

What you must do between today and the Campout!

Patrol Name: Whatever you'd like!

Patrol Leader: Meets with trainers, gets instructions for patrols, makes final decisions

Patrol Assistant Leader: Takes over when Patrol Leader is busy

Shopper (s): Responsible for getting, packing food

Money Manager : Provides reimbursement, collects money from patrol members

Health and Safety: Doesn't have to be a qualified "first aider". Prepares one troop event packet for the entire patrol. Collects all permission slips, health history forms and other required documents. Simulates documents as needed. Maintains packet during the campout.

Kaper Chart Maker: Make Kaper chart to assign patrol duties (cooks, clean-up, hostess, firebuilders, etc.) See 200 handout for possible kapers.

Equipment Manager(s) : Makes sure all needed equipment is brought by various patrol members (fire buckets, cooking equipment, etc.) (See equipment list and decide what you need!)

Skit / Song Coordinator: Determines a skit & song for patrol to perform at campfire; teaches it to the patrol

Meals:

Must use four methods: Stick, one-pot, skillet/griddle, and box oven. Plan and prepare 3 meals: Sat lunch, Sat dinner, and Sun breakfast. (Note: we teach fires before lunch; propane and charcoal after lunch, therefore your lunch meal should be prepared over a fire). We recommend breakfasts with no fires on Sunday...you normally don't have enough time to build and extinguish a fire on Sunday morning. Propane or gas stoves are a great alternative.

Troop Kapers -- perform Troop kapers as assigned. Kapers will be one or more of the following:

- Latrine clean (each patrol provides at least three rolls of properly contained T.P.) Sat a.m. latrine patrol needs to provide at least 2 "snap" cans. Clean latrines per instructions in 200 Handout
- Handwash set-up -- prepare handwash station per handout, plus handwash near food prep area. Provide soap and water container
- Flag ceremony -- raise or lower flag. Flag, words, sashes, etc., provided.
- Evacuation Route -- Mark evacuation route. Tape provided if needed.
- Gate check -- lock gate at the end of the day
- Trash detail -- Ensures patrols take trash to the dumpster at night, check for trash in area

Absolutely Optional, but fun to have: Swaps, patrol banner, colored bandannas or patrol flag

Just a form you can use or adapt if needed to help girls plan

SAMPLE MENU PLANNING SHEET

Recommend one item from salad, entrée, & drink to prepare. Use recipes in handout, attached sheets or cookbooks.

MENU: LUNCH

APPETIZER	SALAD	ENTRÉE	DESSERT	DRINK

COOKING METHOD:

APPETIZER	SALAD/VEG/FRUIT	MAIN COURSE	DRINK/DESSERT
EQUIPMENT	EQUIPMENT	EQUIPMENT	EQUIPMENT

DISH WASH

METHOD/EQUIPMENT :
Heat wash water over wood fire

MENU: DINNER

APPETIZER	SALAD	ENTRÉE	DESSERT	DRINK

COOKING METHOD:

APPETIZER	SALAD/VEG/FRUIT	MAIN COURSE	DRINK/DESSERT
EQUIPMENT	EQUIPMENT	EQUIPMENT	EQUIPMENT

DISH WASH

METHOD/EQUIPMENT :
Heat wash water over wood fire

CAMPFIRE SNACK: cook over coals or non-cook such as S'mores

SNACK
COOKING METHOD:
EQUIPMENT

BREAKFAST:

FRUIT	BREAD	MAIN COURSE	DRINK

COOKING METHOD:

FRUIT	BREAD	MAIN COURSE	DRINK
EQUIPMENT	EQUIPMENT	EQUIPMENT	EQUIPMENT

DISH WASH

METHOD/EQUIPMENT
Heat wash water over wood fire

RECIPES

One Pot Main Course

TACOS IN A BAG serves 6-8

1 pound lean ground beef 1 small onion, chopped
1 head lettuce, torn in bite-size pieces
1 pound shredded cheddar cheese
2 tomatoes, diced 1 small container dairy sour cream
1 jar Taco sauce, store in plastic container.
6-8 Individual bags of Dorito Chips
1 Large bag of Doritos (to provide "2nds")
Pre-brown beef at home and season. Freeze. Re-heat at camp.
Rip lettuce, serve in bowl. Cut tomatoes, serve in bowl. Serve cheese in zip-lock bag. Serve Taco sauce.

