

Venture

girl scouts



Out 1

2012



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Introduction

Welcome to the home study course: *Venture Out I*. This home study guide will give you the basis for *Venture Out II*. You should have successfully completed the *Volunteer Essentials* training and Questionnaire, *Out and About Questionnaire*, and *Girl Scouting 101* in order to be taking this course. At the completion of this course, you will be required to go online and take the Venture Out I Exam.

As with any trip, your camping experience will include

- a fun learning experience
- opportunities for girls to learn self-reliance by taking care of themselves and their belongings
- progression in skills and decision-making abilities
- a safe environment for girls
- quality program experiences that enhance the troop program

Your study reference books will include ***Volunteer Essentials, Safety Activity Checkpoints, and Outdoor Education in Girl Scouting***. Reference to different sections and pages will be made throughout this course and you will need to read each one. When you are ready, there is a self-test for you to take online. An email will be sent to you as a confirmation that you passed. Successful completion of the entire course will allow you to chaperone girls on a weekend camping adventure to an established camp.

Policies

Girl Scout Standards for Camping

When planning a camping trip, it is important that your plans do not exceed the skills of the girls. In advance, you should practice the skills the girls will need for their camping experience. Day trips to camp or overnights in the backyard provide opportunities for practicing skills such as cooking, cleaning up, and how to make a minimum impact on the environment.

Health and Safety

The health and safety of your girls is most important. This must be taken into consideration when planning a camping trip with all the activities involved. Girls are required to have their own beds when traveling. If girls will be sharing a bed, it is necessary to obtain parent permission prior to the event.

Progression in Camping

The thing to remember about camping trips is no matter how much planning you do, how good the weather, how great the food, the girls need to be ready for an overnight experience. When planned and prepared properly, the camping experience will be wonderful and girls will want to go again in the future. Start with a

home overnight to see who can stay overnight without their mother and who cannot. If you have a girl who wants to go home in the middle of the night, let her leave and then invite her mom to stay at the next overnight in order to help her be more comfortable.

From a home overnight, step out to the backyard and experience outdoor sleeping with the convenience of home close by. While the girls are getting comfortable with this, you can be teaching them the outdoor skills they will need when they go to camp: fire building, knife-safety, cooking, cleaning, songs, games, and other things they can do outdoors. Take a few day hikes in the area you are going to use for your first camping experience to get them familiar with the area. Stay late on one trip and cook dinner outside. Let them experience night at camp before heading home. When you are familiar with night sounds before spending the night, it makes it a lot easier for the girls to be comfortable.

After you and your girls have considered all the items on the planning checklist, it is time to solidify your plans. Just as you learned in the ***Volunteer Essentials*** on trip planning, you have some forms to fill out.

Once a date has been decided on, you should fill out a Troop Travel Application and submit to the council office. Please submit at least 4 weeks prior to date of trip. This form will not only get you permission to take your trip, but also as you fill it out, you will again be reminded of items that need to be discussed and agreed to by both the girls and adults.

Most important:

- You must have a first aider – submit copy of certification with application.
- All drivers will need to be registered adults, with a criminal background check on file.
- All drivers and vehicles going are registered and insured.
- You have completed your Participation Roster with girl and adult names, emergency contact information etc
- Checked with MMS about any additional insurance that may be needed for extended trips of 3 or more nights (older girls).
- Have selected an emergency contact person staying at home.
- Have copies of roster and emergency contact information and your contact information during the trip to given to the emergency contact person.
- For camping trips, remember that you will need at least one adult with outdoor certification accompanying the troop – submit copy of certification with application.

Property Reservation Procedures

In order to reserve a site for camping, troops must complete the appropriate property reservation forms and pay the site fees. The Fort Smith Office can advise you on available dates and sites (800-632-6894 Ext. 4010 or 4024). We do not keep a waiting list for campsites.

Property Reservation Form: Complete the appropriate property reservation form, and select two choices for property reservation dates. A form must be completed for day and/or night reservations. Select specific facilities and activities to determine fees. Add facility fees, \$25 damage/holding fee deposit and equipment rental fee to find the total amount owed.

Certification and Training: Attach current copies of all certifications needed for camping and additional activities. Refer to Volunteer Essentials and council policies and guidelines for information pertaining to training and travel requirements.

Reservation Process: Submit the Property Reservation Form with attachments and deposit/holding fee to the Fort Smith Office two weeks prior to the first requested date. Reservations are received on a first-come, first-served basis and are not approved until deposit payment is received, and site availability and training confirmations have been made.

Confirmation: Upon receipt of payment and confirmation of training, you will receive a confirmation, which will include property information and a Usage Form for the appropriate properties. You will be notified if dates are not available.

Cancellations: Fees and deposits are returned only if written cancellation notice is given one week prior to the confirmed reservation. Forced cancellation due to severe weather warnings will be rescheduled, if possible, or fees will be reimbursed to the troop or group.

Before leaving camp: The Usage Form must be completed. You can mail or drop it off at the Fort Smith Office within ten days or your damage/holding fee will be forfeited. You **MUST** check out or call before leaving camp, to let the camp ranger or property caretaker know that all adults and campers are off the premises.

Rangers and Site Caretaker: Each camp has different arrangements for Rangers/Site Caretaker. Please see your confirmation packet for information on where to locate the Ranger/Site Caretaker when you arrive to the camp and contact information for the Ranger/Site Caretaker.

Damage Deposit: Upon receipt of the Usage Form and inspection of the site by the Camp Ranger or property caretaker, your damage deposit will be refunded to you. Your refund should be mailed to you within 30 days of your property use date. If damage is found, you will not receive a refund of the damage deposit and you will also be responsible to pay for any additional costs incurred to return the property back to its original condition.

Reserving a Girl Scout Property

To reserve Camp Cahinnio, Cross Arrows, High Point, Kemp, Noark, Radford House, Taloha, or Burnham Woods

Mail the specific property's reservation form to:

Girl Scouts – Diamonds of Arkansas, Oklahoma and Texas

5705 Gordon Lane

Fort Smith, AR 72903

Fax: (479) 452-3365

property@girlscoutsdiamonds.org

Property Usage Guidelines and Procedures

Arrival and Departure

Please be certain to include your expected arrival time and departure time when you send in your Property Reservation Form. For properties with an on-site manager: Notify the on-site manager directly if your arrival time changes and immediately when you arrive. Fill in the check-in sheet from your confirmation packet upon arrival to the property and let the on-site manager know about any deficiency. Since you are responsible for any damage to the facility, you need to carefully note facility condition at check in. On your first day, schedule a checkout time with the Site Manager. The Site Manager needs to check your site at least an hour before your departure. Complete the checkout form you received in your packet. Record needed repairs and equipment. This form is a requirement and must be returned within 10 days of your reservation or you will lose your deposit. You will need to return all paperwork directly to the Property Reservation Staff Member. Allow enough time to clean up.

For properties without an on-site manager: Fill in the check-in sheet from your confirmation packet upon arrival to the property. Since you are responsible for any damage to the facility, you need to carefully note facility condition at check in. When you are ready to depart, complete the checkout tasks and fill out the checkout out form. This form is a requirement and must be returned within 10 days of your reservation or you will lose your deposit. You will need to return all paperwork directly to the Property Reservation Staff Member. Please be extremely conscientious of cleaning up after your group since there will not be someone available to check-out.

Supervision

All participants five years or younger SHALL be accompanied by a parent/guardian. For Girl Scout Groups the adults making up your adult/child ratio shall be registered Girl Scouts and have passed the volunteer background check.

Male Attendees

As a part of your planning, inform parents of Girl Scouts/minors about which adults will be going on the trip. If men are planning to attend, be sure to arrange separate sleeping facilities. Separate facilities could be in the form of a separate room in one of the lodges, separate tents, or cabins, etc. You will also want to make sure that separate bathroom facilities are available. If separate facilities are not possible, use common sense in planning the use of bathroom facilities by either a signal system or other appropriate means. Both females and males shall respect the other's need for privacy. Male and female group leaders shall work in partnership to determine appropriate living boundaries. Refer to Safety Activity Checkpoints. If men are included in your group, please let the Site Manager know upon arrival so any all-girl groups may be informed of their presence.

