

RAINBOW REQUIREMENTS

End Goal: By the time the girls have completed the curriculum, they should be comfortable and helpful during a weekend camping trip, be prepared to survive outside overnight if caught unexpectedly, and have individual resiliency to deal with common and possible emergencies (eg earthquake, small fire, getting lost on a hike).

	Fire Safety	Cooking	Knot	First Aid / Wilderness Survival	Knife Safety	Geocaching and Outdoor Skills	Girl Scout Ways	Leadership
1st grade Patch	Learn Fire safety rules, terms and steps. Build Edible Fire. Learn about forest fires & prevention.	Learn safety rules for fire pit cooking and propane stove cooking, and how to wash dishes at camp. Cook something on stove or in fire pit and clean up.	Try tying (or observe) tying shoes. Learn uses for a bandana and practice.	Learn & use the buddy system. Learn how to get help in an emergency. Learn how not to get lost. Learn what to do if you get lost & proper use of whistle. Learn proper handwashing.	Learn Safety rules. Cut soft food safely. (Banana, bread).	Tour camp. Learn how to pack/stuff a sleeping bag, how to dress for the weather & what items to have at camp. Use camp map to ID features. Look at map for terrain features, direction/compass rose.	Learn the GS hand sign, hand shake, friendship circle, and squeeze.	Learn and sing a new song, play a team building game.
2nd Grade Red	Observe fire site prep and fire starting. Lay Teepee fire, light if comfortable, and see if it burns. Learn use of bucket & shovel for extinguishing. Learn basic use of a fire extinguisher. (PASS)	Learn how and do a foil meal. Plan and prepare a nutritious snack.	Learn how to tie and demonstrate uses for a square knot.	Learn where the large first aid kit/station is. Make small first aid kit. Learn to identify poison oak, stinging nettles, and sword fern. Discuss what to do if caught outdoors overnight.	Review safety rules. Learn how to cut firm food safely. (cheese, oranges)	Learn safety rules & good manners for a hike. Learn to identify poison oak, stinging nettles, and sword fern. Review map of camp before hike and use to plot progress.	Learn the GS promise.	Learn a new song in your unit. Play a team building game.
3rd grade Orange	Learn to plan, prepare area, lay and use various types of wood fires and fire starters. Light a fire if comfortable and see if it burns. Observe lighting match & fire starting techniques.	Learn about food groups. Plan a balanced menu for a camp breakfast, lunch or dinner.	Learn how to tie a square knot, slip knot, overhand loop, and clove hitch, and what they can be used for.	Learn the contents of a basic first aid kit. Learn how to care for cuts & scrapes, as well as bee stings. Discuss what to do if caught outdoors overnight.	Review safety rules. Introduction to pocket knives & appropriate uses. Use pocket knife to cut firm food such as apples.	Learn 2-4 trail signs and practice them on a hike. Learn about weather signs (clouds/sun) & determining direction from the sun. Identify coniferous and deciduous trees.	Learn the Girl Scout Motto: Be prepared. and the Girl Scout Slogan: Do a good turn daily.	Lead a song or game in your unit.
4th grade Yellow	Make fire starters, learn how to strike a match, and observe how to light a charcoal fire and propane stove.	Learn how to set up, light and use a propane stove. Use one to make a one pot meal or another recipe.	Make a knot board (e.g. overhand, square, slip, larks head, sheet bend, bowline, clove hitch). Learn what the knots can be used for.	Learn how to determine if water is safe for drinking and how to purify it. Also discuss water safety (swimming, etc.)	Learn Pocket knife safety (open, close, handing off.) Practice carving. Learn how to clean and care for a pocket knife.	Learn how to use a compass. Learn proper gear and how to pack it for an overnight. Use map and compass for rudimentary geocache site location.	Plan and participate in a flag ceremony	Teach a game or song to a unit or group of other campers.
5th grade Green	Learn how to light propane stoves and charcoal fires. Learn to start an emergency fire. Review use of fire extinguisher and practice with water extinguisher if available.	Learn about box oven, Dutch oven and camp stove oven. Use one method to cook something.	Learn basic lashing techniques & demonstrate uses (eg build primitive shelter) Be able to put up a tarp using the appropriate knots.	Learn to know the signs of heat and cold emergencies, or if someone is badly hurt. Learn application of direct pressure, pressure dressing & tourniquet.	Review Safety rules. Make wood shavings and/or a swizzle stick for starting a fire. * Take to fire & use/ demonstrate use.	Use a compass and learn about navigation. Discuss geocaching with technology & limitations. Perform longer geocache find using map & compass.	Plan and participate in a flag ceremony	Teach a game or song to a unit or group of other campers.
6th grade Purple	Learn how to make and store waterproof matches and how to make a fire in inclement weather. * Use swizzle stick or wood shavings made in knife station to start a fire.	Learn about ten local foods and the importance of local eating. Prepare a recipe that includes at least one ingredient from OR or WA.	Use lashing to create a shelter, use knots to create a low slack line for trust/group exercise.	Review contents of a larger first aid kit. Learn more first aid procedures. Learn recovery position for injured, and review direct pressure and tourniquet application.	Review safety rules. Practice carving on wood with pocket knives.	Be able to pitch tent using appropriate knots. Learn minimum environmental impact & no trace camping methods. Be able to use a compass. Know how to use orienteering/geocaching methods.	Plan and participate in a flag ceremony	Teach a game or song to a unit or group of other campers.
PAIT Silver	Mentor with Program Aides. Know the Rainbow skills.							
Rainbow Gold	Possess and be able to teach the skills in the Rainbow Program to younger campers. Be present on Saturday for training and setup.							

FIRST AID & OUTDOOR SURVIVAL RAINBOW SKILLS LIST

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
learn & use buddy system	X	X				
Learn how to dress for the weather	X	X				
Learn how to get help in an emergency	X	X				
Learn how to not get lost	X	X				
Learn what to do if you get lost	X	X				
Proper use of a whistle	X	X				
Contents of basic first aid kt	X	X				
learn where the large first aid kit is		X				
make a small first aid kit		X				
Care for basic cuts & scrapes		X	X			
Care for bee stings			X			
Learn how to use a emergency blanket	X	X	X	X	X	X
What to do if caught outdoors overnight			X	X	X	X
Learn how to determine if water is safe for drinking				X		
Water purification				X		
Water safety (swimming & boating)				X		
How to tell if someone is badly hurt					X	X
Learn how to use direct pressure					X	X
learn how to use a bandage					X	X
Learn how to use a pressure dressing					X	X
Learn how to use a commercially tourniquet					X	X
review contents of a larger first aid kit					X	X
Please a casualty in the recovery positon					X	X
Learn signs of heat injuries						X
Learn signs of cold injuries						X
Identify signs of shock & treat						X

Activity 1: Discuss Outdoor Survival & Safety

- What steps can you take to stay safe
 - Buddy System - always stay in groups of at least 2, stay with your buddy
 - Tell an adult where you're going
 - Stay on paths & marked trails - LEAVE NO TRACE
 - Pay attention & look for landmarks - large trees, hills, big rocks
 - Prepare ahead of time - GS MOTO - BE PREPARED
- When would you need help?
 - Someone gets hurt, get lost
- How to get help in an emergency?
 - Use the radio, use an emergency whistle, yell, put out brightly colored flag/clothing/signal
 - What do you say? Who you are, what happened, who is hurt, how many people are hurt, and where they are
- What to do if you're lost?
 - Hug a tree - find a large tree, consider being on a path but out of this sun & sit down - why?
 - Can get hurt, can miss rescuers. Tree provides shelter,
 - If lost at the mall, or in the city? Ask someone in a uniform, as a mom with kids
 - keep warm & dry, drink water, stay calm
 - Listen - searchers will yell for you - they may sound angry but are trying to be loud
 - Put branches under you so you're off the ground to stay warm & dry
 - Wrap yourself in an emergency shelter if you have one
 - Use an emergency whistle (louder than your voice & takes less energy) - 3 blasts = HELP
 - Use branches or rocks to make an SOS sign, or an 'X', an arrow near your tree
 - Bright clothing is easier to find

Level 1 FIRST AID & OUTDOOR SURVIVAL RAINBOW

learn & use buddy system	X
Learn how to get help in an emergency	X
Learn how to not get lost	X
Learn what to do if you get lost	X
Proper use of a whistle	X
Contents of basic first aid kt	X

Activity 2: Practice proper use of a Whistle - 3 blasts signals help

✓ Give each camper a whistle, let them try it several times in the station

Discuss what would happen if they used it when it wasn't an emergency

Boy who cried wolf

Takes volunteers & nurse away from others who might truly need help

Activity 3: Show the first aid kit

Discuss basic contents of a first aid kit

Activity 4: Band Aids

Use the non-sterile gauze wipes to 'clean' an injury,

Demonstrate how to put on a bandaid (don't touch the gauze part, keep the wound clean)

✓ Give each girl one wipe & one bandaid to practice putting on themselves or another

Why use a bandaid? Keeps germs & dirt out, keeps blood in, keeps scab from forming

Goal: Clean & Stop bleeding

Activity 5: Dress the PA Game

✓ Two teams, two PA's, one team dresses the PA properly for camp, the other improperly

Discuss why the outfits are good & safe for camp, the other not.

Activity 6: Dress the PA for the weather

✓ One team will dress the PA for a cold, sunny day at camp

✓ The other team dresses the PA for a warm, sunny day at camp

Discuss the idea of wearing layers, of safe shoes despite heat, hat for cold or hot

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Activity 2: Camp Rules

Discuss what some of camp rules are - no running except in meadow, stay with unit, buddy system

Activity 3: Show the small first aid kit

Discuss basic contents of a first aid kit

Activity 4: Discuss where the nurse & big first aid camp are at camp

Show a large first aid kit

Activity 4: Band Aids

Use the non-sterile gauze wipes to 'clean' an injury,

Demonstrate how to put on a bandaid (don't touch the gauze part, keep the wound clean)

Give each girl one wipe & one bandaid to practice putting on themselves or another

Activity 5: Create a small first aid kit

Use the small tins, load with 2 bandaids, 2 gauze, 2 alcohol pads, 2 safety pins

Discuss uses of safety pins - with bandana to cover an injury

Can use safety pin with sleeve of coat / shirt to hold injured arm close to body

Can use safety pins to help cover from the elements if not properly dressed

LEVEL 2 FIRST AID & OUTDOOR SURVIVAL

learn & use buddy system	X
Learn how to get help in an emergency	X
Learn how to not get lost	X
Learn what to do if you get lost	X
Proper use of a whistle	X
Contents of basic first aid kt	X
learn where the large first aid kit is	X
make a small first aid kit	X
Care for basic cuts & scrapes	X

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 - keep warm & dry, drink water, stay calm
 - Listen - searchers will yell for you - they may sound angry but are trying to be loud
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learn & use buddy system	X	
Learn how to get help in an emergency	X	
Learn how to not get lost	X	
Learn what to do if you get lost	X	
Proper use of a whistle	X	
Contents of basic first aid kit	X	
learn where the large first aid kit is	X	
make a small first aid kit	X	
Care for basic cuts & scrapes	X	X
Care for bee stings		X
What to do if caught outdoors overnight		X

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Activity 3: Show the small first aid kit

Discuss basic contents of a first aid kit

Activity 4: Discuss where the nurse & big first aid camp are at camp

Show a large first aid kit

Activity 5: Band Aids

Use the non-sterile gauze wipes to 'clean' an injury, Demonstrate how to put on a bandaid (don't touch the gauze part, keep the wound clean).

Use larger bandaids to talk about a larger boo-boo - use one PA to demonstrate it'

✓ Give each girl one wipe & one bandaid to practice putting on themselves or another

Activity 6: Caring for bee sting

Remove the stinger - scrape it don't pinch or you might push more venom out

Clean the area -soap & water if available

Ice if available

baking soda paste if available (put in small booboo kit? Add to your hiking gear?

best when mixed with vinegar, it will bubble!)

Toothpaste can reduce pain/itching

Calamine lotion

Watch for possible allergic reaction - epipens?

Activity 7: What to do if caught outdoors?

Don't panic. Stay calm.

Priorities of survival: Shelter, Fire, Water, Food

Inventory supplies (show well stocked backpack?)

A safe, dry place to stay/sleep/be is the most important priority.

You can go without food & water for longer than you can stay out in the cold & rain

Be prepared: stay dry - bring a raincoat, look for a place to be dry (under a tree, under an overhang), have an emergency blanket in your gear

Stay warm - don't lay on the ground, be somewhere that the wind is not blowing on you (go around the other side of the tree)

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Level 4 FIRST AID & OUTDOOR SURVIVAL RAINBOW

Learn how to get help in an emergency	
Learn how to not get lost	
Learn what to do if you get lost	
learn where the large first aid kit is	
What to do if caught outdoors overnight	X
Learn how to determine if water is safe for drinking	X
Water purification	X
Water safety (swimming & boating)	X

Activity 2: Discuss what is first aid - what kinds of things they can do

bandages, clean small wounds, get help, bring a first aid kit

What kinds of things should be in a first aid kit?

**Discuss PPE - Personal Protection - gloves, mask, don't make contact

Show first aid kits - small, large,

Activity 3: Clean Water

- Discuss what might happen if you drink water you find out doors
- Differences between microorganism infection, bacteria, virus, and chemical contamination
- Why would you need to purify water?
- Discuss difference between filtering & purifying
 - Demo: water with rocks & red food coloring, where color = germs, can strain out the rocks but not the color

Ways to purify water:

Boiling - 5-10 minutes of a full rolling boil, plus 1 minute for every 300 M above sea level

Purification tablets:

3 types: iodine, chlorine, and "other"

Check the expiration dates on the tablets, if it's expired, it won't work

Use the cleanest water you can find to start

When you use tablets, you must strain/filter first

Many tablets work best at 68 degrees or more

- Show iodine tablet purification - you have to read the directions. The water has to sit.
- Show Micropur tablets purification
- Demonstrate water purifier - straw & pump
- Sample waters - **MUST MAKE AHEAD**

**Chlorine and iodine are toxins. Do not use more of either chemical than indicated, and use only in emergency situations

Activity 4: Water Safety - swimming & boating

Skit - While the girls are getting seated, have one PA begin talking to them about the hug a tree curriculum. There is a blue tarp laid out in easy view of the table. PA2 goes over, lays down & begins to "swim" on the tarp. Suddenly, she begins calling for PA3. Please don't yell help - yell PA3 name, Over Here, Wait, and so forth. PA3 goes to jump into the "pool" calling "Ill help you" - PA1 yells STOP! And asks what's wrong

Discussion with girls: never swim alone, always swim with a buddy; tell others where you are going in the water; make sure there is a lifeguard; know your own ability to swim; plan for currents and waves.

