

GIRL SCOUTS **UNPLUGGED**



Dear Girl Scout families,

Welcome to the Girl Scouts – Diamonds Family Camping Club! We hope you are excited to grow your camping skills as a family. Whether it's in your living room, your backyard or your local state park, your family campouts will be a time of unplugged adventures for your whole crew, and we can't wait to see what fun you have!

To earn your Family Camping Club patch:

- Plan one family campout using the Troop and Family Camping Toolkit enclosed here (online at bit.ly/3onWwaw)
- Go camping! Indoors or outdoors—it all counts
- Reflect on your experience and set goals for your next family campout
- Then go camping again as many times as you like! It only takes one campout to be in the club, but the fun doesn't have to end there!

Here are a few tips to help you get started:

Grown-ups: Whether you're a backcountry pro or living room pillow fort champ, you've got this! Check out the enclosed Troop and Family Campout Toolkit to help plan your camping adventure. You may choose to campout at home, at a campground or in the backcountry—it's up to you and your girl! Start where you're comfortable then grow from there. Each camping experience will bring skills and lessons that will shape your future adventures.

Girls: Team up with your grown-ups to plan an epic family campout! Together, you'll decide where and how you'll camp, what activities you want to do, what to eat and more. In this envelope, you'll find a Camping Journal that you can use to plan your campout, log your experiences, reflect on your adventures and set goals for future camping experiences. After your campout, put your patch on your vest or sash to show you're a part of the Girl Scout Family Camping Club!

Girl Scout camping, even with just your own family, helps girls develop their interest, competence and confidence in the outdoors and helps them develop respect and value for the natural world around them. Your family will have a memorable time camping, and we can't wait to hear about it! You can send your family camping club pictures to online@girlscoutsdiamonds.org for a chance to be featured on our social media pages!

Happy trails, from all of us here at Girl Scouts – Diamonds!

PS: You can reserve Girl Scout properties for your camping trip! Visit www.girlscoutsdiamonds.org or give us a call at 800-632-6894 to learn more. Don't forget to sign up for summer camp! Registration opens March 1.



Family Camping Club

Camping is one of the most treasured Girl Scout traditions. Whether you're in the wilderness, at Girl Scout camp or in your own backyard, camping is a great way to connect to nature and to your Girl Scout sisters.

When girls campout at home with their family or virtually with their troop, they'll **discover** new interests, **connect** with those closest to them, and learn new ways to **take action** in their community. Girls will participate in girl-led outdoor activities and camping activities. When girls help set up camp, meals, and do hands-on activities they will learn by doing.

Backyard camping can be a blast! Enjoy the camping atmosphere without having to pack and drive! Involve your Girl Scout in the backyard camping planning process.

How to Get Started

Start with a family meeting: Share the idea of going on a backyard campout and get input from the rest of the family. Pick a day that works for everyone and talk about the different things you can do during your campout. Plan your meals, pick your activities and discuss what each person needs to do to get ready for the campout.

Before the campout, decide on your ground rules. For example:

- When you can go inside (to get food from the fridge, a jacket, something you forgot, etc.). Or decide whether you want to pretend like you're on a traditional campout where you can't go back for anything you forgot!
- If electronics are allowed
- What activities only adults can do and what kids can do with adult supervision

Safety:

- Discuss campfire and nighttime safety as a family.
- Please ensure that you have a first aid kit readily available.
- Check with your local fire department and neighborhood regarding open fires.
- Never cook or have a fire inside of the tent.
- Have a significant water source for emergencies.

7 Steps To A Successful At-Home Campout

1 Select Your Method of Camping

To start off your camping adventure, you need to select how you will be camping. There are three options that we recommend. Whatever you choose, you are sure to have a night of adventure and fun!

- **If you have a tent:** create a space away from your house and set up your tent.
Find a smooth, flat surface to set up camp for the night.
 - Place a tarp on the ground and then set up your tent on top of it.
 - Lay out your bedding using sleeping bags, blanket, air mattresses, yoga mats, etc.
- **If you don't have a tent:** Make a shelter by tying rope or string around two trees and placing a tarp over the ropes to create a covering. You can tie the sides of the tarp down or weigh them down to give the tarp a tent shape. Make sure the tarp is secure, so it does not blow away.
 - Place a tarp under the shelter and set up camp.
 - Lay out your bedding using sleeping bags, blanket, air mattresses, yoga mats, etc.
- **Indoor camping:** Clear out a space in your living room or another open room in your house.
 - Build up your indoor camping space in any way you want—add blankets, pillows, couch cushions, use kitchen chairs and blankets to build a fort—the options are endless!
 - Spread your blankets and pillows out.



2 Create Your Supply List

This section outlines the supplies that you may need for your backyard camping adventure. These supplies will help your adventure run smoothly!

