



## Just Gotta Camp - Sparks

A CAMP TO GO  
FROM THE BC CAMPING COMMITTEE

---



Copyright © 2019 Girl Guides of Canada-Guides du Canada, British Columbia Council,  
107-252 Esplanade Ave W, North Vancouver, British Columbia V7M 0E9

Unless otherwise indicated in the text, reproduction of material is authorized for non-profit Guiding use within Canada, provided that each copy contains full acknowledgment of the source. Any other reproduction, in whole or in part, in any form, or by any means, electronic or mechanical, without prior written consent of the British Columbia Council, is prohibited.



## **CONTENTS**

<b>INTRODCUTION.....</b>	<b>4</b>
<b>PROGRAM SCHEDULE.....</b>	<b>5</b>
<b>PROGRAM WORKSHEET.....</b>	<b>7</b>
<b>SAMPLE NAMETAG.....</b>	<b>9</b>
<b>TIPS &amp; HINTS.....</b>	<b>10</b>
<b>PROGRAM NOTES.....</b>	<b>11</b>
<b>ACTIVITY 1 WHAT TO WEAR &amp; HOW TO PACK IT.....</b>	<b>12</b>
<b>ACTIVITY 2 MAP &amp; COMPASS.....</b>	<b>13</b>
<b>ACTIVITY 3 LEARNING TO COOK.....</b>	<b>14</b>
<b>ACTIVITY 4 BASIC FIRST AID.....</b>	<b>15</b>
<b>ACTIVITY 5 TAKING CARE OF NATURE .....</b>	<b>15</b>
<b>ACTIVITY 6 KNOTS.....</b>	<b>16</b>
<b>GAMES.....</b>	<b>18</b>
<b>CRAFTS .....</b>	<b>18</b>
<b>MENU &amp; RECIPES .....</b>	<b>21</b>
<b>GRACES .....</b>	<b>23</b>
<b>CAMPFIRE.....</b>	<b>24</b>
<b>GUIDES OWN &amp; REFLECTIONS.....</b>	<b>25</b>
<b>GUIDER EQUIPMENT LIST .....</b>	<b>26</b>
<b>KIT LIST.....</b>	<b>27</b>
<b>EVALUATION FORM.....</b>	<b>28</b>
<b>NAME TAG TEMPLATE.....</b>	<b>29</b>

## INTRODUCTION

Welcome to Just Gotta Camp - Sparks, an exciting event for Sparks. We hope the girls and adults will be active, have lots of fun moving about and enjoy learning the basic skills and fun of Camping.

Sparks love to go on an adventure, and although camps and sleepovers can push them outside of their comfort zones, it isn't written anywhere that you can't take Sparks to camp. This package is written with the intention of using it as a one night residential camp, but these activities can certainly be adjusted to be used for a two night camp, sleepover, or mother-daughter camp.

In this camp package, you will find the program outline for a two-night event with a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides' Own and a kit list. Build your camp to suit the season, your accommodation — building or campsite, the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be **flexible**. Adapt this package to have fun while learning to camp!

Remember to use the most recent [Safe Guide forms](#) and to have them assessed as appropriate. Be sure to inform your Camping Advisor and District Commissioner of your camping plans, and draw on the resources available to you within your district (Camping, Music, Program Advisers, local trainers, etc.).

Crests order forms are available on the BC Girl Guides website (<https://www.girlguides.ca/WEB/BC/>), and crests are \$1.00 each for units from BC. There is also an evaluation form at the end of this package, and we would love to hear feedback from you regarding this camp. We love receiving pictures, so please send photos from camp (making sure that everyone in them has image releases in iMIS) and feedback to the BC Camping Committee at [bc-camping@girlguides.ca](mailto:bc-camping@girlguides.ca).

In this camp, as in every camp, a vast amount of material has been covered and learning has happened. Please, be sure you are adding activities completed to the girl's Girls First program.

The BC Camping Committee has two rules in addition to Safe Guide that we ask you follow at each and every camp:

1. Be a No Trace Camper – Take only pictures, leave only footprints
2. Have FUN!!



## PROGRAM SCHEDULE

Please remember although we have provided this schedule, you should remain flexible and adjust it to suit your camp.

### Saturday

<b>9:00 – 9:30 am</b>	Registration Opening <ul style="list-style-type: none"> <li>- Divide into program groups</li> <li>- Hand out group nametags</li> <li>- Girls set up beds and colour name tags</li> </ul>
<b>9:45</b>	Opening <ul style="list-style-type: none"> <li>- Welcome &amp; Introductions – Guiders, First Aider, Quarter Master,</li> <li>- Safety, rules, and boundaries, ect.</li> </ul>
<b>10:00 – 10:30</b>	Station 1 <ul style="list-style-type: none"> <li>- Choose stations from pages to follow.</li> <li>- Mix of crafts and games is recommended.</li> <li>- Depending on the number of girls at this event, you can divide girls into three groups, and do two sets of three stations, or divide girls into six groups, and do a round robin of six stations all day.</li> </ul>
<b>10:30 - 11:00</b>	Station 2
<b>11:00- 12:30</b>	Station 3
<b>11:30- 12:00</b>	Station 4
<b>12:00 – 1:00</b>	Lunch Lend a Hand Duties
<b>1:00</b>	Gathering activity and re dividing into groups
<b>1:15 – 1:45</b>	Station 5
<b>1:45 - 2:30</b>	Station 6
<b>2:30</b>	Snack
<b>3:00 – 4:00</b>	Free time <ul style="list-style-type: none"> <li>- You may want to have a few colouring pages or easy self-directed crafts or a quiet activity for girls who may need more structure</li> </ul>
<b>4:00 – 4:30</b>	Hat craft or Games
<b>5:00 – 6:30</b>	Dinner Lend a Hand Duties
<b>6:30</b>	Campfire
<b>7:30</b>	Mug Up
<b>8:00</b>	Ready for bed, Bedtime Story Lights out for girls