BRATWURST POTATO STIR-FRY

8 teaspoons oil
8 medium new red potatoes, cut into ¼" slices
8 fully cooked smoked bratwurst, sliced into 1" pieces
4 small onion, cut into ½" wedges
8 tablespoons lite or regular soy sauce
4 tablespoon orange juice 2 tsp dried basil leaves
1/2 teaspoon pepper
Heat oil in medium nonstick skillet. Add potatoes, cover.
Cook 5 to 7 minutes or until potatoes are crisp-tender, stirring occasionally. Add bratwurst, green pepper and onion. Cook 6 to 8 minutes or until bratwurst is hot and vegetables are crisp-tender. Add remaining ingredients, stir to combine

SPANISH NOODLES serves 6-8

1 lb. ground beef ½ c chopped onions
1 28 oz can whole tomatoes, cut up
½ c chopped green peppers 1/4c chili sauce
1 tsp. salt (optional) dash of pepper
12 oz. medium noodles
Soap outside of pot with dish soap if cooking over fire. Brown ground beef and drain (can be done at home). Add other ingredients including uncooked noodles plus ~ 1-2 cups of water. Cover and simmer 30 minutes or until noodles are cooked; stir frequently. (If mixture becomes too sticky, add a little more water.)

CHICKEN AND VEGETABLE SKILLET SUPPER

4 tablespoon oil 2 lb. chicken pieces, skinned
4 small onion, thinly sliced
4 teaspoon chicken-flavored instant bouillon
2 teaspoon dried tarragon leaves 3 cups hot water
16 oz pkg. mixed frozen vegetables (Frozen Broccoli, Cauliflower, and Carrots)
4 tablespoon cornstarch 8 tablespoons water
Heat oil in large skillet. Add chicken and onion and cook until chicken is browned on all sides. In small bowl, combine bouillon, tarragon and 3 cups hot water. Add to chicken, bring to boil. Simmer 15 to 20 minutes over low heat or until chicken is fork tender and juices run clear. Add frozen vegetables, cook 4 to 6 minutes or until crisp-tender. In small bowl, combine cornstarch and 8 tablespoons water. Add to liquid in pan, cook until thickened and bubbly, stirring constantly.

HUNTER STEW serves 6-8

2 cans vegetable soup 1 can tomato soup
1 ½ lbs. ground meat, browned 1 onion, chopped fine
1 green pepper, chopped fine
Soap outside of pot with dish soap if cooking over fire. Combine all ingredients in a large pot. Do not add water unless mixture becomes too thick later in cooking. Heat thoroughly. Serve with muffins or bread.

PIZZA RICE - Vegetarian

4 cups instant rice 2 cans meatless pizza sauce
2 cups shredded mozzarella cheese
Bring water to boil over propane, add rice, and bring to boil again. Cover, remove from heat. Let stand 10 mins, stir. Add pizza sauce and reheat. Remove from heat, stir in mozzarella cheese, and serve when cheese is melted.

ONE POT CREAMY CHICKEN & BROCCOLI serves 9

7 ½ c (12 oz) wide egg noodles, uncooked
6 ¼ c (16 oz pkg) frozen tiny broccoli florets
1 ¾ c (17 oz) prepared alfredo sauce
1 ¾ c (15 oz) Ricotta cheese
2 c chopped chicken (or 2 cans, 7 oz each, cooked chicken or tuna, drained)
¼ c grated parmesan cheese
Cook noodles according to directions for 4 minutes; add broccoli to pasta cooking water. Cover and boil 2 more minutes. Drain noodles and broccoli. In same pan over low heat, stir together alfredo sauce and ricotta cheese until smooth. Stir in chicken, noodles and broccoli until thoroughly blended. Cover; heat 5 minutes or until mixture reaches serving temp, stirring frequently. Serve sprinkled with parmesan cheese.

