

JUNIOR CAMPER BADGE - MEETING 1

Badge Purpose: When girls have earned this badge, they will know how to have a great overnight camping trip at a campsite or cabin.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
10 minutes	Start Planning Your Adventure! <ul style="list-style-type: none"> Girls start planning their camping adventure. 	<input type="checkbox"/> Map of local campsites
15 minutes	Camp Fashion <ul style="list-style-type: none"> Girls learn what clothing and materials they'll need to camp. 	<input type="checkbox"/> An assortment of clothing items <input type="checkbox"/> Large paper or white board <input type="checkbox"/> Markers
20 minutes	Leave No Trace <ul style="list-style-type: none"> Girls learn the meaning of "Leave No Trace." 	<input type="checkbox"/> Leave No Trace note cards
20 minutes	Knots <ul style="list-style-type: none"> Girls learn how to tie different knots. 	<input type="checkbox"/> 18" long section of rope or cord (one per girl) <input type="checkbox"/> Copies of knot tying instructions (one per girl or a large copy that all girls can see) <input type="checkbox"/> Large paper or white board <input type="checkbox"/> Markers
15 minutes	Food For Your Campout <ul style="list-style-type: none"> Girls plan an overnight camping menu. 	<input type="checkbox"/> Large paper or white board <input type="checkbox"/> Writing and coloring utensils <input type="checkbox"/> Recipe cards or note cards
10 minutes	Snack Chat <ul style="list-style-type: none"> Girls enjoy snack while discussing what they have learned. 	<input type="checkbox"/> Healthy snack
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



Activity #1: Start Planning Your Adventure!

Time: 10 minutes

Badge Connection: Step 1 — Start planning your adventure

Materials Needed: Map of local campsites

1. Camping out is the perfect adventure. You get to spend the night surrounded by the great outdoors and do fun activities like canoeing, hiking, and singing. You might even go to your favorite Girl Scout camp!
2. Divide girls into small groups and look at campsite maps for your local area. If necessary, review the map legend/key with girls first.
3. Discuss with the girls the kinds of things to look for in a campsite:
 - Is it large enough to accommodate our group?
 - How many people and/or tents are allowed in the site?
 - Are there open areas to play or other features, such as a lake for swimming, near our site?
 - How accessible is the site for everyone in our group?
 - Where do we get water and firewood?
 - Is there an entrance fee to the campground?
 - How long can we stay?
 - What time can we go and when do we have to leave?
 - Are there bathrooms and how close are they to our campsite?
 - Does this campsite fit our budget?
 - Is there shade, sun, protection from wind, a view, etc.?
4. As a group, choose a campsite that would be most suited for your group's needs and interests.

RESOURCE SUGGESTIONS:

- Websites with camping information:
 - Minnesota State Parks: www.dnr.state.mn.us/state_parks/index.html
 - Wisconsin State Parks: dnr.wi.gov/topic/parks/

Activity #2: Camp Fashion

Time: 15 minutes

Badge Connection: Step 1 – Start planning your adventure

Materials Needed: An assortment of clothing items; large paper or white board; markers

Prep Needed:

- Ask each girl to bring three to five clothing items to the meeting. Bring extras in case girls forget.
1. Have girls put all their clothes in a pile.
 2. Divide girls into small teams of three or four.
 3. Tell teams they have five minutes to collect all the clothing they need for an overnight camping trip.
 4. Each team can send one girl up at a time to choose an item she thinks would be needed on an overnight camping trip. If desired, you can set other parameters, such as the season, the location, or activities planned.
 5. Start the clock and let teams begin!
 6. After the time is up, have teams gather together and discuss why they chose the items they did. If they ended up with some items that shouldn't be brought on a camping trip, discuss those as well.
 7. Create a list of these clothing items, along with additional clothing items and other materials and supplies that are important to bring on an overnight camping adventure.



Activity #3: Leave No Trace

Time: 20 minutes

Badge Connection: Step 4 – Try a new activity

Materials Needed: Leave No Trace index cards

Prep Needed:

- Write out the Leave No Trace Principles on note cards (one per card):
 - Know Before You Go
 - Choose the Right Path
 - Trash Your Trash
 - Leave What You Find
 - Be Careful with Fire
 - Respect Wildlife
 - Be Kind to Other Visitors
1. Ask girls what they might see when they're out at camp.
 2. Next, ask girls if they've heard of the expression "Leave No Trace." If they haven't, what do they think it might mean? How would leaving no trace affect the outside things they just mentioned?
 3. Divide girls as equally as possible into seven groups of two to four girls.
 4. Give each group a Leave No Trace note card and ask them to prepare a one to two-minute skit to demonstrate their Leave No Trace principle.
 5. After the skits, discuss the principles demonstrated by each group and how girls can apply them to their future camping adventure.

