

**“What a joy it is
to feel the soft,
springy earth
under my feet.”**

—Helen Keller



Cabin Camper

There's nothing quite like camping—it's a chance to spend time in nature and have fun with your friends or family. Every camping trip is a new adventure. Get ready to plan a camping adventure with your Girl Scout friends or family members!

Steps

1. Help plan your camping trip
2. Learn about camping gear
3. Prepare a camp meal
4. Learn a new camping skill
5. Go camping

Purpose

When I've earned this badge, I will know how to plan a camping trip and stay overnight in a cabin* with my friends or family.



*If you don't have a cabin to use, that's ok! You can sleep in a tent instead.



Know Before You Go

Before you leave for your camping trip, you'll want to get together with your camping group—including the adults who will be helping—and think about these questions. You'll be talking about some of them in more detail in Steps 1–3 of this badge.

- *Where will you go?*
- *When will you go?*
- *What kind of gear will you bring?*
- *What will you eat?*
- *How will you get there?*
- *What will you do for fun on your trip?*
- *How will you wash and get water on your trip?*
- *How much will the trip cost, and how will your group pay for it?*

STEP

1

Help plan your camping trip

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

Camping is so much fun! But before you go, you and your camping buddies have some choices to make and things to learn. With your troop or family members, answer as many questions as you can from the “Know Before You Go” box. Next, talk to a camping expert or read about the place where you’ll be camping.

CHOICES—DO ONE:

- Talk to someone who has experience with cabin camping.**

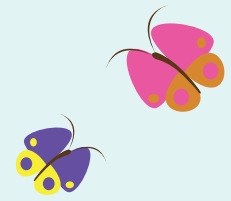
This person could be a Girl Scout volunteer, older Girl Scout, teacher, parent, or an adult friend of your family. You can ask questions like: What is important to know about cabin camping? What do you like to do for fun when you go camping?

OR

- Visit a camping goods store.** Talk to an expert at the store (with a trusted adult there with you, of course!) about what you need to take with you and how to plan for a cabin campout. You don’t have to buy anything, but you can ask questions like: What kind of gear should I bring on my trip? Is there anything special needed for cabin camping?

OR

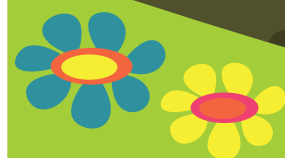
- With an adult, go online to a website for a camping area you’d like to visit.** Find out things like: How much would it cost to go there? Can we cook inside or outside the cabin? Does the campsite have bathrooms? What about running water?



Leave No Trace

A Girl Scout always leaves an area better than she finds it! Here are seven important ways to “Leave No Trace” and keep nature safe while you are camping.

- 1 Know before you go
- 2 Choose the right path
- 3 Trash your trash
- 4 Leave what you find
- 5 Be careful with fire
- 6 Respect wildlife
- 7 Be kind to other visitors



STEP 2 Learn about camping gear

Packing Basics

No matter what type of camping you do, you'll want to bring these items along. Talk to your family before you go, to make sure you're not missing anything!

- Water in a reusable bottle
- Flashlight with extra batteries
- Long-sleeved jacket
- Poncho or raincoat
- Closed-toe shoes
- Sun protection: hat with a brim, sunscreen, lip balm, and sunglasses
- First aid kit
- Toilet paper
- Any medications you may need (inhaler, EpiPen)
- Emergency food (such as trail mix or granola bars)
- Whistle
- Bug spray

From sleeping bags to extra socks, be prepared for anything when you have the right camping gear for your trip. Once you've decided what kind of camping trip you'll take, get together with your camping group and make a packing list. (You can get started with the list on this page.) If there's anything you need, try to borrow it so you don't have to buy it. Then do one of these options to complete this step.

CHOICES—DO ONE:

- Practice packing and carrying your gear at home.** Make sure everything fits into your bag and isn't too heavy. Can you lift your bag and carry it for a few minutes?