ORIENTAL MIX serves 6-8

2 cans Cream of Celery Soup 2 small bags Almond Slivers
1 15-20 oz can pineapple chunks 4 cups cooked Rice
20 oz canned Chicken OR Pre-Cooked cut up chicken
2-3 c Shredded Cheddar Cheese 1 pkg of Chinese Noodles
Heat soup. Cook rice. Set out items in individual bowls. Each person prepares their own and tops it with the soup.

SLOPPY JOES Serves about 8

1 lb. lean ground beef 1 green pepper, chopped small
1 medium onion, chopped small
1 can Manwich sauce 12 medium-sized Pita Breads
In large cast iron skillet, cook beef. Break up clumps, cook until browned. Drain excess fat. Add onion and green pepper. Cook and stir occasionally, till onion and pepper are tender, about 5 to 10 minutes. Add Manwich sauce. Heat. Spoon mixture into pita bread halves

SAVORY SURPRISE serves 6- 8

16-20 precooked sausage links, sliced
1 small onion, chopped 3 cans of sliced white potatoes
3 cans of creamed corn
Soap pot if cooking over fire. Combine all ingredients in pot. Heat slowly until onion is completely cooked.

DESERTS

QUICK DESSERT serves 6

1 can pineapple tidbits in juice 1 (15 oz) can fruit cocktail
1 small box instant vanilla pudding
1 C chopped nuts (walnuts are good)
1/3 C. maraschino cherries (drained)
1/3 C mini marshmallows
1 small container "Cool Whip" style topping
Mix pudding with fruit juice. Add nuts, cherries, and marshmallows. Fold in whipped topping. Chill in cooler until serving.

KICK THE CAN ICE CREAM

1 cup cream ¾ c milk
1 egg equivalent, egg beaters or egg substitute
1 tsp vanilla ½ cup sugar
ice rock or large crystal salt
1 lb coffee can, 5 lb coffee can
Mix ingredients in small can. Tape shut with duct tape. Place small can in large can. and put ice and salt around it. Tape lid on large can. Take turns kicking the can around for about 25 minutes.

FOOTBALL PUDDING

INSTANT pudding mix, any flavor
cold milk according to directions, usually 2 C.
2 FREEZER weight ziploc bags
ice cream cones (optional)
Put milk in bag. (Reducing milk by 1-2 TBSP gives a firmer set) Add pudding mix. Seal bag and place in 2nd bag. Toss between girls until set. Warning: VERY messy to get out of the ziploc bag! (Can be served in ice cream cones to help with messiness.)

FUN CONES serves 24

2 cans fruit cocktail 1 container whipped topping
1 c of raisins ice cream cones
Mix fruit cocktail and whipped topping. Raisins may be added or left to sprinkle on top. Serve in ice cream cones and eat immediately or cones will become soggy.

FUN CONES

1 can unsweetened applesauce
1 small container Cool Whip
12 ice cream cones sprinkles or raisins
Mix applesauce and Cool Whip together. Serve in ice cream cones. Top with raisins or sprinkles.

RASPBERRY CREAM TARTS

1 12 oz container raspberry yogurt
1 8 oz container refrigerated prepared vanilla pudding
4 to 6 drops red food color, if desired
1 cup fresh raspberries
1 can spray whipped cream
6 purchased individual graham cracker pie shells
In small bowl, combine yogurt, pudding and food color, blend well. Fold in raspberries, Spoon mixture into individual pie shells, garnish with whipped cream, fresh raspberries and mint leaves, if desired. Serve immediately or refrigerate until served.

PEACH PUDDING

1 cup milk
6 oz. Pkg. instant vanilla pudding
16 oz. can peach slices.
Open canned peaches, drain. Dice peaches. Follow instructions on pudding pkg, but use only 1 cup milk. Use zip lock bag and toss. Add peaches and stir gently. Pour into serving bowls and let stand 5 min.

