: On signal, the first girl in each patrol ties a clove hitch around the arm of the post.  
No. 2 ties clove hitch around the leg of No. 1, etc. The patrol leader inspects the knots of another patrol when finished and reports the number of knots tied correctly.

**Clothes-Line Race:**

- Equipment: One rope for each patrol, at least 10 feet long.  
Formation: Patrols in line.  
Procedure: A clothes-line is stretched loosely about ten feet in front of each line. On signal the first girl in each line runs to the line and takes up the slack with a sheep-shank. Each following girl must untie and then re-tie the knot.  
Finish: The first patrol to finish wins.

**What is it?:**

- Equipment: Four ropes for each patrol, about three feet long.  
Formation: Patrols in line. One judge for each patrol.  
Procedure: The judge has the four ropes, each tied into a different knot. The players are blindfolded. The leader takes one of the knots to the first line to have her identify it by touch.  
Finish: If she names it correctly, it scores one point for the patrol. The judge then takes other knots to others in the line until all have played. The patrol naming the most knots wins.

**Life-Line Race:**

- Equipment: One rope for each girl, about three feet long  
Formation: Patrols in line. One member of each sitting on the floor facing her patrol about 10 ft. in front of it.  
Procedure: Each girl holds a rope. The leader tells a story about a troop of Girl Scouts on a hike by the river. All at once screams are heard. A girl is seen struggling beyond her depth in the water. What would the Girl Scouts do? Why, take off their belts and ties and make a life-line! Give them one minute to learn how they would do this. At signal, each patrol makes a line by tying together various ropes that they have collected. They throw it to the victim who must catch it and be pulled to safety.  
Finish: Patrol making the first rescue and using all correct knots wins.

## USING A JACKKNIFE

Before we use a tool, we need to know what it does, how to clean it, hold it, sharpen it, handle it safely, and what to do with it when it is not in use.

Opening the jackknife: Put your thumbnail in the slot of the blade. Keep your finger away from the cutting edge. Pull the blade all the way out.

Using the jackknife: Hold the handle with your whole. Always cut away from yourself. Keep at least an arm's length (in all directions) away from anyone else. Whittle only while sitting down. **NEVER WALK WITH AN OPEN KNIFE!**



Whittling a point: Shape the stick by cutting off little chips of wood, one at a time. Do not try to cut off big pieces. Cut slowly so your knife will not slip.

Cleaning the jackknife: Keep your knife clean and dry. Hold the cleaning cloth at the back of the blade, away from the cutting edge. Wipe carefully across the whole blade. Oil the hinge with machine oil. Never clean the blade by rubbing it in dirt or sand. This dulls the blade and makes the knife hard to open and close.

Closing the jackknife: Hold the handle of the jackknife in one hand with the sharp cutting side of the knife upward. With the fingers of your other hand lower the blade into the slot in the handle. Always be sure your fingertips are away from the cutting edge or the slot the blade fits into.

Sharpening the jackknife: A sharp knife is safer and more useful than a dull one. Learn how to keep your knife sharp with a sharpening stone (a whetstone, Arkansas stone, or carborundum). Put a few drops of oil on the stone. Hold the stone in one hand and the open knife in the other. Keep your fingertips below the top edge of the sharpening stone. Lay the flat side of the knife blade in the flat surface of the stone. Lift the back edge (dull edge) of the blade slightly up off the stone (about 15°). Move the blade over the sharpening stone in small circles as if you were trying to shave very thin slices off of the stone. Turn the blade over and sharpen the other side.

Passing a knife: If you are using your jackknife, close it before you pass it. If you are using a knife that cannot be closed, such as a kitchen knife, grasp the blade along the dull edge and pass the handle to the other person. Do not let go until they say "Thank you." In this way you have control of the sharp edge of the knife. Keep your jackknife in your pocket when you are not using it, or make a lanyard of macramé and hang your knife from your belt. Never hang a knife around your neck!