Sleeping basics:

- Tent
- Ground cover/tarp
- Sleeping bags (or sheets and blankets)
- Sleeping pads or air mattresses
- Pillows

Helpful Equipment:

- Beach blanket to sit on outside of tent
- Flashlights/headlamps (one per person)
- Outdoor fire pit
- Fire starting materials
- Matches or lighter
- Insect repellent (if needed)
- Sunscreen
- Hygiene essentials

Cooking Supplies:

- Backyard grill or camp stove and propane
- Plates, cups and utensils
- Cooking utensils, pots and pans
- Cooler with ice
- Food for dinner and breakfast
- S'mores supplies (including marshmallow sticks)
- Water and other drinks of choice
- Paper towels
- Trash bags

Clothing:

- Pajamas and a change of clothes
- Jackets and hats

3 Set Up the Atmosphere

Setting the scene will help make the campout feel special and different from other at-home activities. This will give your girl a sense of adventure and help her feel like she is camping in nature.

- Hang lights or lamps around your sleeping area or around trees nearby.
- Set up lawn chairs or patio chairs for everyone to sit around.
- If you can't have a real campfire, pull up some campfire videos on YouTube.

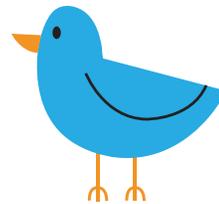


4 Select Your Afternoon Activities

When girls participate in outdoor activities, they benefit in multiple ways. Girls develop outdoor competence when they learn to engage safely and responsibly in a range of outdoor activities. Girls develop a love of nature and an interest in the natural world. Girls gain confidence in their ability to take on new challenges and learn from and succeed in them. Lastly, girls come to understand how their behaviors impact the environment and what they can do to protect the natural world.

Check out this list of fun outdoor activities!

- Earn a badge from the outdoor category. Requirements and awards can be purchased from the online shop or from our council shops in person or over the phone.
- Create a leaf rubbing.
- Observe and document nature in your own way. Draw what you see, take notes, take pictures. Find different types of trees, flowers, bugs, birds, insects, etc.
- Create a nature scavenger hunt (see attached).
- Create art using nature (leaves, rocks, sticks, etc.).
- Paint or draw your back yard.
- Create a yard map (see attached).
- Play Camping Bingo (see attached).
- Play Simon Says.



5 Select Your Cooking Method and Meal

- **Identify cooking and campfire options:** Do you have a built-in firepit in your yard, a firepit table or another place where you could safely build a fire in your backyard? Do you have a barbecue grill or camp stove? You can also cook traditional camp meals inside on the stove or in the oven.
- **Plan your meals:** If you have a firepit, grill or camp stove, you can plan meals to cook outside.
 - If you don't have a fire, plan meals that don't have to be cooked!
 - Walking tacos: Fill a personal bag of Doritos with taco fixings to make a walking taco. Bring extra chips!
 - Foil packs: fill a packet of foil with proteins, veggies, butter/oil, cheese and seasoned salt, crimp edges to seal completely and cook over campfire coals (or in an oven) until proteins are cooked through.
 - Omlettes, pancakes, sausages, granola, cereal, muffins, and bagels make for great camping breakfasts.
- **Grace:** To incorporate a Girl Scout tradition into mealtime, you might sing a Girl Scout grace before your meal, such as Johnny Appleseed!



6

Girl Scout Traditions

Add a few Girl Scout traditions to your backyard adventure. This section has campfire songs and traditions to make your campfire experience extra special! Whether you have a campfire, firepit, edible fire, or a fire made from art be sure to try one of the following:

● Sing campfire songs:

- Flicker
- Green Trees
- The Milk Song
- Princess Pat
- I love the Mountains
- On My Honor
- Brownie Smile Song
- Black Socks
- White Coral Bells
- Girl Scouts Together
- The Moose Song
- Make New Friends
- Hermie the Worm
- Icky Sticky Bubble Gum
- Lollipop Song



● Wish Sticks

Each person brings a twig to the campfire. Holding it tightly in her hand, she makes a silent wish and adds her twig to the fire. - OR - Before the campfire, each girl finds a large stick. She must scrape off enough bark so that she can write a wish on it, using a magic marker. Or she can write the wish on a small piece of paper and tie it to the stick. The sticks are added to the fire during the evening. As the sticks burn, their wishes are going into the air and will come true.

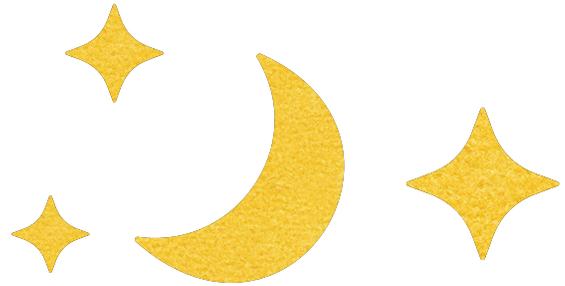
● **A Girl Scout always leaves a place better than she found it!** Pack up all your supplies, put everything in its place, and do a trash sweep of your camping area to ensure no litter is left behind.

7

Night Adventures

Try out one of these activities to close out your night!