BANANA KABOBS

6-8 Bananas sliced approx 1/2 to 1 inch slices
1 bag mini or regular marshmallows
1 can pineapple chunks ½ cup maraschino cherries
Cocktail stirrers, bamboo sticks or small -straws
Slide ingredients on sticks and cover until served.

DONUT DELIGHTS

1 dozen cake donuts
1 6-oz pkg. milk chocolate chips
7 oz marshmallow cream
Cut donuts in half horizontally. Embed milk chocolate chips on one half, spread marshmallow cream and banana slices on the other half. Grill over low heat until chocolate chips and marshmallow cream begins to melt. Put halves together for a super dessert.

DOWEL COOKING over Wood fire

DOUGHBOY ÉCLAIRS:

DOUGHBOYS:

1 pkg. Refrigerator rolls
1 pkg. Vanilla Instant pudding or French Custard
1 container chocolate fudge frosting
Heavy-duty foil
Soak the dowels well before using to prevent them catching on fire. Wrap dowel with foil for easy removal. Wrap dough around stick in a spiraling twist. Knead all spaces together. Bake over coals, turning frequently until doughboy pulls off stick with ease. Fill hole with pudding, frost with Chocolate. Clean dowel as you do your dishes.

BREAKFAST OR DESSERT

BLUEBERRY MUFFINS - Box Oven

1 box prepared Blueberry Muffins
Use directions on box for number of servings
Preheat charcoal to heat oven to 350. (Use 7-10 coals).
Prepare as directed..Bake in center of oven 20-25 minutes.
Cool in pan 5 to 10 minutes. Gently loosen before removing from pan.

DRINKS

RUSSIAN TEA MIX

2 c. instant Tea with Lemon* (and sugar)
1 c. Tang
1 c. sugar*
tsp. ground cinnamon
¼ tsp. ground cloves
Mix 1 tsp. per cup of hot water. *(If instant tea with lemon and sugar is used, omit 1 c. sugar). This can be made and put in a pretty container for gift giving.

GRACES

ADAMS FAMILY GRACE

Tune: Adams Family TV show theme

Da da da dum (snap fingers twice) XX

Da da da dum XX

Da da da dum

Da da da dum

Da da da dum XX

We thank you for our food, Lord

For all the things you do, Lord

For Mom and Dad and you, Lord

And for our family

---or---

We thank you Lord for giving

The food we need for living

For fun and friends and family

We thank you now oh Lord

BACK OF THE BREAD

Back of the bread is the flour

And back of the flour is the mill

And back of the mill is the wind

And the rain and the Fathers will.

BLESS OUR FOOD

Tune: Make new Friends

Bless our food we share with friends today

Grant us peace and love along the way.

BLESS US EVERYONE

Tune: Jingle Bells

Bless this day bless this food

Bless us everyone

Guide us as we go our way

And fill our day with fun.

COCA COLA GRACE

Tune: I'd Like to Teach the World to Sing

I'd like to thank the Lord above

For lending me this land

For apple trees and honey bees

The harvest and my home

To Him we must give thanks today

For all the things to come

For health and strength and happiness

Be thankful everyone.

GOD OUR FATHER

Tune: Frere Jacques

God our Father God our Father

Once again once again

We will ask Thy blessing we will ask Thy blessing

Amen Amen.

MORNING IS HERE

Morning (noontime, evening) is here

The board is spread

Thanks be to God

Who gives us bread.

FOR HEALTH AND STRENGTH

Old English 4 part round

For health and strength And daily bread

We give Thee thanks oh Lord

GOD IS GREAT

Tune: theme from the TV game show Jeopardy

God is great And God is good

Let us thank Him For our food

By His hand we all are fed

Give us Lord our daily bread Amen

GOD IS GREAT

Tune Rock Around the clock

God is great

God is good

And we thank Him for our food

We're gonna thank Him morning noon and night

Gonna thank Him 'cause He's out of sight

Gonna thank Him thank Him thank Him for every bite.