**Sunday**

<b>7:00am</b>	Girls allowed to get up; pack up before breakfast - Have a craft or quiet activity ready for girls who are ready quickly
<b>8:00am</b>	Breakfast & Lend a Hand Duties
<b>9:30am</b>	Wide game, Scavenger Hunt, and/or outdoor clean-up for girls while Guiders clean and pack up for check-out
<b>10:00am</b>	Closing ceremonies, Guides Own, and Group Photo
<b>10:30am</b>	Depart camp
	It is possible to extend your camp to the afternoon. You will need to provide lunch and more activities. Choose from those provided.



# PROGRAM WORKSHEET

## Saturday

Time	Activity	Responsible Guider	Equipment Needed
9:00am	Greet Campers		
	Organize girls with sleeping arrangements		
	Divide girls into program groups Name tags		
9:45	Opening		
10:00	Station 1		
10:30	Station 2		
11:00	Station 3		
11:30	Station 4		
12:00	Lunch		
1:00	Gathering Activity and re dividing into groups		
1:15	Station 5		
1:45	Station 6		
2:30	Snack		
3:00– 4:00	Free Time		

<b>4:00</b>	Hat craft or Games		
<b>5:00</b>	Dinner & duties		
<b>6:30</b>	Campfire		
<b>7:30</b>	Mug Up		
<b>8:00</b>	Get Ready for Bed & Story		

**Sunday**

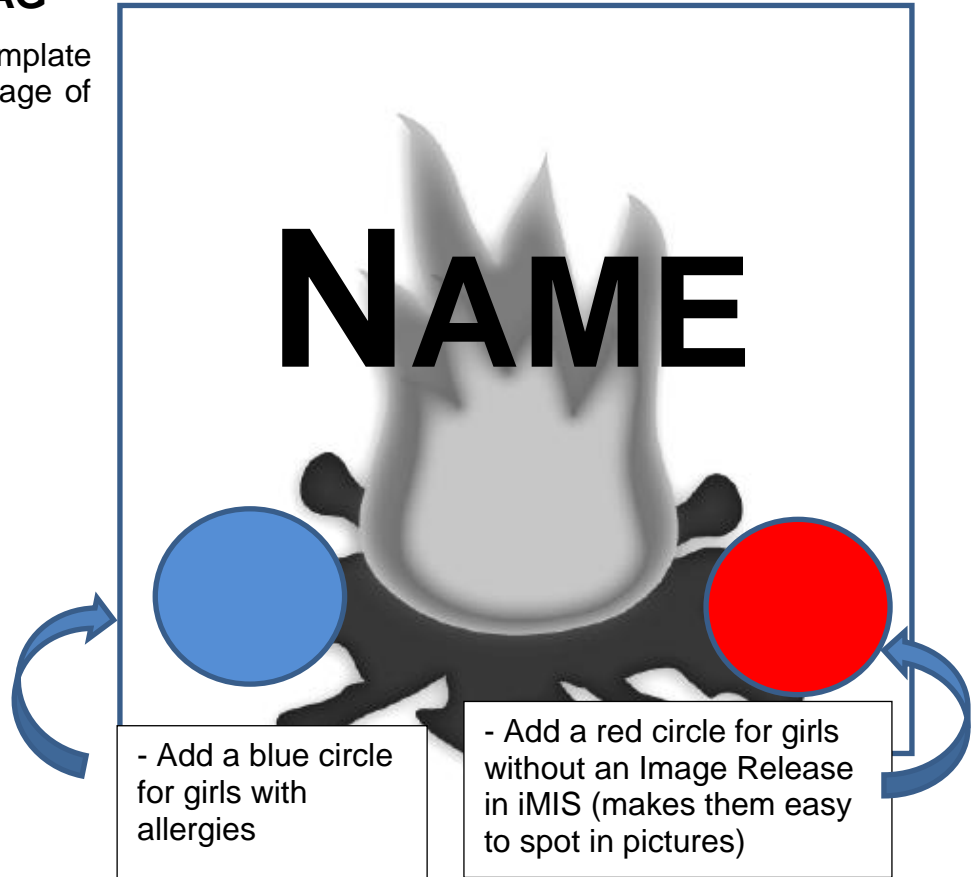
<b>Time</b>	<b>Activity</b>	<b>Responsible Guider</b>	<b>Equipment Needed</b>
<b>7:00am</b>	Pack up		
<b>8:00am</b>	Breakfast		
<b>9:30am</b>	Wide game /Scavenger Hunt		
<b>10:00am</b>	Guides Own		
<b>10:30am</b>	Depart camp		



## SAMPLE NAME TAG

A printable name tag template can be found on the last page of this document.