**DON'T BE AN INITIAL CARVER! IT IS NOT GOOD OUTDOOR MANNERS TO MARK UP ANYTHING THAT IS NOT YOURS WITH A KNIFE!**

# HATCHET, AXE, MAUL, WEDGE, AND BOW SAW

## HATCHETS AND AXES

To carry ....	Hold the blade down and tilted away from the body. Have your hand closed entirely around the handle and near the head of the hatchet. Always have complete control when carrying.
To store ...	Set blade into chopping block between uses or put sheath over hatchet or axe head. Bring inside at night to avoid rust from dampness and hang up. Oil if rust appears. Clean as directed to preserve blade.
To pass...	Hold the head flat, blade tilted away to the side, handle toward the receiver. The receiver should slide her hand up the handle to within a couple inches of the head until she has a balance of the weight. Don't let go until the receiver has full control of the tool. Receiver says "Thank you." Then Passer lets go.
To use...	<p>Before using the hatchet, make sure area is clear and safe around you within an arm's reach (bubble of safety or safety circle).</p> <p><i>When teaching beginners</i> to split kindling, <u>place</u> the blade on the end of the piece of wood to be split. Pound <u>both</u> (together) on the chopping block. The weight of the hatchet head will be driven blade first, into the wood and it will split using this pound motion. Practice all Safety Rules when using hatchet or axe.</p> <p><i>When more experienced</i>, hold the hatchet back on the handle, not close to the head. Use a firm grip with the thumb over the fingers. Bring the hatchet up with arm and wrist motion and let it fall partly by its own weight, but with complete control to set the blade. Then pound on chopping block or log until it splits.</p>
To clean...	Put a drop of oil on the blade and rub with a cloth. Rub with steel wool to remove rust, then wipe with cloth.
To sharpen...	<p>Use a whetstone starting with coarse side and finishing off with fine side. Hold the hatchet by the head with the blade upward.</p> <p>Move the stone in rotation on the blade, not the hatchet. Do both sides of blade.</p> <p>To sharpen an axe, brace the blade against a log and use a metal file.</p>

## Bow Saw

To carry... Hold the middle of the bow handle, blade toward the ground.

To store... Cover the blade with a piece of old hose, slit and fitted to cover saw teeth. A cardboard sheath will also work.  
Keep it off the ground when not in use.  
Hang it on a nail to store.

To use... Put limb or log to be cut in a sawhorse or over a log. The section to be sawed off extends outside the sawhorse or log so the down pressure does not bind the blade.  
Pull, don't push, your side of the bow saw when sawing with a partner.  
Let the teeth do the cutting with an easy back and forth motion.

## *Maul (Sledgehammer) and Splitting Wedge*

To carry... Because these tools are heavy, secure them with a firm grip.

To store... Hang the maul over two nails when not in use.  
Store the wedge in a dry place.  
Oil lightly if rust appears. Always clean tools before storing.

To use... Place log piece upright on a firm surface. Look for drying cracks and set blade of wedge into a crack if possible. Holding the wedge upright, strike with easy taps, letting the weight of the maul head do the work.  
Once the wedge is set, strike more firmly until split.  
Avoid setting the wedge where knots are visible. Knots make splitting difficult.  
Always stand with feet apart, ready to move quickly if log falls over or wedge falls.  
Steady the log piece with your second hand when possible.  
Cut many pie-shaped pieces out of one log round.  
Never leave your tools on the ground.

To sharpen... Use a bench grinder or grinding wheel to remove chips and make a good cutting edge.  
Grind to a 15 - 20° angle at the blade. A bigger angle makes the wedge hard to get started.

*Helpful Hint...* Spray painting the maul, and especially the wedge, bright red makes them easier to see in the woodlands. They are not so apt to be lost and left behind.

## Knife Safety List

### BROWNIE GIRL SCOUT POCKETKNIFE

Use these directions and pattern to make a paper knife for younger girls to practice with.

Copy and cut pattern from paper and trace on poster board or heavy paper. Poster board is difficult to cut, so it is best done by an adult.

Fold the knife case in half. Insert knife blade so the unnotched edge is toward the fold of knife case. Punch holes through all parts at once so they match.

Put brass paper fastener in the end where the blade joins the case to form a joint.

The other end can be taped or another brad can be used. If you wish to use a string to carry knife on belt loop, place the string in the first hole, where the blade joins the case. This will keep the paper knife from hanging open.

## EMERGENCY PROCEDURES AND FIRST AID

Emergencies can happen to anyone at any time and in any place. They require prompt and quick judgment. First-aid treatment is essential within the first few minutes, because it can mean the difference between life and death. It is also vital to secure professional assistance as soon as possible. Leaders are expected to see that girls receive proper instruction in how to take care of themselves and others in emergencies. To do this, you should help girls:

- A. Understand and use the buddy system, especially while camping
- B. Assemble a first-aid kit that is always accessible and stocked with the necessary equipment.
- C. Know the basic steps to take if clothing catches fire - stop, drop and roll
- D. Know what to report. Understand the importance of reporting accidents, illnesses, or unusual behavior to adults.
- E. Develop local emergency procedures that are written out, reviewed, and practiced.
- F. Establish and practice fire evacuation, lost person, and security procedures.
- G. Become first-aid certified by taking the appropriate courses.