When you need to rescue, "Throw don't go" - don't jump in

Can you reach out to them with something? (Use the pool noodle),

Can you throw something that floats (preferably a life jacket or ring?)

If you need to be rescued: float on your back, yell for help, stay calm.

Activity 5: What to do if caught outdoors?

- Don't panic. Stay calm.
- **Priorities of survival: Shelter, Fire, Water, Food**
- Inventory supplies (show well stocked backpack?)
- A safe, dry place to stay/sleep/be is the most important priority.
- You can go without food & water for longer than you can stay out in the cold & rain Be prepared: stay dry - bring a raincoat, look for a place to be dry (under a tree, under an overhang), have an emergency blanket in your gear
- **Stay warm** - don't lay on the ground, be somewhere that the wind is not blowing on you (go around the other side of the tree)

- **Step 1: What could you do to stay dry?**
 - Be prepared: hike with a rainjacket, even in summer
- **Step 2: Create shelter w/garbage bag & string/rope/paracord**
 - How to make knots at knot station
 - How to make buttonholes in tarp
 - Branches under, emergency blanket over - princess & the pea (4' deep of branches compress down to create enough space to stay warm!)
 - Alternate #2: Are there enough branches to make a lean-to? Can you make a big pile of branches & leaves & other forest debris to make a forest sleeping bag? Get in your raincoat, cover your head with your hat, and climb in the center.
 - Important: Place colored signal out or branches/rocks/etc for rescuers to see them
 - Examples, bandana, sports bra, large sticks pointing in an arrow, 3 piles of as many stones as they can manage, spell out HELP on the ground in person size letters -

*** POSTERS WITH SOME OF THE SIGNALS - 3 PILES, THE STICKS, ETC.

Activity 1: Discuss Outdoor Survival & Safety

- Reminder: What steps can you take to stay safe
 - Buddy System - always stay in groups of at least 2, stay with your buddy
 - Tell an adult where you're going
 - Stay on paths & marked trails
 - Pay attention & look for landmarks - large trees, hills, big rocks
 - Prepare ahead of time - GS MOTO - BE PREPARED
- What to do if you're lost?
 - Hug a tree - find a large tree, consider being on a path but out of this sun & sit down - why?
 - Can get hurt, can miss rescuers. Tree provides shelter,
 - If lost at the mall, or in the city? Ask someone in a uniform, as a mom with kids
 - keep warm & dry, drink water, stay calm
 - Listen - searchers will yell for you - they may sound angry but are trying to be loud
 - Put branches under you so you're off the ground to stay warm & dry
 - Wrap yourself in an emergency shelter if you have one
 - Use an emergency whistle (louder than your voice & takes less energy) - 3 blasts = HELP
 - Use branches or rocks to make an SOS sign, or an 'X', an arrow near your tree
 - Bright clothing is easier to find
 - If you need to leave the area, leave an obvious note or another indicator on where you are going

Activity 2: Discuss what is first aid - what kinds of things they can do

bandages, clean small wounds, get help, bring a first aid kit

What kinds of things should be in a first aid kit?

What kinds of things are in a larger first aid kit

-game - what goes in a good first aid kit (dump pile of materials on the table & let the girls build a good kit)

Activity 3: Controlling bleeding

- Discuss different kinds of bleeding -
 - Demo: teaspoon full, a cup full, and a pitcher/pot full
 - Teaspoon full: capillary bleeding needs a bandaid - Example skinned your knees
 - DEFINITION: Absorbent material placed over a wound to collect blood & promote clotting
 - ✓ Girls practice putting on a bandage on one another
 - Cup full: needs direct pressure as a first step - needs a pressure dressing - absorbent material placed snugly over a wound: show pressure dressing, place pad over wound & wrap tails tightly around limb - arm or leg. Example is a bad cut that looks like it will require multiple stitches.
 - DEFINITION: A pressure dressing uses a bandage to collect blood, and applies pressure to try to keep the blood in / decrease blood coming out.
 - ✓ Girls practice putting on a pressure dressing on one another
 - Pitcher full - super serious bleeding. Start with direct pressure, a pressure dressing, and if the blood continues to come out, consider a tourniquet.
 - DEFINITION: Tourniquets: purposely designed product with a band that goes around a limb and has a device that tightens the band, applying sufficient pressure to prohibit blood flowing to the wound, it is tightened until blood flow stops.
 - To apply a tourniquet properly: 2-4" above the highest wound/blood leakage site, also stay 2-4" above or below a joint (eg don't put it across a knee or elbow). Fasten the tourniquet through the buckles, tighten the windlass until tight and blood flow stops. Secure the windlass with the velcro strap.
 - ✓ Girls practice putting on a tourniquet on THEMSELVES, or on "extra legs"
- SAFETY NOTE:** do not let the girls run around with the tourniquets on - sit down, practice a few times on your arm or leg, tighten it down, remind them it will likely need to be TIGHTER during an emergency & have them remove them.
- Info for leaders: A purposely built device or commercially available tourniquet is like using a fire extinguisher to put out a fire - an improvised tourniquet is like using a pot of water to put the fire out - it might work & might be better than nothing, but has liabilities. There are suggested guidelines for the use of improvised tourniquets, please do NOT get into it here.

Activity 4: Recovery Position

If someone is not conscious, they need to be in a comfortable position that protects their breathing and airway.

Gently roll the patient onto their side, use their uphill leg as a tripod to keep them in place, tuck the uphill foot behind the downhill knee; put downhill arm folded under the head like a pillow (tricep stretch), make sure their airway is free from obstruction and any vomit can

Level 5 FIRST AID & OUTDOOR SURVIVAL RAINBOW

Learn how to get help in an emergency	
Learn how to not get lost	
Learn what to do if you get lost	
learn where the large first aid kit is	
What to do if caught outdoors overnight	
How to tell if someone is badly hurt	X
Learn how to use direct pressure	X
learn how to use a bandage	X
Learn how to use a pressure dressing	X
Learn how to use a commercially tourniquet	X
review contents of a larger first aid kit	X
Please a casualty in the recovery position	X

drain out.

Please a casualty in the recovery position

Activity 5: Be Prepared kit - show the girls the sample kit/poster

Each girl gets:

1. One tin,
2. an emergency contact label for the inside
3. A be prepared kit label for the outside
4. 2 2x2 surgical sponges (are actually sterile gauze)
5. 2 alcohol preps
6. 4 bandaids
7. 4 safety pins
8. 1 emergency whistle (with strict instructions not to use)
9. 1 LED Light
10. 1 emergency blanket

to be tied on the tin with Orange paracord length they will be given at Knots

NOTE: the girls will get a Button Compass at Geocaching to add to this kit, and waterproof matches with duct tape at Fire.

Activity 6: What to do if caught outdoors

Step 1: What could you do to stay dry?

Be prepared: hike with a rainjacket, even in summer

Step 2: Create shelter w/garbage bag & string/rope/paracord

How to make knots at knot station

How to make buttonholes in tarp

Branches under, emergency blanket over - princess & the pea (4' deep of branches compress down to create enough space to stay warm!)

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 - Pitcher full - super serious bleeding. Start with direct pressure, a pressure dressing, and if the blood continues to come out, consider a tourniquet.
 - DEFINITION: Tourniquets: purposely designed product with a band that goes around a limb and has a device that tightens the band, applying sufficient pressure to prohibit blood flowing to the wound, it is tightened until blood flow stops.
 - To apply a tourniquet properly: 2-4" above the highest wound/blood leakage site, also stay 2-4" above or below a joint (eg don't put it across a knee or elbow). Fasten the tourniquet through the buckles, tighten the windlass until tight and blood flow stops. Secure the windlass with the velcro strap.
 - ✓ Girls practice putting on a tourniquet on THEMSELVES, or on "extra legs"
- SAFETY NOTE:** do not let the girls run around with the tourniquets on - sit down, practice a few times on your arm or leg, tighten it down, remind them it will likely need to be TIGHTER during an emergency & have them remove them.
- Info for leaders: A purposely built device or commercially available tourniquet is like using a fire extinguisher to put out a fire - an improvised tourniquet is like using a pot of water to put the fire out - it might work & might be better than nothing, but has liabilities. There are suggested guidelines for the use of improvised tourniquets, please do NOT get into it here.

Activity 4: Recovery Position

If someone is not conscious, they need to be in a comfortable position that protects their breathing and airway.

Gently roll the patient onto their side, use their uphill leg as a tripod to keep them in place, tuck the uphill foot behind the downhill knee; put downhill arm folded under the head like a pillow (tricep stretch), make sure their airway is free from obstruction and any vomit can drain out.

Please a casualty in the recovery position

Level 6 FIRST AID & OUTDOOR SURVIVAL

Learn how to get help in an emergency	
Learn how to not get lost	
Learn what to do if you get lost	
learn where the large first aid kit is	
What to do if caught outdoors overnight	
How to tell if someone is badly hurt	X
Learn how to use direct pressure	X
learn how to use a bandage	X
Learn how to use a pressure dressing	X
Learn how to use a commercially tourniquet	X
review contents of a larger first aid kit	X
Please a casualty in the recovery position	X
Learn signs of heat injuries	
Learn signs of cold injuries	
Identify signs of shock & treat	

Activity 5: Heat Injuries / Cold Injuries

- Hypothermia (cold)
 - Drink warm liquids (no caffeine), move into shelter, remove wet clothing, can use warm water bottles to help warm up; do not warm too quickly.
- Frostbite: occurs when skin is exposed to temperatures that ice crystals form
 - May complain of pain & numbness
 - Grayish white patches on skin can cut off blood flow, and lead to tissue death
 - First aid: removed wet clothing, wrap in warm blanket -
REMOVE TO HIGHER MEDICAL CARE ASAP
 - Do not massage the area, do not attempt to warm if there is any chance of refreezing
- Sunburn: most are 1st degree burns, can have blistering & 2nd degree burns
 - Cool damp clothes, do NOT add lotions or oils
 - Get in the shade
 - Avoid by applying sunscreen
- Heat Exhaustion: dehydration + warm environment. Signs: lack of energy, general weakness, headache, nausea, faintness, sweating, cool pale skin, rapid pulse.
 - Get the patient to shade, drink small amounts of fluid, cold compress, fan
- Heatstroke: hot sweaty skin, red, confusion, disorientation, rapid pulse
 - SEEK HIGHER MEDICAL CARE - move to shade, loosen tight clothing, ice packs in armpits, neck, and groin, SMALL amounts of cool water
- Dehydration is a concern - Best place to carry water is in your stomach. Plan ahead

Activity 6: Shock

- Shock is caused by insufficient blood flow to your brain to provide it the oxygen & sugar it needs to work properly.
- Involves: confusion, potentially down to unconsciousness, a weak or absent radial pulse.
- If you suspect someone is going into shock, get help immediately, keep them warm, keep them dry, consider the recovery position if they are not fully conscious/awake

Activity 7: Be Prepared kit - show the girls the sample kit/poster

Each girl gets:

1. One tin,
2. an emergency contact label for the inside
3. A be prepared kit label for the outside
4. 2 2x2 surgical sponges (are actually sterile gauze)
5. 2 alcohol preps
6. 4 bandaids
7. 4 safety pins
8. 1 emergency whistle (with strict instructions not to use)
9. 1 LED Light
10. 1 emergency blanket

to be tied on the tin with Orange paracord length they will be given at Knots

NOTE: the girls will get a Button Compass at Geocaching to add to this kit, and waterproof matches with duct tape at Fire.

Activity 8: What to do if caught outdoors

Step 1: What could you do to stay dry?

Be prepared: hike with a rainjacket, even in summer

Step 2: Create shelter w/garbage bag & string/rope/paracord

How to make knots at knot station

How to make buttonholes in tarp

Branches under, emergency blanket over - princess & the pea (4' deep of branches compress down to create enough space to stay warm!)

Alternate #2: Are there enough branches to make a lean-to? Can you make a big pile of branches & leaves & other forest debris to make a forest sleeping bag? Get in your raincoat, cover your head with your hat, and climb in the center.