- Background colour/shape denotes program and chore group



## TIPS & HINTS

### Patrol Duties/Chores

Duties should include: helping with meal preparation, setting and clearing the table, dishes, sweeping the floors, tidying washrooms, etc. You know your girls and your camp location best, so your team can decide how and where the girls can be most helpful.

NOTE: Often the girls aren't terribly helpful, but it is important for them to get used to helping with chores at camp. Try to find jobs at each station that the girls can help with: washing and cutting fruit, flipping one pancake, ripping lettuce for salad are all great ways the girls can help in the kitchen.

Sample Chore Chart

Time	Meal prep & setting tables	Wiping tables, sweeping floors	Dishes
Saturday Lunch	Group D	Group A	Group C
Saturday Dinner	Group C	Group D	Group B
Sunday Breakfast	Group B	Group C	Group A

### Designating Boundaries

For Sparks and Brownies you can use "Mr. Happy" and "Mr. Grumpy" faces cut out of fluorescent poster board. Use a plate to trace then cut out 9 per page. Use bright pink and lime green colours. Draw happy faces on the pink ones and grumpy faces on the green ones then post them around the camp to establish boundaries. If you have Guides or Pathfinders attending the camp with Sparks and Brownies they love to put these up for you. At the end of camp take them down and give them to the girls to take home.



## PROGRAM NOTES

**Name tags** can be made in advance or made/decorated at camp. You can use name tags to help identify girls with an Image Release “No”, food allergies, or other health concerns. There is a sample name tag on page 9, and a printable template is available with this package. In addition to the sample provided, name tags and/or program groups could be made to depict different plants or animals found around your campsite.

**Program group suggestions: (different types of camping activities or equipment)**

- campers/lanterns
- hikers/bedrolls
- kayakers/camp stoves
- backpackers/knots
- snowshoers/tents

**Activities:** The activities selected are based on the Progression of Camping Skills for Sparks. Please select at least one activity under each section.

**Scarves:** Cut inexpensive cotton into squares for scarves. Stitch or cut the edges with pinking shears to prevent fraying. Have a different colour for each program group. The pattern for the friendship stick (included) could be painted onto the scarf with fabric paint. The girls may like to sign and date their scarf as a keepsake!

**Sing along/campfire:** If you choose to host a two night camp your Friday evening sing-along would be an informal time to sing the girls’ favourite songs and perhaps learn some new ones for Saturday’s campfire.

**To use this camp for Brownies:** You can take portions of the program and adapt it for a two night camp. Feel free to use other age-appropriate activities related to the theme or adapt Unit favourites to fit the theme.

**Just Gotta Camp for other branches:** While some of the activities would be suitable for girls of other Guiding branches, Just Gotta Camps are available for each level of Guiding.

**Additional Activities:** Invite local organizations to come and spend the morning showing the Sparks how to do many of the camping crafts and skills. Invite someone in to teach how to make a bed roll, how to pitch a tent, or how to light a match. Girls love to have visitors to camp. Use your community resources!

## Activity 1 – What to wear & how to pack it

### Deciding what to wear and when

#### Camp Clothing Fashion Show

Materials: clothing items for various weather conditions, such as rubber boots, rain coats, t-shirts, sweaters, mittens, shorts, bathing suits, etc. and silly clothes for dress-up for “what not to wear

Instructions: Talk to the girls about how the weather affects the way we dress. Clothing can protect us from cold, sun, rain, snow and wind.

- Choose a few Sparks to model the camping clothes and have one Spark wear silly clothes, such as fancy shoes, a sombrero for a hat, a tank top or evening dress. A leader or two will help to slip the clothes over their clothes.
- Ask the Sparks to come forward and “model” the clothes.
- The leader then points out the different clothing items and asks when it would be good to wear the item, and if it would be good for camp. The Sparks make suggestions about when the clothes would work best. (For example: at a fancy ball, ski hill or camp.)
- Ask the Sparks if they have questions about what they need for camp.

#### Seasonal Clothing Bingo

Materials: Bingo Cards (Create bingo cards using pictures of different kinds of camp clothing), chips or other marker, calling cards

Method: Play bingo with the girls

### Bedroll

#### Edible Bedroll

Materials:

Wrapper from fruit leather = tarp

Thin fruit leather = sleeping pad

1/3 of Fruit Roll Up = sleeping bag

1 Mini Marshmallow = pillow

1 Gummie Bear = teddy bear

Lace Licorice = rope

Instructions:

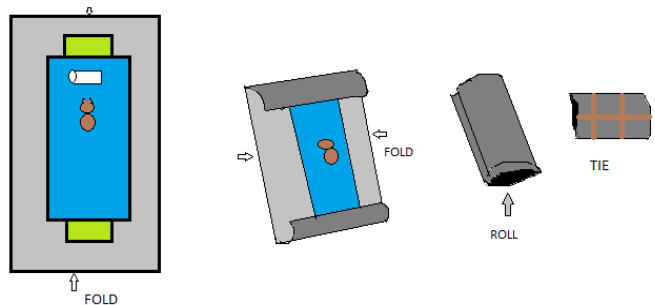
1. Carefully open “Fruit to Go” wrapper (tarp) along center back seam and layer the next four items in center of wrapper. “Fruit to Go” (sleeping pad) “Fruit Roll Up” (sleeping bag) “Marshmallow” (pillow) “Gummie Bear” (teddy bear)

2. Fold excess tarp over sleeping bag at top and bottom.

3. Fold sides of tarp in, overlapping to cover sleeping bag.

4. Roll entire package tightly and secure with elastic band.

5. Tie with “Lace Licorice” (rope). Although a Packer’s Knot is the best way to secure the bedroll, let the Brownies use any knot.