**Any girls who are taking prescribed medications should inform adult leaders. Any over-the-counter or prescribed medications should be in the original container and administered in the prescribed dosage by the responsible adult as per the written instructions by parent, guardian, or physician.**

### First Aid Kits

A general first-aid kit should be available on any camping trip or outdoor activity. Prior to all activities, the kit should be checked to make sure all materials used previously have been replaced. Whether you buy a commercially made kit or assemble your own, it should contain the following materials. The type, size, and contents of the kit will vary according to where it will be used. Consult *Safety-Wise* for specific recommendations. It should contain at least the following:

- Coins for telephone calls and appropriate emergency telephone numbers
- Insurance forms, consent forms, health histories
- Adhesive tape, bandages, and assorted Band-Aids
- Flashlight, scissors, thermometer, paper and pencil
- Disposable latex or vinyl gloves
- Gauze pads, cling roller gauze
- Safety pins
- Paper drinking cups
- Plastic bags for disposal of used materials
- Sanitary napkins
- Soap
- Splints, elastic and triangular bandages
- Tweezers
- First Aid book
- Instant chemical icepack
- White index cards
- Transparent tape, zip-loc bag
- Alcohol wipes
- Bottle of distilled water
- Paper & Pencil
- Pocket face mask or face shield

# FIRST AID FOR POISON IVY, POISON OAK AND SUMAC

## IDENTIFYING POISON IVY

A climbing shrub or vine; has three leaflets which vary in length from 1 – 4 inches

Leaf color may be glossy green or reddish brown, depending on the season

Has a waxy white fruit, which looks like mistletoe, part way up the stem

Sun-loving plant found especially along roads, trails, fences, stony outcrops, rock slides

## IDENTIFYING POISON SUMAC

appears as a shrub or small tree  
found mainly in swampy areas

Leaves are divided into groups of 7 - 13, arranged in pairs, with one on the tip of the midrib.

Leaves are 3 to 4 inches long and usually bright orange in color

bears same fruit as poison ivy

## IDENTIFY POISON OAK

Most often a climbing vine; can be straggly, erect shrub

has three leaflets irregularly lobed or toothed often causing superficial resemblance to an oak leaf

Has yellowish green flowers/berries in loose pendent strings

LEAVES IN THREE, LET IT BE!

## SYMPTOMS

Burning and itching sensation  
A rash develops and swelling begins  
Small blisters may appear, which later burst and release fluid

## TREATMENT

Wash area well with soap and water as soon after contact as possible  
Change clothing that may have contacted plant  
Cool, wet dressings or cold compresses will help reduce discomfort  
Commercially available products such as Rhulicream or cortisone Ointment will also help  
In severe cases seek medical help

## FIRST AID FOR TICK BITES

### Procedure to follow when in wooded areas where ticks may be present

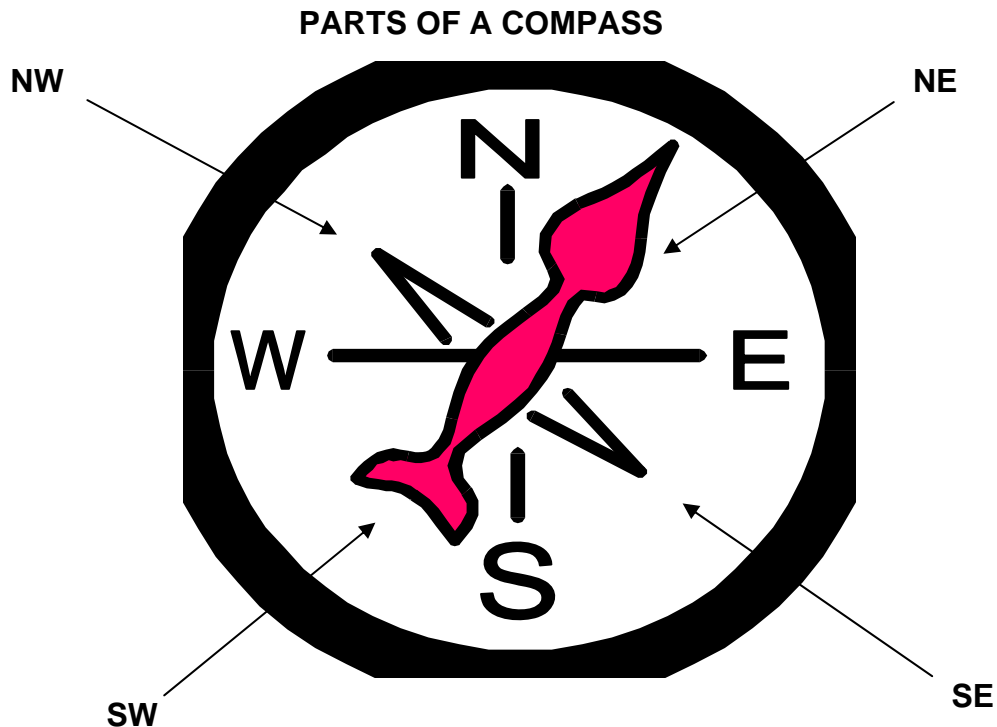
While walking in wooded and grassy areas where ticks may be found, take the following precautions:

1. Carry a small first aid kit.
2. Wear light colored clothing with long sleeves. Tuck trouser legs into socks, tuck shirt into pants. Wear a hat or scarf on your head.
3. Mosquito repellents containing DEET are effective against ticks and may be applied to clothing and sparingly to skin. CAUTION: DEET can be highly toxic.
4. On return from walks and at least once a day, check each person and their clothing for ticks.

Early removal is important because many disease organisms are not transmitted until the tick has fed for two or more hours. The object is to remove the tick with its mouth parts intact.

- Grasp the tick firmly with tweezers as close to the skin as possible, and pull it out. Try not to touch the tick with your fingers.
- If possible save the tick for further reference. Make a note of where the bite was.
- Wash wound with soap and water for five minutes.
- Observe the bitten person afterwards for the following symptoms of Lyme Disease and any other illness:
  - Red macule of papule (rash) that expands in a circular manner over a number of days (looks like ringworm, or maybe a solid red area). This rash may appear from 3 - 30 days after the bite.
  - Days to weeks after the rash appears, or in the absence of rash, headaches, joint pain, disturbances of the heart rhythm may appear.
  - Weeks later symptoms of arthritis may appear, with swelling of the joints, usually the knees.
  - If any symptoms appear, see a doctor immediately. Take the tick along if you still have it. For additional information, see your county or state health department.





Points of a compass

Cardinal points: North (N)                  South (S)                  East (E)                  West (W)

Inter-cardinal points: Northeast (NE)    Southeast (SE)    Southwest (SW)    Northwest (NW)

Sighting a landmark - Taking a degree reading. (Skill used in making map) i.e. What degree is the flagpole?

1. Put compass flat in hand, hold it to waist, direction of travel arrow pointing away from body (in front of you).
2. Point in direction of travel arrow toward landmark.
3. Turn compass housing until magnetic needle is over orienting arrow. Red point should line up with head of stationary arrow.
4. Read degree reading (degree over direction-of-travel arrow).

Follow a degree reading. (Skill used in following a map) i.e., which way would you be going if you were to go 45°?

1. Set degree reading over direction-of-travel arrow.
2. Point in direction of travel arrow toward landmark.
3. Turn compass housing until magnetic needle is over orienting arrow.
4. Direction-of-travel arrow points to where you are going.

Play at least two games with compass.

Fruit Basket Upset: Use cardinal and inter-cardinal points instead of fruit names.

Game Using Points of Compass: Make a large circle on the ground. Make 8 cards each with names of one cardinal or inter-cardinal point. Give each girl one of the cards. By using a compass, the girl stands where cards indicate. When completed, cards should be in a circle.

### Walk a Square:

- Set a compass at 360°
- Pace off 50' or a certain number of paces
- Take 90° reading
- Pace off 50' or a certain number of paces
- Take 180° reading
- Pace off 50' or a certain number of paces
- Take 270° reading
- Pace of 50' or a certain number of paces

(Before starting have the girls place something at their feet. Always use the same number of paces or feet. If done correctly, the concluding point is the same as the beginning point.)

### Triangulation Compass Game

The degree readings, landmarks, and feet to walk are determined by the leader when she sets up the course.