Training

Site Users must have appropriate training prior to using a site and follow Girl Scout safety guidelines and standards when on council owned property.

Girl Scout Membership

All users of Girl Scout Properties will be encouraged to become Girl Scout Members.

Alcohol, Illegal Drugs, or Marijuana

- Misuse of any substance is prohibited on Council-owned property or during any Girl Scout activities
- Possession or use of alcoholic beverages is not allowed at the program centers, on any Council owned property or during Girl Scout activity
- Possession or use of illegal drugs or marijuana is not allowed under any circumstance at the program centers, on Council owned property or during any Girl Scout activities

Adult Smoking

Girl Scouts – Diamonds of Arkansas, Oklahoma and Texas is a smoke-free environment at all offices and program sites. Smoking is prohibited on all Council owned properties. Adults should not smoke in the presence of girls at any Girl Scout activities.

Animals and Pets

- Pets are not allowed on camp property except for service animals required to accommodate a health related need such as a Seeing Eye Dog.
- No live animals except service animals are permitted in the kitchen, dining hall or infirmary at any time.

Exception: The Chief Executive Officer or her designee may grant an exception to Camp Rangers or caretakers

Violence

Violence, threatening behavior or bullying are not tolerated. Persons exhibiting inappropriate behavior on council property will be removed from the property.

Motorized Recreational Vehicles

Motorized Recreational Vehicles for land, water or air are prohibited on the property except as permitted by the Chief Executive Officer or her designee.

Accommodations

- If a female adult is sharing accommodations with girls, two adults must be present when using the sleeping quarters.
- Males must have separate sleeping and changing quarters from girls.
- Couples will be required to use separate sleeping quarters, when staying overnight during a girl program, except during family events.

Exception: The Chief Executive Officer or her designee may make an exception to 1, 2, and 3 when Family Camping is involved and a family is sharing accommodations.

First Aid and Emergencies

Each user group must have at least one designated adult to provide First Aid treatment as necessary; this adult must possess a current certification in first aid and CPR from a nationally recognized provider. Any health related incidents on the property requiring more advanced medical care than First Aider can provide shall be reported immediately to the Site Manager AND to Girl Scouts- Diamonds Emergency number 1-800-489-0457. Any incidents resulting in the involvement of local law enforcement shall be reported ASAP to the site Manager AND to the Girl Scouts – Diamonds Emergency Number 1-800 489-0457

- Your troop/group shall provide a currently certified adult first aider and an adult certified in CPR to be present at all times during property use.
- The troop/group using the property is responsible for providing initial first aid, emergency care, and emergency transportation.

- All groups are responsible for supply and carrying their first aid kit. The first aid kit shall go where the group goes.

See the use of swimming pool & canoes for certification requirements for aquatic activities

- Girl Scout Groups are required to have all adults supervising children registered as Girl Scouts volunteers.

Fire/Carbon Monoxide Alarms/Detectors

Some buildings have fire or carbon monoxide detectors and alarms that sound when there is a fire or gas leak. If an alarm goes off at any time (regardless of whether or not there is a fire or you smell gas), take appropriate emergency actions and notify the Site Manager immediately, if there is not an on-site manager please call the Girl Scout – Diamonds emergency number above. Please become familiar with the system in your building.

Fire Extinguishers

Fire extinguishers are located throughout the property. Identify the extinguishers closest to your group's location and read the directions for use found on the extinguisher. If an extinguisher is used, notify the Site Manager or include the information on your check out sheet so it can be replenished.

Telephones

There are phones located in various locations for emergency use only. All long distance calls shall be made collect or by credit card or calling card. Camps DO have 9-1-1 capabilities. Local emergency numbers are posted by the telephones.

Behavior/Damage/Vandalism

All behavior of the group is the responsibility of the troop/group leader. Groups will be held responsible for any damage not noted on the check-in report completed upon their arrival. A site shall always be left as it was found, or cleaner. Report any damage, vandalism, or maintenance needs to the Site Manager.

Activity Areas

No one shall enter activity areas unless they have made prior arrangements with the Girl Scouts - Diamonds of Arkansas, Oklahoma and Texas. Prior to usage of any specialized activity area, including use of equipment at such area, the user group must be orientated to the site, procedures, and equipment at the site. If other specialized program activity areas or equipment are part of the facility, Girl Scouts - Diamonds of Arkansas, Oklahoma and Texas will either provide appropriately trained staff or will determine minimum qualifications for supervision by the user group. Minimum standards are set for in Volunteer Essentials.

Sports Equipment, Books, and Board Games

Some properties provide basic sports equipment (balls, Frisbees, etc.), books and/or board games for use. You are welcome to gently use these items, returning them to the place they were found when finished. Report any unsafe or damaged equipment to the Site Manager, and please note that items labeled “resident camp only” is not available for use.

Campfires

Fires must only be built in established fire circles. Only downed and dead wood may be used. Liquid fire starters and bonfires are strictly prohibited. Each fire circle shall have one water-filled bucket and a shovel or rake. Do not leave a fire unattended. Be sure the fire is completely out before leaving it.

Fireplaces

Unless a sign indicates otherwise, you may use the fireplaces on property. Please DO NOT clean out the ashes or pour water on ashes. Follow all **Safety Activity Checkpoints** procedures. If firewood is supplied, please use. You may collect **downed** wood from the property, but you may not cut down standing trees for wood.

Portable Cook-Stoves

Portable cook-stoves may be used on property. Choose a stove that uses one of the following fuels:

- Butane
- Propane

The following may not be used:

- Gasoline
- White gas

Instructions on the safe use of the stove and its fuel shall be provided for all persons using the stove. Portable cook-stoves shall NEVER be used inside a tent or indoors. The site chosen for the cook stove shall be cleared of flammable materials. The fire bowls are the recommended site. Girl Scouts shall follow all safety precautions as listed in **Safety Activity Checkpoints** and have an adult with the proper outdoor training to operate the cook-stove.

Cleanliness

The user group agrees to keep the portions of the facilities rented by the user group free of any trash, to leave all areas used by the user group in as good a condition as they were at the beginning of the use, reasonable wear and tear excepted, and to take away at the end of the use anything brought to the facility by the user group. Cost of cleaning the area will be charged to the user group and payment is required within ten (10) business days.

Showers

Each group using the shower facility is responsible for cleaning after use. The Site Manager will discuss for use and cleaning.

Parking and Speed Limits

All vehicles traveling on Girl Scout Property must travel at safe speeds as posted on the site. If speed is not posted the speed is not to exceed ten (10) mph. Each site has different policies regarding parking; Rangers or Caretakers will inform user of parking policies upon arrival.

Quiet Times

In consideration of other users of facility, quiet time is from 10:00 p.m. until 7:00 a.m.

Food Service

- If the user group prepares its own food, it assumes all responsibility for foods prepared and for all activities incident to their preparations, and the user group shall hold the Girl Scouts- Diamonds of Arkansas, Oklahoma and Texas harmless from any and all liability therefore.
- The food service area must be kept clean and only clean utensils will be used.
- Food must be handled and stored properly. Qualified personnel shall monitor refrigerators, freezers and dishwasher to ensure they meet or exceed acceptable temperatures and notify the Girl Scouts - Diamonds of Arkansas, Oklahoma and Texas if they do not.
- Food is required to be stored and served at appropriate temperatures.
- Perishable food items shall be colder than 40 degrees by the use of refrigeration or coolers. If higher temperature is read, notify the Site Manager immediately.

For mechanical dishwashers

- Wash water is at least 100 degrees F
- Rinse water is at least 180 degrees F verified by written documentation while in use, or an approved chemical sanitizer is used as directed
- Always allow dishes to air dry

For dishes and foodservice utensils washed by hand

- Wash and initial rinse temperatures are at least 100 degrees F
- Second rinse process is used with an approval chemical sanitizer.
- Always allow dishes to air dry

Ice is available from the ice machine in the dining hall unless otherwise specified by the Site Manager. Eat hot food while hot – remember that food left out can spoil quickly.

