

FUN IN THE OUTDOORS


girl scouts
of eastern missouri



Perfectly Effortless Programs

Girl Scouts of Eastern Missouri

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Introduction

Girl Scout programs are built on the concept of progression – acquiring the skills needed to progress to more difficult or highly-skilled activities. Learning skills that will be helpful in the outdoors can start during any troop meeting and along with a progressive series of trips, beginning with a day outing, can provide the group with the skills to travel almost anywhere. Try looking at *It's Your Planet-Love It!* Journey series or check out *The Girl Guide to Girl Scouting* legacy badges (naturalist) or the outdoor badges- hiker, camper, trailblazer or adventurer.

A Day Outing Is:

- Cooking, hiking and playing outdoor games
- Learning about nature – birds, the trees and the sky
- Discovering the beauty of the outdoors
- Becoming comfortable in the natural environment
- Practicing skills for a first time before an overnight camping trip
- Taking an all-day hike to prepare for a backpack trip
- Practicing canoe skills for a canoe camping trip
- Learning to fish
- Finding your way with a compass or geo-caching with a GPS unit
- Introducing girls and adults to Council camp facilities
- Exploring forests and parks nearby

Before you do anything in the outdoors, make sure you are ready: A day outing offers many opportunities for girls to complete badges. Putting the skills they have learned at in-town meetings into practical use is part of the day outing experience.

Is there a badge or patch they could work on that would include these activities? Look in *The Girl Guide to Girl Scouting* for badge requirements.

- What can they learn at the next meeting to help them be prepared for their day outing?
- Is there an older Girl Scout that could help prepare girls for this experience? Check with your troop organizer for names of older girl troop leaders in your neighborhood or district.
- Talk to the Neighborhood Camp Promoter about the Council camping facilities and equipment available through your District Equipment Manager.
- Check with other leaders to brainstorm community resources, program suggestions, etc.



Planning A Day Outing

Daisy and Brownie Girl Scouts

Meeting One: Brainstorm with girls about activities they could do for a day in the outdoors.

- Make a game of it, “We’re going to a camp (or a park) for a day and we’re going to...” or “Once upon a time Daisy/Brownie Troop ## went to camp for the day and they....” Have each girl add an activity or sentence
- Have a Dress for the Weather relay game and talk about safety in the outdoors

Meeting Two: Gather supplies and let girls make a snack, like GORP or granola treats.

- Plan a “nosebag” lunch for the day outing. This name comes from the bag of food hung under a horse’s nose when it is away from the stable at mealtime. Nosebag meals need no cooking. Encourage girls to pick foods that travel well- nothing soggy, squashy or crushable
- Practice jackknife safety with a “make-believe” knife, make an edible fire to learn fire-building skills or learn to tie a square knot with shoestring licorice
- Send home permission slips

Meeting Three: Make a game of what to put in your daypack.

- Make a Kaper Chart for the troop's day outing
- Collect permission forms

Junior Girl Scouts

Meeting One: Brainstorm ideas to help choose a site and determine what activities the troop will do when they get to the day outing site.

- Decide which new skills might be needed for these outdoor activities. For example, learning how to dress for the outdoors, making a fire, using a knife safely, tying knots, how to read a map, use a compass, GPS unit or follow trail markers
- Take a look at the badges girls are working on. What things could be done in the outdoors? Have girls choose activities they want to do on their day outing

Meeting Two: Divide into patrols and let each patrol be responsible for planning one of the activities

- Make list of what you need, who will bring it
- Make Kaper Chart for day outing
- Send home permission forms

Meeting Three: Practice a skill you will need during the day outing.

- Make an edible campfire, do knot tying with shoestring licorice, have a square knot relay, learn first aid for common hiking problems like blisters, sunburn or insect bites. Learn proper use of jackknife, etc.
- Make an environmental discovery tool to explore nature on your day outing (bug boxes, scoop net, etc.)
- Make a vagabond stove
- Gather supplies and have girls make GORP for their day outing
- Collect permission slips

Cadette and Senior Girl Scouts

Meeting One: Plan a day outing to prepare for a backpack, canoe, bike or ski trip or to work on badge activities.