Important: Place colored signal out on branches/rocks/etc for rescuers to see them

Examples, bandana, sports bra, large sticks pointing in an arrow, 3 piles of as many stones as they can manage, spell out HELP on the ground in person size letters -

*** NEED POLES FOR THE LEAN-TO SHELTER, DOWN BRANCHES/ETC

*** POSTERS WITH SOME OF THE SIGNALS - 3 PILES, THE STICKS, ETC.

KNIFE SKILLS & SAFETY RAINBOW SKILLS LIST

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Safety rules	X					
Cut soft food safely	X					
Review safety rules		X	X	X	X	X
Cut firm food safely		X				
Intro to pocket knives			X			
Pocket knife safety			X			
Review pocket knife safety				X	X	X
Appropriate uses of pocket knives			X			
Use pocket knife to cut firm food			X			
Carving on firm surface				X		
Clean and care for pocket knives				X	X	X
Basic carving techniques					X	
Make wood shavings/swizzle stick as fire starter					X	
Practice carving on wood with pocket knife						X

Careful cutting: Knife safety tips	http://www.nfsmi.org/
Pocket Knife Safety	https://www.scoutstuff.org/
Wood Whittling 101	http://www.instructables.com/id/Wood-Whittling-101/step4/Safety-Holding-the-Knife/
Making feather stick	https://www.youtube.com/watch?v=CcpVhm1bUwU

Activity 1: Discuss Safety Rules

Level 1 KNIVES

- What steps can you take to stay safe
 - Treat all knives, whether they appear sharp or not, with respect
 - Have a clear and safe area to use your knife
 - Concentrate on your task
 - Keep the knife under control at all times
 - Use a cutting board
 - Make sure your knife is sharp enough for your task
 - Sharp knives work best because you don't have to work as hard
 - Choose the best knife for the job: different blades and sizes
 - Do not hold items in your hand while cutting (demonstrate the difference).
 - Carry a knife by the handle with the tip pointing down and blade away from your body.
 - Cut downward and away from the body.
 - Use free hand to hold object down firmly, making sure fingers are out of the way.
 - Keep knives clean, especially handles.
 - Keep knives away from edges of counters and tables to avoid being knocked off.
 - Use knives for their intended purpose (**NOT** as a can opener or screwdriver)
 - Clean them right away and don't leave them in a sink of soapy water where they can't be seen.
 - Store them in a knife rack or knife drawer away from other small objects.
- When would you use a knife?
 - Cutting food into smaller pieces
 - Other types of food preparation
 - Cutting rope or cord
 - Cutting branches
 - Making swizzle stick for fire
- What **NOT** to do with a knife
 - Don't play around with your knife
 - Don't point a knife at other people
 - Don't throw your knife (yes, even the plastic ones)
 - Don't reach into an area where a knife is being used.

Safety rules	X
Cut soft food safely	X

Activity 2: Knife safety circle -

- Practice with cardboard knife - extend arms with knee out, rotate in a circle
- No one should be inside the circle
- *never try with a real knife

Activity 3: Practice passing an open knife

- Place knife on a flat surface so the other person can pick it up
- OR
- Pass handle first, grasping the back (noncutting part of the blade) between finger & thumb, tucking fingers into palm
- Do not release until the receiver says thank you

Activity 4: Practice proper use of a knife-soft food

- ✓ Give each camper a plastic knife, peeled banana, and small cutting board

Have them practice cutting the banana into slices using the techniques described above in safety rules

- Walk around the girls to ensure they are concentrating on their task (i.e. not talking to their neighbor)
- Correct unsafe practices by watching for how the banana is being held as they cut
 - Fingers are out of the way
 - Not holding the banana in their hand as they cut
 - Knives are pointed in safe direction
 - Proper cutting technique

LEVEL 2 KNIVES

Review safety rules	X
Cut firm food safely	X

Activity 1: Review Knife Safety-details not needed

- What steps can you take to stay safe
 - Treat all knives, whether they appear sharp or not, with respect
 - Have a clear and safe area to use your knife
 - Concentrate on your task
 - Keep the knife under control at all times
 - Use a cutting board
 - Make sure your knife is sharp enough for your task
 - Sharp knives work best because you don't have to work as hard
 - Choose the best knife for the job: different blades and sizes
 - Do not hold items in your hand while cutting (demonstrate the difference).
 - Carry a knife by the handle with the tip pointing down and blade away from your body.
 - Cut downward and away from the body.
 - Use free hand to hold object down firmly, making sure fingers are out of the way.
 - Keep knives clean, especially handles.
 - Keep knives away from edges of counters and tables to avoid being knocked off.
 - Use knives for their intended purpose (**NOT** as a can opener or screwdriver)
 - Clean them right away and don't leave them in a sink of soapy water where they can't be seen.
 - Store them in a knife rack or knife drawer away from other small objects.
- When would you use a knife?
 - Cutting food into smaller pieces
 - Other types of food preparation
 - Cutting rope or cord
 - Cutting branches
 - Making swizzle stick for fire
- What **NOT** to do with a knife
 - Don't play around with your knife
 - Don't point a knife at other people
 - Don't throw your knife (yes, even the plastic ones)
 - Don't reach into an area where a knife is being used.

Activity 2: Knife safety circle -

- Practice with cardboard knife - extend arms with knee out, rotate in a circle
- No one should be inside the circle
- *never try with a real knife

Activity 3: Practice passing an open knife

- Place knife on a flat surface so the other person can pick it up
- OR
- Pass handle first, grasping the back (noncutting part of the blade) between finger & thumb, tucking fingers into palm
- Do not release until the receiver says thank you

Activity 4: Practice proper use of a knife-firm food

- ✓ Give each camper a paring metal knife, apple half, and small cutting board
- Have them practice cutting the apple half into slices using the techniques described above in safety rules
- Walk around the girls to ensure they are concentrating on their task (i.e. not talking to their neighbor)
 - Correct unsafe practices by watching for how the apple is being held as they cut
 - Fingers are out of the way
 - Not holding the apple in their hand as they cut
 - Knives are pointed in safe direction
 - Proper cutting technique

To Station Leaders/PAs: This may seem very redundant but firm food and sharper knives is progression from Level 1 and we need you attentive to the girls as they cut. We don't want any accidents. SAFETY FIRST! Keep an eye on them! Have them take turns if that gives you peace of mind so you can better concentrate on their safety & technique.

Activity 1: Review Knife Safety-quicker review for this age group

Level 3 Knives

- What steps can you take to stay safe
 - Treat all knives, whether they appear sharp or not, with respect
 - Have a clear and safe area to use your knife
 - Concentrate on your task
 - Keep the knife under control at all times
 - Use a cutting board
 - Make sure your knife is sharp enough for your task
 - Sharp knives work best because you don't have to work as hard
 - Choose the best knife for the job: different blades and sizes
 - Do not hold items in your hand while cutting (demonstrate the difference).
 - Carry a knife by the handle with the tip pointing down and blade away from your body.
 - Cut downward and away from the body.
 - Use free hand to hold object down firmly, making sure fingers are out of the way.
 - Keep knives clean, especially handles.
 - Keep knives away from edges of counters and tables to avoid being knocked off.
 - Use knives for their intended purpose (**NOT** as a can opener or screwdriver)
 - Clean them right away and don't leave them in a sink of soapy water where they can't be seen.
 - Store them in a knife rack or knife drawer away from other small objects.
- When would you use a knife?
 - Cutting food into smaller pieces
 - Other types of food preparation
 - Cutting rope or cord
 - Cutting branches
 - Making swizzle stick for fire
- What **NOT** to do with a knife
 - Don't play around with your knife
 - Don't point a knife at other people
 - Don't throw your knife (yes, even the plastic ones)
 - Don't reach into an area where a knife is being used.

Review safety rules	X	
Intro to pocket knives	X	
Pocket knife safety	X	
Appropriate uses of pocket knives	X	
Use pocket knife to cut firm food	X	

Activity 2: Knife safety circle -

- Practice with cardboard knife - extend arms with knee out, rotate in a circle
- No one should be inside the circle
- *never try with a real knife

Activity 3: Practice passing an open knife

- Place knife on a flat surface so the other person can pick it up
- OR
- Pass handle first, grasping the back (noncutting part of the blade) between finger & thumb, tucking fingers into palm
- Do not release until the receiver says thank you

Activity4: Introduction to Pocket Knives

- **Parts of the Knife**
 - Handle
 - Blade
 - Locking mechanism (if any)
 - Other parts depending on the knife...
 - Screwdriver
 - Corkscrew
 - Lid lifter
 - Punch
 - 2nd blade
 - Bottle opener
 - Hole punch

Activity 5: Pocket Knife Safety

In addition to the above safety items

- Proper opening of the knife (curled fingers to hold while using the other hand to open the blade, **NEVER** flick the knife)
- Close the knife and put it away when not in use
- Knife closed when passing it to another person
- Properly clean the knife (and its nooks and crannies) before storing it
- Proper closure of the knife (curled fingers to hold the knife while the other hand folds the blade)

Activity 6: Appropriate uses of pocket knife

Various uses depending on the knife blades and other attachments (Keep it basic though, blade only)

- Cutting rope or cord
- Making swizzle sticks or wood chips to build a fire
- Cutting food
- Making first aid supplies such as tourniquets or bandages
- Making shelter
- Carving wood for gifts and so on...

Activity 7: Practice proper use of a knife-firm food

✓ Give each camper a pocket knife, apple half, and small cutting board

Have them practice cutting the apple half into slices using the techniques described above in safety rules (general & pocket knife safety)

- Walk around the girls to ensure they are concentrating on their task (i.e. not talking to their neighbor)
- Correct unsafe practices by watching for how the apple is being held as they cut
 - Fingers are out of the way
 - Not holding the apple in their hand as they cut
 - Knives are pointed in safe direction
 - Proper cutting technique
 - Proper closing

Activity 1: Review Knife Safety-quicker review for this age group

- What steps can you take to stay safe
 - Treat all knives, whether they appear sharp or not, with respect
 - Have a clear and safe area to use your knife
 - Concentrate on your task
 - Keep the knife under control at all times
 - Use a cutting board
 - Make sure your knife is sharp enough for your task
 - Sharp knives work best because you don't have to work as hard
 - Choose the best knife for the job: different blades and sizes
 - Do not hold items in your hand while cutting (demonstrate the difference).
 - Carry a knife by the handle with the tip pointing down and blade away from your body.
 - Cut downward and away from the body.
 - Use free hand to hold object down firmly, making sure fingers are out of the way.
 - Keep knives clean, especially handles.
 - Keep knives away from edges of counters and tables to avoid being knocked off.
 - Use knives for their intended purpose (**NOT** as a can opener or screwdriver)
 - Clean them right away and don't leave them in a sink of soapy water where they can't be seen.
 - Store them in a knife rack or knife drawer away from other small objects.
- When would you use a knife?
 - Cutting food into smaller pieces
 - Other types of food preparation
 - Cutting rope or cord
 - Cutting branches
 - Making swizzle stick for fire
- What **NOT** to do with a knife
 - Don't play around with your knife
 - Don't point a knife at other people
 - Don't throw your knife (yes, even the plastic ones)
 - Don't reach into an area where a knife is being used.

LEVEL 4 KNIVES

Review safety rules	
Review pocket knife safety	
Carving on firm surface	
Clean and care for pocket knives	

Activity 2: Pocket Knife Safety

In addition to the above safety items

- Proper opening of the knife (curled fingers to hold while using the other hand to open the blade, **NEVER** flick the knife)
- Close the knife and put it away when not in use
- Knife closed when passing it to another person
- Properly clean the knife (and its nooks and crannies) before storing it
- Proper closure of the knife (curled fingers to hold the knife while the other hand folds the blade)

Activity 3: Carve a firm surface using a pocket knife

With small pieces of wood blocks, simple carving for wood chips on small pine blocks

- Make sure knife is sharp enough for the job
- Carve with the grain
- Trace out a design
- **DON'T FORGET SAFETY!**

Activity 4: Discuss proper cleaning and care of pocket knife

- Pocket knives collect dust, lint and other material in the pivot
- Dirty pivots can make it difficult to open knives making them more dangerous.
- **Do not FORCE a hard to knife open.** You can lose control and get injured.
- Regularly inspect and clean the knife, its pivot, the blade(s), other tools for dirt, and the look for damage and other issues, including loose screws
- **ALWAYS WORK MOVING AWAY FROM THE BLADE!**
- Cotton swabs will work to clean up sand and grit, as well as lint, but if there's trouble still opening the knife then...
- Warm, soapy water and an old, clean toothbrush will do the trick to clean sand and grit, as well as lint, focus on the pivot area and locking mechanism
- If using water, be sure to remove any excess water and allow the knife to air dry for at least 15 minutes before closing it up and storing it

Activity 1: Review Knife Safety-details not needed

- What steps can you take to stay safe
 - Treat all knives, whether they appear sharp or not, with respect
 - Have a clear and safe area to use your knife
 - Concentrate on your task
 - Keep the knife under control at all times
 - Use a cutting board
 - Make sure your knife is sharp enough for your task
 - Sharp knives work best because you don't have to work as hard
 - Choose the best knife for the job: different blades and sizes
 - Do not hold items in your hand while cutting (demonstrate the difference).
 - Carry a knife by the handle with the tip pointing down and blade away from your body.
 - Cut downward and away from the body.
 - Use free hand to hold object down firmly, making sure fingers are out of the way.
 - Keep knives clean, especially handles.
 - Keep knives away from edges of counters and tables to avoid being knocked off.
 - Use knives for their intended purpose (**NOT** as a can opener or screwdriver)
 - Clean them right away and don't leave them in a sink of soapy water where they can't be seen.
 - Store them in a knife rack or knife drawer away from other small objects.
- When would you use a knife?
 - Cutting food into smaller pieces
 - Other types of food preparation
 - Cutting rope or cord
 - Cutting branches
 - Making swizzle stick for fire
- What **NOT** to do with a knife
 - Don't play around with your knife
 - Don't point a knife at other people
 - Don't throw your knife (yes, even the plastic ones)
 - Don't reach into an area where a knife is being used.