Keys

- It is illegal to make copies of camp keys.
- Troops/groups will be charged for lost keys.

Non-Girl Scouts Individuals/Groups

A. Hold Harmless Agreements

An Individual or group wishing to rent or use a council facility for a non-Girl Scouts activity must:

1. Sign a hold harmless agreement with Girl Scouts - Diamonds of Arkansas, Oklahoma and Texas which they take responsibility for any damage to council-owned property or any property they bring.
2. Indemnify Girl Scouts - Diamonds of Arkansas, Oklahoma and Texas in case of accidents or injuries that occur during or resulting from their activities while on Girl Scouts – Diamonds of Arkansas, Oklahoma and Texas properties.

B. Certificates of Insurance

Prior to the use of the premises, the Organization must provide the Council with the following evidence of insurance:

1. Certificate of Comprehensive General Liability insurance including contractual liability for bodily injury and property damage in an amount not less than \$300,000 combined single limit.
2. The Certificate should also include the Council as additional insured. Said coverage shall not be cancelled without at least ten (10) days advance written notice to the Council.

C. Refusal to Rent Property

Girl Scouts - Diamonds of Arkansas, Oklahoma and Texas reserves the right to refuse to rent the property to any group at its sole discretion.

D. Shared Usage

1. Non-Girl Scouts groups may not sublease or share the council-owned property with other groups without express written permission of Girl Scouts - Diamonds of Arkansas, Oklahoma and Texas.
2. Each Group using a property owned by Girl Scouts- Diamonds of Arkansas, Oklahoma and Texas will be considered a separate user.

E. Policy and safety Standards

Non Girl Scout groups must comply with the policies of the Girl Scouts- Diamonds of Arkansas, Oklahoma and Texas and appropriate safety standards in the use of property.

Volunteer Essentials

You must have access to a copy of Council Resource Guide: Volunteer Essentials/Safety Activity Checkpoints are available at each campsite – check with the ranger for the location of the book.

Volunteer Essentials is your encyclopedia to Girl Scout volunteering that's there when you need it. When you have a question, simply look up the topic in the Table of Contents, and you'll find your answer.

Example: All information about what troops are responsible for bringing, and what they have access to at camps are listed in the Property Use Guidelines and Venture Out I. Venture Out II, contains a troop and camper checklist of what items should be brought to camp.

Supplemental Camping Procedures

Automobiles

Drive your vehicle only on the main roads and park in designated areas. Some roads are not safe for automobiles. At least one passenger vehicle shall remain on the property for emergencies. During the muddy season, if the roads are not useable, either the ranger will help you haul equipment or you will be given instructions on how to proceed. Follow all posted transit signs.

Advanced Medical Care

Any health related incident on the property requiring more advanced medical care than the First Aider can provide shall be reported immediately to the Site Manager AND to Girl Scouts – Diamonds Emergency number: 1-800-489-0457. Any incidents resulting in the involvement of local law enforcement shall be reported ASAP to the ranger AND to Girl Scouts – Diamonds Emergency number above.

Fire/Emergency Weather Drills

Soon after your group arrives, have a fire drill and emergency weather drill and review all emergency procedures and property rules. Make special note of rules related to areas your group can and cannot go, behavior expectations, and natural/physical hazards.

Beds and Mattresses

Beds and mattresses shall not be moved within or between buildings/units.

Off Limits

Some rooms and buildings are used for resident camp or council storage. Stay out of any locked areas. When hiking around camp ask permission before entering areas being used by other groups.

Natural and Physical Hazards

Troops/groups shall be aware of and ready to prevent, treat, and alert emergency services for the following list of natural and physical hazards on the property:

- Poisonous snakes, spiders or plants; wild animals
- Stinging insects; heat; electrical storms
- Rocks and uneven ground
- Cliffs and drop-offs
- Pool, lake, river or ponds
- Mowers and power tools (supervised, unsupervised, or locked)
- Pool shed; well house, equipment sheds; electrical lines
- Kitchens and heaters

Garbage

Please do not litter. Use plastic garbage bags in proper containers with lids. Unless told otherwise, please plan to take your garbage to the dumpster at the camp entrance.

Cleaning/Expendable Supplies

Toilet paper and cleaning solutions will be provided on site. Users are responsible for paper towels, rubber gloves, sponges, cleaning rags, hand and dish soap. We recommend you have participants bring along hand towels for morning and evening. Please follow all posted guidelines for cleaning and sanitizing facilities.

Heaters

During the winter months, heat in the buildings is set at 50 degrees when not in use and 65 degrees when in use. Please bring adequate clothing and bedding.

General Facility Procedures

- If available, turn on kitchen fans when cooking.
- Do not remove beds, tables, dishes, cookware, etc. from buildings or tents.
- Please take all craft and display items with you when you leave.
- Camping is a good time to be away from modern distractions. You may want to suggest to your group that blow dryers, radios, etc. are left at home.

Lakes/Ponds/Rivers

No wading or swimming is permitted at any time. No child or adult is allowed on the docks unless there is a certified lifeguard available. All participants on the dock shall be wearing a properly fitted PFD (life jacket). All camp rules shall be followed including having properly certified lifeguards. If you have a lifeguard on duty from

a nationally certified agency, their certification shall be turned into the council one week before your group is at camp.

Personal Sports Equipment

Troops/Groups may use appropriate personal sports equipment at council properties. Use shall be limited to the equipment's intended purpose and for the recommended age group. No specialized equipment shall be used without prior training.

Packing

Packing does not seem like a subject you would need to cover, but if you go camping in the fall and a girl shows up with a Strawberry Shortcake slumber bag instead of a heavy-duty sleeping bag, you will understand. In order to keep girls from bringing more than they need, a packing list is always a good thing. Plan with your girls what will be needed for their camping trip. Make a list that the girls can use as a check off for packing. Go over the list with the parents so they know what is needed. Be sure to list what is **not** to be included as well. The list will change from trip to trip depending on the time of year, location of destination and the weather expected. On the following page is a sample packing chart for your review.

When packing bedrolls, be sure to roll all sheets, blankets, and pillows in a **tight** roll secured with a belt or other fastener. Sleeping bags should also be tied tight or put into a stuff bag for compact packing. This makes packing cars a lot easier as they will take up less room. **ACTIVITY:** Have the girls bring their bedrolls to a troop meeting. You can supervise them as they learn to roll their bedrolls in as tight a roll as possible. Make a game of it by seeing who can roll theirs the fastest, neatest, smallest, etc. Making it a game keeps it fun and teaches too. You can also recommend proper bedding if what they bring to the meeting does not meet trip standards.

Things not to bring:

- Expensive jewelry (including Mom's jewelry)
- aerosol products
- open-toe shoes (except flip-flops for shower)

In the forms section, you will find a sample-packing checklist. You can make your own and adapt it to the weather, seasons, place, and activities. It cannot be stressed enough that this list should be shared with the parents. Go over the list and explain why each item is included or excluded.

You can make a separate checklist for what goes in a daypack, if you will be hiking; to be sure all the right things are included. Again, this list will change depending on the type of trip, place, weather, etc.

Things to bring:

- Whistle
- Sunglasses
- Water bottle
- Flashlight
- Lunch/snack
- Poncho
- Matches (not in girl's day pack)
- Sit upon
- Sunscreen/lip balm
- Small first aid kit
- Insect repellent
- Paper and pencil
- Small trash bag

Outdoor Manners

Showing good manners in the out-of-doors is mostly common sense. Here are some rules for good outdoor manners:

- Get permission from the owner before going onto private property.
- Walk around planted fields, never through them.
- Always practice fire safety.
- Use established trails - do not go off trails.
- Prevent erosion by NOT making paths straight up a hillside.
- Walk or ride (wheelchair) carefully so you do not crush plants or animals' homes.
- Leave gates as you found them. If they are closed, close them behind you. If they are open, leave them that way.
- Always leave any place better than you found it. Put litter in trashcans even if it is not yours. In certain situations, you may need to plan to pack out your garbage.
- Do not pick flowers along trails. Take only pictures leave only footsteps.
- Carry a trash sack with you when you hike so you can pick up any litter you come across.
- Police your campsite before you leave and be sure all trash has been picked up.
- Disperse your campfire, burned wood, and coals, then cover campfire area with dirt and leaves so no one will know you were there.