- Consult *Volunteer Essentials* or *Safety Activity Checkpoints* for activity guidelines and safety standards
- Determine skills you will need to review or learn before you practice on your day outing
- Check out resources from local library or the Girl Scout Emerson Resource Center (DVD, books, program equipment)
- Check with District Equipment Manager to see what equipment is available to troops in your area. (i.e. cooking utensils, tents, archery equipment, etc.)

Meeting Two: Send home permission forms.

- Set up patrol assignments and Kaper Chart
- Review and practice skills
- Use resources gathered since first meeting
- Work on indoor requirements for skill builder badges
- Invite an experienced person to talk to you about the skills, equipment needed for this activity
- Assemble a lightweight first-aid kit for a small hiking group
- Learn to use a compass and to read a topographical map
- Practice repairing a bicycle tire or do a safety check before the outing; make a personal tool kit to carry on your bike at all times
- Be able to identify the major parts of a canoe and/or kayak, show how to choose a personal flotation device

Meeting Three: Collect permission forms

- Finish up indoor requirements and finalize plans

Sample Day Outing Schedule For All Age Levels

9 am	Meet at troop meeting place
9:15 am	Depart for outing location
10:15 am	Arrive at outing location
10:15-10:45 am	Unpack car, put up Kaper Chart and set up for activities. Set up hand washing unit, beaver line, put toilet paper in environmental toilet (at Girl Scout camp) etc.
10:45-11:15 am	Site orientation. Briefly familiarize troop with the area (environmental toilet, water, etc.)
11:15 am-noon	Start building fire if planning to cook. Time for a game before lunch?
Noon-12:45 pm	Lunch and clean-up
12:45-2 pm	Program activities
2-2:30 pm	Pack up car, leave the area cleaner than you found it, even if you didn't use it
2:30 pm	Depart for home

Kaper Charts

A kaper chart lists the jobs that need to be done and who will do them. The kaper chart is usually drawn up before the trip so that everyone knows what they are expected to do and jobs are divided so everyone shares in the work. The easiest way to divide up the jobs is for the troop to work together as patrols, in pairs or in committees. Then these same groups work together throughout the time they are on the day outing.

For a day outing, kapers might include:

- Unpack car
- Cook
- Clean-up
- Set-up craft
- Fire builder

Kaper charts can be fun to make as well as use. The kaper charts on this page give you some ideas on how to get started.

	Law	Dues	Snacks	Song	
Kapers	OUR TROOP'S KAPER CHART				Pledge
Clean Up					Attendance
	Drinks	Grace	Promise	Flag	



Something to Know About Planning a Day Camp Outing at Council-Owned Property

Day outing areas are available September through May, during the week and on the weekend.

To reserve a day outing area online use the Camp Reservation system on the Girl Scouts of Eastern Missouri website, girlscoutsem.org > Camp > Reservations, fill out the "Application for Overnight or Weekend Troop Camping at Council-Owned Camps" C-9, available from neighborhood chair, Emerson Resource Center or call the Camping Resource Specialist, 314.592.2368 or 1.800.727.4475, ext. 2368. Troops will receive a Day Outing Confirmation and Information Packet detailing procedures at camp. Be sure to read all the material in the day outing packet and review *Volunteer Essentials* and *Safety Activity Checkpoints* for activity guidelines.

The following activities require certified personnel (must bring cards with them to show to Camp Supervisor or Camp Ranger): pressurized fuel, archery, swimming, canoeing.

- Swimming pools at Council-owned camps open the second weekend of May and close the last weekend of September. If available, lifeguards and waterfront personnel are provided during prime time May and September troop camping weekends. Call the Camping Services Department to verify dates.
- Archery: Straw bales or foam backing are provided at archery range. Groups must bring their own equipment and targets. Archery instructor with certified or documented experience and certified first aider are required when using archery range. Check with your District Equipment Manager for use of district archery equipment.
- Fishing: Girls may fish at all Council camps. Adults may only fish if accompanying a troop or event. Everyone must abide by the Missouri Conservation Laws. All individuals 16 years of age and older must have a Missouri fishing license in their possession. No night fishing or fishing from a boat is permitted. No fishing is allowed while girls are boating on the lake. Groups/troops must provide their own fishing equipment.
- Hiking: Trail information can be obtained from the Camp Supervisor or Camp Ranger while at camp. Troops should not trespass on private property. For information on hiking trails at each camp call the Camping Resource Specialist.