### Bedroll Hat Craft

Materials: • felt • craft foam • clear plastic • Mini hair elastics or small piece of string • safety pin

Instructions: cut the pieces for this ahead of time. From the felt, cut rectangles about 1 x 2½ inches. Cut slightly larger pieces of the craft foam, and slightly larger pieces from the plastic. Lay out the plastic. Layer the plastic, foam then felt. Fold the bottom end of plastic over the "sleeping bag" and "foamie". Fold in the sides of the plastic. Roll from the bottom up. Place the mini elastics around the bedroll as shown below. Girls can practice tying the string once the elastics are holding it all together. Add the pin. (See edible bedroll for diagram)



### Bedroll Kim's Game

Materials: tray, cloth to cover tray, small versions of items needed for making a bedroll-felt • craft foam • clear plastic • small piece of string • mini teddy bear or stuffy •

Method:

Arrange the objects on the tray, show the tray to the girls for a moment or two, and ask them to memorize what objects are on the tray, take the tray away and remove one object, show them the tray and have them tell you what is missing.

## **Activity 2 – Maps and Compass**

**Treasure Map** – Create a map of the building or area that you are hosting your camp. Hide something fun in the building or area and place an X on the map in that location.

**Who is North?** – To learn that the compass needle always points one way

Materials: compass

Directions

- Explain to the girls that the red compass needle points North (think of who lives at the North pole and what colour he is known for!).
- Have girls in a circle. In the middle, place a compass on a chair.
- Figure out which girl is North by seeing where the red needle points.
- Give her the Santa item. This is now the 'Santa girl.'
- Have the girls walk around the circle until the leader says stop.
- When stopped, have the 'Santa girl' check the compass.
- Who is North now? Give her the Santa item.
- Now and then, act surprised, turn the compass, wiggle it, shake it, etc.

### **Draw a Map:**

Materials: Paper, rulers, and crayons

Instructions: Have the girls draw a maps of the place that you are hosting your Camp. Start with the building and start adding the outdoors if time allows. Use simple shapes to draw and label objects such as furniture or playground equipment.

**Simon Says** - This is a good way to learn compass points.

Materials: [Directions signs](#) (available as colouring sheets via the BC website - BC Girl Guides Treasure Box resources)

Instructions: A leader is "Simon". "Simon" calls out directional commands starting with "Simon says." For example: "Simon says run to the North Wall". "Simon says hop on one foot to the South wall". When the command is not started with "Simon says", i.e. "Tip toe to the East wall" – any girl who follows the command sits down. Continue for several rounds. (If time allows for it have the girls take turn being "Simon")

### **Activity 3 - Learning to Cook at Camp**

**Strike a Match** – have the girls strike a match and light a tea light. They can now roast a marshmallow as a small snack.

**Ditty Bag Relay** - although your girls may not be using ditty bags for their dishes, they will need them in Guides. This teaches them how to correctly wash dishes at camp.

Break your girls into patrol teams. For each patrol team you will need to have three dish basins and a place to hang "washed" dishes in ditty bags.

You want the girls to be able to easily identify the contents of each basin. Food colouring works well. Place a small amount of red or yellow food colouring in the first basin to represent the soapy water. The second basin leave clear as your rinse water and make the third basin blue to represent the bleach water. Place paper toweling under the basins so that the girls can see if they have splashed water around.

On, "Go", the first girl on each team runs her dishes to the basins, "washes" them, hangs them to dry, runs back and tags the next girl in line. Once the entire team is done they could sit down or raise their hands

**Cooking over a campfire** - You can use this activity as your mid-morning snack station. Girls can cook marshmallows, mini sausages, or wiener pieces.



## Activity 4 - Basic First Aid

### Band-aid Butterflies

Materials: Coloured Paper, Markers, Gauze (or cheesecloth), and Band-aids (any colour)

Instructions: Have the girls use the markers to color the gauze squares. Then pinch the top and bottom of the gauze together, and use the band-aid to attach it to the paper. Draw a face on the band-aid and add antenna.



### First Aid Relay

Materials: a bandaid for each girl

To Play: Have girls divide up into two lines. Each girl is given a band-aid. The girl at the front of the line takes about 10 large steps forward and turns around to face the others in the line, she is the starter. The leader (or extra girl) can be the caller. She says Go, Arm or Leg or Elbow .... When "GO, arm!" is said, the first girl in line runs up to the starter, hold out her arm and gets a band-aid stuck on it. She then becomes the starter, and the first starter goes to the end of the line. Relay continues until all girls have a band-aid stuck on them. After game, have them get the person who put the bandaid on them to sign the bandaid.

