

Day Camp

Basics

A Day Camp Progression Camper Record is to be completed by the Unit Leader as campers complete each of the requirements for that section. At the end of the session, the cards must be turned in to either the Day Camp Director or the Business Manager. The record cards are kept on file for each girl for next year's Day Camp.

Day Camp Progression Plan Living Skills in the Out-of-Doors

The Day Camp Progression Plan was developed to provide a progression in learning out-of-door skills. The Progression Plan should be used as a guide for planning, with the girls, a program that is challenging and builds on previous experience.

- The round Girl Scout Day Camp Patch may be given as a participation patch to all girls and adults who attend Day Camp.
- There are 6 Basic Patches to this progression plan.
- Each Basic has 9 sections.
- Each unit decides which sections they will complete to earn the Basic patch.
- When a requirement is to review the previous level, only the concepts need to be reviewed.
- A unit should only earn one Basic Patch each year.
- Girls should be divided into units according to which Basic they are working on, not by troop or ages.
- A range of ages provides each unit with many different experiences and abilities.

Outdoor Education in Girl Scouting, a Girl Scout resource book, provides each camp with the information needed to complete all of the requirements in the 9 sections. Each camp should have three copies; additional copies may be obtained through the library. Other resources are available in the Day Camp Resource Box or through the Girl Scout Service Center Resource Library. Your local library will also have great resource material.

Basic's Overview

This is an overview of the basic patch program so you will be able to identify the progression in each category.

Housekeeping

Outdoor Education in Girl Scouting; Dishwashing pg. 41, Kaper Charts pg. 68, Campsite pg. 149

- I. Set up or take part in a hand washing station
Discuss and/or participate in dish washing using dunk bags
Make a Kapers chart
Learn proper garbage disposal, including recycling
- II. Review
Put up and use a Girl Scout clothesline
Learn proper soaping of kettles
- III. Review
Help put up a kitchen fly or some other protection from weather conditions
- IV. Review
Erect a shelter using a tarp
- V. Review
Erect a tent
- VI. Review
Set up a campsite
Learn to roll and unroll a sleeping bag or a bed roll

Cooking Out-of-Doors

Outdoor Education in Girl Scouting, pgs. 48-58

- I. Discuss safety around a camp fire
Discuss nutrition, including and the 4 basic food groups
Plan one meal
Have a nose bag lunch
- II. Review
Make or use fire starters
Learn about 3 type of fires
Lay, start, maintain and put out an A-frame fire
- III. Review
Build a log cabin fire
Review safety procedures, then use a "buddy burner" or tin can stove
Use a pudgie pie maker
- IV. Review
Build a teepee fire
Try for "one match club"

Use charcoal to cook a meal
Make a foil dinner

- V. Review
Use a box oven or reflector oven
Sanitize water for use
- VI. Review
Cook on a gas stove
Use two cooking techniques to prepare a meal

Nature

Outdoor Education in Girl Scouting; Chapter 2, pgs. 17-30

- I. Keep a log of birds and animals you see during camp.
Make a simple craft or table decoration from non-living materials found
- II. Review
Take part in a "safari" to find different types of insects.
Take part in a nature awareness activity
- III. Review
Adopt a tree and discover facts about the tree ie. leaf shape, texture of bark, nests, height, insects living on the tree.
Learn about and find examples of soil erosion
- IV. Review
Identify cloud types and discuss air masses, pg. 120-123, *Outdoor Education in Girl Scouting*.
Take part in an activity about habitats or predator/prey
- V. Review
Learn about the food web, find an example

Discuss weather and watching for changing weather patterns (see OEGS pp. 120-131)

- VI. Review
Use or make two weather instruments (OEGS pp. 126-129)
Plan a camp project that involves environmental awareness and/or conservation practices

Hiking

Outdoor Education in Girl Scouting, pgs. 110, 111, 158-160

- I. Learn how to properly dress for a hike
Pack a small 1st aid kit and water for a short hike
- II. Learn “staying found” techniques (see *Outdoor Education in Girl Scouting* pp. 81)
Discuss and discover different fabric types for hiking clothing
Take part in a “theme hike”
- III. Review
Introduce the compass and learn the 4 basic directions
List items to take on a hike
Take a hike each day
- IV. Review
Learn to read and use a compass for a hike
Learn 4 trail signs
Eat lunch or a snack while on a hike
- V. Review
Take a hike and leave some trail signs
List proper gear for a long hike
- VI. Develop and mark a trail for another group to follow
Cook a meal during a hike