Whitaker Woodland Wonders Interpretive Trail: Located at Camp Fiddlecreek is a half-mile hike, designed to help participants see and appreciate the diversity of nature in the world around them. Developed by the Conservation Nature Awareness Task Force, funded by the Whitaker Foundation and constructed with the help of Missouri Department of Conservation and more than a hundred volunteers, the trail requires two to three hours to complete program activities. Suggested grade level is Junior, Cadette and Senior Girl Scouts. A trail equipment pack is available for check out through the Camp Supervisor.

Pressurized Fuels: Pressurized lanterns and cooking stoves may be used on Council property if an adult accompanying the group has received Council training and is present during use. A first aider must be present during usage of any pressurized fuel appliances. Pressurized heating stoves and grooming equipment may not be used on Council property. A bucket of sand is provided in kitchen shelters to be used in the event of a pressurized fuel spill.

Anheuser-Busch Nature Center: Located at Camp Tuckaho, the Nature Center is available for troop and events to begin the adventure of discovering nature. Hands-on nature or conservation activities, trail materials and exploring self-guided activities such as how birds pick up their food are available for use. TV and VCR, books, games and resource packets are also available to explore nature and conservation from a variety of media sources. Troops can use this fully winterized building all year round from 9 am-9 pm. To reserve time for your troop/group at the Anheuser-Busch Nature Center contact the Camping Resource Specialist.

Progression in Camping Skills

Skill	Daisy Girl Scout	Brownie Girl Scout	Junior Girl Scout	Cadette and Senior Girl Scout
Outdoor Manners	Use on walk, hike	Use on walk, cook out, hike, all-day outing	Overnights, bicycling, trips	Travel, public campsites, bicycle, boat, canoe trip
Proper Clothing	For the day	For the day, for overnights	For overnights	Longer trip, special climates, special activities
Knots	Overhand, square, shoelaces	Square and Clove Hitch	Add Bowline, sheet bend, two half hitches, bedroll, simple lashing	Tent care and use, more advanced lashing
Use and Care of Jackknife	How to open, close and pass using a "paper sample"	Make fuzz stick for starting fire, food preparation, carving and whittling	More experience, wood carving and add use of saw and some metal work	Use of ax, spade, woodworking and tools for repair
Fire Building and Safety	Learn fire safety, build an edible fire	Learn fire safety, assemble materials and fuel, observe laying and lighting-help extinguish	Build and manage own fires, use charcoal	Use all types of fires-Basic A, teepee, trench, charcoal, ceremonials, etc.
Cooking	Butter, ice cream, salads, solar cooking	One Pot Meal, Simple Stick (hot dogs, s'mores)	Vagabond Stove and buddy burners, foil cookery, reflector oven, Dutch oven	Trench fires, bean pots, Dutch oven, reflector, spit cookery, novelty cookery
First Aid	Where to get help	Help assemble first aid kit. Leader gives First Aid Check Handbook	Learn simple techniques in first aid. Simple rescue, use of trail signs, compass, maps	Emergency Preparedness, water purification emergency procedure, ability to lead others in emergency, rescue, outdoor survival
Protect the Natural World	Learn how to follow a path. Keep campsite clean, don't litter and don't waste	Learn how to follow paths. Keep your campsite clean. Pick up litter. Learn about wildlife and plant life at your campsite. Learn and practice Leave NO Trace principles.	Find out what effect your being there has on the natural life at your campsite. Do a simple conservation project. Practice Leave NO Trace principles.	Be aware of environmental problems at campsite (pollution, erosion). Develop an ecologically sound campsite. Do conservation project. Practice Leave No Trace principles.

