



Get ready to participate in the *second-annual Camp In Campout* at-home program from [Girl Scouts of Louisiana – Pines to the Gulf](#) (GSLPG)! This program gives girls, families, and troops, the chance to connect with each other through camping, by bringing camp magic and tradition straight to your home!

The council-wide event will take place on **Saturday, May 22**. This program can also be done separately by families and/or troops. See *Details* section for further information on creating your perfect, girl-led experience.

[Outdoor experiences](#) are a fundamental part of the Girl Scout Leadership Experience at Girl Scouts. GSLPG’s outdoor programming helps girls develop skills, confidence, and competence in the outdoors, while inspiring a lifelong commitment to environmental stewardship. It is always a great time to practice outdoor skills — even at home!

We encourage you to share your camp experience on social media with the hashtag **#gslpg**. Whether you build a dreamy blanket fort in the living room, craft s’mores in the microwave, or sing a song with your troop over video chat – your at-home camping creations can be shared with girls across GSLPG and the world!



## TABLE OF CONTENTS

RESOURCES	PAGES
Schedule	Page 3
On Your Own Details	Page 4
Sleep: Setting up a "Campsite"	Pages 5-6
Eat	Pages 7-16
Create a Box Oven	Page 8
Table Questions	Page 16
All About S'mores	Pages 17-18
Learn: Suggested Activities	Page 19
Edible Campfires	Pages 20-21
Friendship Bracelets	Pages 22-23
Essential Girl Scout Knots	Page 24
Go on a Walk!	Page 25
Leaf Rubbing and Salt Dough	Pages 26-27
Create your own National Park Museum Exhibit	Page 27
Reverse Scavenger Hunt	Page 28
Planetary Scientist	Page 29
Sing: Camp Song Lyrics	Pages 30-31
What's next?	Page 32



## SCHEDULE

On May 22, a council-sponsored **Camp in Campout** event will be hosted. Members who wish to participate in the event have two options:

- Join the [Zoom webinar](#) at specified times below to engage in conversations with event hosts throughout the day. This Zoom webinar will be live streamed to the GSLPG Facebook page. Zoom links can be found in the table below. Password: GSLPG
- View the live stream on the [GSLPG Facebook page](#) where you can watch and comment on videos in real time.

There will be several live streams, other videos, and photos, shared over the course of the day. These posts will remain accessible after the event, so you can visit the page later to find them.

You should make your **Camp In Campout** experience girl-led by choosing which activities to tune into, as well as decide to do other activities outlined in the guide.

Keep this guide handy for fun activities and meals to do throughout the summer with your family. Talk to your Troop Leader about doing a troop connected experience! See details on next page.

Time	Activity	Where at?	Details
9:00 AM	Welcome & Breakfast	<a href="#">Zoom</a>	Check out breakfast ideas on pages 9-10
10:00 AM	Fort Making	<a href="#">GSLPG Facebook page</a>	Refer to pages 5-6 for ideas
Noon	Lunch & Cardboard Box Oven Creations	<a href="#">Zoom</a>	Check out instructions and lunch ideas on pages 8 & 11-12
1:00 PM	Knot tying	<a href="#">GSLPG Facebook page</a>	Refer to page 24
2:00 PM	Camp-in-a-Box unveiling	<a href="#">GSLPG Facebook page</a>	
3:00 PM	Summer Camp 101	<a href="#">Zoom</a>	
5:00 PM	Dinner	<a href="#">Zoom</a>	Check out dinner ideas on pages 11-12
6:00 PM	Sing-along and Closing Remarks	<a href="#">Zoom</a>	Refer to pages 30-31



# CAMP IN • CAMPOUT

## For Families

Families should use this guide to create a fun and girl-led **Camp In Campout** experience at home during the May 22<sup>nd</sup> event or on their own at a later time. Pick a day or during May-July to engage in the activities outlined in this guide or come up with your own activities. Commemorate your experience with a custom fun patch (pictured below) from the GSLPG retail shop!

## For Troops

Troop Leaders should use this guide to keep girls and their families connected by participating in the May 22<sup>nd</sup> council-led event or hosting a troop/family **Camp In Campout** experience during the months of May-July.

We encourage adults to choose the best platform that works for their group. Some video meeting platforms are: Zoom, Skype, and Facebook Groups. Best practices for video calls include:

- Do a practice call before the event to sort out any tech issues.
- Use settings to require a password to enter the meeting and share the password only with those you wish to attend.
- Change screen sharing to “Host Only.”
- Use settings to make the group leader be the first person allowed to join the call (disable “Join Before Host” so people cannot join before you arrive).
- Enable “Co-Host” so you can assign a moderator.
- Disable “File Transfer” to prevent cyber virus sharing.
- Disable “Allow Removed Participants to Rejoin” so booted attendees can't slip back in.



For help with specific platforms, find that platform’s Frequently Asked Questions. See gsLearn page to read more about Virtual Troop and Service Unit Meeting Tools.

Contact the GSLPG retail shop to order the custom fun patch (pictured above) to commemorate the amazing experience!

## Additional Outdoor Programs

Take your Girl Scout experience a step further by participating in other program opportunities this summer, including:

- In-person summer camp at Camp Wawbansee and Camp Bon Temps
- Camp-in-a-Box Summer Kits
- Girl Scout Tree Promise
- Girl Scouts Love the Outdoors Challenge



## SLEEP

You have arrived at camp! The first thing to do is create your unique campsite for the night. Are you sleeping in a tent in the yard? A tent indoors? Or maybe you'll create a magical blanket fort in your home. You can simply sleep in your usual spot if you'd like!

Think of ways to make your "campsite" special. Many campers like to bring twinkle lights, fluffy blankets, photos of loved ones, or great books. Below, we will show just a couple ways to create an indoor campsite; however, we encourage you to build your space in whatever method and style inspires you, so be as creative and unconventional as you wish.

