



## Key Reminders:

### DEVELOP SKILLS

For the girls to truly master each skill, girls need to be practice ALL of the skills more than once.

Badge requirements may be similar so make sure you plan multiple opportunities for girls to practice these skills to avoid “double-dipping.”

### BE FLEXIBLE

Don't rush the girls. Allow girls to work at their own pace. Make sure the girls are learning by doing, not just listening.

Some girls will need to spend more time and practice the skills repeatedly, to really learn them. Some age levels can accomplish many skills during a day camp or a weekend campout. Others may need to spread the activities out over several months, or even longer.

## Progression Levels 1-7:

All age-level Girl Scouts start at Level 1 to earn the Main Patch and Level 1 Star.

Each Level must be completed before the next level is begun.

**Level 1 - Light Blue Star** – Daisies and up, who have mastered skills from this level

**Level 2 - Pink Star** – Brownies and up who have mastered skills from this level and all previous levels

**Level 3 - Purple Star** – Juniors and up who have mastered skills from this level and all previous levels

**Level 4 - Red Star** – Cadettes and up who have mastered skills from this level and all previous levels

**Level 5 - Orange Star** – Seniors and up who have mastered skills from this level and all previous levels

**Level 6 - Gold Star** – Ambassadors and up who have mastered skills from this level and all previous levels

**Level 7 - White Star** – Adults who have mastered skills from this level and all previous levels

## Content:

- ▶ **Girl Scout Traditions**
  - kaper charts, ceremonies, camp songs & graces, buddy system, SACs
- ▶ **Be Prepared**
  - organize, plan, select appropriate clothing, gear, destinations, tent/shelter sites, etc.
- ▶ **Campfires**
  - safe practices to clear, lay, light, keep & extinguish fires and use camp tools
- ▶ **Cooking Outdoors**
  - plan menus, learn cooking methods, practice food safety, try new things
- ▶ **First Aid & Safety**
  - become proficient, pack essentials, learn to avoid and treat injuries and illness
- ▶ **Knife Safety**
  - learn proper use, care and safety with skill-appropriate knives, saws, hatchets
- ▶ **Knots**
  - learn knots for friendship bracelets, securing gear, lashing projects, rescue & survival
- ▶ **Minimal Impact**
  - learn environmental awareness
- ▶ **Navigation**
  - learn directions, read maps, trail signs, animal tracks, stars, a compass, etc.

## RESOURCES

1. **Outdoor Essentials Resource Manual** –  
This is your primary resource with tons of website links and CAMPING TIPS!
2. **SACs (Safety Activity Checkpoints)** –  
Required safety guidelines to minimize liability.
3. **GSSA Policies & Procedures** –  
Policies specific to our Council - Girl Scouts of Southern Alabama
4. **Troop Camping Pre-Course** –  
Required to take girls on overnights

**BEGIN HERE** → <https://www.girlscoutssa.org/en/for-volunteers/volunteer-resources.html>

The **Outdoor Essentials Resource Manual** is your **PRIMARY RESOURCE**.

It includes Trainer's Notes, camping and cooking tips, website links and instructions for kaper charts, knots, lashing, knife safety, tent pitching, songs, games, and more.

## OUTDOOR ESSENTIALS

### Level 1: Light Blue Star (Daisies and up)

**Remember: Outdoor Essentials Resource Manual is your primary resource.**

▶ **G.S. Traditions**

Learn to sing several Girl Scout songs, one for hiking, one for a campfire, one for a grace.  
Learn the importance of using the buddy system and use it when you take a short penny hike.

▶ **Be Prepared**

Make a kaper chart and use it during your next meeting or outdoor activity.

▶ **Campfires**

Learn the basics of fire building by making an edible campfire. Discuss tinder, kindling and fuel sizes. <https://scoutingweb.com/wp-content/uploads/2018/01/PDF/Edible%20Fire%20Snack%20Activity.pdf>

▶ **Cooking Outdoors**

Plan a nutritious but simple lunch to take on an outing (no-cook, unrefrigerated)

▶ **First Aid & Safety**

Discuss basic first aid for cuts, scrapes, insect bites and put together your own pocket first aid kit.