LEVEL 5 KNIVES

Review safety rules	
Review pocket knife safety	
Clean and care for pocket knives	
Basic carving techniques	
Make wood shavings/swizzle stick as fire starter	

Activity 2: Pocket Knife Safety

In addition to the above safety items

- Proper opening of the knife (curled fingers to hold while using the other hand to open the blade, **NEVER** flick the knife)
- Close the knife and put it away when not in use
- Knife closed when passing it to another person
- Properly clean the knife (and its nooks and crannies) before storing it
- Proper closure of the knife (curled fingers to hold the knife while the other hand folds the blade)

Activity 3: Review Clean & Care for Pocket Knives

- Pocket knives collect dust, lint and other material in the pivot
- Dirty pivots can make it difficult to open knives making them more dangerous.
- **Do not FORCE a hard to knife open.** You can lose control and get injured.
- Regularly inspect and clean the knife, its pivot, the blade(s), other tools for dirt, and the look for damage and other issues, including loose screws
- **ALWAYS WORK MOVING AWAY FROM THE BLADE!**
- Cotton swabs will work to clean up sand and grit, as well as lint, but if there's trouble still opening the knife then...
- Warm, soapy water and an old, clean toothbrush will do the trick to clean sand and grit, as well as lint, focus on the pivot area and locking mechanism
- If using water, be sure to remove any excess water and allow the knife to air dry for at least 15 minutes before closing it up and storing it

Using small wood blocks, carve out simple designs

- **DON'T FORGET SAFETY!**
- Make sure knife is sharp enough for the job
- Use dry wood
- Trace out a design, KEEP IT SIMPLE (i.e. sun, basic animal shape)
- Carve using a small scooping motion to cut out the wood
 - With the grain (easiest)
 - Across the grain
 - Against the grain

- Against the grain

- When needing to carve across/against the grain, use small cuts and go SLOW
- If knife gets stuck for any reason, back track rather than force it to keep things SAFE
- **PAY ATTENTION! so you don't hurt yourself**

Activity 5: Make Wood Shavings/Swizzle Sticks as Fire Starter

- Using a dry piece of wood, preferably a stick like a small tree branch
- Starting the the bottom of the stick
- Carve WITH the grain, but don't cut all the way through the wood (unless you're making shavings)
- Wood will curl on top of each other in fine bits to make the stick look "fuzzy"

LEVEL 6 KNIVES

• **Activity 1: Review Knife Safety-details not needed**

- What steps can you take to stay safe
 - Treat all knives, whether they appear sharp or not, with respect
 - Have a clear and safe area to use your knife
 - Concentrate on your task
 - Keep the knife under control at all times
 - Use a cutting board
 - Make sure your knife is sharp enough for your task
 - Sharp knives work best because you don't have to work as hard
 - Choose the best knife for the job: different blades and sizes
 - Do not hold items in your hand while cutting (demonstrate the difference).
 - Carry a knife by the handle with the tip pointing down and blade away from your body.
 - Cut downward and away from the body.
 - Use free hand to hold object down firmly, making sure fingers are out of the way.
 - Keep knives clean, especially handles.
 - Keep knives away from edges of counters and tables to avoid being knocked off.
 - Use knives for their intended purpose (**NOT** as a can opener or screwdriver)
 - Clean them right away and don't leave them in a sink of soapy water where they can't be seen.
 - Store them in a knife rack or knife drawer away from other small objects.
- When would you use a knife?
 - Cutting food into smaller pieces
 - Other types of food preparation
 - Cutting rope or cord
 - Cutting branches
 - Making swizzle stick for fire
- What **NOT** to do with a knife
 - Don't play around with your knife
 - Don't point a knife at other people
 - Don't throw your knife (yes, even the plastic ones)
 - Don't reach into an area where a knife is being used.

Review safety rules	x
Review pocket knife safety	x
Clean and care for pocket knives	x
Practice carving on wood with pocket knife	x

• **Activity 2: Pocket Knife Safety**

- In addition to the above safety items
 - Proper opening of the knife (curled fingers to hold while using the other hand to open the blade, **NEVER** flick the knife)
 - Close the knife and put it away when not in use
 - Knife closed when passing it to another person
 - Properly clean the knife (and its nooks and crannies) before storing it
 - Proper closure of the knife (curled fingers to hold the knife while the other hand folds the blade)

• **Activity 3: Review Clean & Care for Pocket Knives**

- Pocket knives collect dust, lint and other material in the pivot
- Dirty pivots can make it difficult to open knives making them more dangerous.
- **Do not FORCE a hard to knife open.** You can lose control and get injured.
- Regularly inspect and clean the knife, its pivot, the blade(s), other tools for dirt, and the look for damage and other issues, including loose screws
- **ALWAYS WORK MOVING AWAY FROM THE BLADE!**
- Cotton swabs will work to clean up sand and grit, as well as lint, but if there's trouble still opening the knife then...
- Warm, soapy water and an old, clean toothbrush will do the trick to clean sand and grit, as well as lint, focus on the pivot area and locking mechanism
- If using water, be sure to remove any excess water and allow the knife to air dry for at least 15 minutes before closing it up and storing it

Activity 4: Practice carving on wood with pocket knife

- Review basic carving techniques
- Simple designs
- Draw them out
- **Keep it safe!**

Fire Rainbow Skills List

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Learn Fire safety rules	x	x	x	x	x	x
Learn about forest fire prevention	x	x	x	x	x	x
components of a fire	x	x	x	x	x	x
Identify tinder, kindling, and fuel for fire	x	x	x	x	x	x
Light a match		x	x	x	x	x
lay a teepee fire		x	x	x		
Learn how to put out a camp fire (bucket & shovel method)	x	x	x	x	x	x
Learn how to use a fire extinguisher			x	x	x	x
Use a firestarter			x	x	x	x
Light a charcoal fire				x	x	x
Light a propane stove				x	x	x
Learn how to make an emergency fire					x	x
make storm proof matches						x
Use a swizzle stick						x
Cook on a stick over fire			x	x	x	x
	30m	30m	45m	45m	1h	1h

Directions for fire extinguisher:

1. Unscrew the top ring at the throat of the valve
2. As the ring loosens, gently pull up on the valve assembly, it will make unscrewing the last part easier
3. Fill the extinguisher, but not full full (it needs a little room for air) DO NOT PUT THE ASSEMBLY ON THE GROUND (Dirt will clog it)
4. re-screw on the valve assembly. Finger tighten the throat ring
5. Hook up the compressor to the side away from the valve meter/register.
6. While filling the extinguisher with one hand, WATCH THE REGISTER by leaning around - DO NOT OVERFILL. Stop just short of the green zone & it will coast up.
7. Reinstall the pin on the meter side.

Please be gentle & treat this tool with respect!

Peter Kummerfeldt survival training	http://survivalcommonsense.com/peter-kummerfeldt-survival-videofeed-a-step-by-step-video-guide-for-wilderness-survival/
starting a fire infographic	http://flashpointssurvival.com/infographic-how-to-build-a-campfire/
fire	http://www.preventwildfireca.org/Infographic-Campfire-Safety/
starting a fire infographic	http://www.visuallycontent.com/how-to-build-a-campfire/

Activity 1: Fire Safety Rules

- Stop drop & roll
- Proper dress - no long hair, dangling objects, plastic ponchos
- closed toe shoes
- 3 point stance
- No running, goofing off, reaching across, be aware of where others are.
- Move slowly around the fire
-
- Build fire in safe place - where would a safe fire ring be?
 - If in the woods, do NOT use rocks in a circle - violates leave no trace.
 - Consider whether you can use a stove instead of a fire
 - Durable surface
 - In an emergency, you do the best you can
- put it out when you leave

Activity 2: Forest Fire Prevention

Poster - discussion of fire & burn ban last year - Why?
What causes forest fires?

Activity 3: Components of a fire

Fire needs

Fire triangle: Heat, oxygen, and fire/flame

Tinder Kindling & fuel

Tinder - as small as a pencil

Kindling as big as your thumb

Fuel as thick as your wrist

Maintaining Your Campfire

As you're enjoying your campfire, remember these safety tips:

- 1 Once you have a strong fire going, add larger pieces of dry wood to keep it burning steadily
- 2 Keep your fire to a manageable size
- 3 Make sure children and pets are supervised when near the fire
- 4 Never leave your campfire unattended
- 5 Never cut live trees or branches from live trees

Activity 3: Lighting a match

What is a match?

Discuss different kinds of matches - strike anywhere, survival, paper

How to go about it?

Strike away from yourself, confident & firm sweep across the striker

Campers can try to strike a match if they feel confident - have them pantomime if not

Activity 4: Lay a teepee fire - edible fire

Assemble campfires: 3 pretzel sticks: A-frame Foundation - large logs.

Coconut: Tinder, match sized sticks or dry leaves.

Chow Mein Noodles or potato shoe strings : Kindling - dry pencil sized wood.

Chocolate chips: Ashes

Skittles: Hot coals

Activity 5: Bucket & Shovel method of putting out a camp fire

Extinguishing Your Campfire (Smokey the Bear curriculum)

When you're ready to put out your fire and call it a night, follow these guidelines:

- 1 Allow the wood to burn completely to ash, if possible
- 2 Pour lots of water on the fire, drown ALL embers, not just the red ones
- 3 Pour until hissing sound stops
- 4 Stir the campfire ashes and embers with a shovel
- 5 Scrape the sticks and logs to remove any embers
- 6 Stir and make sure everything is wet and they are cold to the touch
- 7 If you do not have water, use dirt. Mix enough dirt or sand with the embers. Continue adding and stirring until all material is cool.
Remember: do NOT bury the fire as the fire will continue to smolder and could catch roots on fire that will eventually get to the surface and start a wildfire.

* Demo fire extinguish: Spread out coals, sprinkle water on embers, stir and repeat. Can check by putting hand near by carefully. *never pour water directly on the fire, can cause steam

Fire Rainbow Skills List LEVEL 1

Learn Fire safety rules	x
Learn about forest fire prevention	x
components of a fire	x
Identify tinder, kindling, and fuel for fire	x
Light a match	
lay a teepee fire	
Learn how to put out a camp fire (bucket & shovel method)	x

Activity 1: Fire Safety Rules

- Stop drop & roll
- Proper dress - no long hair, dangling objects, plastic ponchos
- closed toe shoes
- 3 point stance
- No running, goofing off, reaching across, be aware of where others are.
- Move slowly around the fire
- keep fires as small as you can to meet the job -make sure the fire is completely extinguished before leaving
- Build fire in safe place - where would a safe fire ring be?
 - If in the woods, do NOT use rocks in a circle - violates leave no trace.
 - Consider whether you can use a stove instead of a fire
 - Durable surface
 - In an emergency, you do the best you can
- put it out when you leave

Fire Rainbow Skills List LEVEL 2

Learn Fire safety rules	x
Learn about forest fire prevention	x
components of a fire	x
Identify tinder, kindling, and fuel for fire	x
Light a match	x
lay a teepee fire	x
Learn how to put out a camp fire (bucket & shovel method)	x

Activity 2: Forest Fire Prevention

Poster - discussion of fire & burn ban last year

Why?

What causes forest fires?

Activity 3: Components of a fire

Fire needs

Fire triangle: Heat, oxygen, and fire/flame

Tinder Kindling & fuel

Tinder - as small as a pencil

Kindling as big as your thumb

Fuel as thick as your wrist

Maintaining Your Campfire

As you're enjoying your campfire, remember these safety tips:

- 1 Once you have a strong fire going, add larger pieces of dry wood to keep it burning steadily
- 2 Keep your fire to a manageable size
- 3 Make sure children and pets are supervised when near the fire
- 4 Never leave your campfire unattended
- 5 Never cut live trees or branches from live trees

Activity 4: Lighting a match

What is a match?

Discuss different kinds of matches - strike anywhere, survival, paper

How to go about it?

Strike away from yourself, confident & firm sweep across the striker

Campers can try to strike a match if they feel confident - have them pantomime if not

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7 If you do not have water, use dirt. Mix enough dirt or sand with the embers. Continue adding and stirring until all material is cool. Remember: do NOT bury the fire ; the fire will continue to smolder and could catch roots on fire that will eventually get to the surface and start a wildfire.

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Activity 1: Fire Safety Rules

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- closed toe shoes
- 3 point stance
- No running, goofing off, reaching across, be aware of where others are.
- Move slowly around the fire
- keep fires as small as you can to meet the job - make sure the fire is completely extinguished before leaving
- Build fire in safe place - where would a safe fire ring be?
 - If in the woods, do NOT use rocks in a circle - violates leave no trace.
 - Consider whether you can use a stove instead of a fire
 - Durable surface
 - In an emergency, you do the best you can
- put it out when you leave

Fire Rainbow Skills List LEVEL 3

Learn Fire safety rules	x
Learn about forest fire prevention	x
components of a fire	x
Identify tinder, kindling, and fuel for fire	x
Light a match	x
lay a teepee fire	x
Learn how to put out a camp fire (bucket & shovel method)	x
Learn how to use a fire extinguisher	x
Use a firestarter	x

Activity 2: Forest Fire Prevention

Poster - discussion of fire & burn ban last year
Why?
What causes forest fires?

Activity 3: Components of a fire

Fire needs

Fire triangle: Heat, oxygen, and fire/flame

Tinder Kindling & fuel

Tinder - as small as a pencil
Kindling as big as your thumb
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Maintaining Your Campfire

As you're enjoying your campfire, remember these safety tips:

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- 3 Make sure children and pets are supervised when near the fire
- 4 Never leave your campfire unattended
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How to go about it?

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NOTE: if you POUR water on the fire, you may ruin the fire pit for the next group, who then may choose a different location in contravention of leave no trace. Sprinkling to ensure the embers are out is another method.

- * Demo fire extinguish: Spread out coals, sprinkle water on embers, stir and repeat. Can check by putting hand near by carefully. *never pour water directly on the fire, can cause steam

Activity 6: Cooking over a fire: Doughboys

- * Cooking other foods such as dough boys takes time and if you are patient, you will be rewarded with a fully cooked product, not burned on the outside and raw on the inside.
- * Turn the stick often.
- * Campers make doughboys using one biscuit. Wrap around stick, roast over the fire, then dip in melted butter and cinnamon sugar. The sticks should be prepped with foil wrapper.

Activity 1: Fire Safety Rules

- Stop drop & roll
- Proper dress - no long hair, dangling objects, plastic ponchos
- closed toe shoes
- 3 point stance
- No running, goofing off, reaching across, be aware of where others are.
- Move slowly around the fire
- keep fires as small as you can to meet the job -make sure the fire is completely extinguished before leaving
- Build fire in safe place - where would a safe fire ring be?
 - If in the woods, do NOT use rocks in a circle - violates leave no trace.
 - Consider whether you can use a stove instead of a fire
 - Durable surface
 - In an emergency, you do the best you can
- put it out when you leave

Activity 2: Forest Fire Prevention

Poster - discussion of fire & burn ban last year

Why?

What causes forest fires?

Activity 3: Components of a fire

Fire needs

Fire triangle: Heat, oxygen, and fire/flame

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Fuel as thick as your wrist

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Discuss different kinds of matches - strike anywhere, survival, paper

How to go about it?