If you are working on an outdoor badge and have the desire and equipment to set up an outdoor campsite, go for it!

On your way to your campsite, create a map of your neighborhood or backyard, including any landmarks, so that you can always find your way back to camp!

### **Simple Design Idea: "The Lean-To"**

You can get the cozy feeling of a tent with minimal supplies. All you need for this quick and easy blanket fort is a sheet or blanket and a few thumb tacks.

Pin one edge to the wall at any height that is comfortable for you. Use pins or heavy objects to hold down the other end of the sheet, creating a "lean-to" shape above your sleeping spot.

You may decorate the space with pillows, fluffy blankets, a stuffed animal, glow sticks or twinkle lights.





## Complex Design Idea: “The Fortress”



If you want to create a more elaborate blanket fort, here is just one way to do so. Again, think creatively and build your space however works best for you!

**Outline the space.** Here, we have chairs, a sofa and blanket to create boundaries.

Think about structure. What will hold up your fort? Here, we use an assortment of rigid objects, like hockey sticks and hiking poles, to build upon the foundation.

**Cover the space.** We used several thin sheets to construct a canopy above the sleeping area. We used a few rubber bands and clips to hold the sheets to the rigid structure where needed.

Add your sleeping bag or blankets and pillow.

**Make it homey!** We added twinkle lights, a plant, pinecones, and glow sticks. We also had a furry visitor come keep us company in our blanket fortress.

Get comfy and tune in to the GSLPG’s Facebook Program group throughout the day!



# CAMP IN • CAMPOUT

## EAT

Camping meals give you a chance to try new recipes and cooking methods that you don't usually use. Below are some traditional camp-themed suggestions to get you thinking. Camp-style cooking is possible in your home kitchen, and it can help you earn badges, too. Feel free to get creative, and no matter what you cook, please make sure there is adult supervision, including while making s'mores.

### Badge Connections



Planning and making a camp meal will help you complete step 1 of the Daisy Buddy Camper badge.



Planning and making a camp meal will help you complete step 3 of the Brownie Cabin Camper badge.



Planning and making a camp meal will help you complete step 2 of the Junior Eco Camper badge.



Planning and making a camp meal will help you complete step 3 of the Junior Camper badge.

Want to earn the full badge and explore others? [Register as a Girl Scout today](#) to get access to complete badge requirements through the Volunteer Toolkit.





First, decide your method of cooking: indoor stovetop/oven, outdoor camp stove, campfire, grill, Dutch oven, or even no-cook. Below are instructions for how to create a cardboard box oven and ideas for each treat of the day. Feel free to make up your own recipe!

## How to Build a Box Oven

### Supplies Needed

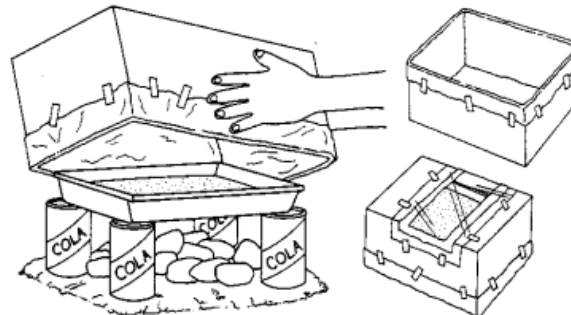
- Cardboard Box (big enough to fit a baking sheet or pan)
- Heavy Duty Foil
- Scissors
- (4) Empty Tin Cans
- Charcoal Briquettes
- Aluminum Tape (Not Duct Tape)

### Directions

1. Cut off all four flaps of an open cardboard box.
2. Cut air vents on opposite sides of top edge.
3. Cover box completely with foil. No paper surfaces should be showing.
4. Lay foil on the ground for the base of the oven floor.
5. Light charcoal and burn until white. Each coal is equal to 40 degrees.  
Example: 360 degrees needs 9 or 10 white coals.
6. Fill each tin can half full with water. These will be used to hold a baking pan.
7. Use a baking pan that is at least 1 inch smaller than the sides of the box, so that air will flow.
8. Set the pan with food to be baked on top of the tin cans with the coals underneath.
9. Cover the pan with the box oven and time according to the recipe.
10. An optional small door on the top can be cut into the foil and cardboard to give you a small peephole to check on the food as it cooks. Only open as needed. Weigh down the peephole with a mitt when closed.
11. Always use oven mitts when handling the hot box oven.

### Things to Remember

1. NEVER USE YOUR OVEN INDOORS! Charcoal produces carbon monoxide, which is deadly
2. Insulate the bottom of the box well. An old pie pan filled with dirt and covered with aluminum foil will work well as a place to hold your hot coals.
3. Always make sure that your charcoal is white and NO Flames are being produced.
4. Always allow time for your box to pre-heat before putting the food in.
5. Always remove your coals promptly after cooking. Leaving the hot coals inside your oven can cause damage.



## Breakfast Ideas





## Breakfast Cookies – 24 servings

2/3 cup margarine, softened	1/2 teaspoon salt
2/3 cup sugar	1 ½ cups rolled oats
1 egg	1 cup shredded Cheddar cheese
1 teaspoon vanilla extract	1/2 cup wheat germ
3/4 cup flour	6 slices crisp-fried bacon, crumbled
1/2 teaspoon baking soda	

Cream margarine and sugar in a bowl until light and fluffy. Add egg and vanilla; mix well. Mix flour, baking soda and salt together in a small bowl. Add to creamed mixture; mix well. Add oats, cheese, and wheat germ; mix well. Stir in bacon. Drop by tablespoonfuls onto a nonstick cookie sheet. Bake at 350 degrees for 12 to 14 minutes or until brown. Remove to a wire rack to cool.