Note: This game can also be done using a Stuffie instead of the girls.

### Care for a Stuffie

Materials: a variety of bandaids, slings, splints

Each girl has a stuffed toy or a doll. You tell a story about what has happened to the toy and the girls "fix" it.

## Activity 5 - Taking Care of Nature

### Plant a Tree

Materials: sapling or other plant native to your area, potting soil, pots or containers, felt pens, and tongue depressors

Instructions: Talk to the girls about the tree/plant; what it is, where it goes, and any other traits that it may have. Plant the tree/plant using the container and potting soil. Have the girls put their names on and colour the tongue depressors put into containers.

### Recycle, Reuse or Garbage? Sorting Relay

Have a variety of items (pictures empty containers, etc and have the girls in a relay gather and sort them into the appropriate bins (garbage, compost, recycling (which could be into cardboards/bottles and cans or however it is done in the area that you live).

### Nature feeling game

Materials: nature objects such as pinecones, sticks, leaves, and rocks. Large bag or box for placing the items in.

Instructions: Place items in the bag and have each girl come forward and try to guess what is in the bag/box. Give hints to help the girls that are having difficulty guessing.



### Nature Craft Prints

Materials: water colour paint, old tooth brushes, screens, paint shirts, paper  
Each girl will take a few minutes and gather material from nature (pine cones, sticks, leaves, etc.) They will then arrange the materials of choice on the paper and spatter paint their picture. This can be done in stages so different objects become different colours.

### Nature collage:

Materials: nature magazines, glue, paper, and scissors. Instructions: Have the girls create nature collages using the pictures from the magazines

## Activity 6 - Knots and where to use them

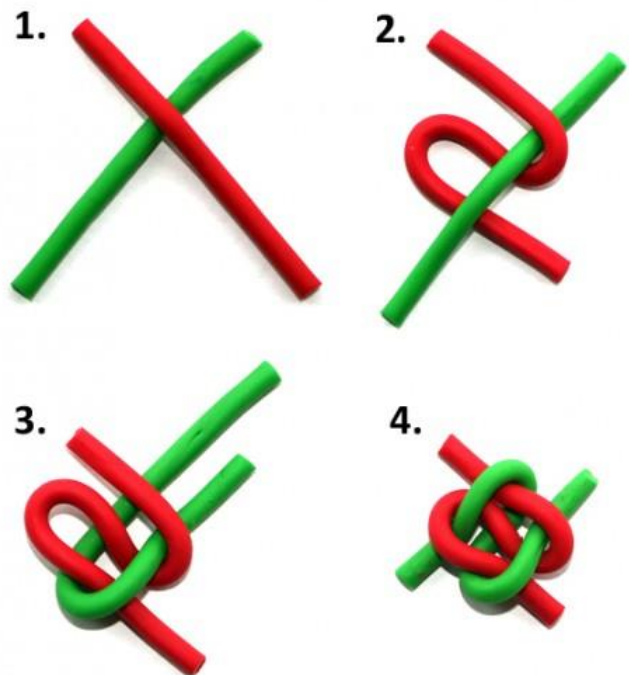
### Friendship Knot craft

#### Materials needed per girl:

2 different colours of cord – cut into 4” lengths

Directions: Girls may need quite a bit of help with this. Have Guiders on hand to help

1. Glue friendship poem onto cards stock
2. Use the two pieces of cord to create the Friendship knot following the four steps in the diagram
3. Once knot is completed glue or pin onto cardstock with poem
4. Trim ends of cord if needed
5. Have girls label with their names



### Beaded Bracelet

Materials: cord (needs to be thin enough to allow two strands to go through the beads), multi coloured pony beads, tape or safety pins, and scissors

1. Measure and cut the cord for each girl. Cut 2 strands of cord. (Precutting the cord will help your session go more smoothly. You can estimate the length by wrapping the strand around their wrists and adding a few more inches to the overall length to compensate for a tie)
2. Knot the ends. Tie the strands together at 1 end with a secure knot, leaving a bit of cord on the end for tying the bracelet around their wrist. Tape one end to a tabletop or pin it to their pant leg.
3. Begin beading. Place a single bead onto one of the strings and slide it to the base of the knot.



4. Slide the second piece of cord through the bead. The cord should slide in the same bead from the opposite side. This will create a loop around the bead, securing it in place. This process will be done for every bead added.
5. Continue adding beads. Continue adding beads to bracelet by sliding a single bead up one of the strands, and then pulling the same strand through the center in the opposite direction. Do this until the bracelet is long enough to wrap around their entire wrist.
6. Finish bracelet. Use a basic knot to tie off the other end of bracelet. Remove the tape from the opposite end, and tie the tails together around wrist to finish



## GAMES

### Animal sounds

Cards with pictures of animals on them x2 (enough that all girls have a picture if you have an uneven number of girls make a third picture of one animal)

Place cards into a paper bag have the girls each pull an animal from the bag. (They are to keep the animal being seen by others.) Have the girls spread around the room. Have the girls try to find their matching animal by using the sounds their animal makes.

### Find that tree

Collect different types of leaves from the area you are hosting your camp. While on a walk have the girls try and match the leaves to the trees.

### Marshmallow Toss

Attach a picture of a camp fire to a bucket or container. Use real marshmallows or large pomp oms to toss into the fire.