Knots

Outdoor Education in Girl Scouting, pg. 42

- I. Tie an overhand knot
Discuss uses of knots
- II. Tie and release a square knot
Make a square knot bracelet
- III. Review
Tie a clove hitch
- IV. Review
Tie a sheet bend and a sheepshank knot
Tie a taut-line hitch

- V. Review
Tie a half hitch
Tie a bowline

- VI. Review and tie all knots
Learn and practice on how to whip a rope end
Do an activity or craft using knots

Tools

Outdoor Education in Girl Scouting, pg. 46

- I. Learn about a safety circle
Learn the different types of tools used for camping
- II. Review
Learn proper care and use of a jack knife
- III. Review
Practice open, closing, and passing a jack knife
Learn proper care and use of a hatchet
- IV. Review
Demonstrating how to use of a hatchet and practice passing a hatchet
Whittle a friendship stick
- V. Review
Learn proper care and use for a saw
- VI. Review
Practice using a saw
Chop or saw wood for your fire materials

Outdoor Songs & Games

Outdoor Education in Girl Scouting, various songs/ tapes from the Girl Scout library

- I. Play an outdoor game
Sing two songs appropriate for the out-of-doors
- II. Review
Learn a song to sing while hiking
Learn a grace
- III. Learn/sing one new song
Learn/sing one singing game
- IV. Learn/sing an international song
Learn/sing one quiet song
- V. Learn one song traditional to your area
Play an international game
- VI. Lead a song session at camp

Ceremonies

Ceremonies in Girl Scouting

- I. Take part in an opening and closing ceremony
Participate in a formal flag ceremony
- II. Review
Plan and carry out a flag ceremony
- III. Review
Learn to fold a flag
- IV. Review
Help plan an opening or closing ceremony
- V. Review
Learn and participate in a Scout Own
- VI. Review
Lead the opening and closing, including a flag ceremony

First Aid

Outdoor Education in Girl Scouting, Chapter 5, pgs. 77-100

- I. Learn the emergency procedures for your camp
Introduce the group to the designated first aider and her location
- II. Review
Talk about different types of insect bites, as well as ticks, and how to care for each of them
Learn the basic contents for a simple first aid kit.
(see Safety-Wise pp. 20-21)
- III. Review
Learn how to care for burns, slivers, cuts, and scrapes
- IV. Review
Put together a first aid kit for hiking
Discuss first aid procedures used in remote sites
- V. Review
Learn immediate care for fractures
Learn care for poison ivy and identify it while out hiking
- VI. Review
Learn about heat stroke and heat exhaustion

Basic I

In order to earn a Basic I patch, complete 3 out of the 9 sections. To complete a section, you must do all of the listed activities.

1. Housekeeping

- Set up or take part in a hand washing station
- Discuss and/or participate in dish washing using dunk bags
- Make a Kapers chart
- Learn proper garbage disposal, including recycling

2. Cooking in Out-of-Doors

- Discuss safety around a camp fire
- Discuss nutrition, including and the 4 basic food groups
- Plan one meal
- Have a nose bag lunch

3. Nature

- Keep a log of birds and animals you see during camp
- Make a simple craft or table decoration from non-living materials found

4. Hiking

- Learn how to properly dress for a hike
- Pack a small 1st aid kit and water for a short hike

5. Knots

- Tie an overhand knot
- Discuss uses of knots

6. Tools

- Learn about a safety circle
- Learn the different types of tools used for camping

7. Outdoor Songs and Games

- Play an outdoor game
- Sing two songs appropriate for the out-of-doors

8. Ceremonies

- Take part in an opening and closing ceremony
- Participate in a formal flag ceremony

9. First Aid

- Learn the emergency procedures for your camp
- Introduce the group to the designated first aider and her location

Basic II

In order to earn a Basic II patch, complete 4 of the 9 sections. To complete a section you must do all of the listed activities.

1. Housekeeping

- Review
- Put up and use a Girl Scout clothesline
- Learn proper soaping of kettles

2. Cooking in Out-of-Doors

- Review
- Make or use fire starters
- Learn about 3 type of fires
- Lay, start, maintain and put out an A-frame fire

3. Nature

- Review
- Take part in a "safari" to find different type of insects
- Take part in a nature awareness activity

4. Hiking

- Learn "staying found" saying found techniques (see *Outdoor Education in Girl Scouting* pg. 81)
- Discuss and discover different fabric types for hiking clothing
- Take part in a "theme hike"

5. Knots

- Tie and release a square knot
- Make a square knot bracelet

6. Tools

- Review
- Learn proper care and use of a jack knife

7. Outdoor Songs and Games

- Review
- Learn a song to sing while hiking
- Learn a grace

8. Ceremonies

- Review
- Plan and carry out a flag ceremony

9. First Aid

- Review
- Talk about different types of insect bites as well as ticks and how to care for each of them
- Learn the basic contents for a simple first aid kit. (See *Outdoor Education in Girl Scouting*, pg. 84)

Basic III

In order to earn a Basic III patch, complete 5 of the 9 sections. To complete a section you must do all of the listed activities.