Approx. Per Serving: Cal 139; Prot 4 g; Carbo 13 g; T Fat 8 g; 52% Calories from Fat; Chol 15 mg; Fiber 1 g; Sod 179 mg

## NaNa Cake – 8 servings

1 (7-ounce) package pancake mix	¼ cup vegetable oil
3 bananas	

Prepare pancake mix using package directions. Mash bananas with a fork but slightly lumpy. Add to pancake batter. Heat oil in large skillet. Pour in batter. Cook until brown on both sides, turning once. Cut into portions and serve warm with syrup or plain as finger food.

Approx. Per Serving: Cal 192; Prot 3 g; Carbo 28 g; T Fat 8 g; 38% Calories from Fat; Chol 6 mg; Fiber 1 g; Sod 302 mg

## Creole Corn Muffins – 8 servings



- 1 ¼ cups flour
- 2 tablespoons cornmeal
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/8 teaspoon red pepper
- 1/3 cup shredded Cheddar cheese
- 1 tablespoon chopped green bell pepper
- 1 tablespoon chopped onion
- 1 tablespoon chopped pimento
- 1 egg, beaten
- 1/3 cup vegetable oil
- 3/4 cup milk

Combine flour, cornmeal, baking powder, salt, and red pepper in a large bowl. Add cheese, green pepper, onion, and pimento; mix well. Beat egg with oil and milk in a small bowl. Add to flour mixture; mix just until moistened. Spoon into greased muffin cups. Bake at 400 degrees for 25 to 30 minutes or until golden brown.

Approx. Per Serving: Cal 204; Prot 5 g; Carbo 19 g; T Fat 12 g; 54% Calories from Fat; Chol 35 mg; Fiber 1 g; Sod 306 mg

### **Cinnamon and Raisin Monkey Bread – 15 servings**

- 3 (1-pound) loaves frozen bread dough
- 1/2 cup (about) cinnamon-sugar
- 1/2 to 3/4 cup melted margarine
- 1/2 cup (or more) raisins

Let bread dough thaw but not rise. Divide dough into 1-inch portions; shape into balls. Roll in butter. Coat with cinnamon-sugar. Place in a greased bundt pan sprinkling with raisins. Let rise until dough nearly fills pan. Bake at 350 degrees for 30 minutes or until brown. Invert onto serving plate.

Approx. Per Serving: Cal 364; Prot 8 g; Carbo 55 g; T Fat 13 g; 32% Calories from Fat; Chol 0 mg; Fiber 3 g; Sod 553 mg

### **Main Meal Ideas**



## One-Pot Chili – 4 servings

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1-pound ground beef             | 1 (16-ounce) can whole kernel corn |
| 1/3 cup chopped onion           | 1 (15-ounce) can tomato sauce      |
| 1 tablespoon chili powder       | 1/2 cup water                      |
| 1/2 teaspoon dry mustard        | 1 cup quick-cooking rice           |
| 1 cup chopped green bell pepper |                                    |

Brown the ground beef with the onion in a skillet, stirring frequently; drain. Add the chili powder, mustard, green pepper, corn, tomato sauce and water. Bring to a full boil, covered, stirring occasionally. Add the rice; reduce heat. Simmer, covered, for 5 minutes.

Approx. Per Serving: Cal 459; Prot 31 g; Carbo 48 g; T Fat 17 g; 32% Calories from Fat; Chol 84 mg; Fiber 5 g; Sod 1011 mg

## Porcupines – 6 servings

- |                          |                                  |
|--------------------------|----------------------------------|
| 1-pound ground beef      | 1/8 teaspoon garlic powder       |
| 1/2 cup uncooked rice    | 1 (15-ounce) can tomato sauce    |
| 1/3 cup chopped onion    | 2 teaspoons Worcestershire sauce |
| 1/3 cup water            | 1 cup water                      |
| 1 teaspoon salt          |                                  |
| 1/2 teaspoon celery salt |                                  |

Combine the ground beef, rice, onion, 1/3 cup water, salt, celery salt and garlic powder in a bowl. Shape into balls. Place in an ungreased 8-inch square baking dish. Combine the tomato sauce, Worcestershire sauce and 1 cup water in a bowl. Pour over the meatballs. Bake, covered with foil, at 350 degrees for 45 minutes. Bake, uncovered, for 15 minutes longer.

Approx. Per Serving: Cal 246; Prot 18 g; Carbo 17 g; T Fat 11 g; 42% Calories from Fat; Chol 56 mg; Fiber 1 g; Sod 929 mg



## Super Stuffed Pizza Loaf – 6 servings

1 ¼ picante sauce	1/2 cup (or more) dry breadcrumbs	1 (2-ounce) jar sliced mushrooms, drained
1/4 cup tomato paste	1 egg, slightly beaten	1/2 cup chopped green bell pepper
1-pound ground beef	3/4 teaspoon Italian herb seasoning	1/4 cup sliced black olives
8 ounces mild sweet Italian sausage	1 cup shredded mozzarella cheese	
1/2 chopped onion		

Combine the picante sauce and tomato sauce in a small bowl. Combine the ground beef, sausage, onion, breadcrumbs, egg, and Italian herb seasoning in a large bowl; mix well. Add ½ of the picante sauce mixture; mix well. Divide into 2 portions. Pat each portion into an 8-inch circle on waxed paper. Place 1 circle in a foil-lined shallow baking pan. Spread with ½ cup of the remaining picante sauce mixture. Sprinkle with ½ cup of the mozzarella cheese. Top with mushrooms, green pepper, and olives. Place the remaining circle over the top, pinching the edge to seal. Bake in a preheated 350-degree oven for 1 hour. Spread the remaining ½ cup picante sauce mixture and remaining cheese over the top. Bake for 3 minutes longer. Serve with additional picante sauce.