### Campfire Guard

One girl sits blindfolded with lots of sticks around her. The rest of the girls, one or two at a time, attempt to creep up and take a stick from her and return safely. If the blindfolded girl hears a noise, they points in that direction. If they are correct the girl that they heard now becomes the Campfire guard.

## CRAFT IDEAS

In addition to the ideas below, the [BC Girl Guides](http://www.bc-girlguides.org) website has many more wonderful suggestions for activities that would be great for this camp. You may consider completing one of the Camping Challenges as a part of camp! (<http://www.bc-girlguides.org> click on Camping> Camping Challenges)

### Water Canteen- Hat Craft

#### Materials

1. film canister lids or pop bottle lids
2. ribbon
3. pony bead
4. glue
5. pin

#### Method

1. Glue two lids together insides towards each other.
2. Create a loop with the ribbon and glue loop around half of the lids to create the handle of the canteen
3. Glue a pony bead to the top of the lids for the “drinking spout”.
4. Attach to hat with pin



## Handprint Campfire

### Materials

- Orange, yellow, red paint
- Paper
- Brown construction paper
- Cotton balls
- Twigs (around 4-5" long)
- Glue



### Method

1. Make paint handprints onto paper to look like a fire
2. Cut out construction paper to look like logs and glue at the bottom
3. Glue cotton ball on the stick attach to paper (Marshmallow roasting on the fire)

## Trefoil Rainbow Sun Catcher

### Materials

- Orange, yellow, red, blue, purple, green tissue paper cut into squares (or can be ripped by girls)
- Scissors
- Clear mactac x2
- Coloured construction paper with trefoil shape cut out of center

### Method

1. Place black construction paper onto one piece of the mactac
2. Fill in the clear trefoil with coloured tissue paper
3. Place second piece of mactac on top
4. Cut around the trefoil leaving around 1" of coloured construction paper

## Bee Prepared Kits

(From [www.guidingjewels.ca](http://www.guidingjewels.ca))

### Materials

- Black film canister (or prescription pill bottle)
- Yellow fun foam
- Yellow pom-pom
- Googly eyes
- Brown chenille stem
- Jewellery pin back
- Glue gun & tacky glue



### Method

1. Cut two thin strips of yellow fun foam (about ½" wide) long enough to wrap around the film canister - glue them in place using the glue gun.

2. Cut wings (one piece - shaped like a big heart) and glue gun this onto the back of the film canister - at the location where the yellow strip ends meet. The wings should be positioned such that the bottom point of the heart is at the LID of the film canister.
3. Use a ball point pen to write "BEE" on one wing and "PREPARED" on the other wing - it is important to do this AFTER the wing piece has been attached, otherwise you may not see the words after gluing.
4. Glue gun the pom-pom to the BOTTOM of the film canister - NOT THE LID! You are making this whole bee such that the canister will be upside down. This is done so that when you open & close the canister you are not disturbing the pom-pom head. You can do it the other way, if you want, but I think you'll find that the pom-pom will fall off or get damaged from repeated handling.
5. Use the tacky glue to attach the googly eyes.
6. Bend the chenille stem and bury the point of the bend into the pom-pom top. Use tacky glue to secure in place.
7. Glue gun the jewellery pin back to the back of the wings.
8. Fill with: contact information, whistle, bandaids, safety pin, individually packaged wet wipe



## MENU & RECIPES

The following menu suggestions can be adapted to suit your actual group of campers. Some of the options work very well for a residential camp with a kitchen and power. Please note that in most cases two options have been given with the idea that you will pick one of them. Remember to be aware of dietary sensitivities and allergies.

<b>Saturday Snack</b>	Water (from bottles they all brought to camp) Apple Slices or Bananas Granola Bars
<b>Saturday Lunch</b>	<b>Pizza English Muffins and Soup</b>
	Milk, Juice, Hot Chocolate, Water Pizza English Muffins Chicken Noodle Soup or another favorite soup Veggies and Dip <b><u>Pizza Muffins</u></b> Ingredients: <ul style="list-style-type: none"> <li>• 1 standard-sized bagel (per girl),</li> <li>• cut in half tomato sauce,</li> <li>• shredded mozzarella cheese,</li> <li>• pizza toppings</li> </ul> Directions: Set the oven to low heat. Spread tomato sauce on each bagel half. Sprinkle the shredded cheese all over the tomato sauce on each half. Add your favourite toppings. Put a light sprinkling of seasonings on each half. Put your bagel halves on the baking sheet. Bake in the oven on low heat for about 5 to 8 minutes.
<b>Saturday snack</b>	
	Water Bottles brought to camp Cookies Cheese Sticks Cut fruit – bananas, apples, grapes, pears, melons, etc
<b>Saturday Dinner</b>	
	Milk, Juice, Hot Chocolate, Water, Fruit punch <b><u>Homemade Baked Mac &amp; Cheese</u></b> Serves 6-8 <ul style="list-style-type: none"> <li>• 1/2 pound elbow macaroni</li> <li>• 3 tablespoons butter</li> <li>• 3 tablespoons flour</li> <li>• 3 cups milk</li> </ul>