Strike away from yourself, confident & firm sweep across the striker

Campers can try to strike a match if they feel confident - have them pantomime if not

Activity 4: Bucket & Shovel method of putting out a camp fire

Extinguishing Your Campfire (Smokey the Bear curriculum)

When you're ready to put out your fire and call it a night, follow these guidelines:

- 1 Allow the wood to burn completely to ash, if possible
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- 7 If you do not have water, use dirt. Mix enough dirt or sand with the embers. Continue adding and stirring until all material is cool. Remember: do NOT bury the fire. the fire will continue to smolder and could catch roots on fire that will eventually get to surface and start a wildfire.

NOTE: if you POUR water on the fire, you may ruin the fire pit for the next group, who then

Fire Rainbow Skills List LEVEL 4

Learn Fire safety rules	x
Learn about forest fire prevention	x
components of a fire	x
Identify tinder, kindling, and fuel for fire	x
Light a match	x
lay a teepee fire	x
Learn how to put out a camp fire (bucket & shovel method)	x
Learn how to use a fire extinguisher	x
Use a firestarter	x
Light a charcoal fire	x
Light a propane stove	x

may choose a different location in contravention of leave no trace. Sprinkling to ensure the embers are out is another method.

Activity 5: Using a fire extinguisher

PULL - pull the pin

AIM - Aim the extinguisher at the fire

SHOOT - spray the fire

SWEEP - sweep back & forth across the fire

Practice with the water fire extinguisher - do not aim at a person, do not create digests in the road. Use the compressor & a hose to refill it. See Willow for instructions

Activity 6: use a firestarter

try lighting fire from a firestarter from knives if available

Activity 7: light a charcoal fire

practice putting charcoal in the charcoal stove & layering with fire starters, lighting if possible.

Activity 8: light a camp stove

Learn how to hook up the camp stove, the propane to the stove, check to make sure everything is hooked up correctly, then light the stove.

Activity 9: Cooking over a fire: Doughboys

* Cooking other foods such as dough boys takes time and if you are patient, you will be rewarded with a fully cooked product, not burned on the outside and raw on the inside.

* Turn the stick often.

* Campers make doughboys using one biscuit. Wrap around stick, roast over the fire, then dip in melted butter and cinnamon sugar. The sticks should be prepped with foil wrapper.

Activity 1: Fire Safety Rules

- Stop drop & roll
- Proper dress - no long hair, dangling objects, plastic ponchos
- closed toe shoes
- 3 point stance
- No running, goofing off, reaching across, be aware of where others are.
- Move slowly around the fire
- keep fires as small as you can to meet the job - make sure the fire is completely extinguished before leaving
- Build fire in safe place - where would a safe fire ring be?
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 - Consider whether you can use a stove instead of a fire
 - Durable surface
 - In an emergency, you do the best you can
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Activity 2: Forest Fire Prevention

Poster - discussion of fire & burn ban last year

Why?

What causes forest fires?

Activity 3: Components of a fire

Fire needs

Fire triangle: Heat, oxygen, and fire/flame

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Tinder - as small as a pencil

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- 3 Make sure children and pets are supervised when near the fire
- 4 Never leave your campfire unattended
- 5 Never cut live trees or branches from live trees

Platform fire:

Lay kindling down to create platform

Lay fuel on the windward side to protect the fire

Place the tinder downwind on the platform

Then light the fire

And stack kindling at 90 degree angles leaning on the fuel piece until the fire is going.

Difference between LNT principles and an emergency

Activity 3: Lighting a match

What is a match?

Discuss different kinds of matches - strike anywhere, survival, paper

How to go about it?

Strike away from yourself, confident & firm sweep across the striker

Campers can try to strike a match if they feel confident - have them pantomime if not

Activity 4: Bucket & Shovel method of putting out a camp fire

Extinguishing Your Campfire (Smokey the Bear curriculum)

When you're ready to put out your fire and call it a night, follow these guidelines:

- 1 Allow the wood to burn completely to ash, if possible
- 2 Pour lots of water on the fire, drown ALL embers, not just the red ones
- 3 Pour until hissing sound stops

Fire Rainbow Skills List LEVEL 5

Learn Fire safety rules	x
Learn about forest fire prevention	x
components of a fire	x
Identify tinder, kindling, and fuel for fire	x
Light a match	x
lay a teepee fire	
Learn how to put out a camp fire (bucket & shovel method)	x
Learn how to use a fire extinguisher	x
Make Waterproof matches	x
Use a firestarter	x
Light a charcoal fire	x
Light a propane stove	x
Learn how to make an emergency fire	x

- 4 Stir the campfire ashes and embers with a shovel
- 5 Scrape the sticks and logs to remove any embers
- 6 Stir and make sure everything is wet and they are cold to the touch
- 7 If you do not have water, use dirt. Mix enough dirt or sand with the embers.
Continue adding and stirring until all material is cool. Remember: do NOT bury the fire. If you bury the fire, the fire will continue to smolder and could catch roots on fire that will eventually get to the surface and start a wildfire.

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Activity 5: Using a fire extinguisher

PULL - pull the pin

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Practice with the water fire extinguisher - do not aim at a person, do not create digits in the road. Use the compressor & a hose to refill it. See Willow for instructions

Activity 6: use a firestarter

try lighting fire from a firestarter from knives if available

Activity 7: light a charcoal fire

practice putting charcoal in the charcoal stove & layering with fire starters, lighting if possible.

Activity 8: light a camp stove

Learn how to hook up the camp stove, the propane to the stove, check to make sure everything is hooked up correctly, then light the stove.

Activity 9: Creating waterproof matches

Paint the matches with fingernail polish -demonstrate that they will still work after painting

Activity 10: Cooking over a fire: Doughboys

* Cooking other foods such as dough boys takes time and if you are patient, you will be rewarded with a fully cooked product, not burned on the outside and raw on the inside.

* Turn the stick often.

* Campers make doughboys using one biscuit. Wrap around stick, roast over the fire, then dip in melted butter and cinnamon sugar. The sticks should be prepped with foil wrapper.

Activity 1: Safety rules

- Stop drop & roll
- Proper dress - no long hair, dangling objects, plastic ponchos
- closed toe shoes
- 3 point stance
- No running, goofing off, reaching across, be aware of where others are.
- Move slowly around the fire
- keep fires as small as you can to meet the job - make sure the fire is completely extinguished before leaving
- Build fire in safe place - where would a safe fire ring be?
 - If in the woods, do NOT use rocks in a circle - violates leave no trace.
 - Consider whether you can use a stove instead of a fire
 - Durable surface
 - In an emergency, you do the best you can
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Activity 2: Forest Fire Prevention

Poster - discussion of fire & burn ban last year

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Activity 3: Components of a fire

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Then light the fire

And stack kindling at 90 degree angles leaning on the fuel piece until the fire is going.

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Activity 4: Bucket & Shovel method of putting out a camp fire

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When you're ready to put out your fire and call it a night, follow these guidelines:

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Fire Rainbow Skills List LEVEL 6

Learn Fire safety rules	x
Learn about forest fire prevention	x
components of a fire	x
Identify tinder, kindling, and fuel for fire	x
Light a match	x
Learn how to put out a camp fire (bucket & shovel method)	x
Learn how to use a fire extinguisher	x
Use a firestarter	x
Light a charcoal fire	x
Light a propane stove	x
Learn how to make an emergency fire	x
make storm proof matches	x
Use a swizzle stick	x
Cook on a stick over fire	x

- 4 Stir the campfire ashes and embers with a shovel
- 5 Scrape the sticks and logs to remove any embers
- 6 Stir and make sure everything is wet and they are cold to the touch
- 7 If you do not have water, use dirt. Mix enough dirt or sand with the embers.
Continue adding and stirring until all material is cool. Remember: do NOT bury the fire the fire will continue to smolder and could catch roots on fire that will eventually get to surface and start a wildfire.

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Activity 9: Creating waterproof matches

Paint the matches with fingernail polish -demonstrate that they will still work after painting

Activity 10: Cooking over a fire: Doughboys

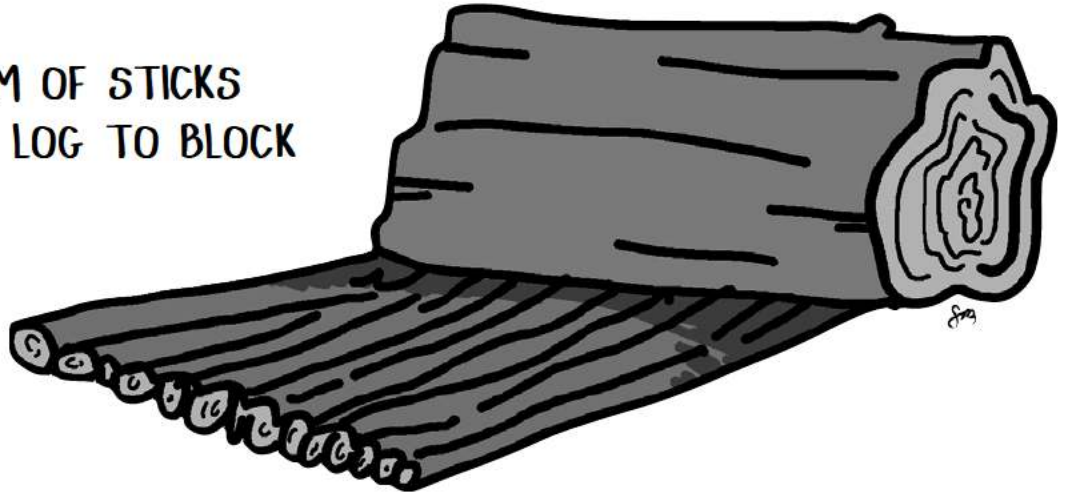
* Cooking other foods such as dough boys takes time and if you are patient, you will be rewarded with a fully cooked product, not burned on the outside and raw on the inside.

* Turn the stick often.

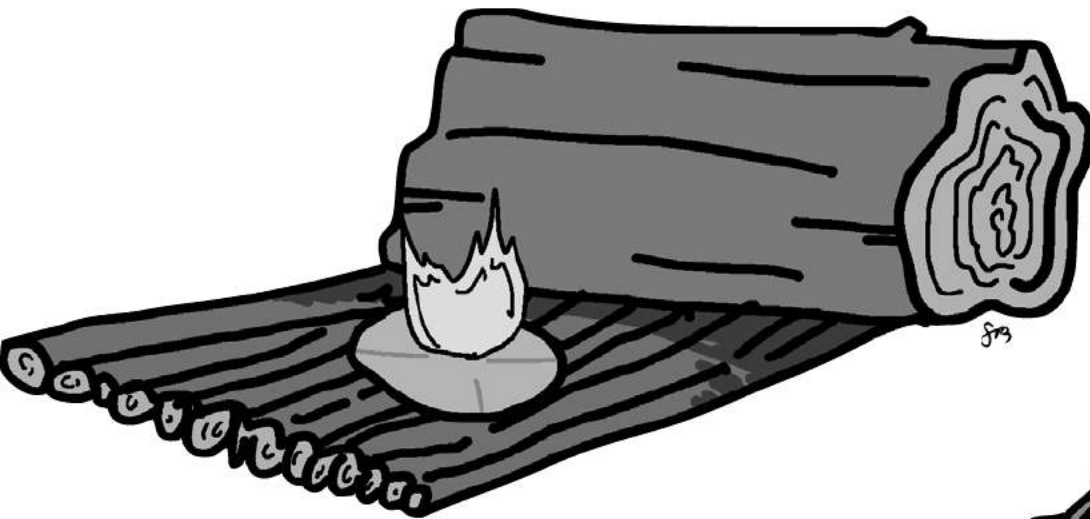
* Campers make doughboys using one biscuit. Wrap around stick, roast over the fire, then dip in melted butter and cinnamon sugar. The sticks should be prepped with foil wrapper.

Starting an Emergency Fire

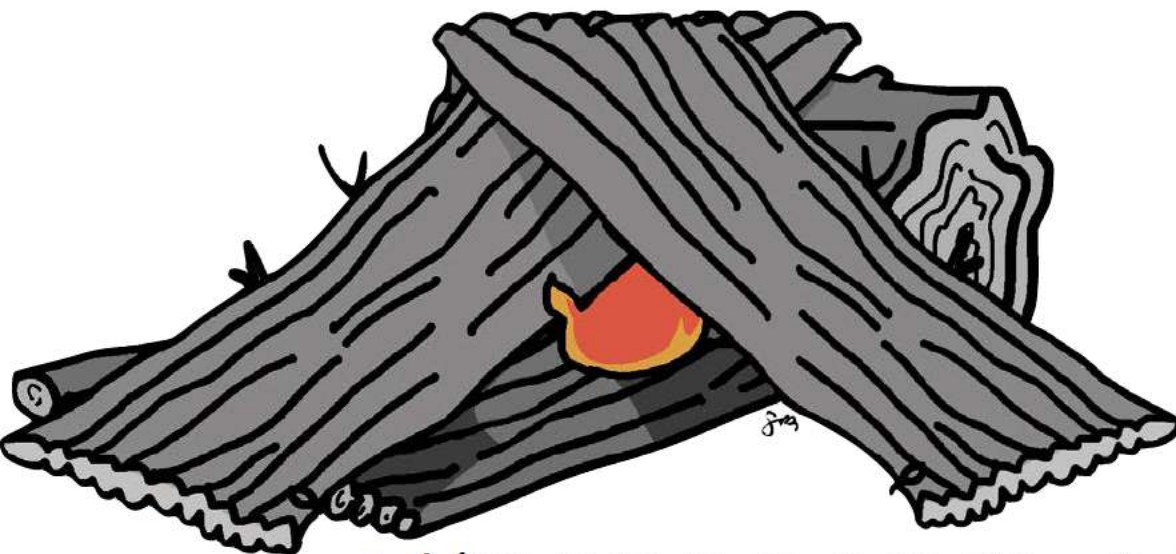
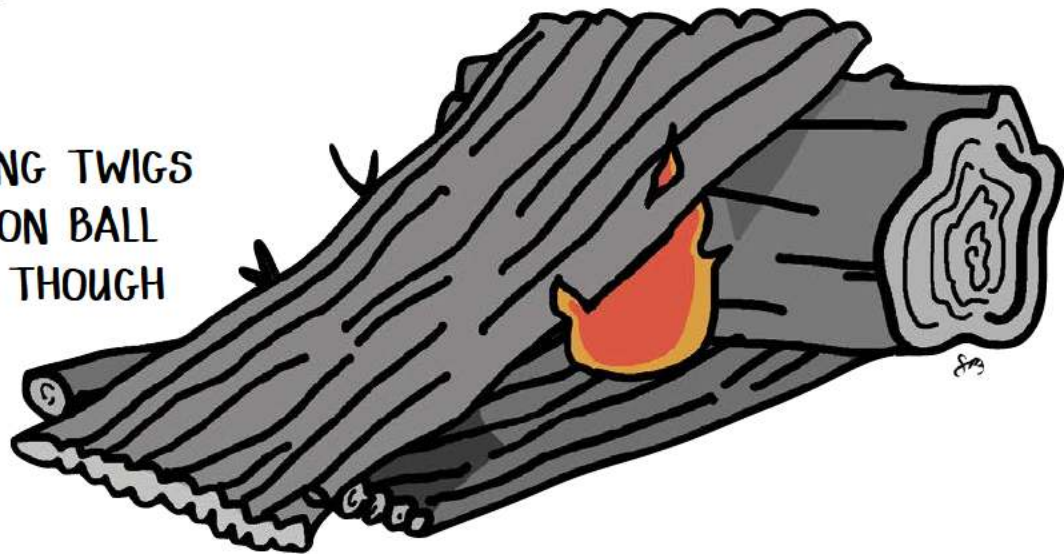
- ◆ LAY A PLATFORM OF STICKS
- ◆ LAY YOUR BASE LOG TO BLOCK THE WIND