Approx. Per Serving: Cal 363; Prot 28 g; Carbo 15 g; T Fat 21 g; 52% Calories from Fat; Chol 121 mg; Fiber 2 g; Sod 751 mg

## Honey-Baked Chicken – 6 servings

2/3 cup margarine, softened	1/2 teaspoon salt
2/3 cup sugar	1 ½ cups rolled oats
1 egg	1 cup shredded Cheddar cheese

Rinse the chicken and pat dry. Arrange the chicken pieces in a shallow baking pan, skin side up. Combine the margarine, honey, mustard, curry powder and salt in a small bowl. Spoon over the chicken. Bake in a preheated 350-degree oven for 1 ½ hours or until chicken is tender and brown, basting every 15 minutes. Serve with rice.

Approx. Per Serving: Cal 367; Prot 33 g; Carbo 16 g; T Fat 19 g; 46% Calories from Fat; Chol 100 mg; Fiber <1 g; Sod 637 mg

## Dessert Ideas



## Dump Cake – 24 servings

2 (21-ounce) cans cherry pie filling                      3/4 cup margarine, sliced  
1 (2-layer) package white cake mix

Spread pie filling in baking pan. Layer dry cake mix evenly over the pie filling. Dot with margarine slices. Bake at 350 degrees for 35 to 50 minutes or until golden brown.

Variation: Substitute a small can of partially drained, crushed pineapple for one of the cans of pie filling. Substitute any favorite pie filling for cherry. Substitute butter cake mix for white or drizzle melted butter over the top.

Approx. Per Serving: Cal 434; Prot 3 g; Carbo 72 g; T Fat 16 g; 32% Calories from Fat; Chol 0 mg; Fiber 1 g; Sod 505 mg

## Mint Drops – 24 servings

2 tablespoons cream cheese,                                      2 cups confectioners' sugar  
softened    1 teaspoon peppermint extract

Combine all ingredients in a bowl; mix well. Roll on surface sprinkled with additional confectioners' sugar. Cut into desired shapes with tiny cutters. Place on plate lined with waxed paper. Chill until firm.

Variation: **Mint Balls** – Pinch off small portions and shape into small balls; roll in granulated sugar.

Approx. Per Serving: Cal 43; Prot <1 g; Carbo 10 g; T Fat <1 g; 99% Calories from Fat; Chol 1 mg; Fiber 0 g; Sod 4 mg

## Honey Bun Cake – 15 servings



- |                                     |  |
|-------------------------------------|--|
| 1 (2-layer) package yellow cake mix | 1 teaspoon nutmeg                        |
| 3 eggs                              | 1 teaspoon cinnamon                      |
| 1 cup buttermilk                    | 1 teaspoon allspice                      |
| 1/4 cup vegetable oil               | 1 (1-pound) package confectioners' sugar |
| 3/4 cup packed brown sugar          | 1/4 cup milk                             |
| 1 cup chopped pecans                | 2 teaspoons vanilla extract              |
| 1 cup raisins                       |  |

Combine cake mix, eggs, buttermilk, and oil in a large mixer bowl; beat until smooth. Pour into ungreased 9x13-inch cake pan. Combine brown sugar, pecans, raisins, nutmeg, cinnamon, and allspice in a bowl; mix well. Sprinkle over the batter; mix with a fork. Bake at 300 degrees for 1 hour or until cake tests done. Combine confectioners' sugar, milk, and vanilla in a bowl; mix until smooth. Poke holes in hot cake with a fork. Pour icing over the hot cake. Serve warm or cold.

Approx. Per Serving: Cal 441; Prot 4 g; Carbo 77 g; T Fat 14 g; 28% Calories from Fat; Chol 44 mg; Fiber 2 g; Sod 260 mg

## **Chocolate Fudge No-Bake Cookies – 60 servings**

- |                      |                            |
|----------------------|----------------------------|
| 3 cups sugar         | 3/4 cup margarine          |
| 3/4 cup baking cocoa | 1 teaspoon vanilla extract |
| 3/4 cup milk         | 4 1/2 cups rolled oats     |

Combine sugar, baking cocoa, milk, and margarine in a large saucepan. Bring to a boil, stirring constantly. Boil for 5 minutes; remove from heat. Add vanilla and oats; mix well. Drop by spoonful onto waxed paper. Let stand until firm.

Approx. Per Serving: Cal 87; Prot 1 g; Carbo 15 g; T Fat 3 g; 29% Calories from Fat; Chol <1 mg; Fiber 1 g; Sod 29 mg

## **Kid's Corner**



## **Bologna and Cheese Sticks**

Bologna slices

Stuffed olives

Cheese slices

Wooden toothpicks

- Cut bologna and cheese into 1-inch squares or quarter-size rounds.
- Thread the bologna and cheese alternatively onto wooden picks until there are 4 pieces of each on each pick.
- Add an olive to one end of the wooden pick

## **Cheesy Tortilla Trap**

1 flour tortilla

1 slice American cheese

- Place tortilla on a microwave safe plate.
- Place cheese on half the tortilla; fold the tortilla over the cheese.
- Cover with waxed paper and microwave on High for 25 to 40 seconds or until the cheese melts.
- Let stand for 1 minute to cool slightly.
- Serve with salsa.

## **Puff the Magic Sandwich**

2 graham crackers

1 large marshmallow

1 teaspoon peanut butter

- Spread the graham crackers on one side with peanut butter.
- Place marshmallow on peanut butter side of one cracker; top with remaining cracker peanut butter side down.
- Place on a microwave safe plate. Microwave for 10 seconds.
- Let stand for a minute to cool.

## **Ants on a Log**

Celery stalks

Raisins/craisins

Cream cheese

Almond/peanut/nut butter

Hummus

- Wash and cut celery into 2 - 3inch pieces, creating logs.
- Fill the middle groove with cream cheese or nut butter.
- Add a few raisins on top of logs as decoration.





## TABLE QUESTIONS

Use these questions to spark interesting dinner discussions with fellow campers and family members.