Dress for the Weather

Dressing for the weather is extremely important for a safe and enjoyable adventure in the great outdoors. Teaching girls how to dress in layers and choosing the appropriate fabrics for the different seasons will help them stay cool in hot conditions and warm in cold conditions.

For hot weather

- Cotton t-shirt and pants are best. Cotton absorbs moisture and helps the body to be cool.
- Crop tops, spaghetti straps, halters, and other clothing items that cover less skin are **NOT** good choices for outdoor camping wear. Although these items help the body cool, clothing covering the back, shoulders, and arms will protect against sunburn, scratches, and insects such as ticks.

For cold weather

- Clothing with wool and other natural and synthetic materials will help retain body’s heat and absorb less body moisture.
- Layers of clothing will help retain heat.
- Hats and gloves are essentials for cold weather, since the body loses body heat from our heads.

For rainy weather

- A water repellent jacket or poncho is the best choice.
- Umbrellas are not a good choice for the outdoors because they tend to break in the wind.

Other clothing tips

- Loose fitting clothing can be a hazard around campfires and cooking areas.
- Clothing made from plastic or nylon such as rain jackets and pants will easily catch fire.
- Open toe shoes should NEVER be worn during camping or on hikes.
- Closed toe shoes (tennis shoes) with socks should ALWAYS be worn to protect the feet/toes from possible injuries such as bruises, scrapes, poisonous plants, and animals.

You and your troop should wear a brightly colored hunters’ vest during hunting season while hiking.

31 Things to Do with a Bandana

A bandana is a 22” by 22” piece of cloth and is a part of the official cowboy uniform. It is also considered a part of the Girl Scout “Outdoor” uniform.

- | | |
|---|--|
| 1. A scarf or a head covering. | 15. A pouch to hold money or trinkets. |
| 2. A sweatband tied around your head. | 16. A bandage or poultice. |
| 3. A ribbon to tie back a Girl Scout’s hair. | 17. A sling for an injured arm. |
| 4. A mask or a disguise to hide your face – like a robber. | 18. A tie for a splint. |
| 5. A cloth to clean your tools. | 19. A washcloth for dishes or body. |
| 6. A measuring tool. | 20. A towel to dry with. |
| 7. A dust or polish rag for your boots, saddle or belt buckle. | 21. A strainer for muddy water, coffee, or cooking pots. |
| 8. A cloth to wipe perspiration from your face and the inside of a hat. | 22. A hot pad to remove the hot pot from the cooking fire. |
| 9. A covering to protect your face from | 23. A covering to keep bugs off food. |

- the elements like a dust storm or blizzard.
10. Protection for the neck from the sun.
 11. An air conditioner – dip it in water, place on your neck or forehead.
 12. Ear muffs to keep your ears from freezing in cold weather.
 13. A tie around your hat to keep it from blowing away.
 14. A short rope to hang items from jeans, belt, or backpack.
 24. A napkin to keep food from falling on your clothes and for wiping your mouth.
 25. A sit-upon.
 26. A swatter to kill an annoying fly.
 27. A signal flag.
 28. A nosebag lunch or knapsack.
 29. A handkerchief to dry your tears.
 30. A handkerchief to blow your nose.
 31. A blindfold, muzzle or gag.

Vehicle Travel Kit

Being prepared is the safest and smartest way to prevent accidents and staying found. The safety of the girls is your most important consideration. Staying safe yourself is most important to the girls. When preparing for a camping trip, careful planning for the unknown can help ensure a good experience for all. Review **Safety Activity Checkpoints** and read Chapter 5 **Outdoor Education in Girl Scouting**.

After a preliminary trip planning, meet with your girls and their parents to review the trip's plan and procedures for additional plans or clarification. When you are ready to go, each driving adult should carry the following:

- _____ Parent permission forms for each girl in the car; completed and signed by parent/guardian.
- _____ Copy of Day Trip Request or Overnight trip Request.
- _____ Copy of the Diamonds Emergency Procedure information.
- _____ Back Home Contact Person (at least two, Emergency Contact Person)
- _____ Girl Needs Assessment and Health Form, Authorization and Medical History.
- _____ Health and Medical History Information on each adult in car.
- _____ Medication in individual zip lock bags with dosage written out and signed by parent/guardian and a dosage log. (designated Troop's First-Aider)
- _____ First-Aid Kit
- _____ Travel itinerary (travel route and planned places to stop in case of separation while traveling).
- _____ Code of Conduct on each girl and adult.

There should always be a First-Aid/CPR trained adult on every trip as well as at every meeting.
Optimal—all adults are trained and the girls have some simple knowledge of first-aid/CPR.

Be sure to designate an Emergency Contact Person for you to contact in the event that there is an emergency or you need to change your arrival time for back home. This person should have a list of all girls and adults attending the trip with telephone numbers and their contact person. They must also have a phone number where they can reach you in case of an emergency. For example if bad weather is heading for you or your hometown, you can be notified so you can be prepared.

In the event of an accident, you will find below the number to contact the council office and the Council Emergency Procedures. Follow these procedures and you will be taken care of. Someone will come to you and take care of the situation for you so you can concentrate on the girls. DO NOT PANIC. Keep a copy of this in your first aid kit so you will always have it.

Girl Scouts – Diamonds of Arkansas, Oklahoma, and Texas

In case of emergency, please call: **1-800-489-0457**

Describe your emergency and the appropriate staff members will be notified.

Emergency Procedures:

1. **CHECK** and secure the scene.
2. **CALL 9-1-1** for assistance and **CALL** council emergency number.
3. **CARE** for the injured.
4. **KEEP** uninjured girls together with an adult and away from the scene.
5. **SPEAK ONLY TO POLICE** or other authorities.
6. **MAKE NO STATEMENTS TO MEDIA.**

Do not discuss the incident, place blame, or accept liability.

Refer media/press questions to the CEO

Parking

When first arriving at a destination, everyone is excited and ready to have fun. First, the vehicles must be parked and unloaded. Always **BACK** the vehicle into the parking spot before passengers exit the vehicle. Why?

- Girls are not as easily seen behind a car. They will be excited and not always watching for moving cars.
- One of the top five causes of auto accidents is the driver not looking before backing up.
- In case of an emergency necessitating a quick departure, you are ready to leave the site quickly. Examples of this include sudden bad weather.

Vehicles should not be moved during an event any more than necessary because of the girls not being seen as easily behind the vehicle.

Girls should always help unload the vehicle. The troop gear should be unloaded first and the campsite organized. Then they should be responsible for getting their gear unloaded and to the appropriate place. If tents are to be set up, personal gear can be set in one designated spot or left in the vehicle until needed.

When camping at a council property, check with the ranger for the parking requirements at the site you chose. Each site is different due to the layout of the facility.

Kaper Charts

A Kaper Chart is a handy tool used to fairly distribute jobs at Girl Scout meetings, activities, and outdoor trips. A Kaper Chart can be used to clarify which individual, pair, small group, or patrol is responsible for completing a specific job. Kaper Charts should be designed based on the activity planned.

A good Kaper Chart:

- Gives each girl a chance to help and take responsibility.
- Rotates the kapers so there is a chance to do (and learn) many skills (pleasant and unpleasant)
- Helps girls to know what their kaper is
- Helps girls to know who is responsible for what – when

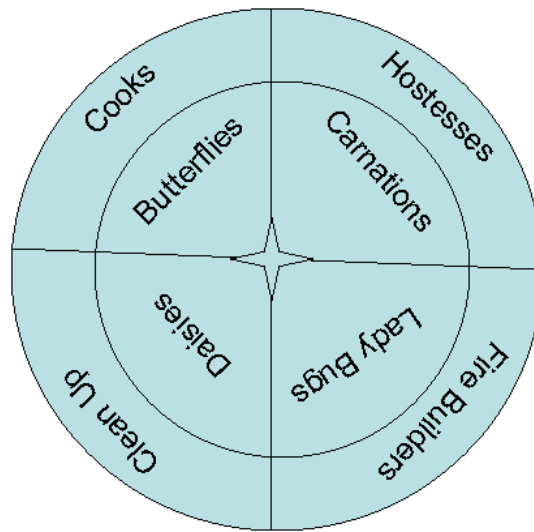
How is a Kaper Chart made?