- ◆ PULL APART VASELINE SOAKED COTTON BALL, PLACE ON METAL LID, OR A STONE TO COLLECT THE OIL



- ◆ PLACE HANDFULL OF LONG TWIGS OVER TOP OF THE COTTON BALL
- ◆ LET IT BEGIN TO BURN THROUGH



- ◆ WHEN IT BEGINS TO BURN THROUGH, ADD MORE TWIGS AT 90 DEGREES
- ◆ KEEP ADDING MORE TWIGS AT 90 DEGREES
- ◆ WHEN BURNING WELL, CAN ADD OTHER WOOD

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Shoe Tying	x	x				
Bandana Uses	x	x	x	x	x	x
Overhand Knot	x	x	x	x	x	x
Rope Care	x	x	x	x	x	x
Square Knot	x	x	x	x	x	x
Slip knot		x	x	x	x	x
Clove Hitch			x	x	x	x
Bowline				x	x	x
Sheet bend				x	x	
Lark's Head				x	x	
Knot Board				x	**	
Lashings Simple					x	
Lashing Advanced						x
Low Slack Line					x	x
Primitive Shelter						x

KNOTS SKILLS

Little Red Riding Hood (can you use the LRRH story to carry you through the entire curriculum?)

Activity 1: Overhand Knot Demo

Seat Campers so everyone can see & tie the overhand knot (diagram)

**Pass out bandanas to girls so they can use

** Use overhand knot to tie bandana under chin like a little BLUE riding hood

The Overhand Knot is the beginning of knots in the bend & loop families

Learn to tie on Overhand Knot & practice

Can use as a handhold

***Scan pages 28-29 on Overhand Knot DK Knots

Activity 2: Shoe Tying

Everyone untie shoes - uh oh, can't go through the woods with an untied shoe...

Demo tying shoes with a camper's shoes, a PA shoe, or shoe in the bin

Practice tying shoes

LEVEL 1	
Shoe Tying	X
Overhand knot	X
Square Knot	X
Rope Care	X
Bandana Uses	X

Activity 3: Square Knot -

Demonstrate the square knot

Ask campers what they know about square knots

beginning of joining knots

"Right over left, left over right makes a knot that's nice and tight".

Difference between a Square and a Granny knot.

**Use bandana to tie overhand knot on to a stick to make a sack lunch on a stick to take to

Grandma's

Unties easily.

Campers practice tying knots. Adults and PAs should assist as necessary.

***Scan pages 84-85 on square knot DK Knots

Activity 4: Rope Care

***Scan pages 10-15 on rope care & maintenance DK Knots

The ends of rope can fray & need to be treated so they don't (show examples)

Rope can chafe - avoid having rope rub on sharp edges

Dirt can wear out a rope, ropes should be kept clean & dry

Wet ropes rot, make sure ropes are fully dry before coiling & storing

Ropes come in different sizes and types and materials for different jobs

Activity 5: Uses for Bandanas

Demo tying a square knot with a bandana.

Ask campers what they could use a bandana for: (Little Red Riding Hood story)

Carry your lunch on a hike

Carry home treasure from hike

Keep hair out of face

Cowboy mask

Sit upon

Apron

Emergency bandage

Hand puppet

Blindfold for a game

Protect against dust & use as a mask

Sit on it, use as a picnic blanket

filter water

Activity 1: Overhand Knot Demo

- Seat Campers so everyone can see & tie the overhand knot (diagram)
- The Overhand Knot is the beginning of knots in the bend & loop families
- Learn to tie on Overhand Knot & practice
- Can use as a handholdX

***Scan pages 28-29 on Overhand Knot DK Knots

Activity 2: Shoe Tying

- Demonstrate mastery of shoe tying, unit PA's to take girls who struggle aside during later practice time.

Activity 3: Square Knot

- Demonstrate the square knot
- Ask campers what they know about square knots
- beginning of joining knots
- "Right over left, left over right makes a knot that's nice and tight".
- Difference between a Square and a Granny knot (Granny knot ties the same side over twice & thus loses the square shape).
- Unties easily.
- Campers practice tying knots. Adults and PAs should assist as necessary.

***Scan pages 84-85 on square knot DK Knots

Activity 4: Overhand Slip Knot

- A slip knot is an overhand knot with one end not pulled through
- Can tighten under load
- Use when you want to take it off easily

***Scan pages 30-31 on overhand slip knot DK Knots

Activity 5: Rope Care

***Scan pages 10-15 on rope care & maintenance DK Knots

- The ends of rope can fray & need to be treated so they don't (show examples)
- Rope can chafe - avoid having rope rub on sharp edges
- Dirt can wear out a rope, ropes should be kept clean & dry
- Wet ropes rot, make sure ropes are fully dry before coiling & storing
- Ropes come in different sizes and types and materials for different jobs
- Rope showing work or broken fibers sticking out is deteriorating & should not be used or relied on for important tasks.

Activity 6: Uses for Bandanas

- Demo tying a square knot with a bandana.
- Ask campers what they could use a bandana for: (Little Red Riding Hood story)
 - Carry your lunch on a hike
 - Carry home treasure from hike
 - Keep hair out of face
 - Cowboy mask
 - Sit upon
 - Apron
 - Emergency bandage
 - Hand puppet
 - Blindfold for a game
 - Protect against dust & use as a mask
 - Sit on it, use as a picnic blanket
 - filter water

LEVEL 2	BROWNIES
Shoe Tying	X
Overhand knot	X
Square Knot	X
Slip Knot	X
Rope Care	X
Bandana Uses	X

Activity 1: Overhand Knot Demo

- Seat Campers so everyone can see & tie the overhand knot (diagram)
- The Overhand Knot is the beginning of knots in the bend & loop families
- Learn to tie on Overhand Knot & practice
- Can use as a handhold

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Activity 2: Square Knot

- Demonstrate the square knot
- Ask campers what they know about square knots
- beginning of joining knots
- "Right over left, left over right makes a knot that's nice and tight".
- Difference between a Square and a Granny knot (Granny knot ties the same side over twice & thus loses the square shape).
- Unties easily.
- Campers practice tying knots. Adults and PAs should assist as necessary.

***Scan pages 84-85 on square knot DK Knots

Activity 3: Overhand Slip Knot

- A slip knot is an overhand knot with one end not pulled through
- Can tighten under load
- Use when you want to take it off easily

***Scan pages 30-31 on overhand slip knot DK Knots

Activity 4: Clove Hitch Knot

- Demo tying a Clove Hitch around a stick by wrapping rope around and crossing in front.
 - Bring the top end around the around the back of the stick and then
 - under the crossed ropes in front.
 - Used when only one end of the rope is available to work with
 - Is two half hitches passed in the same direction
- Brainstorm Uses for a clove hitch:
 - Securing knot
 - The start of most lashing
 - To attach when the strain is at right angles to the post

***Scan pages 105-106 on clove hitch knot DK Knots

Activity 5: Rope Care

***Scan pages 10-15 on rope care & maintenance DK Knots

- The ends of rope can fray & need to be treated so they don't (show examples)
- Rope can chafe - avoid having rope rub on sharp edges
- Dirt can wear out a rope, ropes should be kept clean & dry
- Wet ropes rot, make sure ropes are fully dry before coiling & storing
- Ropes come in different sizes and types and materials for different jobs
- Rope showing work or broken fibers sticking out is deteriorating & should not be used or relied on for important tasks.

Activity 6: Uses for Bandanas

- Demo tying a square knot with a bandana.
- Ask campers what they could use a bandana for: (Little Red Riding Hood story)
 - Carry your lunch on a hike
 - Carry home treasure from hike
 - Keep hair out of face
 - Cowboy mask
 - Sit upon
 - Apron
 - Emergency bandage
 - Hand puppet
 - Blindfold for a game
 - Protect against dust & use as a mask
 - Sit on it, use as a picnic blanket
 - filter water

LEVEL 3	
Overhand knot	X
Square Knot	X
Slip Knot	X
Clove Hitch	X
Rope Care	X
Bandana Uses	X

if a clove hitch is two half hitches, should we teach those?

Activity 1: Knot Board

Each knot board can be used to remind yourself later how to tie the knots

- Make a minimum of 4 knots, can use more - must use the piece of wood/bamboo for clove hitch & the ring for the lark's head
- Adults and PAs should assist as necessary.
- Each knot can be affixed to the board with the large staple gun
**** Campers should not use the staple gun with out assistance

Knot 1: Overhand

- Learn to tie an Overhand Knot and affix to knot board

***Scan pages 28-29 on Overhand Knot DK Knots

Knot 2: Square Knot

- Demonstrate the square knot
- "Right over left, left over right makes a knot that's nice and tight".
- Unties easily.
- Affix to knot board.

***Scan pages 84-85 on square knot DK Knots

Knot 3: Overhand Slip Knot

- A slip knot is an overhand knot with one end not pulled through
- Can tighten under load
- Use when you want to take it off easily
- Affix to knot board

***Scan pages 30-31 on overhand slip knot DK Knots

Knot 4: Clove Hitch Knot

- Demo tying a Clove Hitch around a stick by wrapping rope around and crossing in front.
 - Bring the top end around the around the back of the stick and then
 - under the crossed ropes in front.
 - Used when only one end of the rope is available to work with
 - Is two half hitches passed in the same direction
- Brainstorm Uses for a clove hitch:
 - Securing knot
 - The start of most lashing
 - To attach when the strain is at right angles to the post
- Use the bamboo/wood pieces for the knot board

***Scan pages 105-106 on clove hitch knot DK Knots

Knot 5: Bowline

- Demo tying a Bowline using rabbit hole method
- Brainstorm uses for a bowline, to include when you need a knot that won't slide, mountain climbing & rescue

***Scan pages 241-244 on bowline knot DK Knots

Knot 6: Sheet bend

- Demo tying a Sheet bend using two ropes of different sizes
- brainstorm uses - when you need to join 2 ropes of different sizes, boating/camping
- Practice tying the sheet bend

***Scan pages 140-141 on sheet knot DK Knots

Knot 7: Lark's Head (also known as a Cow's head knot)

- Demonstrate trying a Lark's head
- Brainstorm uses: To attach a rope to a hole or ring
- Practice tying around key chain ring and attach to knot board

***Scan pages 190-191 on Lark's Head/Cow head DK Knots

LEVEL 4	
Knot Board	X
Overhand knot	X
Square Knot	X
Slip Knot	X
Clove Hitch	X
Bowline	X
Sheet bend	X
Lark's Head	X
Rope Care	X
Bandana Uses	X

Activity 2: Rope Care

*****Scan pages 10-15 on rope care & maintenance DK Knots**

- The ends of rope can fray & need to be treated so they don't (show examples)
- Rope can chafe - avoid having rope rub on sharp edges
- Dirt can wear out a rope, ropes should be kept clean & dry
- Wet ropes rot, make sure ropes are fully dry before coiling & storing
- Ropes come in different sizes and types and materials for different jobs
- Rope showing worn or broken fibers sticking out is deteriorating & should not be used or relied on for important tasks.

Activity 3: Uses for Bandanas

- Demo tying a square knot with a bandana.
- Ask campers what they could use a bandana for: (Little Red Riding Hood story)
 - Carry your lunch on a hike
 - Carry home treasure from hike
 - Keep hair out of face
 - Cowboy mask
 - Sit upon
 - Apron
 - Emergency bandage
 - Hand puppet
 - Blindfold for a game
 - Protect against dust & use as a mask
 - Sit on it, use as a picnic blanket
 - filter water

Activity 1: Knot Board

Each knot board can be used to remind yourself later how to tie the knots

- Make a minimum of 4 knots, can use more - must use the piece of wood/bamboo for clove hitch & the ring for the lark's head
- Adults and PAs should assist as necessary.
- Each knot can be affixed to the board with the large staple gun
**** Campers should not use the staple gun with out assistance

Knot 1: Overhand

- Learn to tie an Overhand Knot and affix to knot board

***Scan pages 28-29 on Overhand Knot DK Knots

Knot 2: Square Knot

- Demonstrate the square knot
- "Right over left, left over right makes a knot that's nice and tight".
- Unties easily.
- Affix to knot board.