1. Lay out any triangulation course (three points).
2. Write out instructions, omitting the answers.
3. Give each girl a slip of paper with instructions printed.
4. Have each girl start at #1 and follow instructions, filling in the answers.

Scoring: Each correct answer is worth 10 points. Subtract 1 point for each foot or degree that the player is off. Perfect score is 30.

Sample:

1. Read instructions carefully.
2. Follow the first instruction which takes you to point 2 of the course.
3. At point 2, read the next instruction and follow it to point 3. From there, follow the instructions which take you back to your starting place.
4. As you go along, record the number of paces or degree readings asked for on the next page.

Fill answers in below:

1. Take a degree reading of 24. Walk 100 feet in that direction.
2. Take a degree reading of the large fir tree (or pick a landmark) and walk until you come to it. How many feet was it from point 2 to 3?
3. Take a degree reading of your starting point. What is it? \_\_\_\_\_ How many feet back to starting point? \_\_\_\_\_

Note: The degree readings, landmarks and feet to walk are determined by the leader when she sets up the course.

### Compass Relay Race

1. Draw 2 circles on the ground
2. Have 2 decks of cards
  - a. 8 cards per deck
  - b. Label each card with one compass point
  - c. Make one deck red, the other blue
  - d. Girls take one card at a time and place in proper place in circle, relay fashion.

Activity: Parts of a compass, Cardinal and Inter-Cardinal points      Age: 5th grade and up

Equipment: One Silva Compass per person      Time: Three 1 hour sessions

Objective: High Adventure Learn the parts of a compass: cardinal and inter-cardinal points and demonstrate your knowledge, plus ability to take and follow a degree reading from the cardinal points. With 7 others, play at least 2 games with a compass.      Space: Large room or out-of-doors

1. Cardinal Points:

- North (N)
- South (S)
- East (E)
- West (W)

In your community, many locations are marked by cardinal points, i.e. east of the lake; south of the airport.

Hints: In our Council:

1. The sun rises in the east
2. The Cascade Mountains are east
3. The Olympic Mountains are west
4. I-5 goes north and south
5. Most of our winds blow north and south  
     South usually brings poor weather  
     North usually brings good weather
6. The sun sets in the west

To Learn the Cardinal Points:

1. My house is \_\_\_\_\_ of the Capitol Dome in Olympia.
2. My school is \_\_\_\_\_ from my house.
3. The sun rises in the \_\_\_\_\_.
4. The sun sets in the \_\_\_\_\_.
5. Puget Sound is \_\_\_\_\_ of my house.

Rope Course:

Lay a hundred-foot rope in a circle (marked every 10 feet) with 0° at North. Put each problem on a separate card. (Do not put answer on card). Keep all answers on a separate card so you can check how each group does. Give each person (or 2) one card. She stands on the rope at the indicated foot mark and progresses from there. When she finishes, she checks with the answer to see how accurate she was.

- |     |                |     |            |     |            |
|-----|----------------|-----|------------|-----|------------|
| (1) | Start 80'      | (2) | Start 20'  | (3) | Start 100' |
|     | 1st 117° - 88' |     | 60° - 62'  |     | 40° - 92'  |
|     | 2nd 337° - 36' |     | 165° - 60' |     | 192° - 58' |
|     | 3rd 285° - 66' |     | 267° - 70' |     | 299° - 54' |
|     | end 70'        |     | end 50'    |     | end 60'    |
| (4) | Start 0'       | (5) | Start 40'  | (6) | Start 60'  |
|     | 1st 135° - 70' |     | 125° - 56' |     | 70° - 84'  |
|     | 2nd 15° - 56'  |     | 25° - 64'  |     | 195° - 66' |
|     | 3rd 242° - 72' |     | 250° - 78' |     | 283° - 64' |
|     | end 30'        |     | end 40'    |     | end 80'    |