1. Housekeeping

- Review
- Help put up a kitchen fly or some other protection from weather conditions

2. Cooking in Out-of-Doors

- Review
- Build a log cabin fire
- Review safety procedures, then use a buddy burner or tin can stove
- Use a pudgie pie maker

3. Nature

- Review
- Adopt a tree and discover facts about the trees and leaf shape, textures of bark, nests, height, insects living in the tree.
- Learn about and find examples of soil erosion

4. Hiking

- Review
- Introduce the compass and learn the 4 basic directions
- List items to take on a hike
- Take a hike each day

5. Knots

- Review
- Tie a clove hitch

6. Tools

- Review
- Practice opening, closing, and passing a jack knife
- Learn proper care and use of a hatchet

7. Outdoor Songs & Games

- Learn/sing one new song
- Learn/sing one singing game

8. Ceremonies

- Review
- Learn to fold a flag

9. First Aid

- Review
- Learn how to care for burns, slivers, cuts, and scrapes

Basic IV

In order to earn Basic IV patch, complete 6 of the 9 sections. To complete a section, you must do all of the listed activities.

1. Housekeeping

- Review
- Erect a shelter using a tarp

2. Cooking in Out-of-Doors

- Review
- Build a teepee fire
- Try for "one match club"
- Use charcoal to cook a meal
- Make a foil dinner

3. Nature

- Review
- Identify cloud types and discuss air masses p. 120-123, *Outdoor Education in Girl Scouting*
- Take part in an activity about habitats or predator/prey

4. Hiking

- Review
- Learn to read and use a compass for a hike
- Learn 4 trail signs
- Eat lunch or a snack while on a hike

5. Knots

- Review
- Tie a sheet bend and a sheepshank knot
- Tie a taut-line hitch

6. Tools

- Review
- Demonstrate how to use of a hatchet and practice passing a hatchet
- Whittle a friendship stick

7. Outdoor Songs & Games

- Learn/sing an international song
- Learn/sing one quiet song

8. Ceremonies

- Review
- Help plan an opening or closing ceremony

9. First Aid

- Review
- Put together a first aid kit for hiking
- Discuss first aid procedures used in remote sites

Basic V

In order to earn a Basic V patch, complete 7 of the 9 sections. To complete a section, you must do all of the listed activities.

1. Housekeeping

- Review
- Erect a tent

2. Cooking in Out-of-Doors

- Review
- Use a box oven or reflector oven
- Sanitize water for use

3. Nature

- Review
- Learn about the food web, find an example
- Discuss weather and watching for changing weather patterns (see *Outdoor Education in Girl Scouting*, pp. 120-131)

4. Hiking

- Review
- Take a hike and leave some trail signs
- List proper gear for a long hike

5. Knots

- Review
- Tie a half hitch
- Tie a bow line

6. Tools

- Review
- Learn proper care and use for a saw

7. Outdoor Songs & Games

- Learn one song traditional to your area
- Play an international game

8. Ceremonies

- Review
- Learn and participate in a Scout Own

9. First Aid

- Review
- Learn immediate care for fractures
- Learn care for poison ivy and identify while out hiking

Basic VI

In order to earn a Basic VI patch, complete 8 of the 9 sections. To complete a section, you must do all of the listed activities.

1. Housekeeping

- Review
- Set up a campsite
- Learn to roll and unroll a sleeping bag or a bed roll

2. Cooking in Out-of-Doors

- Review
- Cook on a gas stove
- Use two cooking techniques to prepare a meal

3. Nature

- Review
- Use or make two weather instruments (*Outdoor Education in Girl Scouting*, pp. 126-129)
- Plan a camp project that involves environmental awareness and/or conservation practices

4. Hiking

- Develop and mark a trail for another group to follow
- Cook a meal during a hike

5. Knots

- Review and tie all knots
- Learn and practice how to whip a rope end.
- Do an activity or craft using knots

6. Tools

- Review
- Practice using a saw
- Chop or saw wood for your fire materials

7. Outdoor Songs & Games

- Lead a song session at camp

8. Ceremonies

- Review
- Lead the opening and closing including a flag ceremony

9. First Aid

- Review
- Learn about heat stroke and heat exhaustion