- List each job that needs to be done.
- Sort the job into categories such as “cooks” or “fire builders”.
- Decide how many times each job needs to be done and when it needs to be done.
- Decide how to divide the jobs: individual, buddies, or patrols.
- Come up with a fun way to decide who does what. This should be a random kind of thing like pulling names from a sack.

- List names and kapers on the chart and place where everyone can see.
- If a job is not being done, have girls consult the Kaper Chart to see who is supposed to be doing it.

Kaper Wheel




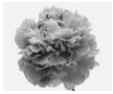








The Kaper Wheel can be constructed of two poster boards. You may want to use two different colors to indicate the jobs to be done and the individuals, buddies, or patrols that are responsible to complete the jobs. The outside poster board is a larger circle and the inside poster board is smaller. The two poster boards are cut to size and then held together by a brad and free enough so that the smaller poster board can spin freely; thus becoming a Kaper Wheel. The jobs to be completed are listed on the outside (larger board) wheel. The individuals, buddies, or patrols are listed on the inside (smaller board) wheel which is the wheel that spins.



Kaper Chart by Buddies

	Fire Builders	Cooks	Hostesses	Clean Up
Friday PM	Nancy/Marie	Jane/Jamie	Carol/Kim	Kendall/Hayley
Saturday AM	Kendall/Hayley	Nancy/Marie	Jane/Jamie	Carol/Kim
Saturday Noon	Carol/Kim	Kendall/Hayley	Nancy/Marie	Jane/Jamie
Saturday PM	Jane/Jamie	Carol/Kim	Kendall/Hayley	Nancy/Marie

Kaper Chart by Patrols

	Fire Builders	Cooks	Hostesses	Clean Up
Saturday Breakfast (apple juice, eggs, bacon, toast and cocoa)	Lady Bugs 	Butterflies 	Daisies 	Carnations 
Saturday Lunch (grilled cheese sandwiches, chicken soup, apple wedges, kool-aid and cookies)	Carnations 	Lady Bugs 	Butterflies 	Daisies 
Saturday Supper (Girl Scout stew, crackers, milk and smores)	Daisies 	Carnations 	Lady Bugs 	Butterflies 

Whichever Kaper Chart you choose, make sure to have posted the responsibilities for each group so the girls will know exactly what is expected of them. They cannot follow a chart if they do not know what it means. You will need to assign jobs according to the number of girls in your troop. The more girls, the more you can spread out the jobs. The lesser the number of girls, you may have to consolidate some of these jobs. Jobs include:

Fire Builders

- Following **Safety Activity Checkpoints** guidelines, build, maintain and put out cooking fire (p. 90 for Open Fires)
- Build the kind of fire the cooks need
- Be responsible for fire area and wood supply
- Keep one fire builder with the fire at all times
- Make sure there is a way to put the fire out before starting it

Cooks

- Following **Safety Activity Checkpoints** guidelines to preserve health and safety
- Soaps outside of cooking pans (for wood/charcoal fires)
- Washes hands, prepare, cooks and serves food
- Puts food away after meal
- Rinse food preparation dishes/pots for easier washing
- Puts dishwasher on to heat during meal
- Cleans up cooking area and washes tables

Hostess

- Invites guests
- Sets tables
- Prepare centerpieces (environmentally friendly)
- Selects, teaches, leads grace
- Serves guests and leaders first
- Are responsible for good table manners and conversation
- Washes dishes of guests and leaders

Clean Up

- Follows guidelines on Dishwashing Tips
- Sets up dishwashing area
- Makes sure garbage is sorted properly for disposal/recycle. Grease goes in a covered, closed container and disposed of according to guidelines of the campsite. DO NOT leave grease in trashcans.
- Supervises individual dishwashing and wash all cooking dishes and pots
- Disposes of garbage and trash

Sanitation

After a restful evening, you wake up the next morning and ask, “What happened? The campsite is a mess!”

Understanding safe procedures (sanitation) for storage of food, disposal of food and oils/grease, used dishwater, paper and metal trash and personal hygiene will ensure that your campsite is safe from unwanted animals and contamination of water sources for others who use the campsite after you. Never litter; dispose trash daily in the campsite-designated area. It is amazing how much trash can build up at a campsite. In fact, having a couple of small grocery bags to use for trash around the campsite will encourage everyone in the troop to help pick up after themselves. Develop a system to pack out leftover food, trash, and oils/grease; check with the ranger for campsite procedures for disposal of trash and where to get fresh drinking water.

Protecting Food from Animals – In an established camp setting, what you will have to remember is there should be no food in the cabins. All food should be kept in the kitchen area in appropriate containers. If you only have an outdoor pavilion, leave ice chests and food in the cars overnight or when away from your campsite.

Dishwashing

Dishwashing while camping is part of the Girl Scout program. Enough time should be allowed so that this activity will not become routine and rushed. Health and sanitation requirements and good sense require that we do a better than average job washing our dishes at camp. An additional rinse pan may be included between scraping and the wash pan, to help keep the wash water clean. Keep the dishwater clean for as long as possible by washing the least dirty items such as cups and silverware first and pots last. For pots and pans (not cast iron) before cooking, coat the outside with a thin layer of dish soap for easier clean up. Forget the scouring pad or need more than one? “Crunch” a piece of aluminum foil into a ball. It will remove any stuck on food or blackening from cooking.

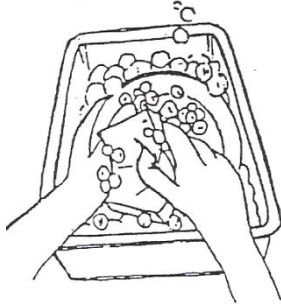
Scrape

off all excess food



Wash

in **warm**, soapy water



Rinse

in clear **warm** water



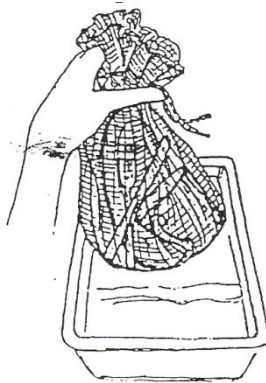
Dunk Bag

All of each girl's personal dishes go into her dunk bag.
Pots and pans and utensils are put into large dunk bags.



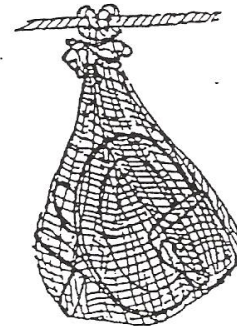
Sanitize

Immerse filled dunk bags in a solution of ½ oz. (a cap full) of bleach to one gallon of **cold** water. Hot water will break down the bleach and no longer sanitize.



Air Dry

All dishes and utensils. Hang the dunk bags on a line to dry. Do not use a dishtowel, it may carry dirt and germs.

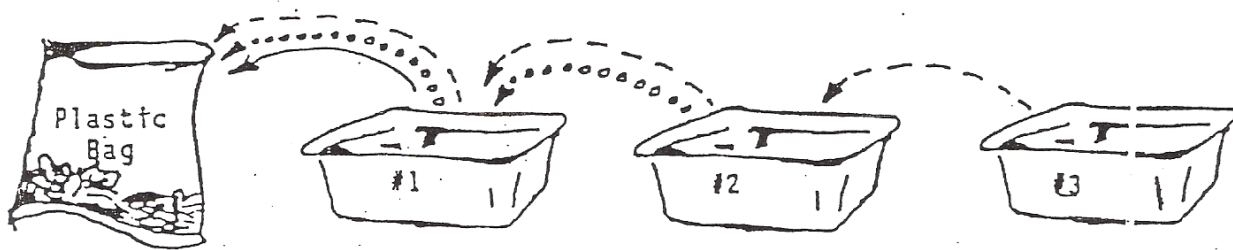


Dishwater Disposal

You have finished washing your dishes and the pots and pans that were used for cooking. You have to dispose of the water in the dishpan so that it will not hurt the ground or impact the environment. By using the following procedure for disposal of dishwater, all three containers will be clean and have some sterilization.