***Scan pages 84-85 on square knot DK Knots

Knot 3: Overhand Slip Knot

- A slip knot is an overhand knot with one end not pulled through
- Can tighten under load
- Use when you want to take it off easily
- Affix to knot board

***Scan pages 30-31 on overhand slip knot DK Knots

Knot 4: Clove Hitch Knot

- Demo tying a Clove Hitch around a stick by wrapping rope around and crossing in front.
 - Bring the top end around the around the back of the stick and then
 - under the crossed ropes in front.
 - Used when only one end of the rope is available to work with
 - Is two half hitches passed in the same direction
- Brainstorm Uses for a clove hitch:
 - Securing knot
 - The start of most lashing
 - To attach when the strain is at right angles to the post
- Use the bamboo/wood pieces for the knot board

***Scan pages 105-106 on clove hitch knot DK Knots

Knot 5: Bowline

- Demo tying a Bowline using rabbit hole method
- Brainstorm uses for a bowline, to include when you need a knot that won't slide, mountain climbing & rescue

***Scan pages 241-244 on bowline knot DK Knots

Knot 6: Sheet bend

- Demo tying a Sheet bend using two ropes of different sizes
- brainstorm uses - when you need to join 2 ropes of different sizes, boating/camping
- Practice tying the sheet bend

***Scan pages 140-141 on sheet knot DK Knots

Knot 7: Lark's Head (also known as a Cow's head knot)

LEVEL 5	For 2016
Knot Board	X
Overhand knot	X
Square Knot	X
Slip Knot	X
Clove Hitch	X
Bowline	X
Sheet bend	X
Lark's Head	X
Rope Care	X
Bandana Uses	X
Simple Lashings	X

- Demonstrate trying a Lark's head
- Brainstorm uses: To attach a rope to a hole or ring
- Practice tying around key chain ring and attach to knot board

***Scan pages 190-191 on Lark's Head/Cow head DK Knots

Activity 2: Rope Care

***Scan pages 10-15 on rope care & maintenance DK Knots

- The ends of rope can fray & need to be treated so they don't (show examples)
- Rope can chafe - avoid having rope rub on sharp edges
- Dirt can wear out a rope, ropes should be kept clean & dry
- Wet ropes rot, make sure ropes are fully dry before coiling & storing
- Ropes come in different sizes and types and materials for different jobs
- Rope showing worn or broken fibers sticking out is deteriorating & should not be used or relied on for important tasks.

Activity 3: Uses for Bandanas

- Demo tying a square knot with a bandana.
- Ask campers what they could use a bandana for: (Little Red Riding Hood story)
 - Carry your lunch on a hike
 - Carry home treasure from hike
 - Keep hair out of face
 - Cowboy mask
 - Sit upon
 - Apron
 - Emergency bandage
 - Hand puppet
 - Blindfold for a game
 - Protect against dust & use as a mask
 - Sit on it, use as a picnic blanket
 - filter water

Activity 4: Simple Lashing

Construct a low slack line & play a game to get each girl in the unit across

*Safety checkpoints, line cannot be higher than XXX

Activity 1: Review all prior Knots

Knot 1: Overhand

- Learn to tie an Overhand Knot***Scan pages 28-29 on Overhand Knot DK Knots

Knot 2: Square Knot

- Demonstrate the square knot
- "Right over left, left over right makes a knot that's nice and tight".

***Scan pages 84-85 on square knot DK Knots

Knot 3: Overhand Slip Knot

- A slip knot is an overhand knot with one end not pulled through
- Can tighten under load
- Use when you want to take it off easily

***Scan pages 30-31 on overhand slip knot DK Knots

Knot 4: Clove Hitch Knot

- Demo tying a Clove Hitch around a stick by wrapping rope around and crossing in front.
 - Bring the top end around the around the back of the stick and then
 - under the crossed ropes in front.
 - Used when only one end of the rope is available to work with
 - Is two half hitches passed in the same direction
- Securing knot
- The start of most lashing
- To attach when the strain is at right angles to the post

***Scan pages 105-106 on clove hitch knot DK Knots

Knot 5: Bowline

- Demo tying a Bowline using rabbit hole method

***Scan pages 241-244 on bowline knot DK Knots

Knot 6: Sheet bend

- Demo tying a Sheet bend using two ropes of different sizes

***Scan pages 140-141 on sheet knot DK Knots

Knot 7: Lark's Head (also known as a Cow's head knot)

- Demonstrate trying a Lark's head
- Brainstorm uses: To attach a rope to a hole or ring

***Scan pages 190-191 on Lark's Head/Cow head DK Knots

Activity 2: Rope Care (can be discussed while campers review the knots)

***Scan pages 10-15 on rope care & maintenance DK Knots

- The ends of rope can fray & need to be treated so they don't (show examples)
- Rope can chafe - avoid having rope rub on sharp edges
- Dirt can wear out a rope, ropes should be kept clean & dry
- Wet ropes rot, make sure ropes are fully dry before coiling & storing
- Ropes come in different sizes and types and materials for different jobs
- Rope showing worn or broken fibers sticking out is deteriorating & should not be used or relied on for important tasks.

Activity 3: Uses for Bandanas

- Demo tying a square knot with a bandana.
- Ask campers what they could use a bandana for: (Little Red Riding Hood story)
 - Carry your lunch on a hike
 - Carry home treasure from hike
 - Keep hair out of face

KNOTS LEVEL 6	
Overhand knot	x
Square Knot	x
Slip Knot	x
Clove Hitch	x
Bowline	x
Sheet bend	x
Lark's Head	x
Rope Care	x
Bandana Uses	x
Advance Lashing	x
Slack Line	x
Create a primitive Shelter	x

- Cowboy mask
- Sit upon
- Apron
- Emergency bandage
- Hand puppet
- Blindfold for a game
- Protect against dust & use as a mask
- Sit on it, use as a picnic blanket
- filter water

Activity 4: Lashing

Construct a low slack line & play a game to get each girl in the unit across

Activity 5: Advanced Lashing

Use branches, tarp, emergency blankets, available string/cord/rope to create an emergency shelter

Consider principles of hypothermia for the bottom of the shelter (don't lay directly on the ground), as well as wind/water encroachment

Where is the best place to set up?

See examples in teaching packet for ideas & suggestions

GEOCACHING & OUTDOOR SKILLS RAINBOW SKILLS LIST

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Tour camp	X					
Leave no trace	X	X	X	X	X	X
Take a hike (using map, using compass, navigating to GPS point if available)	X	X	X	X	X	X
Learn how to use a map	X					
Identify terrain features on a map (find a trail on camp map)	X					
Learn good manners for a hike	X					
Learn how to pack/stuff sleeping bag	X	X				
Learn to identify poison oak		X	X			
learn to identify stinging nettles		X	X			
learn to identify sword ferns (uses for nettles)		X	X			
Start to identify terrain features on a larger map		X	X	X		
learn 2-4 trail signs			X			
Learn about weather signs			X			
Determining direction from the sun			X			
Identify coniferous & deciduous trees			X			
Determine direction & distance on a map				x		
Navigate with the stars				X	X	
learn how to use a compass				X	X	X
Learn proper gear & how to pack for an overnight				X	X	X
use map & compass to navigate to a specific point				X	X	X
put up a tarp using appropriate knots					X	X
Discuss details of using technology for navigation (GPS)					X	X
Demonstrate camp uses for duct tape						X
Demonstrate survival uses for a garbage bag						X

Brownie Badge: Hiker

- ▣ find a trail
- ▣ learn to follow trail signs (station to set up trail signs by intended hike)
- place landmarks on a simple map during/after hike (eg big stump, clump of nettles, etc)
- identify lives & tracks on the trail during the hike
- ▣ learn about what to pack for a hike (discuss clothing, shoes, backpack, first aid, & water)
- pack a snack for energy (LINK TO COOK)
- ▣ Leave No Trace (page 6 in badge, coy & make to poster?)
- buddy system (at first aid?)

Brownie Badge: Letterboxer

- think of hiding places for letterboxes, draw a map of 10 great hiding places
- create a stamp (CONNECT TO CRAFT?) for your letter boxing trail name--98; (or one for a letterbox)
- create a code?
- go on letterbox search using a compass

Leave No Trace - 9 minute video	https://www.youtube.com/watch?feature=player_embedded&v=jXO1uY0MvmQ
Leave No Trace On line training	https://lnt.org/learn/online-awareness-course
Letter boxing	http://www.letterboxing.org
Geocaching	geocaching.com / app on the app store (by Groundspeak Inc. FREE)

THIS EDGE POINTS AWAY FROM YOU



DIRECTION OF TRAVEL ARROW
POINT THE DIRECTION OF YOUR NOSE

THIS IS THE ARROW "SHED" FOR THE NORTH
ARROW

NORTH ARROW

THIS EDGE TO YOUR BELLY BUTTON

GEOCACHING & OUTDOOR SKILLS PIXIE WIDGET

Activity 1: Discuss walking around camp

- what kinds of things can you see at camp
 - Plants, frogs, snakes, squirrels & so forth...
- How can you avoid getting lost at camp
 - Stay with a buddy
 - Stay on trails
 - Learn to use a map

Activity 2: Lego Model to map

- Use the lego model to show Challenge Hill & the Pond. Then show the “map” of the rendering of the lego model. Show the topographical version & see if they can figure out the lines/labels = the number of blocks high

Activity 2: Look at the Map of camp

- Show the actual camp map: compare it to the lego model - point out challenge hill is behind them, the pond is by Marilyn’s...
 - What can you see on the map?
 - Where is the big building?
 - Can you find the Archery station?
 - What else do you see?
 - Use the photographs of the buildings to line up to the map.

Activity 3: Use the Map and Take a Walk

- Use the map to navigate around Pavvy’s or by Marilyn’s to find a special surprise

	Level 1
Tour camp	X
Learn how to use a map	X

GEOCACHING & OUTDOOR SKILLS LEVEL 1

Activity 1: Discuss walking around camp

- what kinds of things can you see at camp
 - Plants, frogs, snakes, squirrels & so forth...
- How can you avoid getting lost at camp
 - Stay with a buddy
 - Stay on trails
 - Learn to use a map

Activity 2: Look at the Map of camp

- What can you see on the map?
- Where is the big building?
- Can you find the Archery station?
- What else do you see? - Trails, road, pond,

Use the photographs of the buildings to orient the the map properly.

- Find a trail on the camp map. Look at the topographical map & try to orient it to the camp map (discussion of what the hill looks like, close together lines = steep)
- Find Adirondacks - they'll need it to do their whistle drill - make sure they can note landmarks along the way.

Activity 3: Leave No Trace & Good Manners on a Hike

- Why do people go out into nature?
- Either using the poster or just discussing, would you want to hike where there was garbage? What if someone picked all the flowers? What if someone rode a motorcycle on the trails and left them all muddy?
- What can you do to Leave No Trace? [stay on trails, don't pick plants or flowers, leave sticks where you find them, make sure you pack out any trash]
- Stay quiet unless there is an emergency, chat with your hiking party, but realize you can disturb the animals

Activity 4: Day Pack & Stuff a Sleeping Bag

- what do you need to go on a hike? BE PREPARED - show demo day pack, ask for their input on what might be important, water, snacks, 11 essentials
- Practice stuffing the sleeping bag into the sack

Activity 5: Go on a brief hike, point out features on the map, solve clue to find the surprise/ letterbox
At camp you'll find lots of ferns with fronds, and to find a letterbox, look behind the ...

The letterbox is called "GS Mail Flutters" and is located at 45°38'53"N by 123°3'36" W on the back side of the pond. Easiest access is from the Geocaching/Flag side of the trail & it will be about 1/3 of the way around. Girls should get a card to stamp with the stamp in the box.

	Level 1
Tour camp	X
Learn how to use a map	X
Identify terrain features on a map (find a trail on camp map)	X
Learn good manners for a hike	X
Leave no trace	X
Learn how to pack/stuff sleeping bag	X
Take a hike (using map, using compass, navigating to GPS point if available)	X

GEOCACHING & OUTDOOR SKILLS LEVEL 2

Activity 1: Leave No Trace & Good Manners on a Hike

- Why do people go out into nature?
- Either using the poster or just discussing, would you want to hike where there was garbage? What if someone picked all the flowers? What if someone rode a motorcycle on the trails and left them all muddy?
- What can you do to Leave No Trace?
[stay on trails, don't pick plants or flowers, leave sticks where you find them, make sure you pack out any trash]
- Stay quiet unless there is an emergency, chat with your hiking party, but realize you can disturb the animals

Leave no trace	X
learn to Stuff a Sleeping Bag	X
Learn to identify poison oak	X
learn to identify stinging nettles	X
learn to identify sword ferns (uses for nettles)	X
Learn to read a map	X
Take a hike (using map, using compass, navigating to GPS point if available)	X

Activity 2: Stuff a Sleeping Bag

- what do you need to go on a hike? BE PREPARED
- Practice stuffing the sleeping bag into the sack

Activity 3: What kinds of hazards could you find on a day hike?