1. If you could have any superpower what would it be and why?
2. If you were stranded on a deserted island and you could only have three things with you, what would they be and why?
3. What is your favorite smell? What memory does it remind you of?
4. If you could be one character from a book for a day, who would it be and why?
5. What does a perfect day look like to you?
6. Tell me about something that made you happy today.
7. Would you rather wear your pants backward or your shoes on the wrong feet?
8. Would you rather have pine needles for eyelashes or holiday lights for fingernails?
9. Would you rather cry ketchup or sweat mayonnaise?
10. Would you rather be a giant rodent or a tiny elephant?
11. Would you rather go without television or junk food for the rest of your life?
12. If you had to pick only one – would you want to be a great singer or a great dancer?
13. If you could be an animal what would you be?
14. If we could only have one holiday, which one would you pick?
15. If you could go anywhere in the world, where would you go?
16. If you could make any animal talk, what would it be?
17. If you had to live with a cartoon character, who would you pick?
18. If you could go camping anywhere in the world where would you go?
19. How do you like your marshmallow- toasted brown or burnt black?
20. If you could invent a Girl Scout cookie what would it be? What would you name it?



## ALL ABOUT S'MORES



The basic s'more includes these three things: graham crackers, marshmallows, and chocolate. However, there are so many ways to customize your s'more. Listed below are just a few ideas of ways to 'upgrade' your s'more.

### **Instead of basic chocolate:**

- You could use alternative candies, i.e. peanut butter cups, white chocolate, cookies and cream chocolate, chocolate with nuts etc.
- You could use your favorite Girl Scout cookie
- You could use a hazelnut spread or your favorite nut butter

### **Instead of graham crackers:**

- You could use cookies: chocolate chips, Oreos, or even Trefoils!
- You could use a rice Krispy treat!
- You can use sliced apples and add some caramel to make a caramel apple s'more!

### **Instead of marshmallows:**

- You could use fruit, like peaches or strawberries

### **Other fun ideas:**

- You can make banana boats by cutting the banana peel lengthwise about 1/2 in. deep, leaving 1/2 in. at both ends. Open peel wider to form a pocket. Fill each with chocolate chips and mini marshmallows. Wrap in foil and roast in the oven until the chocolate and marshmallows are melted.



Three different ways to make s'mores at home!



## In the Oven

1. Preheat your oven to broil on high
2. Place graham cracker, chocolate, and marshmallow on a cookie sheet
3. Ensure that your cookie sheet and s'more are on the top rack, to ensure they get as much contact with the direct heat as possible
4. Watch s'more carefully, it should begin to brown and char after about 30-45 seconds
5. Carefully remove from the oven and top with a second

graham cracker, enjoy!

## On the Stovetop

Turn one stove top element (gas or electric) to medium-high

1. Place a marshmallow on a roasting stick (wooden skewers work great) that is at least one foot long
2. Roast marshmallow over stove top, like how you would over a campfire
3. Have a friend help you sandwich your melted marshmallow between your two graham crackers and chocolate piece! Enjoy!



## In the Microwave



1. Place base graham cracker, chocolate, and marshmallow on a microwave safe plate
2. Microwave for 5 second intervals, until your marshmallow is soft and gooey. Usually about 15 seconds total (warning: if you do it for a straight 15 seconds and not in intervals your marshmallow may expand and balloon off your s'more.
3. Top with a second graham cracker and enjoy!



## LEARN

It's your campout, so you get to decide what camp activities sound the most fun. GSLPG will lead several activities on Facebook, but you, your family, or your troop (in a troop video chat) can decide how to best spend the rest of the day. Below is a list of camp-themed activities we recommend trying out at your campout and throughout the summer.

Bonus: many of these activities help you work towards certain badges!

### Activity Idea: Edible fires

Learn about fire building and safety by making edible fires!

#### Supplies

- A plate (to build your edible fire on)
- A small cup of water (to represent your fire bucket)
- A spoon or fork (to represent your shovel)
- Small roundish snacks (to represent your fire ring) Ex: M&M's, cheerios, and mini marshmallows
- Any sort of small, slim snacks (to represent tinder) Ex: cashews and coconut flakes
- Thin, twig-like snacks (to represent kindling) Ex: pretzel sticks and veggie straws
- Thicker, branch-like snacks (to represent fuel) Ex: jumbo pretzel sticks



#### Directions

1. When we make a campfire, we need a clear area free of dried grass and sticks. Begin making your fire by making sure you have your plate clean and ready!
2. And we like to use an established fire pit. Create a fire ring on your plate with your "rocks"
3. Do we have the right safety equipment on hand? Ensure that your fire "bucket" is filled with water and that you have your "shovel" nearby
4. Pull back your hair and make sure you're not wearing anything that could hang into the fire.
5. The next step is to collect your tinder, kindling and fuel.



Tinder are your smallest pieces of wood, about the size of your pinky finger. This wood is intended to catch quickly, to help catch your bigger pieces. Some people will also use newspapers as tinder, or other fire starters. All of this serves the same purpose, get your initial flame.

Kindling are the next pieces, about the size of your wrist. This type of wood is the second stage, it burns longer than tinder and can get that necessary initial fire started. Once you get enough kindling burning, it should begin to generate enough heat and flame to get your big pieces lit. Fuel are the biggest logs, the ones that keep your fire burning all night. Some styles of fire have it in their initial formation, while others have to begin to add it as your fire builds up enough heat to catch them.

6. When building your fire, consider what you want to use it for. To cook food, to keep you warm in harsh weather, or simply to provide a space to gather around and sing songs and tell stories. There are hundreds of styles of campfires, here are some easy examples to start. Below are a few examples to choose from:



### **Log Cabin**

Log cabin fires are the ultimate fires for cooking. Its shape creates an even heat when using a grill over the top. Additionally, it creates great coals and heat pockets, both ideal for marshmallow roasting and foil cooking.