Here is the Girl Scout way to do that:

- Use a trash bag or plastic grocery bag and punch several small holes. Fill the bottom of the bag with leaves.
- Take the trash bag and the dishpans over into the edge of the woods away from sleeping areas and water sources.
- Empty container #1 (the dishpan of soap) into the trash bag. As you pour the water into the bag, the leaves will strain off any food particles and the water will drip into the woods area.
- Why? You do not want little critters to smell the food from your dishwater! This method keeps the food and food smells from being dumped on the ground!
- Empty container #2 (the dishpan of rinse water) into container #1. Then pour the water from container #1 into the bag.
- Empty container #3 (the final rinse with bleach) into container #2, then pour the water from container #2 into container #1, and finally from container #1 pour the water into the trash bag.
- Put the bag (with the little food bits) into the camp trash bag.



Dispose of water as far from a water source as possible to avoid contamination.

Personal Hygiene and Sanitation

Duty of Care - Disposal of Feminine Hygiene and Other Waste Products

Female products are not made to dissolve in water the way that toilet tissue is. These products can do a lot of damage to a septic system. In fact, this is the leading cause of backups in septic systems. There is no such thing as a soluble sanitary napkin or tampon. Flushing sanitary items down the toilet, pollutes rivers and coastlines and may result in blocked drains. From a survey of 452 river and canal sites, the Environment Agency found 34% of sites had sewerage derived litter, such as sanitary napkins and tampons.

Nearly five million sanitary products are flushed down the toilet every day. In Girl Scouting we aim to prevent sewage related debris from littering riverbanks and coastlines by informing you of the problems that will occur if they flush disposable products down the toilet.

The following products should not be placed in a toilet or latrine:

- Tampons
- Tampon applicators
- Mini and Maxi pads
- Diapers
- Band-aids and bandage wrappers
- Personal care wipes
- Cotton balls
- Q-tips
- Dental floss and whitening strips
- Hair
- Kitty litter
- Expired and unused medications

No products, feminine sanitary and otherwise should be flushed down the toilet or latrine. Products should be wrapped in the feminine product plastic wrapper or toilet paper, and taken to nearest trash receptacle located within the stall or restroom itself.

Also Read ***Outdoor Education in Girl Scouting***, pages 75 and 76.

Be sure the girls follow good personal hygiene when camping. More than ever, they will have dirty hand. Be sure they wash their hands before handling food in the preparation of meals and several times in the process. Those not cooking, should be sure to wash their hands before meals and snacks and after using the bathroom.

Minimal Impact Outdoor Skills

Minimal impact camping (low-impact camping): Leaving no trace of activities while camping, preserving the physical landscape of the campsite as well as the solitude and spirit of the wilderness. Read pages 60 and 61, *Outdoor Education in Girl Scouting*.

Leave No Trace

Leave No Trace is an ethic that promotes minimum impact enjoyment and recreational use of the land. Girl Scouts of the USA (GSUSA) works collaboratively with the Leave No Trace Center for

Outdoor Ethics (the Center) at the national and local levels through the Elliott Wildlife Values Project's *Linking Girls to the Land* program.



GSUSA supports Leave No Trace values and ethics, which teach stewardship, minimal impact camping, and responsible recreational use of the land. GSUSA also encourages Girl Scout Councils to become familiar with the Leave No Trace principals, trainings, and educational materials and to integrate them into their environmental and outdoors program. Councils can work with federal natural resource agency partners of *Linking Girls to the Land* to provide staff to assist with Leave No Trace trainings. For more information on *Linking Girls to the Land*, visit www.epa.gov/linkinggirls or linkinggirls@girlscouts.org.

Girl Scouts and the Leave No Trace Ethic. As part of the Girl Scout Law, Girl Scouts have been taught since 1912 to “use resources wisely” and to leave a place better than they found it. However, you do not have to be in the backcountry to practice this. The Leave No Trace ethic is just as relevant to the backyard, the local park, and the Girl Scout camp. Leave No Trace builds awareness, appreciation, and respect for the outdoors. It builds girls’ courage, confidence, and character; so that they can plan and be prepared for the situations, they encounter in the outdoors, enjoy their recreation experiences, and have minimal impact on the Earth. When Girl Scouts practice Leave No Trace skills and ethics, they literally make the world a better place. Leave No Trace concepts are woven into the Girl Scout Leadership Experiences, handbooks, and resources, earned age-level awards, and training objectives.

The seven **Leave No Trace Principals** are rooted in both science and common sense. Most can be applied to an established campsite as well as tent camping.

1. **Plan and prepare.** Poorly prepared people, when presented with unexpected situations, often resort to high-impact solutions that degrade the outdoors or put themselves at risk. Poor planning can result in improperly located campsites, improper campfires, or excessive trash because of failure to plan meals or bring proper equipment.

2. **Travel and camp on durable surfaces:** Damage to land occurs when surface vegetation, communities, or organisms are trampled beyond repair. The resulting barren area leads to unusable trails, campsites, and soil erosion.
 - *In high-use areas:* Leave No Trace suggests that people concentrate activity, which makes further damages unlikely.
 - *In area of very little or no use* Leave No Trace encourages people to spread out. Taking different paths when hiking off-trail will avoid creating new trails that cause erosion. Dispersing tents and equipment, and moving camp daily will avoid creating permanent-looking campsites.

3. **Disposal of waste properly:** Though most trash and litter in the backcountry is not significant in terms of the long term ecological health of an area, it does rank high as a problem in the minds of many backcountry visitors. Trash and litter should be packed out. Further, backcountry users create body waste and wastewater, which requires disposal according to Leave No Trace.
 - **Wastewater:** Avoiding soap and dispersing dishwater far away from natural water sources will prevent contamination.
 - **Human waste:** Proper human waste disposal prevents spread of disease, exposure to others, and speeds decomposition. Catholes, 6 to 8 inches deep and 200 feet from water, are often the easiest and most practical way to dispose of feces.

4. **Leave what you find** (except trash): Leaving rocks, plants, archaeological artifacts and other objects as found will allow others a sense of discovery. Similarly, Leave No Trace directs people to minimize site alterations, such as digging tent trenches, hammering nails into trees, permanently clearing an area of rocks or twigs.

5. **Minimize campfire impacts:** Leave No Trace encourages people to use lightweight camp stoves. Instead of fires, because the naturalness of many areas has been degraded by overuse of fires and increase demand for firewood. If a campfire is constructed, Leave No Trace suggests using an existing fire ring in a well-placed campsite, or use a fire pan or mound fire. True Leave No Trace fires show no evidence of ever having been constructed.

6. **Respect wildlife:** If enough people approach or interfere with wildlife, it can be disruptive to animal populations.

7. **Be considerate of other visitors:** Following hiking etiquette and maintaining quite allows visitors to go through the wilderness with minimal impact on other users.

Mother Nature's Great Outdoors

The outdoors has a wealth of opportunities for adventure. Mother Nature offers food for birds and other wildlife from many types of insects, spiders, ticks, chiggers, and plants and flora that are poisonous and non-poisonous. Learn to identify the harmful and harmless species of the outdoors that is most important for a safe and fun experience in Mother Nature's Great Outdoors.

For your convenience, we have listed the most common poisonous spiders, insects, and poisonous plants below. Notice that the number of harmful insects or plants is VERY small – and most of them can be encountered in your own home or back yard. We will leave it to you to find out about all the beautiful insects, spiders and plants that make our world such a wonderful place to explore.