## USE AND CARE OF TENTS

### Choosing a Tent:

The type of tent you choose will depend on what kind of camping you are planning to do, how much you want to spend, and the number of people you want to shelter. If you are backpacking, weight is critical; if you are going car camping, size and cost may be more important. Whatever your final choice, the guidelines for selecting a site, pitching the tent, and caring for it are quite similar. Before you invest in a tent, it is a good idea to look at several different kinds, paying close attention to quality as well as price. A cheap tent is no bargain if it leaks or the zipper won't work! Unfortunately, you generally get what you pay for in tents. Look for sturdy fabric: neat, even stitching and attention to detail. Take a good look at the stakes that come with your tent - the thin wire ones may work well in good solid dirt, but for sandy or rocky places you will need different ones. Sandy soils call for wide plastic or wooden stakes, but for rocky ground you will need sturdy nail stakes. Consider how many people will sleep in each tent. A two-person tent means two very good friends who will be leaving their gear outside the tent. If possible, get inside a sample tent to try it out. Consider the time of year you will be using the tent - one for use in the summer needs a lot more ventilation than one only used in the winter. A tent with a separate fly is generally more useful than the one layer variety, but it will be heavier. Try renting a tent of the kind you intend to buy and trying it out once before you commit yourself. Do your shopping at a store where the employees know something about camping, not at your local discount store!

### Caring for your tent:

The first thing you need to do to your new tent is to seal the seams with seam-sealer. The better tents come with sealer; if yours does not, buy some. Unless the seams are properly sealed, especially the ones around the floor, the tent will leak. Check for leaks by sprinkling the tent with a hose. If it leaks, seal it some more. Store your tent in the bag provided with it.

Keep it dry! It will mildew if it is stored wet. Sometimes we must go home in the rain, but the first job at home is to unpack the tent and dry it thoroughly. Equally important are the wet ropes and poles and the damp stakes. Mildew is impossible to remove once it has gotten into the tent. You don't have to set the tent up to dry it - you can hang it on the clothesline.

Try not to store tents where mice can get to them - they love to make extra windows and doors in them. Before you store a tent for any length of time, be sure it is dry and clean. Check it for any damage, and repair it before you store it. Nylon tents should not be machine washed, but they can be carefully hand-washed or wiped clean with a damp cloth. Shake any loose sand out of the tent. Holes or punctures should be tended to before they turn into extra exits. If you have borrowed or rented a tent, be sure it is clean, dry, and in good condition before you return it.

### Selecting a site:

Look for a flat spot large enough for your tent, preferably without large rocks, sharp roots, etc. A spot that is clear of leaves, pine needles, etc. may seem perfect, but beware! This is often the very spot that fills up with water at the first sign of rain. The slightly higher area covered with leaves, grass, pine needles is more likely to stay dry. Avoid what seems to be dry streambeds - they might not stay that way! Look for a place where you will build a fire. Look up - check for dead trees or large dead branches that may fall on you. Look at the ground, what looks like small pebbles now will feel like boulders late at night. Check for sharp objects - they are hard on tent floors. Rocky ground is very difficult to get a tent stake into.

## TIPS FOR TENT DWELLERS

Life in a tent can be more enjoyable and safer if you follow these simple suggestions.

### Tent Care

1. Dry thoroughly before storing.
2. Clean carefully after use.
3. Keep mended and water repellent.
4. Ropes - clean, strong and securely attached to the tent.
5. Roll or fold tent with roof protected.
6. Carry and store tent in a bag.
7. Tent storage places: Dry and cool, well ventilated, rodent and insect proof. (70 to 90% of tent's life will be spent in storage).

### Choosing a Tent Site

Slight local elevation  
Protection from wind; back or quarter to wind  
No nearby trees or deadfalls overhead, or nearby.  
Ground reasonably level and smooth  
Fireplace on down wind side  
No gullies or ravines in dangerous proximity

### Living in your tent:

- Your tent is not fireproof. **Keep all flame away from your tent - this includes lanterns and stoves. Beware of fire!**
- Keep extra rope on hand for storm rigging.
- Keep food out of your tent. Do not eat in you tent - spilled food invites animals and the stains and odors are difficult to remove. A raccoon can totally destroy your tent and everything in it trying to get to your food.
- Do not use any kind of spray can inside or near a tent. This will destroy the waterproofing. Keep insects out by keeping screens shut.
- Be sure to adjust the window and doors for ventilation - even on very cold nights you will want the window open a crack to prevent condensation and provide fresh air.
- Try not to wear your shoes inside the tent - the sand and dirt are hard on the floor. Brush the dirt out once in a while. A clean tent is a happy tent. Try to keep personal belongings packed neatly - they are much easier to find that way.
- As you take the tent down, count the stakes and poles. It would be difficult to set the tent up without them the next time you use it.