Place two horizontal pieces of kindling as your base, with tinder in between them. Then stack two more pieces across those ones creating a hashtag symbol. Build this as high as you want, depending on how large you want your fire to be.





## Lean-to

The purpose of a lean-to shelter is to protect yourself against harsh weather conditions. When you build a lean-to campfire, it serves a very similar purpose. It is the ideal campfire to provide warmth amongst wind and rain.

Place one piece of fuel down, then pieces of kindling on it perpendicularly. Place pieces of tinder under the “lean-to” where you would start your fire from, the location best protected from the elements.



## Log-Cone

This style of fire is a mix between a traditional log cabin and a cone-style fire. It is a great fire for an average camping night. It burns hot and doesn't need much stoking and creates a lot of coals for marshmallow roasting.

Begin by placing two pieces of fuel horizontally, and then fill the space between them with tinder. Place one to two pieces of kindling across the fuel, and then lean one to two more pieces on either side. This creates lots of air pockets so the fire can thrive.

7. Once you've fully enjoyed your fire, the most important thing to do is ensure that it is completely put out.

8. Eat your snack, or pack it away into a plastic baggie to enjoy later

## Badge Connection



This activity will help you complete step 3 of the Brownie Eco Friend badge.

Want to earn the full badge and explore others? [Register as a Girl Scout today](#) to get access to complete badge requirements through the Volunteer Toolkit.



## Activity Idea: Friendship Bracelets

Learn how to tie a special knot and make a beautiful bracelet you can wear!

### Supplies

Multiple colors of embroidery floss (this can be found in the craft section of most grocery stores)

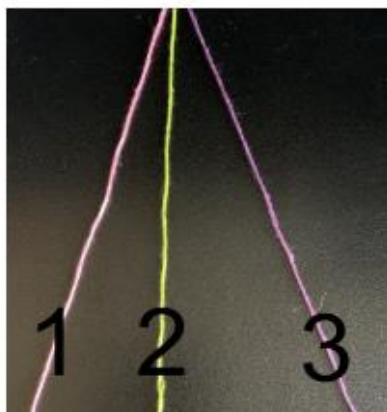
### Directions

1. Choose any number of colors that you want. For the tutorial, we chose three strings. The more strings you use= the wider your bracelet! If this is your first time, we recommend doing no more than 4-5 strings. You'll want your strings to be about 2 feet long.
2. Knot your strings at the top and splay them out so that all three strings are laid out in front of you. For the sake of this tutorial, the strings are numbered from left to right.
3. Take string # 3 and move it out of the way, we are only using string #1 and #2 to start
4. Take string #1 and bend it on top of string #2, creating a "4" shape with the two strings
5. Wrap the tail of string # 1 around its neighbor (string #2) by going under it and pulling the tail of string #1 out through the space between the two strings.
6. Pull it tight so that knot sits at the top of the bracelet, string #1 is now sitting between strings 2 and 3.
7. Repeat steps 4-7 with string #1 now wrapping around string #3.
8. Now string #1 should be sitting at the farthest right spot and string #2 in the farthest left.
9. Repeat your steps again, this time with string #2 making the knots.
10. Continue this pattern, knotting your strings from left to right and watch as a bracelet forms!
11. Once you have reached your desired length, knot the end and your bracelet is done!

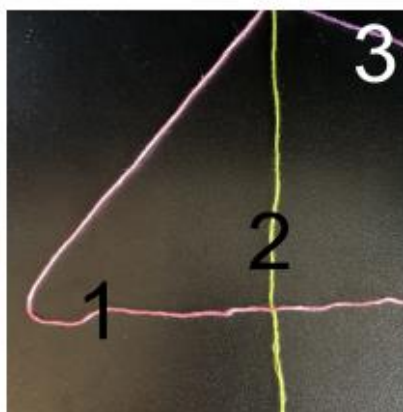




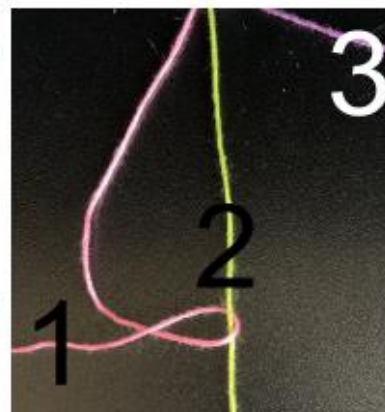
# CAMP IN • CAMPOUT



Step 2



Step 4



Step 5



Finished mini-friendship bracelet! Share yours with us at on Facebook and use the hashtag #gslpg.

## Badge Connections



This activity will help you complete step 2 of the Brownie Outdoor Art Creator badge!



This activity will help you complete step 2 of the Junior Outdoor Art Explorer badge!

Want to earn the full badge and explore others? [Register as a Girl Scout today](#) to get access to complete badge requirements through the Volunteer Toolkit.

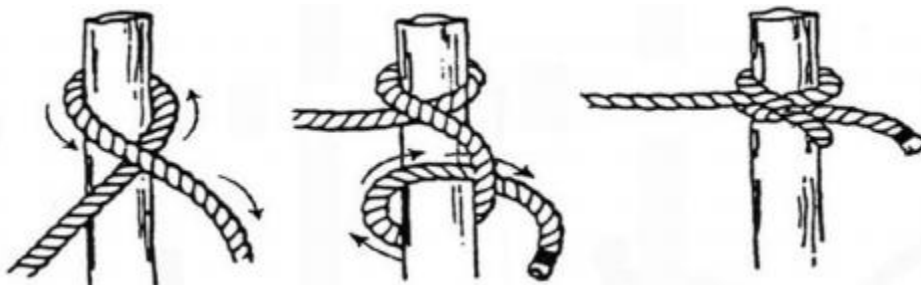


# CAMP IN • CAMPOUT

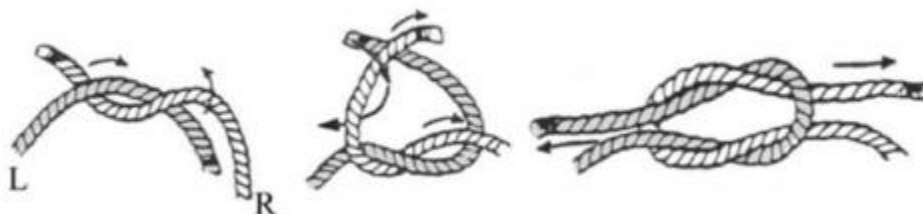
## Activity idea: Essential Girl Scout Knots!

