

OUTDOOR TRAINING

In order to effectively plan and purchase materials for outdoor courses, we must receive registration **no later than** two weeks prior to the session.

Outdoor Essentials (on-line course)

Description: Introduces participants to the essential resources and knowledge needed to take girls on simple hikes, basic trips and overnights in secure buildings. By the end of the course, participants will be able to utilize written resources to prepare their group for a hike, basic trip or overnight in a secure building.

Materials Needed: Computer, *Safety-Wise, Outdoor Education in Girl Scouting, Policies, Standards, Guidelines and Procedures, 2003*, troop forms and equipment.

Cost: \$5.00

Notes: You must register for this course using the training registration form. Once you register, a link to the course will be sent to you. This course should take approximately 3 hours to complete. There is no time limit for completing the questions.

This course is a prerequisite for Cabin Camping Essentials.

Cabin Camping Essentials (7 hour course)

Description: Introduces participants to the essential camping skills necessary to participate in overnight camping in a lodge (i.e., Pamunkey Ridge Girl Scout Camp or state park), a closed shelter, or with your service unit or in a council-operated camping activity. Hands-on activities are provided in the following areas: health & safety in the out-of-doors, kaper charts, fire building (including charcoal, wood, propane stoves, and firestarters), use and care of equipment, packing, basic knots, beginning cooking methods (including foil, one-pot, and stick), outdoor program ideas, and procedures regarding council property and facilities. Participants will cook a meal. By the end of the course, participants will be able to prepare girls for a cabin camping experience.

Prerequisite: Completion of **Outdoor Essentials** On-line training.

Cost: \$15.00 (includes materials and meals)

Bring: Materials from **Outdoor Essentials**, troop paperwork, troop first aid kit, mess kit, writing materials (clipboard is helpful), training card, cup that can be used all day, filled water bottle and a bandana.

Dress in layers to allow for any weather! Training is held outside.

Special Notes: Please arrive 15 minutes (or more) early to allow time to walk from the parking lot to training site, check in and receive handouts.

This course is a prerequisite for Tent Camping Essentials.

Tent Camping Essentials (28 hours)

This training is required for any tent camping activity. (At service unit or council level events that have been approved, troops may participate in tent camping with only Cabin Camping Essentials Training.)

Select the weekend you wish to attend and register for both the weekend and the prep session attached to that weekend (the Potpourri is optional).

Prep Session (2 hours): Participants will divide into patrols and plan all aspects of the weekend including: check-in procedures, meals, personal and troop equipment, kapers, and program activities. By the end of this session, participants will plan the weekend overnight sessions.

Cost: \$35.00 (\$20.00 at time of registration and \$15.00 brought to the prep session)

Weekend (26 hours): Housed in platform tents or by pitching your own tent, participants will experience an overnight camping trip under conditions more advanced than those of camping in a cabin or closed shelter and will be responsible for all activities. Program will be appropriate to the setting. By the end of the course, participants will be able to prepare girls for a tent camping experience.

Optional Potpourri of Outdoor Skills: This course is designed for participants who would like to arrive at camp on Friday evening rather than Saturday morning. Participants may arrive anytime between 6:00 and 9:30 p.m., however, program activities will begin at 6:00 p.m. At prep session, participants will have the opportunity to request and help plan programs tailored to their needs. (i.e. innovative cooking methods, songs, games, crafts, nature activities, etc.)

Cost: \$8.00

Prerequisite: Cabin Camping Essentials is a pre-requisite for this course

Bring to the prep session: 1" or larger 3-ring binder (can be same binder used for Level 1 and 2), training card, writing materials, some outdoor recipes to help plan meals, Also, if possible, bring copies of *Policies, Standards, Guidelines and Procedures (2003)*, *Safety Wise*, *Outdoor Education in Girl Scouting*.

Bring to the weekend: Training card, writing materials (clipboard helpful), washable eating utensils and cutlery marked with your name (or mess kit), dunk bag, bandana, work gloves, personal gear and hygiene items, sleeping bag or bed roll (with ground cloth), and compass with plastic base, if possible. Optional: tape recorder and blank tape or Mp3 player and Girl Scout songbook. All equipment and supplies for program will be discussed at prep session.

Dress for weather changes!

If coming Friday evening: Nosebag dinner (or eat before your come). Beverages and evening snack will be provided.

Backpacking Essentials (2 sections)

Description: This two-part course is designed to provide adult leadership with the information and experience needed to take a troop/group on a simple backpacking trip.

Cost: \$25.00 (\$15.00 at time of registration and \$10.00 brought to prep session)

Prerequisite: Level 3 Tent Camping

Part 1 – Backpacking Prep (7 hours): Introduction to Backpacking including selection of backpacks, personal and group food, equipment, water purification, tents, sleeping bags, clothes, footwear and foot care. Participants will cook lunch (food will be provided). Participants will be assigned to small cooking groups for the overnight and will plan meals and snacks for the overnight. Bring \$15.00 to give to group “shopper.”

Bring: Safety-Wise, Outdoor Education in Girl Scouting, backpack (if you have one), backpack tent (if you have one), personal items you would take on a backpacking trip (clothing, rain gear, personal hygiene items, personal first aid supplies, and personal eating equipment).

Part 2 – Backpacking Overnight (24 hours): The overnight backpacking trip is designed to give actual backpacking experience. Expect to actually do a short backpacking trip. Logistics will be given at the Prep Session. 24 hours with an overnight