	<ul style="list-style-type: none"> <li>• 1/2 cup yellow onion, finely diced</li> <li>• 12 ounces sharp cheddar, shredded</li> <li>• 1 teaspoon kosher salt</li> <li>• Fresh black pepper</li> </ul> <p>Topping:</p> <ul style="list-style-type: none"> <li>• 3 tablespoons butter</li> <li>• 1 cup panko bread crumbs</li> </ul> <ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees F.</li> <li>2. In a large pot of boiling, salted water cook the pasta to al dente.</li> <li>3. While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk and onion. Simmer for ten minutes.</li> <li>4. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.</li> </ol> <p>Melt the butter in a sauté pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving. Dessert:</p>
<b>Saturday Mug Up</b>	<b>S'more Casserole &amp; Hot Chocolate</b>
	<p>S'more Casserole</p> <p>Ingredients:</p> <ul style="list-style-type: none"> <li>• 9 Honey Grahams crackers (break in half to create 18 squares)</li> <li>• 36 Marshmallows, cut crosswise in half, divided</li> <li>• 4 Chocolate Bars, (1.55 oz. each), chopped</li> </ul> <p>Instructions:</p> <ol style="list-style-type: none"> <li>1. Heat oven to 350°F.</li> <li>2. Place 9 graham squares in single layer on bottom of 8-inch square pan; top with 36 marshmallow halves. Sprinkle with chopped chocolate. Cover with remaining graham squares.</li> <li>3. Top with remaining marshmallow halves, cut sides down.</li> <li>4. Bake 9 to 11 min. or until marshmallows are puffed and golden brown. Let stand 5 min. before serving. Cut into 18 squares.</li> </ol>
<b>Sunday Breakfast</b>	
	<p>Water, milk, juice          Yogurt          Muffins          Fruit of some sort          Any other leftovers that you may have can be given as an option at this time.</p>

## GRACES

Singing a grace before a meal is a tradition that has lost popularity over the years, but it is still nice to thank those responsible for your food before eating it. Singing grace doesn't have to be involved in religion at all, try some of these out for example:

### **Modified Superman Grace (to the tune of the Superman theme)**

Thank the coook, for making us food,  
Thank the coook, for making us food,  
For the food we eat, and the friends we meet,  
Thanks the coook, for making us food  
Looks great!

### **Modified Johnny Appleseed**

Oh the world is good to me  
And so I thank the world  
For giving me the things I need  
The sun and the rain and the apple seed  
Oh the world is good to me

### **Lollypop Grace**

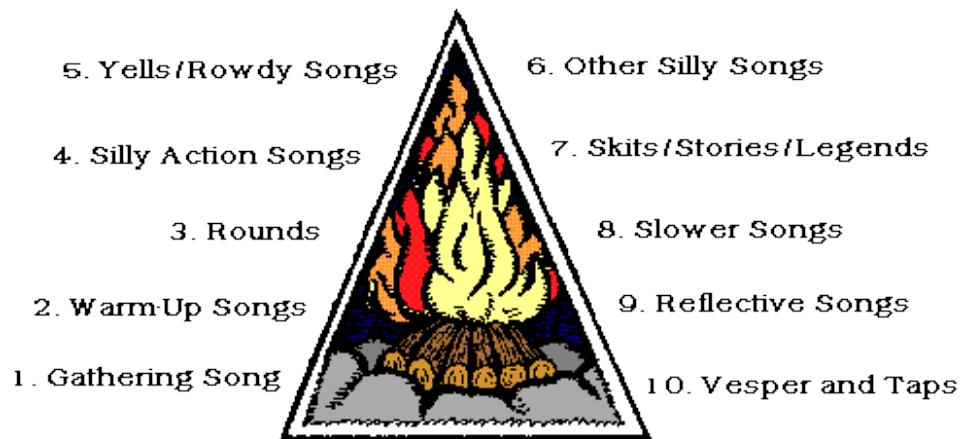
We thank the lord for a hundred things.  
For the flowers that bloom and the birds that sing.  
For the sun that shines and the rain that drops.  
For ice cream and rainbows and lollypops.

### **Fork Knife Spoon Spatula**

I'm a fork, knife, spoon, spatula  
Cha Cha Cha  
I'm a fork, knife, spoon, spatula  
Cha Cha Cha  
I'm a fork, knife, spoon, I'm a spoon, knife fork, I'm a fork, knife, spoon, spatula  
Cha Cha Cha

*Actions: put your arms above your head and mimic the shapes of a knife, fork, spoon and spatula, and wave your arms back and forth for the Cha Cha Cha*

## CAMPFIRE



**Fires Burning**

**Shake Another Hand**

**If You're Happy and You Know It**

**Tall Trees**

**Head Shoulders Knees & Toes**

**Herman the Worm**

**Frog Song**

**Ants Go Marching**

**Land of the Silver Birch**

**My Paddle**

**Softly Falls The Light of Day**

**Sparks Closing**

Songs available at: [http://dragon.sleepdeprived.ca/songbook/songbook\\_index.htm](http://dragon.sleepdeprived.ca/songbook/songbook_index.htm)





## GUIDES OWN & REFLECTIONS

Guide's Own is a special ceremony. It can be used at a camp or any event for personal reflection. It can also be used as a time to give thanks for all we have and our special guiding friends. Guide's Own can be adapted for use with girls of all ages.