Knot tying is so much more than just looping some string and pulling tight — it's an essential skill for taking on the outdoors. In most outdoor activities, your safety relies on the accuracy of your knots. Below are two common knots:

**Clove Hitch Knot** The clove hitch knot is used to fasten one end to a tree or post.



**Square Knot** The square knot is used as a binding knot, the classic joining knot.



Want to learn even more knots? Check out this [blog post](#) that includes detailed instructional videos!

## Badge Connections



Learning some additional knots will help you complete step 3 of the Daisy Buddy Camper badge.



Learning some additional knots will help you complete step 2 of the Junior Camper badge.



Learning some additional knots will help you complete step 4 of the Cadette Primitive Camper badge.

Want to earn the full badge and explore others? [Register as a Girl Scout today](#) to get access to complete badge requirements through the Volunteer Toolkit.



## Activity idea: Go on a walk!

Taking a walk is an easy way to get out of the house and connect with nature, even if it is just in your neighborhood. Below are some activity ideas to take with you on your journey.

### Nature Detective Walk

Go on a nature detective walk. You can do this in your neighborhood, at a park or in your backyard. Look through a tube from a paper towel roll to focus on things close or far away. Spot at least three things from the list on the side of this page. Just observe and make a checkmark next to the item you find—don't collect or touch anything!

- An animal
- A plant not colored green
- A tree with flowers
- An insect
- A bird (do you know what kind it is?)
- A fallen leaf with a pattern you like
- A rock with an unusual shape
- A bush as tall as you are
- A pinecone or acorn
- Colored moss growing on a rock or tree
- More fun stuff you find (write what it is)

### Badge Connection



This activity will help you complete step 1 of the Brownie Outdoor Art Creator badge.

### Use your senses outside

Go outside with a pen and paper and write down words or draw pictures of what you see, feel, hear, and smell. Is it sunny or cool? Do you see pictures in the clouds? Shapes in flowers? Can you smell pine needles or rain? Do you hear the wind in the trees or the sound of the leaves crunching as you walk? Stick out your tongue—does the air have a taste? When you get back, describe five things from your hike to an adult or friend. You can even make it into a story, poem, or picture book. Use your notes!

### Badge Connection



This activity will help you complete step 1 of the Brownie Outdoor Art Creator badge.



## Activity Idea: Leaf Rubbing and Salt Dough

Preserve a memento of the nature around you! Make a leaf or bark rubbing or press their shape into a salt dough charm or ornament. Write down the memories you associate with that piece of nature, all while remembering to leave no trace.

**Leave No Trace** *Remember to practice “Leave No Trace” as you create your outdoor art!*

- Know Before You Go
- Stick to Trails
- Trash Your Trash
- Leave It as You Find It
- Keep Wildlife Wild
- Respect Others

### Leaf Rubbing

Make a leaf rubbing by placing paper over a leaf and rubbing it with a crayon or chalk. Try it with soft and hard leaves to see if there’s a difference. Or make a bark cast from a tree. Press clay on a tree trunk, and then remove it gently to make sure you can see the mark from the bark. Be careful not to hurt the bark or leave any clay on it. Do the same thing on several tree trunks to see the different designs in the markings.



### Salt Dough

Using clay or salt dough, make an outdoor-themed impression. You might collect leaves or shells, or anything that’s unique to the area where you live. Press your found objects into the clay or dough, then remove them and return them to the place where they were found. If you’d like to hang your impression when it’s finished, make a hole at the top for string. (You may need to re-poke the hole a few times as your impression dries to keep it from closing.) Your impression can be dried in the oven on low heat—ask an adult for help—or outside in the sun on a hot day.

### Materials

- 3 cups flour
- 1 cup salt
- 1 cup water (plus up to 1/2 cup extra water, if needed)
- Food coloring (optional)
- Electric mixer
- Drinking straws (optional)
- Parchment paper or aluminum foil



## Instructions

1. Mix the flour and salt together in a bowl.
2. Add 1 cup of water to the flour mix. To make colored dough, add 15 drops of food coloring to the water before mixing it into the dough.
3. Use the electric mixer to mix the dough on medium speed until a ball forms. If the dough is dry, slowly add water (1 tablespoon at a time) until the dough comes together.
4. Remove the dough; knead it until smooth.
5. Form the dough into disks and make your impressions. If you want to hang your finished project, use a straw to poke a hole at the top.
6. With adult help, preheat the oven to 275 degrees.
7. Bake dough pieces on a foil- or parchment paper-lined cookie sheet for 2 hours. Cool completely before handling.

## Badge Connections



This activity will help you complete step 2 of the Brownie Outdoor Art Creator badge!



This activity will help you complete step 2 of the Junior Outdoor Art Explorer badge!

## Activity Idea: Create your own National Park Museum Exhibit

National Parks preserve our history and culture, telling the stories of the everyday lives of people and their journeys.

Learn about the history of national parks and then create your own exhibit.

- Gather up any items or photos in your home that you would want to be displayed in your museum.
- Set up your exhibit in one room of the house or a different exhibit in each room of the house.

Gather your family and friends and take them on a tour, explaining why you chose the items you did and the "history" behind them.





## Activity Idea: Reverse Scavenger Hunt

Whether you are playing them with the people you live with or playing them with friends and family remotely, games can bring you together. Here is a fun game that you can play at home or virtually.