THE LORD IS GOOD TO ME / JOHNNY

APPLESEED

words and music by Kim Gannon & Walter Kent

The Lord is good to me

And so I thank the Lord

For giving me the things I need

The sun and the rain and an apple seed

Yes He's been good to me

And every seed that grows

Shall grow into a tree

And one day soon There'll be apples there

For every one in the world to share

The Lord is good to me.

HARK TO THE CHIMES

At the word 'bread' the person at the head of the table strikes a gong (or partly filled water glass) to indicate the time of day; 12 times for noon etc.

Hark to the chimes Come bow thy head

We thank Thee Lord For this good bread.

SUPER WOMAN GRACE

Tune: Theme from Superman the Movie

Thank You Lord for giving us food

Thank You Lord for giving us food

For the food we eat

For the friends we meet

Thank You Lord for giving us food

THANKS BE TO GOD

Tune: Wendy

Thanks be to God the Father almighty

Thanks be to God who gave us this earth

Thanks be to God the spirit eternal

Thanks be to God forever.

TAPS GRACE

Tune: Taps

Thanks to God, For our food,
For our milk, for our stew, for our bread
God is Joy, God is love, Bow your head.

ALLELU *Christian version*

Allelu, Allelu, Allelu, Allelujah
Praise ye the Lord
Allelu, Allelu, Allelu, Allelujah
Praise ye the Lord
Praise ye the Lord, Allelujah
Praise ye the Lord, Allelujah
Praise ye the Lord, Allelujah
Praise ye the Lord

HALLELU *Hebrew version*

Hallelu, hallelu, hallelu, hallelujah
Hodu lashem
Hallelu, hallelu, hallelu, hallelujah
Hodu lashem
Hodu lashem, Hallelujah
Hodu lashem, Hallelujah
Hodu lashem, Hallelujah
Hodu lashem
("Ho" as in "hoe", "du" as in "do", "la" as in "tra la", and
"shem" to rhyme with "hem")

DOO WA DITTY DITTY

Thank you Lord for the food that we receive
Singing doo wa ditty ditty dum ditty doo
Thanks to Thee for bread 'n butter and the meat
Singing doo wa ditty ditty dum ditty doo
Looks good (echo: looks good)
Tastes Fine (echo: taste fine)
Looks good, tastes fine
And we praise God for all time!
Singing doo wa ditty ditty dum ditty dooooo.

LET'S JOIN HANDS

Tune: Mary had a little lamb

Let's join hands and give our thanks,
Give our thanks, give our thanks,
Let's join hands and give our thanks,
Give our thanks to God.

TODAY

Today, God our father, We thank you in prayer,
And ask you to bless all the food that we share.
We ask you to keep us in your precious sight.
Guide us this day and keep us this day
And keep us from harm through the night.

WE GATHER

Tune: My Bonnie

We gather to ask for your blessing
We gather to thank you in prayer
Please bless all this food we are sharing
And keep us in your tender care.

WE KNOW, WE KNOW

Tune: Hi Ho Hi Ho

We know, we know, From whom all blessing flow
We thank him then We say Amen
We know, we know!
We know, We know - repeat 'til tired!

THANK YOU GOD

Tune: Twinkle Twinkle Little Star

Thank you God for all that grows,
Thank you for the skies rainbows,
Thank you for the stars that shine,
Thank you for these friends of mine,
Thank you for the moon and sun,
Thank you God for all you've done!

ZIP A DEE DO DAH

Zip a dee do dah, Zip a dee ay,
I am grateful for God's blessings today.
I've plenty to eat, to drink and to share,
I sit at God's table and see love everywhere.

TEN BIG THANK YOU TO GOD

Tune: One little, two little, three little indians

One little, two little, three little thank yous.
Four little, five little, six little thank yous,
Seven little, eight little, nine little thank yous,
Ten big thank yous to God.

THANK THEE

Tune: Ruben, Ruben

Thank thee, thank thee heavenly Father
For thy blessings we have gathered.
Give us strength and understanding,
Bless us now, oh Lord, we pray.