RESOURCE SUGGESTIONS:

- For additional Leave No Trace information, visit: www.LNT.org.

Activity #4: Knots

Time: 20 minutes

Badge Connection: Step 2 – Gain a new camping skill

Materials Needed: 18" long section of rope or cord (one per girl); copies of knot typing instructions (one per girl, or a large copy that all girls can see); large paper or white board; markers

1. Ask girls why knot-tying might be important on camping overnights. What might girls use knots for while on their overnight adventure?
2. Give each girl a piece of cord/rope.
3. Starting with the square knot, go through each knot with the girls step by step. It helps if you have a second adult or older girl who can help the girls while you tie the knots.
4. Have girls practice each knot one at a time until they are comfortable tying that knot.
5. For the clove hitch, girls can use a chair or table leg.
6. Once girls know all three knots, you can have a race to see who can do them quickest. Call out a knot and as girls finish them, they should hold the knots over their heads.

Activity #5: Food For Your Campout

Time: 15 minutes

Badge Connection: Step 3 – Find Your Inner Camp Chef

Materials Needed: Large paper or white board; writing and coloring utensils; recipe cards or note cards

Prep Needed:

- Gather materials and supplies.
1. Tell the girls that they are going to plan the menu for their camping adventure.



2. Ask girls to tell the group their favorite foods to eat at home or at school.
3. Next, ask girls to brainstorm things they should remember when planning an overnight camping menu. Examples include: no refrigeration required, easy to pack and prepare. Remind girls that to be safe with food on campouts, they should make sure to keep cold food cold and hot food hot.
4. On the whiteboard or large paper, have girls create a plan of the meals they'd like to eat on their trip. Have them think about how the meals could be packed and prepared. See how creative they can be!
5. Once you have created a trip menu on the large paper or whiteboard, distribute recipe cards or note cards to the girls and have them create a recipe for one of the meals on the menu. For example, if girls listed sandwiches on their menu, the recipe would contain the individual food items needed to make sandwiches. A girl might list bread, peanut butter or almond butter, and jam.
6. If time allows, girls can decorate their recipe cards.

Activity #6: Snack Chat

Time: 10 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

1. While enjoying snack, here are some things for girls to talk about:
 - What do you think would be a fun camping trip for our Girl Scout troop to take?
 - How far ahead do you think we should plan our trip?
 - If you could go camping anywhere in the world, where would you go?

Wrapping Up

Time: 10 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

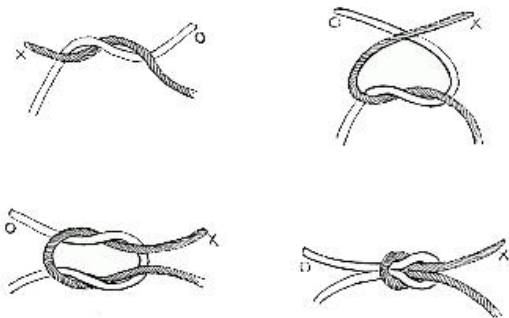
More to Explore

- Field Trip Ideas:
 - Visit one of the council camps on a weekend adventure. For more information on camp facility rentals, adventures, and events, visit: camp.girlscoutsv.org.
 - Visit a national or state park.
 - Visit an area outfitters or outdoor equipment store, such as REI.
- Speaker Ideas:
 - Invite a park ranger to talk to your group about wilderness safety, Leave No Trace, or local wildlife.
 - Invite a camp director to your meeting to talk about Girl Scout camp ideas or to share a skill with you, such as first aid, orienteering, camp set-up, etc.



Knots

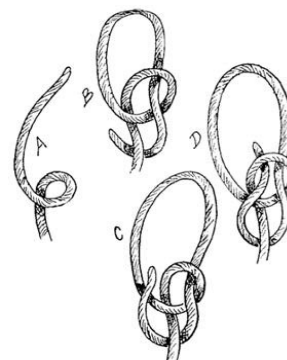
The Square Knot



The Clove Hitch

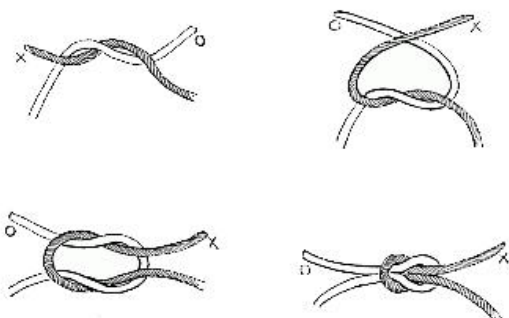


The Bowline



Knots

The Square Knot



The Clove Hitch



The Bowline