- Observe the night sky with the SkyView app.
- Make shadow puppets.
- Read a book around the fire or lanterns.
- For the brave at heart, **find spider eyes!** Have girls hold a flashlight at their temple, right next to their eyes. Then have them direct the flashlight (and their eyes) at the ground, moving very slowly. Spider eyes look like shiny specks of glitter! You will see them in the grass, bushes and tree trunks. Girls might have to practice a bit with this one until they realize what they are looking for.
- Make s'mores!



Create a Yard Map

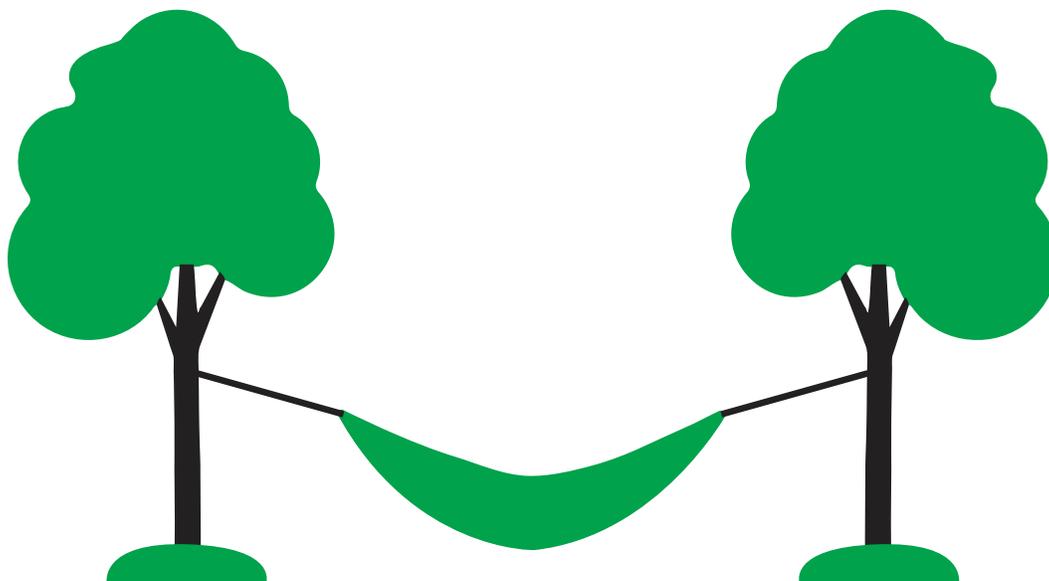
Perhaps you have always wanted your kids to grow a better understanding of the types of plants they see when out in the yard or on a hike but are not too confident in your own identification skills. Yard mapping STEM projects are a great way to use free plant identification apps to map out the species in your yard, local park, or other location. A great way to learn plant identification as a family!

You'll need the following materials to complete this project:

- Device to run the plant identification apps (i.e. smart phone or tablet)
- Plant Identification App (GardenAnswers, IdentifyTree Lite, TreeBook, Leafsnap, Pl@ntNet, and Google Goggles)
- Ruler ● Pencil ● Notebook ● Tape ● Clipboard ● Colored pencils

Learning to use a plant field guide is an important, yet sometimes frustrating skill to learn. In this project, one of many extremely valuable outdoor STEM activities, kids can use technology to get started and then double check their work using a traditional field guide.

1. Choose an outdoor area that you would like to map. Your yard, local park or nature trail are excellent choices.
2. Use the apps indicated in the supply list to help identify the species of plants in the area.
3. Double check your findings with a traditional plant field guide if you have one.
4. Make notebook entries about the plants you find. Kids might even want to carefully collect a leaf sample and tape it into their notebook.
5. Once you have identified several plant species, create a map that indicates where you found them.
6. Include a key to the map. Older children may even want to draw their map to scale!



BACK YARD SCAVENGER HUNT IDEAS



- ant • bugs • clover • grass •
- leaves • rocks • bird • sticks • dog
- flower • tree • cloud • pinecone
- mushroom • acorn • squirrel •
- dandelion • thorn • caterpillar
- hole in a tree • worm • tree bark
- water • spider web • footprints



something that moves
something that smells.
something that's square
[& other shapes].
something that's red
[& other colors].



something that starts with the
letter "A" [& other letters].
You can also vary the amounts:
4 rocks, 3 leaves, etc.



camping

B I N G O

A TWIG	A BLADE OF GRASS	A PIECE OF BARK	A DRIED LEAF	A SMALL FLOWER
A PIECE OF GARBAGE	A PINECONE	A SMOOTH PEBBLE	A LITTLE GREEN LEAF	A ROUGH ROCK
A WEED	A ROCK THAT LOOKS LIKE SOMETHING	FREE SPACE	A PIECE OF WOOD	DIRT
A SEED	(LOVER LEAVES	A BUG	A BLACK ROCK	A TWIG THAT LOOKS LIKE A "Y"
AN ACORN	A THORN	A DANDELION	A FLOWER PETAL	A BIG GREEN LEAF

INSTRUCTIONS: Use tape or strong glue dots to attach the object to its Bingo square. The first one to get 5 in a row gets "BINGO"