A Guide's Own ceremony can be as simple or as complex as you would like to make it – but keep in mind the age of your girls. Also keep in mind the dynamics of your group. Some are much more introspective than others. As the girls get older this is an activity that they can participate in and eventually plan, similar to a campfire.

A Guide's Own can consist of a quiet time, some reflective poems depicting the theme of your camp, a reading of some sort, a song, a short story, or any combination of these.

### Simple Thank you to Camp

Ask the campers, as they are helping to pack and clean up, to pick up a rock, twig, or other piece of nature (not living) that is special to them. At your Guide's Own ceremony, ask the campers to come forward, one at a time, and place their rock/twig/etc. in the middle of the circle, and think of something at camp that they are thankful for or they will take away from camp. Campers don't need to share what it is they are thinking of or thankful for; it can be a silent reflection of camp, and a thank you to the camp itself.

### A Star and a Wish

This is a good one to use for Sparks since it involves the girls but in a relatively easy way. Each girl and adult takes a turn to say one thing they really liked about the camp (the star) and something that they might not have liked so much or something that they would have liked to do but didn't or something similar to that (the wish). You can incorporate that into the closing and not have a formal Guide's Own scheduled for a separate time.



### Jokes & Quotes

- What weighs two tons and wears a glass slipper? ... Cinderelephant!
- Do you know the difference between a vulture and a peanut butter sandwich? ... A vulture doesn't stick to the roof of your mouth!
- Why do crocodiles sit on marshmallows? ... To keep from falling into the hot chocolate!
- Why are gorillas large, brown and hairy? ... Because if they were small, soft and white, they would be marshmallows!

## GUIDER EQUIPMENT LIST

Items not listed under Crafts, Games or Activities. Check with the camp to see what is provided.

- Tarps, blankets or tables to do crafts on
- Extra blankets for “cold” girls
- First Aid kit
- Whistle
- Watch or clock
- Camera for group photo & other pictures
- Camp Crests (Optional)
- Safe Guide forms: Girls' and Leaders' Health forms (H.1 & H.2), SG.3, SG.4, H.3, H.4
- Available phone if not provided (cell phone)
- Camp menus & food
- Camp tools- hatchet if needed for campfire, shovel for dirt for campfire safety
- Marshmallow sticks, if desired
- Matches, lighter, newspaper (for starting a fire)
- Duct tape
- Cooler
- Camp stove with extra fuel (propane canister if small or white gas if using this type of stove)
- Lantern with necessary hoses
- Cooking utensils & cookware

Suggested items: pots, fry pan, can opener, knives, spoons, spatula, juice jug, water jug, bowls, coffee pot, kettle, pot holder, cutting boards, grater, measuring cups/spoons, and toaster

Other kitchen items: coffee, salt, pepper, baking soda (in case of grease fires), tin foil, paper towels, kitchen towel, wipes, non-stick cooking spray or oil, tablecloths, napkins, rubber gloves, garbage bags, food handling gloves, zip-lock bags, rope for clothes line & clothes pins

Dish washing – 3 pans, biodegradable soap, clothes and towels, bleach, scrubbies,

- Hand sanitizer if using biffies – hand soap if not
- Water jug
- Buckets, - water, fire safety

# OVERNIGHT KIT LIST

## BED ROLL:



- 1 warm sleeping bag
- 1 sleeping mat – nothing that needs a pump, please!
- 1 small pillow (or pillow case to stuff with clothes)
- 1 small tarp
- rope for tying bed roll

## CLOTHING:

- Spark t-shirt (girls should travel to camp in it)
- 1 pairs of long pants
- 1 long sleeved shirts
- 2 changes of underwear
- 2 pairs of socks
- Warm pajamas
- Warm sweater/sweatshirt
- Warm hat (toque)
- Gloves or mitts
- Rain gear (water-proof jacket & pants)
- Rain boots
- Outside shoes for dry weather
- Indoor shoes or slippers
- Camp hat (girls are expected to wear hats at all times)

### OPTIONAL:

- 1 Small stuffed animal for bedtime
- Camera
- Book/quiet time activities
- Camp blanket

## OTHER:

- Flashlight & extra batteries
- Sunscreen
- Sit-upon
- Water bottle
- Toothbrush/paste, soap, Brush/comb, and other toiletries
- Small towel & wash cloth
- Daypack (school sized backpack)
- Dishes (unbreakable plate, mug, bowl, fork, knife, spoon in a mesh bag)

## REMINDERS:

- We will be going outside rain or shine, so please make sure you have the appropriate clothing for the weather.
- **“A warm camper is a happy camper”**: wool, fleece and synthetic materials are warmer than cotton for ANY clothing items!

**Please ensure that ALL of your items are clearly labeled with names, especially sleeping bag bags!**

## EVALUATION FORM

Please share with us what you liked about this Camp in a Box, and any things that we could improve on for next time! Thanks for your input, and Happy Camping!

WHAT DID YOU LIKE BEST?

WHAT WORKED/DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS

Please return to:  
BC Camping Committee  
107-252 Esplanade Ave W.  
North Vancouver, BC V7M 0E9

or e-mail to:  
[bc-camping@girlguides.ca](mailto:bc-camping@girlguides.ca)