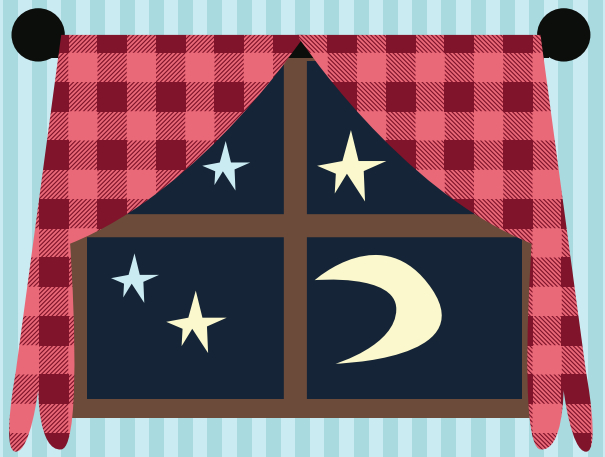
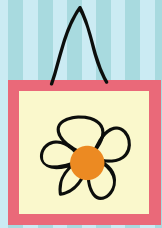
OR

- Compare and share.** If you're camping with your Girl Scout friends, bring your gear to a meeting. Does everyone have what they need? Can some things be shared so everyone doesn't have to bring everything with them?

OR

- Hold a gear tryout.** Bring your gear—like sleeping bags and flashlights—to a meeting and practice using it and setting it up with your troop. What will you do if it rains on your trip? What about if it gets very cold? Gets very hot?







Food Safety

It's fun to make meals on camping trips, but it's different from cooking at home. As you're planning what you'll eat on your trip, keep these questions in mind:

- ① How will we pack the food?
- ② How will we store the food? Does anything need to be kept cold? How will we make sure the food does not attract animals?
- ③ Do we have all the supplies we need?
- ④ Will there be trash when we're done eating? How will we make sure to Leave No Trace?

STEP 3 Prepare a camp meal

Food seems to taste better in the great outdoors! One of the best parts of camping is making and eating your meals. With your camping group, make a menu for your trip. If anyone in your group has food allergies, be sure to avoid those ingredients. Then, while you're on your trip, help make a meal in one of these ways to complete this step.

CHOICES—DO ONE:

Make a no-cook meal. It's fun to cook meals while you're camping, but no-cook meals can save time on days when you have lots of other activities planned. Plan at least one meal for breakfast, lunch, or dinner that is nutritious, delicious, and does not have to be cooked. You can come up with your own, or see the box on this page for some ideas.

OR

Make a stew from canned foods. Canned foods are great for camping—they're easy to store and don't attract animals. Plan at least one meal that combines different canned foods and no other ingredients. You might try adding canned corn and carrots to canned chili, or Vienna sausages and diced tomatoes to baked beans. You can also go online with an adult to look for recipes. Try your meal before you go, to make sure you like it!

OR

Make a meal that includes one food you've never tried before. Camping is already an adventure—why not add a food adventure, too? Think of a food you'd like to try, and look through cookbooks at the library or have an adult help you search online for recipes that could be made on a camping trip. Practice making your meal before you go!

No-Cook Meal Ideas

If you'd like to try making a no-cook meal, here are some ideas to get you started!

Tortilla Roll-Up

Spread canned refried beans on a tortilla. Top with salsa and shredded cheddar cheese, then roll the tortilla up.

Bagelwiches

Add slices of salami and cheese to a whole-wheat bagel.

Avocado Rice Cakes

Spread mashed avocado on rice cakes, then add your favorite veggies and cheese.



Tie a Clove Hitch Knot

A clove hitch can be used to fasten one end of a rope around a post or tree. Follow these steps to tie one yourself!



1. Wrap the end of a rope around a post and cross over itself.



2. Wrap the rope around the post again. Slip working end under the first wrap.



3. Pull tight to form the clove hitch.

STEP 4 Learn a new camping skill

From fire building to knot tying, there are all sorts of new things to learn and try on camping trips. Practice one of these camping skills, then try it out when you go camping!

CHOICES—DO ONE:

- Practice a fire drill.** The Girl Scout motto is “Be prepared.” Part of being prepared is knowing what to do in an emergency. Before you go on your camping trip, make a plan for what you’d do if there was a fire. Decide where you will all meet outside, make sure you know how to leave your cabin safely, and know how to contact help. Then, when you’re on the trip, practice your fire drill.

OR

- Practice fire building.** If you want to make s’mores on your trip, you’ll need a flame for marshmallow toasting! Every campsite has its own safety rules for fire building, but you can practice building a “teepee” fire before you go. Follow the instructions on the next page. If it’s allowed at your campsite, an adult can help you can build this kind of fire on your trip and show you how to safely light a match.