- Gather people in your home or virtually and announce that you will be doing a reverse scavenger hunt.
- Choose one person to be the host, they will be the only ones to know what items are on the scavenger hunt list.
- Tell everyone that they have 5 minutes to gather 10 items that they would take with them camping. It could be anything; their favorite t-shirt, a flashlight, their pillow, a hammock, anything!
- Once everyone is back with their items, the host will read through their list one by one.
- If you have the item listed, triumphantly raise it in the air and announce that you have it to ensure that you get credit!
- Whoever had most of their items show up on the list wins! ○ If you want to play the game collaboratively rather than competitively, you can have everyone gather 5-10 items and work together to try to get as many things off the list as possible!
- Below is a sample list, feel free to adjust however you want. Or even just write your own!

## Things I Would Take Camping

- Toothbrush
- Hairbrush
- Sneakers
- Camp t-shirt
- Book
- Flashlight
- Pillow
- Hat
- First aid kit
- Compass
- Deck of cards
- Water bottle
- Sunscreen
- Bug spray
- Sleeping bag
- Extra blanket
- Stuffed animal
- Tent
- Matches
- Extra socks
- Camera (not a cell phone)
- Sleeping pad
- Frisbee
- Fishing pole
- Snack
- hammock



## **Activity Idea: Planetary Scientist**

Learn about planets and what comprises them., then make your own!

### **What is a planet?**

- It must orbit a star (in our cosmic neighborhood, the Sun).
- It must be big enough to have enough gravity to force it into a spherical shape.
- It must be big enough that its gravity cleared away any other objects of a similar size near its orbit around the Sun.

### **Kinds of planets in our solar system**

- Terrestrial (Meaning Earth-like) /rocky planet
  - Mostly a solid surface with a thin gas atmosphere
  - Mostly rock and metals
  - Solid iron core
  - Similar surface features which can include mountains, volcanoes, canyons, and craters
  - Innermost planets: Mercury, Venus, Earth, and Mars
  - Much smaller than the Jovian Planets
- Jovian/Gas Giants
  - Helium and Hydrogen gas, water vapor
  - Small, dense rocky cores with huge gas atmospheres (mostly helium and hydrogen)
  - Visible clouds
  - Jupiter and Saturn have a liquid layer
  - Outermost planets: Jupiter, Saturn, Uranus, Neptune
  - Have more moons and rings

### **Supplies:**

- The sky's the limit! Design and craft your planet using whatever supplies you want.

### **Directions:**

- Create a planet (draw, sculpt, build, etc.)!
- Decide, is it terrestrial or jovian?
- What is your planet called?
- Is it bigger, smaller, or the same size as Earth?





## SING

### On My Honor

*(Chorus)*

On my honor I will try  
There's a duty to be done and I say aye  
There's a reason here for a reason above  
My honor is to try and my duty is to love

People don't need to know my name  
If I've done any harm then I'm to blame  
If I've helped another then I've helped me  
If I've opened up my eyes to see

I've tucked away a song or two,  
If you're feeling low, there's one for you  
If you need a friend, then I will come  
And there's many more where I come from

*CHORUS*

Friendship is the strangest thing  
If you keep it to yourself, no reward will bring  
But you gave it away, you gave it to me  
And from now on great friends we'll be  
Come with me where the fire burns bright,  
We can even see better by the candle's light

And we'll find more meaning in a campfire's  
glow,  
Than we've ever found in a year or so  
We've a promise to always keep  
And to pray J. G. L. before we sleep  
We are Girl Scouts together and when we're  
gone,  
We'll still be trying and singing this song

CHORUS



## Make New Friends

Make new friends, but keep the old.

One is silver, the other is gold.

A circle is round, it has no end.

That's how long, I will be your friend.

A fire burns bright, it warms the heart.

We've been friends, from the very start.

You have one hand, I have the other.

Put them together, we have each other.

Silver is precious, gold is too.

I am precious, and so are you.

You help me and I'll help you  
and together we will see it through.

The sky is blue. The Earth is green

I can help to keep it clean.

Across the land, Across the sea

Friends forever we will always be

## Go Bananas

Bananas unite! (place hands together straight up overhead)

Bananas split! (open arms and place at sides)

Pick bananas, pick, pick bananas (reach up and pick bananas from a tree)

Peel bananas, peel, peel bananas (peel a banana in your hand)

Smash bananas, smash, smash bananas (clap hands)

Eat bananas, eat, eat bananas (stuff banana in mouth and sing with mouth full)

Go bananas, go, go bananas! (do a crazy dance)

## Taps

Day is done

Gone the sun

From the lakes, from the hills, from the sky

All is well

Safely rest

And good night



# CAMP IN • CAMPOUT

## What's on Deck?

Take your Girl Scout experience a step further by participating in other program opportunities this summer, including:

### Family and Troop Camping

Visit the Summer Camp tab on [GSLPG.org](http://GSLPG.org) for information on 2021 Summer Camps for you, your family, or your troop!



High Adventure Camp (Summer 2019)



### Camp-in-a-Box

These kits bring girls the joy of Girl Scouts right to their doorsteps! With 10+ topics and themes, there's something for every girl to enjoy. Check out these activity kits today at [GSLPG.org](http://GSLPG.org)!



### Girl Scout Tree Promise

See how you can contribute to the Girl Scout Tree Promise goal of 5 million trees by 2026! Visit [Girl Scout Tree Promise](http://Girl Scout Tree Promise) for details.



### Girl Scouts Love the Outdoors Challenge

Take part in the 2021 Outdoor Challenge throughout the summer. Visit the Patch Programs tab on [GSLPG.org](http://GSLPG.org) for more information.

Mark your calendars for **Girl Scouts Love State Parks Weekend** – September 11-12! See other upcoming events on the Events Calendar tab on [GSLPG.org](http://GSLPG.org).