AMAZING GRACE

Amazing grace, how sweet the sound
That saved a wretch like me,
I once was lost and now am found
Was blind but now can see.

GIRL SCOUT MAMBO *Tune: Mambo #5*

A little bit of breakfast on my plate,
A little bit of dinner, don't be late,
A little bit of gorp while we're on our hike,
A little bit of s'mores by firelight,
A little bit of brown bears on my stick,
A little bit of pudding, not too thick,
A little bit of ice cream in the can,
We thank you, Lord, and say Amen!

THANK YOU FOR THE WORLD SO SWEET

Tune: Michael Row the Boat Ashore

Thank You for the world so sweet alleluia
Thank You for the food we eat alleluia
Thank You for the birds that sing alleluia
Thank You God for everything alleluia .

Leave NoTrace (LNT) Quizzes

The following quizzes are meant to accompany the chapters on Respect Wildlife and Be Considerate of Other Visitors in the Teaching LNT curriculum. They were developed by Jim Poole, Asst. for Special Programs for the National Park Service and Jeff Marion, Unit Leader and Scientist, Cooperative Park Studies Unit. Answers are at the bottom of the page.

Respect Wildlife

1	It is good to learn about wildlife through quiet observation. It is OK to approach or follow wildlife to get a better look.	true/false
2	Binoculars, spotting scopes and telephoto lenses are good for viewing and photographing wildlife from observation areas and trails.	true/false
3	Although wildlife can adapt to consistent patterns of human activity, you are too close if your presence or actions get a response from wildlife.	true/false
4	Large groups of people usually cause less damage to the environment and don't disturb wildlife as much as small groups since small groups spread damage over a wider area and people in small groups usually make more noise.	true/false
5	You should plan your trip to avoid critical or sensitive wildlife habitats or times when wildlife are nesting and rearing their young.	true/false
6	Quick movements and loud noises are good for animals since they warn the animal that a human is near and give them a chance to flee.	true/false
7	If you are in bear country, it is best to be very quiet so you will see the bear before it sees you.	true/false
8	Touching an animal is not a good idea, since it may have rabies. If you find a sick animal or an animal in trouble, it is best to leave it alone and notify a game warden.	true/false
9	You should not feed wildlife or allow them to obtain human food since they may begin to leave their normal habitat and become nuisance animals or get hit by cars and chased by dogs.	true/false
10	Human food is not nutritious for wildlife and can cause tooth decay and gum infection.	true/false

Be Considerate of Other Visitors

1	Courtesy toward others is just as important in the wilderness as it is in the city because it helps everyone enjoy their outdoor experience.	true/false
2	Although many people come to the outdoors to listen to nature, people have the right to use radios, tapes or CDS, as long as they don't disturb others.	true/false
3	It is a good idea to keep noise levels down by using headphones, or better yet, not to bring radios, tapes and CDs into the wilderness.	true/false
4	Visitor surveys show that one large group is preferable to seeing several small groups.	true/false
5	Groups leading livestock must make way to hikers on trails, but bikers have the right of way over livestock and hikers.	true/false
6	When a hiker approaches horses on the trail, it is a good idea to speak quietly to the riders as they pass because horses are spooked easily.	true/false
7	When choosing a campsite, you should choose one close to the trail and well in view to other hikers to let others know you are in the area.	true/false
8	It is a good idea to bring a football or soccer ball with you in the wilderness to give young people the chance to relax and blow off some steam from a hard day of hiking.	true/false
9	Bright colored clothing and tents are best in wilderness areas because you can be located easily in case of emergency.	true/false
10	Pets are OK in wilderness areas as long as they do not stray too far from your campsite.	true/false

LNT quizzes answers :

Respect wildlife: 1 F 2 T 3 T 4 F 5 T 6 F 7 F 8 T 9 T 10 T

Be considerate of other visitors: 1 T 2 T 3 T 4 F 5 F 6 T 7 F 8 F 9 F 10 F

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