Poisonous Spiders

All spiders, insects, and plants are helpful to the environment in some way but a few are dangerous to humans. The best way to be safe is to learn the characteristics of each harmful and harmless species. Leave spiders, insects, and plants undisturbed. Become a smart "Outdoor Adventurer" and know how to treat a bite or exposure to any poisonous bite or substance.

BLACK WIDOW SPIDER

This spider, as an adult, has a black shiny round body that can be the size of a little finger, fingernail. On the bottom, underneath of this black bead body, is a red design like an hourglass. Some Black Widow Spiders may have more than one red design on the "black bead body". It has 8 legs like all spiders. The Black Widow Spider lives in dark cool places and often in damp habitats. (Be cautious when removing rotting logs, removing stones or under dark damp areas.) The web is most unusual and does not have a pattern but a "mass" look. The female Black Widow is the most aggressive, and will kill the male after mating with him.



BROWN RECLUSE

This spider measures ¼” long. The body has a “violin” on the back of the spider. The spider may also be known as the “fiddle back” spider. It lives in dark dry spaces and can be found at home in the linen closets. The body is brownish or yellowish in color.



SCORPION

The scorpion can be identified by the following characteristics:

- ✓ several pair of legs
- ✓ length is 2 to 3 inches long
- ✓ reddish brown in color
- ✓ tail is curled over body
- ✓ a stinger is located at the tip of the tail



Spider Bite & Scorpion Treatments

- CAPTURE THE SPIDER OR SCORPION – IF POSSIBLE
- SEEK MEDICAL HELP ----- AND Transport -- IMMEDIATELY
- Have victim lie down IMMEDIATELY----DO NOT WALK
- Apply cold packs or ice IMMEDIATELY
- Take the spider or scorpion or insect with you to medical services

Poisonous Insects

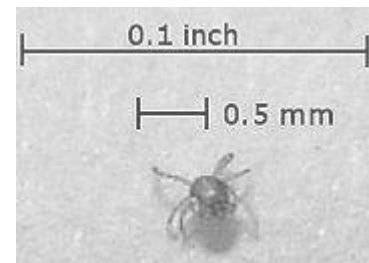
TICKS

The size and kind vary and are many. Ticks live in grass, trees, and bushes. Ticks like warm-blooded animals and people. Ticks drop from trees onto backs of animals and on heads of people. Ticks can be as small as the head of a straight pin, (Seed Ticks), to the size of drop of water. American Dog Ticks and Lone Star Tick---carry Rocky Mountain Spotted Fever, has a white spot in the middle of brown back; Deer Tick—can cause Lyme Disease and has small white pin point dots around the edge of their brown body.



CHIGGERS

The size of a Chigger is no bigger than the tip of a straight pin. The Chigger is red in color and often referred to as a “Red Bug”. Chiggers live in grass and bushes and can live in every environment except extremely cold areas. Chiggers are rarely seen, but bury themselves in the skin of a victim. The chigger makes a “red spot”, will itch and when irritated can be infected when scratched. Treat the chigger bite ASAP.



FIRE ANTS

The Red Fire Ant came to this country in 1929 via a cargo ship. Each nest can contain as many as 500,000 ants. The “Red” Fire Ant is very aggressive and can kill cows and other large animals. The fire ant is one of the strongest animals of the earth. They are very social and work in teams as they store food, care for each other, and have their own communication system. Size of Fire Ants: 1/5 to 1/16 inches long with dark abdomen, several legs, and message antennae. The nest can be as much as 15 inches high and as much as up to 5 feet deep. The life of the ant begins when the “queen fire ant lays thousands of eggs” first with the egg, the larva then the pupa/adult. The life span is from 30 days to 80 days for the workers. They do not survive in extreme cold weather. A lone fire ant cannot survive very long as they are a very social animal. Twenty million people are stung by Fire Ants yearly. More children are stung by Fire Ants than any other insect in this country. Brush ants off immediately when stung.



Prevention and Protection from Insect Bites

- Wear proper clothing when outdoors---light or white is most suitable
 - for picnics
 - for hikes—wear socks over ankles, tuck pants into socks
 - for overnights
- Use insect repellents
- Bath/wash as soon as possible after exposure in wooded or major grassy areas

Treatment for Ticks

- FOR TICKS—Use a drop of camphor, dish soap, alcohol or other recommended liquid to relax tick prior to removal
- DO NOT remove tick with fingers. Use tweezers and pull slowly. Do not jerk the tick; the head must be removed – so do so slowly.
- Place the tick in a bottle and take to the doctor if medical treatment is necessary.

Flying Insects



WASPS

There are several species of wasps. Colors of wasps: black bodies, red bodies, black and red bodies but all will sting if attacked or their nest is invaded. The wasp habitat is found most anywhere. The Black Dirt Dabber has a body that looks like a wasp but is harmless. The black Dirt Dabbers---will not sting—their nest looks like mud/dirt.



HORNETS

The Hornet is a very aggressive flying insect. The habitat for a hornet has an appearance of a “gray paper ball” that can be as large as a basketball. The habitat is normally found in secluded areas attached to a tree limb.



YELLOW JACKETS

Yellow jackets will build their home in the ground. They are very aggressive, and when disturbed will swarm an attacker.

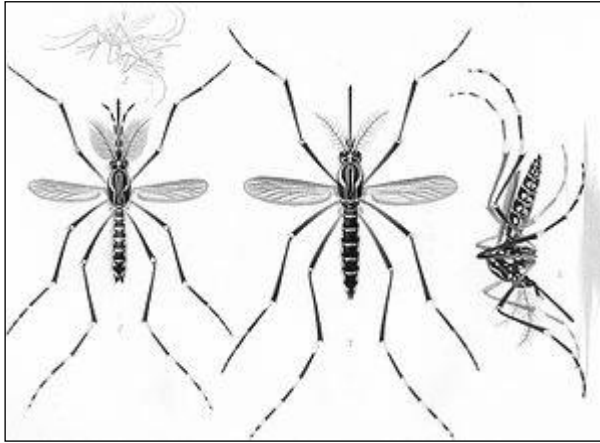


BEEES

Honey bees, bumble bees, sweat bees, are pests that will sting when annoyed. Do not disturb or irritate the flying insects and they will not bother you.

MOSQUITOS

There are over 3,500 species. The female mosquitoes bite and will suck blood/bite. All types of mosquitoes carry diseases. There is one type of mosquito that carries deadly “West Nile” disease.



Prevention from Flying Insect Stings & Bites

- Do not disturb or swat at the Flying Insects, (other than the Mosquito).
- Do not wear cologne or scented deodorant or hair spray.
- Wear a good insect repellent.
- Stand still or “freeze” when wasps or bees buzz around. The more action with your arms, etc., the more likely you are to receive a sting.

Treatment for Flying Insect Stings

- Remove stinger if possible-----apply ice--- watch for distress from sting
- Bath in warm water with 3-4 tablespoonful of baking soda
- Dab Honey Bee stings with bleach
- Watch a sting or bite for distress-----seek medical help.

Poisonous Plants

Poison Ivy and Poison Oak Facts

Poison Ivy, Poison Oak, and Poison Sumac are cousins to the cashew family. The difference is that these three “devilish” plants can cause a major allergic reaction in the form of blisters and rash. Poison Ivy, Poison Oak, or Poison Sumac when contracted, can cause a rash that results in itching caused by sticky virulent oil called “urushiol”.

An allergic reaction to the oil from these plants seldom happens on the first exposure. The sensitivity to this toxin may increase or decrease with age. More than 85% of people will develop an allergic reaction after the

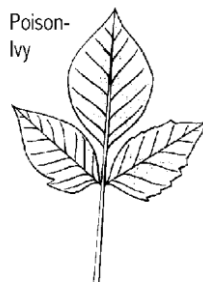
first or second time of direct exposure. Indirect contact may come from clothing, equipment, pets, and game animals just by touching these items or articles of clothing.

Poison Plant Identification

Remember the old proverb, “and ounce of prevention is worth a pound of cure”. Learn to identify and remember the age-old saying for Poison Ivy and Poison Oak---

“Leaves of three, beware of me and leave it be, leaves of five let it thrive, leaves of four go some more, and berries bright DO NOT bite.” The best protection against contracting a rash or blisters or becoming ill from a poison plant is to know and identify the plant(s).

