



Goldfish Crackers, Skittles, Granola, Dried fruit (apples, pineapples), chocolate chips (only in cold weather), etc.

Note: this is an acceptable substitute activity for the “Walking Salad” requirement in #3, Outdoor Adventurer)

- 10:15 Prepare for Hike! Each girl brings: GORP, water bottle, bandana, buddy  
Color hike (take a crayon and match it in nature), “ABC” hike, trail signs  
hike, just explore the area hike (Outdoor Adventurer #3)
- 11:00 Lunch! Make your own sandwiches  
Cold cuts and PBnJ sandwiches. Don’t forget mayo, butter and mustard.  
Some like lettuce and tomatoes with their cold cuts! Need a knife for spreading  
Include fresh fruit (pre-washed at home). Can cut up on site.  
Also include chips and cookies plus fruit punch or lemonade.  
Kapers: hostesses prepare tables, cooks prepare juice, sandwich fixin’s,  
fresh fruit (grapes, bananas, apple slices). Put out chips and cookies. Remind all  
to wash hands. Prepare dishwashing -- heat water for dishwash. Remember to  
tend to trash bags!
- 12:30 Afternoon Games - Touch, Smell and Listen (Outdoor Adventurer #5). Divide  
girls into small teams. Keep each team with an adult. Have them explore the  
perimeter of your campsite to see how many items they can find on the Touch,  
Smell and Listen list. Have everyone share what they found.
- 1:45 Craft time: Have them draw, paint or do gimp or beadies. Let them play cards if  
they like. Let them take a nap if they like. After you get them started, sit down  
for at least 30 minutes to rest! ☺
- 2:45 Have girls divide into small teams. Let a parent work with each team to think up  
a skit or song for the campfire!
- 3:45 Outdoor games  
Try “Kim’s Game” with nature/outdoor items: leaves, rocks, sticks, pocket  
knife, acorns, pinecones, whistle, etc. How many can they remember?
- 4:30 Dinner  
Choice #1: Spaghetti, Garlic Bread, Salad and Football Pudding  
(Precook spaghetti at home; re-heat at campsite. Buy “salad in a bag”.  
Add fresh tomatoes, etc. if desired. Bring salad dressing. Prepare French  
bread or Garlic bread, wrap in foil, heat in the campfire. Football pudding  
in Ziploc bag.  
  
Choice #2: Tacos in a Bag, Fruit Kabobs, Football Pudding  
(Precook taco meet at home, prepare taco toppings at home, have girls  
make fruit kabobs at camp and football pudding. Vegetable is optional  
(could add raw veggies)

One adult starts campfire at 4:30 with girls assisting

Kapers: hostesses, cooks, clean up, latrine, fire builders

- 6:30  
campfire
- Clean up time, free time, arrange sleeping bags, get flashlights out, prepare for
- 7:30
- Campfire Skits
- 8:00
- Campfire Songs, S'Mores
- 9:30
- Get Ready for Bed!
- 10:00
- Lights Out!

## **Sunday**

- 7:00
- Most of the girls will already be awake; start to rise and shine!
- 7:30
- Start breakfast  
Adults: start hot water for coffee and hot cocoa  
Kapers: set out breakfast items; hostess duties, clean up  
Menu: Bagels and/or cold cereal, juice, etc.
- 8:30
- Start camp clean up  
Pack up personal gear  
Roll up bags and pads
- 9:30
- Memory Hike -- Leave only Footprints, Take only Memories  
Last hike through the area, each girl looks for one special thing they see on the hike
- 10:00
- Scout's Own  
Share Your Special Memory  
Share "Thorn's & Roses" -- what went well, what didn't
- 10:30
- Pack up Troop Gear; pack up personal gear, have girls walk in a straight line, arm-length apart, from one end of the campsite to the other, looking at the ground, as an exercise to see who can find the most pieces of trash to pick up.

After camp: Review once again what they learned, what they did as reinforcement. Learn to ask adults to help you clean up. Make sure girls do all the carrying of "stuff" for you. You are their troop leader, not their personal slave ☺