- bears, mountain lions, sunburn, fall off a cliff, - how to deal with -
 - Step one: Head up - look around & be aware. If you see a dangerous animal, give it it space
 - Step two: Be prepared - use sunscreen, use a map, don't run on unfamiliar trails
- What about plants on the trail?
discuss Poison oak and stinging nettles - show poster & photos, point out if there are any camp this year
- Poison oak leaves of 3 let it be: can cause a huge rash, need to get off the skin, take off contaminated clothing asap, wash the skin with soap & water
- Nettles - sting, but less serious than poison oak. Can sting for up to 24 hours
- Identify sword fern - discuss that underside of the fern can help the stinging go away

Activity 4: Look at the Map of camp

- What can you see on the map?
- Where is the big building?
- Can you find the Archery station?
- What else do you see? - Trails, road, pond,
- Find a trail on the camp map. Look at the topographical map & try to orient it to the camp map (discussion of what the hill looks like, close together lines = steep)
** show lego model of Challenge hill & the pond - the lego stacks are like the terrain circles on the maps. Contour Lines.
- Look at one of the larger maps - what can you see on those maps? Mountain? Roads?
- Start looking at distances on the map - use the trail length determining device (use a piece of paracord to coil along a given trail or feature you want to measure. Pinch the ends where it stops & starts, then compare that length to the scale on the map.)
- DISCUSS NORTH SOUTH EAST WEST - Design a game where they all face the direction you shout out - point out the North Facing Arrow on Maps

Activity 5: Be Prepared for a hike

- BE PREPARED - show demo day pack, ask for their input on what might be important, water, snacks, 11 essentials

Activity 6: Go on a brief hike, point out features on the map, solve clue to find the surprise/ letterbox

At camp you'll find lots of ferns with fronds, and to find a letterbox, look behind the ...
The letterbox is called "GS Mail Flutters" and is located at 45°38'53"N by 123°3'36" W on the back side of the pond. Easiest access is from the Geocaching/Flag side of the trail & it will be about 1/3 of the way around. Girls should get a card to stamp with the stamp in the box.

Bears, Mountain Lions, and Cliffs -

- As to bears, the short answer is Be Prepared, Stay Alert, and Stay Away. For wild animals, never run or you will trigger their predator/prey drive and they will chase you. E slowly away, staying as big as you can, and maybe even raise your hands over your head you look bigger. Talk loudly and leave the area.
- As to Cliffs, the short answer is Be Prepared, Stay Alert, and Stay Away. (See a pattern here?) Watch for signs, wear proper shoes so you have traction to avoid slipping and stay away from edges which may crumble or have loose rocks that will send you over the cliff.

Activity 1: Leave No Trace & Good Manners on a Hike

THE LEAVE NO TRACE SEVEN PRINCIPLES ARE:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

How do those principles guide our behavior in the wilderness?

Examples:

Why do people go out into nature?

- Either using the poster or just discussing, would you want to hike where there was garbage? What if someone picked all the flowers? What if someone rode a motorcycle on the trails and left them all muddy?
- What can you do to Leave No Trace?

[stay on trails, don't pick plants or flowers, leave sticks where you find them, make sure you pack out any trash]

- Stay quiet unless there is an emergency, chat with your hiking party, but realize you can disturb the animals

Leave no trace	X
Learn to identify poison oak	X
learn to identify stinging nettles	X
learn to identify sword ferns (uses for nettles)	X
learn 2-4 trail signs	X
Learn about weather signs	X
Determining direction from the sun	X
Continue working on map reading using a larger map	X
Take a hike (using map, using compass, navigating to GPS point if available)	X
Identify coniferous & deciduous trees	X

Activity 2: Discuss Poisonous Plants on the Trail

- What about plants on the trail?
discuss Poison oak and stinging nettles - show poster & photos, point out if there are any at camp this year
- Poison oak leaves of 3 let it be: can cause a huge rash, need to get off the skin, take off contaminated clothing asap, wash the skin with soap & water
- Nettles - sting, but less serious than poison oak. Can sting for up to 24 hours
- Identify sword fern - discuss that underside of the fern can help the stinging go away

Activity 3: Identify Trail Signs

Using the laminated sheets, discuss trail signs, both using natural materials, and what the national recreation symbols mean

Activity 4: Identify Weather Signs

white fluffy clouds = fair weather

low, dark clouds usually bring rain or a storm

Most important issue is to look around and BE PREPARED

Low, dark, stretched out clouds = bad weather is imminent

Use laminated handouts to show the following types of clouds:

- 1. Cumulus Clouds:** giant pillowy clouds that appear heaped up in the sky, are a common summer cloud formation that often portends severe [thunderstorms](#) accompanied by [lightning](#)
- 2. Cirrus Clouds:** forming above 20,000 feet in the atmosphere, are high wispy clouds that usually mean an incoming warm front and bad weather. These high clouds are one of your first warnings that the weather could change in the next 12 to 48 hours. Don't confuse cirrus clouds with condensation trails left by high-flying jet planes.
- 3. Stratus clouds:** high layered clouds that often cover the entire sky with a featureless gray cloudscape that blocks sunlight. These high clouds often indicate incoming storms. They also act as insulators, keeping the night warm and blocking heat from escaping into the atmosphere. If the stratus clouds are combined with southerly winds, the night can be very warm.
- 4. Cumulonimbus Clouds** - giant thunderstorm clouds

Activity 5: Look at the Map of camp

- What can you see on the map?
- Find a trail on the camp map. Look at the topographical map & try to orient it to the camp map (discussion of what the hill looks like, close together lines = steep) -
- ** show lego model of Challenge hill & the pond - the lego stacks are like the terrain circles on the maps. Contour Lines.
- Look at one of the larger maps - what can you see on those maps? Mountain? Roads?
- Demonstrate how to measure length of a twisty road or trail using a piece of paracord (Trail Length Determining Device)
- DISCUSS NORTH SOUTH EAST WEST - Design a game where they all face the direction you shout out - point out the North Facing Arrow on Maps

Activity 6: Be Prepared & Take a hike

- BE PREPARED - show demo day pack, ask for their input on what might be important, water, snacks, 11 essentials

Show the camp map, have the campers orient the map the correct direction, and determine where on the map they would like to go (cognizant of time - good time to discuss the scale of a map) - use the map to navigate to the trail or feature they select.

-cont'd-

Activity 7: Along the hike discuss deciduous & coniferous trees, pointing out a few of each. Also point out the sun, discuss where the sun rises (east) and where it sets (west) and how that might help you determine your direction of travel

Activity 1: Leave No Trace & Good Manners on a Hike

THE LEAVE NO TRACE SEVEN PRINCIPLES ARE:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

How do those principles guide our behavior in the wilderness?

Most important issue is to look around and BE PREPARED

Activity 2: Mapreading

- What can you see on the map?
- Find a trail on the camp map. Look at the topographical map & try to orient it to the camp map (discussion of what the hill looks like, close together lines = steep)

Transfer what you observe & know about camp map to one of the larger maps - PCT map

- Look at one of the larger maps - what can you see on those maps? Mountain? Roads?
- Demonstrate how to measure length of a twisty road or trail using a piece of paracord (Trail Length Determining Device) - also look at the legend for distance between two points
- What topographical features can you identify? Mountains? Valleys?

Activity 3: Using a compass

- DISCUSS NORTH SOUTH EAST WEST - Design a game where they all face the direction you shout out -
 - point out the North Facing Arrow on Maps
- hold the compass flat on your hand with the large arrow facing away from your belly button - this is your direction of travel.
 - Compass affected if not flat
 - can be affected by metal around you or on you
- explain the arrow always points north. Have them to practice turning their bodies in different directions while noting the direction the compass points.
 - In the center of the compass is the orienting arrow - it's red. This points to magnetic (show beachball with North versus magnetic North)
- To take into account magnetic north versus true north, turn the bezel to 0 & line up the center red arrow with the center red "shed" arrow
 - Which direction are you facing? (NORTH)
 - Turn to 90 - which direction? (EAST)
 - 180?(WEST)
 - 270?(SOUTH)

For those having trouble getting lined up - EYES, TOES, ARROW'S NOSE all line up

Try this game: find a larger open spot by the station.

Using the compass, have campers execute the following:

1. Take 5 steps South.
2. Take 10 steps East.
3. Take 20 steps North.
4. Take 15 steps West.
5. Take 15 steps South.
6. Take 5 steps East.

They should end up right back where they started - discuss why they did or didn't.

Activity 4: Navigate with the Stars

Find the North Star - Polaris - handle of the little dipper. If you have trouble finding it, you can look 2.5 times off the pouring edge of the big dipper to find it - it's sometimes faint. (Laminated Sheet)

Activity 5: discussion of gear / packing

Discuss proper gear & how to pack it for a day hike & for an overnight - what should go with you, what shouldn't - 10 ESSENTIALS POSTER.

Activity 6: Take a hike

Show the camp map, have the campers orient the map the correct direction, and determine where on the map they would like to go (cognizant of time - good time to discuss the scale

Learn how to use a map	
Identify terrain features on a map (find a trail on camp map)	
Leave no trace	X
Start to identify terrain features on a larger map	X
Determine direction & distance on a map	x
Navigate with the stars	X
learn how to use a compass	X
Learn proper gear & how to pack for an overnight	X
Take a hike (using map, using compass, navigating to GPS point if available)	X
use map & compass to navigate to a specific point	X

of a map) - use the map to navigate to the trail or feature they select.

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Activity 1: Leave No Trace & Good Manners on a Hike

GEOCACHING & OUTDOOR SKILLS LEVEL 5

THE LEAVE NO TRACE SEVEN PRINCIPLES ARE:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

How do those principles guide our behavior in the wilderness?

Leave No Trace	X
Navigate with the stars	X
learn how to use a compass	X
Learn proper gear & how to pack for an overnight	X
use map & compass to navigate to a specific point	X
put up a tarp using appropriate knots	X
Discuss details of using technology for navigation (GPS)	X

Activity 2: Navigate with the Stars

Find the North Star - Polaris - handle of the little dipper. If you have trouble finding it, you can look 2.5 times off the pouring edge of the big dipper to find it - it's sometimes faint. (Laminated Sheet)

Activity 3: Map reading brief review

- Find a trail on the camp map. Look at the topographical map & try to orient it to the camp map (discussion of what the hill looks like, close together lines = steep)

Transfer what you observe & know about camp map to one of the larger maps - PCT map

- Look at one of the larger maps - what can you see on those maps? Mountain? Roads?
- Demonstrate how to measure length of a twisty road or trail using a piece of paracord (Trail Length Determining Device) - also look at the legend for distance between two points
- What topographical features can you identify? Mountains? Valleys?

Activity 4: Using a compass

- DISCUSS NORTH SOUTH EAST WEST - Design a game where they all face the direction you shout out -
 - point out the North Facing Arrow on Maps
- hold the compass flat on your hand with the large arrow facing away from your belly button - this is your direction of travel.
 - Compass affected if not flat
 - can be affected by metal around you or on you
- explain the arrow always points north. Have them to practice turning their bodies in different directions while noting the direction the compass points.
 - In the center of the compass is the orienting arrow - it's red. This points to magnetic (show beachball with North versus magnetic North)
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Try this game: find a larger open spot by the station.

Play the game that is set up out by the flag with the compasses

They should end up right back where they started - discuss why they did or didn't.

Activity 5: Navigate with the Stars

Find the North Star - Polaris - handle of the little dipper. If you have trouble finding it, you can look 2.5 times off the pouring edge of the big dipper to find it - it's sometimes faint. (Laminated Sheet)

Activity 6: what to pack

Brainstorm when you return: proper gear & how to pack it for an overnight - what should go with you, what shouldn't - 10 ESSENTIALS POSTER.

*Sample day hike pack - unpack & repack - cold weather gear, rain gear, compass, whistle,

light source, etc.

*Discussion with the girls what needs to be in an overnight bag - for Junior Overnight? For a family camping trip? How is this different from a sleepover?

Activity 7: GPS

What are the advantages of GPS (precise location using satellites)

What are the disadvantages? (someone with cell phone demonstrate limited coverage)

Demo Geocaching app - poster - laminated sheet

If PAs have sufficient cell coverage, show compass app (iPhone?)

Walk in small groups with girls to watch the GPS Coordinates change

Also note elevation

Use the laminated GPS coordinates & try to navigate to them - get up and walk it out!

Activity 8: Duct tape, Garbage bag

- Demonstrate using the button method of putting up a tarp (put a rock in the corner, twist it use a bowline knot around it to keep it in place & it won't rip
 - The same can be done with a garbage bag
 - Garbage bag sleeping bag
 - Garbage bag poncho
- Emergency blankets - demo with a few, each girl gets one for her Be Prepared Kit
- Brainstorm: what could you use duct tape for at camp? repair a backpack that breaks, keep a blister in check (put it on the item causing the blister, or hot spot, not the spot itself), fix a tent, a tire, use as medical gear to splint a sprain or a break, seal packages of food, make a rope, use with garbage bags to create a tarp or wind breaker for your tent or pop up shelter, fix a leaky water bottle, create a shelter with garbage bags & duct tape

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How do those principles guide our behavior in the wilderness?

Leave No Trace	X
learn how to use a compass	X
Learn proper gear & how to pack for an overnight	X
use map & compass to navigate to a specific point	X
put up a tarp using appropriate knots	X
Discuss details of using technology for navigation (GPS)	X
Demonstrate camp uses for duct tape	X
Demonstrate survival uses for a garbage bag	X

Activity 2: Mapreading brief review

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Transfer what you observe & know about camp map to one of the larger maps - PCT map

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Activity 5: GPS

- What is GPS? Global Positioning System - US based (Russia has their own system, for example). Provides precise location any time there is an unobstructed line of sight to 4 or more GPS satellites (there are between 24-32 satellites in the system).
 - Uses latitude & longitude in very precise ways

The Royal Observatory in England is the Zero-reference line, also called the Greenwich line.

- Generally referred to in degrees, minutes, and seconds, with the direction. Requires 2 sets of information for 2 directions.
- What are the advantages of GPS (precise location using satellites)
- What are the disadvantages? (someone with cell phone demonstrate limited coverage, can't use unless direct line of sight, so in the deep forest won't get enough signal)
- Demo Geocaching app - poster
- If PAs have sufficient cell coverage, show compass app (iPhone?)

Activity 6: Hike & Seek using GPS

- ▶ Walk in small groups with girls to watch the GPS Coordinates change
- ▶ Also note elevation
- ▶ Give the girls list of GPS Coordinates & ask them to locate the coordinate and come back to report where they ended up. PA's will have to work with the girls, (hold your own phone!) to have them start to figure out how to start finding the coordinates. [SEE CARDS]

Activity 7: Duct tape, Garbage bag

- Demonstrate using the button method of putting up a tarp (put a rock in the corner, twist it use a bowline knot around it to keep it in place & it won't rip
 - The same can be done with a garbage bag
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