POISON IVY can be a tree-dwelling vine, a bush shrub, or a ground cover. Key characteristics of Poison Ivy are the three distinct leaves of this plant. The leaf is smooth, can be of any size but shiny with smooth or serrated edges, and has fuzzy undersides. The vine that may grow in a tree has a woody hairy look. Poison Ivy also produces poisonous white/yellowish berries. In the fall, the leaves may be yellow, red, and orange or have a golden hue.



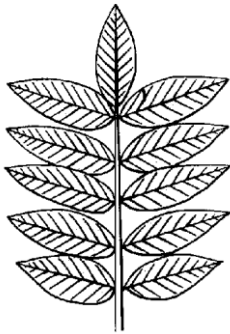
POISON OAK is a shrub. The leaves are three to the vine and shaped like oak leaves. The leaves are more leathery than Poison Ivy and the berries retain the yellowish color much longer than the fruits of Poison Ivy. Poison Oak also emits a poison oil, “urushiol”.



POISON SUMAC is identified by its low-paired leaflets that contain an additional leaflet at the end of the stem. Poison Sumac contains the same toxic agent as found in Poison Ivy or Poison Oak called “urushiol” and is found in all parts of the plant, including roots and berries. Poison Sumac grows as a coarse woody shrub or small tree and never in a vine like form. Other names for Poison Sumac are swamp sumac, poison elder, poison ash, poison dogwood, and thunder wood. These plants may grow from 5 or 6 feet tall to 25 feet in height. The leaves of Poison Sumac are divided into 7 to 13 leaflets, arranged in pairs with a single leaflet at

the end of the midrib, (stew.) Berries of Poison Sumac “drupes”, (droops); non-poisonous Sumac berries grow in a “spike”. Sumac species that could be confusing:

- Smooth sumac—non-poisonous—many leaflets, up to 31 with toothed edges with a red midrib. The twigs are slightly flat-sided and hairless.
- Dwarf sumac—non-poisonous—or Winged Sumac---a small tree. Dwarf sumac can be recognized by the wings along the midrib of the leaf and by the raised dots on the finely hairy twigs with the edges of leaflets smooth.



Prevention from Reaction/Illness from Poison Plants

- Learn to identify the plants and stay away---the plants supply food for wildlife.
- Never burn to eliminate the plant.
- encounter the plants in any season, even in the winter months after the plant appears to be dead. The roots can remain toxic for months or years.
- Never eat the berries from any poison plant.
- Wash the exposed area immediately.

Treatment for Poison Oak, Poison Ivy, Poison Sumac

- Wash everything that might have touched the plant...clothes, socks, etc.
- Wash the exposed body with cool water,--not hot water—hot water opens pores.
- Add baking soda or ground oatmeal, (5 cups), to a cool bath and soak for 15 to 20 minutes. A shower is best. DO NOT SCRATCH!
- Use lotion that contains calamine, alcohol and zinc acetate or oil with “melaleuca” to dry blisters.
- Never cover blisters unless advised medically.
- Seek medical attention if blisters/rash becomes red and swollen or does not improve in 3 to 4 days.

Poisonous Plants Found in the Yard or in the House

PLANTS:

Hyacinth, Narcissus, Daffodil
 Oleander
 Dieffenbachia & Elephant Ear
 Rosary Pea, Castor Bean
 Larkspur
 Monkshood
 Autumn Crocus, Star of Bethlehem
 Lily-of-the-Valley
 Iris
 Foxglove
 Bleeding Heart
 Rhubarb
 Daphne
 Wisteria
 Golden Chain
 Laurels, Rhododendrons, Azaleas
 Jasmine, Moonseed
 Lantana Camara, (Red Sage)
 Yew
 Wild and cultivated cherries
 Oaks
 Elderberry, Jack-in-the-Pulpit
 Black Locust
 May apple
 Mistletoe
 Water Hemlock, Buttercups
 Nightshade
 Poison Hemlock, Jimson Weed-(Thorn Apple)

TOXIC PART:

Bulbs
 Leaves, branches
 All Parts
 Seeds
 Young plant, seeds
 Fleshy roots
 Bulbs
 Leaves, flowers
 Underground stems
 Leaves
 Foliage, roots
 Leaf blade
 Berries
 Seeds, pods
 Bean-like capsules
 All parts
 Berries
 Green Berries
 Berries, foliage
 Twigs, foliage
 Foliage, acorns
 All parts, especially roots
 Bark, sprouts, foliage
 Apple, foliage, roots
 Berries
 All parts
 All parts, especially-unripened berry
 All parts

Checklists

- Checklist for Planning a Girl Scout Camping Trip
- Be Prepared Camper's Checklist
- Dress For Success and Safety in the Outdoors
- Venture Out II Checklist

Checklist for Planning a Girl Scout Camping Trip

YES NO

Are all girl and adult participants in this camping trip familiar with Girl Scout Basic Safety Guidelines as outlined in		
Are all girl and adult participants in this camp trip registered as members with Girl Scouts of the USA for the current year?		
Will standards for Girl Scout program activities be met?		
Will Girl Scout standards for parental permission be met?		
Will Girl Scout Standards for Adult Leadership be met?		
Will medical history records for each girl be obtained and available throughout the trip?		
Has the physical and emotional readiness of the participants been taken into account in your planning camping trip?		
Will emergency procedures for natural disasters and hazardous weather conditions common to your camping trip location be planned for practiced by all participants?		
Will Girl Scout standards for transportation be met?		
Has the financial preparedness for the troop or group been addressed so as not to exclude any individual?		
Have the girls and adults consulted the pertinent Camping activities checkpoints in Safety Activity Checkpoints in preparations for their trip?		

Be Prepared Camper's Checklist

What to bring	Labeled	Packed	What to bring	Labeled	Packed
Bedding*			Rain gear		
Pillow*			Light jacket summer		
Towels			Heavy jacket winter		
Washcloths			Underwear		
Soap			Pajamas		
Flashlight			Robe/Cover- up		
Toothbrush			Socks		
Hairbrush, comb			Jeans		
Deodorant			Long shorts		
Shampoo			T-shirts		
Sunscreen			Hat		
Disposable camera			Sit-upon		
Books, games, cards			Swimsuit		
Plate, drinking cup, knife, fork, spoon,			Tennis shoes		

Dress for Success (and Safety) in the Outdoors

Temperature	Shoes	Socks	Bottom Half	Shirt	Sweater	Jacket	Cover	Hat	Other
90's & Up	Closed Toe	Cotton Over Ankles	Shorts, in woods light colored pants	Short Sleeved Light-Color			Poncho for Rain	Mesh or baseball	Swimsuit
80's	↓	↓	Non-Binding Pants	Loose Long Sleeve			↓	Sun Hat	
70's	↓	↓	↓	↓			↓	↓	No Swimming
60's	↓	↓	↓	↓	Take with You	Take with You		↓	
50's			↓		Preferably Wool	Preferably Wool			
40's							Wool Clothes	Wool Knit	Gloves or Mittens
30's	Boots	Wool		Plus Wool Turtleneck	Two Wool		No Long Hikes		
20's			Long Underwear						

Venture Outdoors II Checklist

You have now completed your home study course. After emailing in your test and the planning activities on the previous page, you will be ready for the next step: **Venture Out II**. Be sure to check the Council Training schedule for the dates for the next training session and registration deadlines.

For this session, you will need to bring the following:

- Mess Kit (plate, cup, knife, spoon, fork)
- Dunk bag (nylon washables bag with shoe string through top for hanging)
- Jacket or other rain gear (depending on the weather)
- Closed-toe shoes only
- Bandana or Sit Upon
- Hat

If you are spending the night, you will also need:

- Bedroll
- Pillow
- Toiletries
- Medication
- Towel, wash cloth, flip flops for shower
- Sleeping attire
- Change of clothes
- Flashlight
- Bug Spray

See you there!