**Proper Care  
& Erection  
of Girl Scout Official  
Roundup Tents - #16-515  
(Green, Blue, Yellow, Coral)**

1. See that all lines are installed in tent, using a bowline knot at the tent and a taut line hitch at the stake. The taut line hitch permits easy loosening and tightening of all guy lines to trim tent. Loosen guy lines in wet weather because rope shrinks, putting great strain on the tent fabric.
2. When pitching without a ridgepole there will be an unavoidable slight downward curve along the ridge of the tent. Trim the tent evenly, but do not overstrain trying to eradicate the curve.
3. When pitching with a ridgepole, uprights must either be cut down or embedded in the ground to allow for added height caused by placement of ridgepole over upright pins. One - piece ridgepole recommended. (#16-523).
4. To erect, lay ridgepole lengthwise in center of ground area. Assemble sectional uprights, tapping firmly into position. Lay out uprights perpendicular to ridge, inserting pins in proper ridge-pole sockets. Lay tent over poles in position it is to assume when erected. Lift tent up with pole - one camper on each upright. Guy out corners loosely, place fore and aft guy lines. Adjust all lines to square up tent. Stake down bottom of tent with sod cloth turned in.
5. Canopy tie tapes should then be secured to fore and aft guy lines (see illustration).
6. For ventilation, the side walls can be rolled up. Tie tapes are installed for this purpose.
7. For greater protection from wind and weather, place canvas ground cover over sod cloth.
8. If it is necessary to repair your tent either with hand or machine sewing, rub the stitching with bees wax to prevent leakage through the needle holes. Iron on Mending Tape recommended for easy, permanent repairs, is available in all colors.
9. When striking the tent, it is desirable to have it as clean and dry as possible, particularly if it is to be stored for a time before being used again. Clean stakes and pack separately. Cover pin ends of poles with protective caps made of corrugated cardboard cut 1½" folded to fit over pin. Wrap with gummed tape.

Warning: Paint, insect or hair sprays applied directly on tent fabric will destroy the waterproofing. Insect and hair sprays are boons to campers but must be used as directed - as a mist. If sprayed directly on roof or walls of the tent, the tent will leak!

### Dining Fly

The 6 pole way. Use a ridge pole from A to D if possible. Use 2 guy lines on each corner post, 1 on each center post. Corner guy lines should line up with the edges of the tarp. This gives a large space for dining underneath

### Kitchen Fly

uses 5 poles, with center pole adjustable. Guy lines should line up with diagonals of tarp, or use 2 guys on each corner as above. Center pole may be set on table.

### Quick Shelter

Uses 2 poles. To put tarp up between two trees or two poles for a quick shelter use rope to support tarp and pull out side guy lines well.

### Wind Shed

To protect camp fire, to provide shelter for supplies or wood, as a windbreak to shelter people, and many other uses - you can pitch this 4 pole way. Use 2 guys at each front pole, but only 1 is needed for each back pole. Can be set up without rear poles, just stake out rear corners of fly.

## SIMPLE SHELTERS

### Sleeping Shelters

Equipment needed: rope, tarp 6 stakes, twine, 2 trees, 6 walnut-sized rocks or fir cones.

Rocks or cones are for tying in corners and edge of tarp for secure fastening to stakes if there are no grommets.

Tie rope between two trees using a TAUT-LINE HITCH, pulling as taut as possible - height from ground depends upon size of tarp. Tie rocks in all four corners and one in center on the edge that will rest in the ground.

Throw the tarp over the rope and tie corners and center rocks securely to stakes that have been driven into the ground at an angle to the shelter so that stake and tarp form a "V".

### Cooking fly

Equipment needed: Rope tarp, 4 stakes, 4 poles, twine.

Place stakes securely in the ground forming a rectangle that is the same size as the tarp or a bit smaller. The front two poles should be taller than the back two. Secure the four corners of the tarp to the four poles using grommets or rocks in the corners as suggested above. Using twine and four stakes, put a little tension on the poles to help them stay straight. To put more or less tension on the poles once they are up, tie twine off at stake end with a CLOVE HITCH and use a TAUT LINE HITCH at the pole end.



## BANDANNA TRICKS

Listed below are things that you can do with a bandanna

1. Make a pixie hat      Fold over into a triangle  
                                 Tie two ends together - head size  
                                 Knot the top end
2. Use as an apron
3. Use as a pot holder - folded several times
4. Head scarf
5. Neckerchief
6. Carry-all
7. Emergency bandage
78. Trail marker
9. A mask - on a dusty road
10. Use as a sit-upon
11. Table cloth for your lunch
12. Use as a napkin
13. Hand puppet

See how many others you can think of.