OR

- Use a clove hitch knot.** Have you ever tied a clove hitch knot? Follow the steps in the box on this page to learn how. Practice it until you can do it without the pictures. Then use your clove hitch knot-tying skills on your trip! You can use it any way you’d like, but one idea is to hold a roll of paper towels. Find two trees that are close together, put the rope through the paper towels, and tie a clove hitch to hang the roll between the two trees.



Build a Teepee Fire

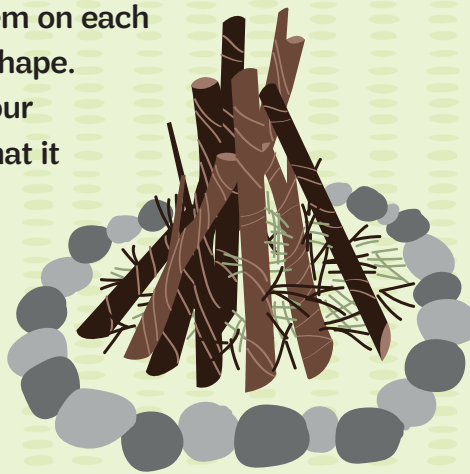
There are different ways to build campfires. They usually get their names from their shape. You can build a “teepee” fire by following these steps. Never light a fire without help from an adult, of course!

1 Place a large handful of **tinder** in the middle of a place that’s safe for fire building, like a fireplace or fire ring. Tinder burns as soon as it is lit with a match. It can be small dry twigs, dry leaves, or wood shavings.

2 Put larger sticks (called **kindling**) around the tinder and lean them on each other so they make a teepee shape. Kindling is about as wide as your thumb and should be so dry that it snaps when you bend it.

3 Make another circle around the kindling with larger sticks. These sticks are called **fuel**. Fuel is the thicker pieces of dry wood that keep a fire going.

4 Leave a small space on the side that faces the wind. This is where an adult will reach in to light the tinder on fire. This space will also help air get to the fire. A fire needs air to keep burning.





STEP 5 Go camping

Now it's time for the best part—the camping trip. Pack up your gear and get ready for a fun-filled adventure with your camping pals. While you're in the great outdoors, try one of these activities to make your trip extra special.

CHOICES—DO ONE:

- Play a camp game with your group.** Games are even more fun on camping trips! You can play a game you already know, something you make up, or something you play in a new way. You might try a sleeping bag guessing game, where one girl is “It” and closes her eyes while everyone else crawls into different sleeping bags and covers their heads. Then the “It” girl picks a sleeping bag and tries to guess who's in it by asking her three questions. (The girl in the bag can try to trick her with a funny voice!) If she gets it right, that girl is “It.” If not, she tries another bag.

OR

- Take a hike.** Use a map of your camping area to find a hiking trail, and take a hike! (You'll go with an adult, of course.) Before you go on your hike, learn about hiking trail markers and find out what they mean. Look for the trail markers on your hike. If you see any you don't know, take a picture and find out what they mean when you get back. Make sure you have everything you need for hiking, including plenty of water—check the packing list at the beginning of this badge.

OR

- Hold a Girl Scout bridging activity.** Will some of the girls in your troop be Girl Scout Juniors next year? Celebrate them with an extra-special outdoor bridging ceremony.

Keep an eye out
for stacked rocks.
Then discover
what they might be
telling you!



This is the way.



Turn to the left.



Turn to the right.

Source: *Brownie Scout Handbook*, 1951

Kaper Chart

The jobs that need to be done on camping trips—like dish washing, cooking, and cleaning up—are called “kapers.” This is what a kaper chart looks like. Make one for your camping trip!



Things to do **Names**

Set up kitchen area _____

Collect firewood _____

Cook _____

Clean up after meal _____

Take down kitchen area _____

Flag ceremony _____

Set up dunk line _____

Can you think of more?



Going on a Journey? Do some badge work along the way.

Brownies learn how to care for water on the *WOW! Wonders of Water* Journey. Watch for water on your camping trip—from rain to streams to water fountains—and talk about how you could save it, re-use it, or help keep it clean.

Now that I've earned this badge, I can give service by:

- Leading my family on a hike, and showing them what trail signs mean
- Teaching a Daisy how to make a no-cook meal on a camping trip
- Showing my family how to practice a fire drill when we're in a new place



I'm inspired to:

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