



BC CAMPING SKILLS CHALLENGE – RANGERS

A BRANCH SPECIFIC CAMPING CHALLENGE
FROM THE BC CAMPING COMMITTEE



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This new **BC Camping Challenge** contains a unique challenge for each branch. To earn each Challenge Crest the girls need to complete the required challenges in the four categories: **Leave No Trace, Camping Experiences, Camp Cooking, Overnight.**

We know that each girl and unit are unique in their camping skills, so we encourage you to adapt this program to work for all girls in your unit. The purpose of this challenge is to enable the girls to take the next step in building their camping skills. Older girls may choose to lead this challenge for girls in a younger branch in order to earn those crests.

Remember to follow Safe Guide for all activities.

Completing this fun challenge will most definitely help the girls to complete some of their program work. Remember to cross-reference the challenge with the Program Areas in Girls First and award the girls accordingly for their efforts.

We encourage every group to submit pictures, and possibly a write-up of their activities to the BC Camping Committee to be used in our Headlamp newsletter. Please email them to bc-campingheadlamp@girlguides.ca.

The BC Camping Committee can be reached at bc-camping@girlguides.ca for questions and feedback!

When you have fulfilled the requirements, complete the **BC Crests Order Form** found on the BC Girl Guides website <https://www.girlguides.ca/web/BC/> (click on What Girls Do > Camping > Camping Challenges). Instructions on how to order the crests are provided on the form.

RANGERS

To complete this challenge and earn a crest please carry out the minimum number of challenges from each of the four sections as follows:

Be a No Trace Camper – mandatory

- Leave your campsite in better condition than you found it.
- Explain the principles of No Trace Camping to someone.

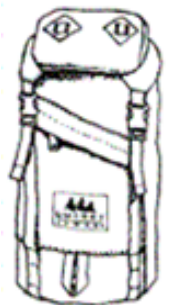


Camp Experiences – complete 7

- While at camp, create a how-to video of your favorite camp skill (putting up a tent, 3 dish bin washing, etc.) Submit to camp@bc-girlguides.org
- Complete the Safe Guide forms for this camp, including the SG4
- Break in your hiking boots, and learn about foot care, how to prevent blisters, and keeping your feet dry
- Learn and practice three ways to light a fire (i.e. matches, using a fire starter, using a magnifying glass, using flint and steel wool, etc.)
- Learn about local plants that are found in your area that you can eat. Make something tasty with them
- Include adventure camping skills in your camp – practice and build on your canoeing, kayaking, cycling, backcountry, or winter skills
- Learn how to navigate using the sun and the stars
- Individually or as a group, completely plan your own camp. This would include any pre-camp training needed, organizing equipment and gear, menu preparation including dehydrating and purchasing food, organizing transportation and post camp evaluations and gear returns.
- Complete and share a resource binder that includes: kit lists, menus, shopping lists, how-to information on building shelters, storm lashing, gadgets, etc.
- Use a tech device such as SPOT, InReach, etc.
- Spend at least one night in an emergency shelter.

Camp Cooking - complete 3

- Lots of people have food allergies. Try making your entire camp allergy free and have everyone eat that diet (such as gluten free, vegetarian, dairy free, etc.)
- Plan and carry out a camp using food for lightweight camping
- Learn about and practice water purification methods and hydration need
- Make a meal using local in-season ingredients. If possible, use food grown or raised within 100 km of your campsite.
- Make and enjoy a type of food that you've never eaten before.



Overnight – complete 1

- Sleepover for a minimum of 2 nights in a tent and 1 night in an emergency shelter (if possible or do a 3-consecutive night camp).
- Go Adventure Camping or Tripping for a minimum of 2 consecutive nights
- With assistance, plan & run a sleepover activity for a Sparks or Brownie unit.