▶ **Knife Safety**

Learn how to properly use and pass a straight knife, either plastic or a butter knife.  
Use a knife to cut up soft fruit for a snack at your next meeting. <https://vimeo.com/36998822>

▶ **Knots**

Learn to tie an overhand knot and a bow. Use this skill in a craft project.  
<https://www.animatedknots.com/> OR <https://www.animatedknots.com/scouting-knots#ScrollPoint>

▶ **Minimal Impact**

Learn about the first two Leave No Trace Seven Principles, <https://lnt.org/> Watch Grace, GSSA's own Gold Award Girl Scout, explain: [https://www.youtube.com/watch?v=l1pD\\_QVaPZw&t=1s](https://www.youtube.com/watch?v=l1pD_QVaPZw&t=1s)

▶ **Navigation**

Draw a map of your outdoor yard or park; learn to recognize north, south, east and west.

**Date Completed:** \_\_\_\_\_

## **Level 2: Pink Star (Brownies and up)**

**Remember: Outdoor Essentials Resource Manual is your primary resource.**

### ▶ **G.S. Traditions**

Leave a place better than when you found it; help clean up an outdoor area near your meeting site. Learn and practice an outdoor flag ceremony. See Outdoor Essentials Resources Manual.

### ▶ **Be Prepared**

Learn how to dress-for-the-weather by layering.

Learn what to pack in your backpack for a simple overnight; make sure you can carry it.

### ▶ **Campfires**

Learn basic fire safety – water bucket nearby for burns, secure loose clothing and long hair, limit who and how many at the fire ring, never use hand-sanitizers near open flames, etc.

Learn basic fire building – how to select and prepare a proper campfire site, tools needed, how to extinguish a fire by stirring and sprinkling, never flood the fire ring, etc.

### ▶ **Cooking Outdoors**

Learn 3-bucket dishwashing method -soap, rinse, sanitize.

Plan and help prepare a simple one-pot meal.

Prepare a foil packet side dish. (garlic toast, baked apple or banana boat)

Discover the secrets to stick cooking by roasting over coals, not flames.

(honey-bear biscuits or s'mores)

### ▶ **First Aid & Safety**

Learn what to take with you on a hike or an outing; is every item needed for every hike?

Learn the purpose for every item in your troop's emergency first aid kit.

Learn 101 Uses for a Bandana.

### ▶ **Knife Safety**

Make a paper pocketknife and learn all of the key points of knife safety like, sitting down, the circle of safety, opening, closing and passing a knife, cutting away from yourself, etc.

Use a knife to shave wax for fire kisses to start your troop campfire. (Soap-carving is also fun.)

(See Outdoor Essentials Resources companion document.)

















## Level 7: White Star (Adults)

1. Complete the online GSSA Camping Pre-Course.
2. Use the Outdoor Essentials Resource Manual Trainer's Notes as your guide.
3. Send video/photo evidence of your ability to teach/demonstrate these five skills:

### ▶ Be Prepared

Tent Pitching - Demonstrate teaching tent-pitching basics as outlined in the Trainer's notes.

### ▶ Campfires

Fire-Building – Demonstrate teaching fire-building basics as outlined in the Trainer's notes.

*Discuss ways to ignite a fire and several fire-starters that keep a fire going.*

### ▶ Cooking Outdoors

Demonstrate teaching the 3-bucket dishwashing method as outlined in the Trainer's notes.

### ▶ Knife Safety

Demonstrate teaching knife safety as outlined in the Trainer's notes.

*Be sure to designate an area where campers can safely sit/kneel and use pocketknives, saws, and hatchets.*

### ▶ Knots

Demonstrate that you can teach someone how to tie these knots:

Square knot, Clove Hitch, Fisherman's knot, Bowline, Taut-Line and Tripod Lashing.

<https://www.animatedknots.com/> OR <https://www.animatedknots.com/scouting-knots#ScrollPoint>

**Completing these requirements will satisfy requirements to be Troop Camping Certified.**

**Level 7 - White Star** may be awarded to adults who have mastered skills from this level and all previous levels.

Member: \_\_\_\_\_

Date Submitted: \_\_\_\_\_

Reviewed by: \_\_\_\_\_

Date Reviewed: \_\_\_\_\_

GSSA Staff Member