Basic Outdoor Skills

As you do these activities build the Eight Basic Outdoor Skills Bracelet. For each skill give the girls a colored bead or stone to add to their bracelet.

1. Outdoor Manners (Brown Bead)

- Leave the area cleaner than you found it
- Ask permission before you go on private property or enter another campsite
- Obey signs that restrict an area
- Walk on paths or walkways only
- Respect nature and other people's property
- Make sure your fire is completely out before leaving the area
- Walk in single file or by twos on traveled sidewalks and in single file towards traffic when walking on roads or in streets

Consult *Volunteer Essentials* and *Safety Activity Checkpoints* to be sure all safety standards are met.

2. Dressing for the Outdoors (Pink Bead)

It is important girls learn about the best clothing to wear in different outdoor situations. "Be Prepared" is the best guide for choosing outdoor clothing. Always hope for the best with weather, but prepare for the worst.



Weather Relay

- Gather two sets of articles of clothing for rainy days, snowy days, cool days and warm sunny days. Divide clothes between two boxes
- Divide troop into two teams and line up in relay formation
- Leader calls out type of weather, (rain, warm, blizzard) etc.
- Team members run to box, open it and find appropriate clothing for weather condition, put it on and run back to touch next person in line
- Next person take clothing and return it to box where she finds clothing appropriate for her weather

Girls could put on a Dress for the Weather fashion show or draw cartoon do's and don'ts to show proper clothing for weather conditions.

3. Knots (White Bead)

Begin with basic knots such as the overhand knot and square knot. Then advance to the half hitch and clove hitch. Check out the *Outdoor Education in Girl Scouting*, the Camper Skill Builder Badge for Junior Girl Scouts or a Knot Tying kit or Council DVD: Basic Knots and Hitches from the Emerson Resource Center. To make knot tying fun, try some of these games with shoestring licorice or lengths of cotton clothesline.

Square Knot Relay

1. Divide girls into teams, lining them up parallel to each other.
2. The leader starts the race and one adult is needed per team to make sure a correct knot is tied.
3. On the leader's signal, the first girl in line ties a square knot. After the knot is checked, the second girl ties her knot. This continues until the team finishes.
4. For a variation, have each girl tie and release her knot.

Clove Hitch Relay

Follow steps 1 and 2 in Square Knot relay. On the leader's signal, the first girl ties the clove hitch around the wrist of the girl next to her. When her knot is correct, she releases her knot. This continues until the first team is finished.

Other Ways to Practice Knot Tying:

- Have girls put up a “beaver line” or hammocks with clove hitch
- Practice tying a bedroll
- Learn special knots for climbing and rappelling or boating
- Practice putting up a tent

Note: A “beaver line” is a rope tied between two trees or poles with lunch sacks or “beaver bags” clipped or tied to the line. A “beaver bag” is a nylon bag used to hold eating utensils (i.e.: plate, cup, knife, fork and spoon)

4. Knives (Gray Bead)

Check the *Outdoor Education in Girl Scouts* for proper use and safety in handling a jackknife.

For practice, have girls construct a simple knife out of heavy cardboard or a Styrofoam meat tray and poster board. The “knife” should have a blade and a handle, attached by a brad in the middle so the knife can be folded. Have girls practice safety techniques before handling the real thing.

To practice using a jackknife, girls can make a simple firestarter “fuzz stick” using dry kindling. Instruct girls to hold the kindling and shave downwards in a circular pattern, leaving strips attached to the stick to create a bottle-brush effect. Girls can also practice their “knife craft” skills with carrots, soap and balsa wood.

Older girls can learn to clean and keep a knife sharp. How to use a saw and ax would also be older girl “knife craft” skills.

5. Fire Building (Orange Bead)

Whether you use a charcoal or wood fire there are three basic elements required: fuel, flame, air (oxygen)

To build a wood fire there are three different kinds of fire material needed: tinder, kindling, fuel

The match lights the tinder, the tinder lights the kindling and the kindling starts the fuel burning. Tinder, the size of your little finger or smaller, should start to burn as soon as it is touched with a lighted match. Good tinder snaps as you break it, does not crumble or bend. Kindling, the size of your thumb, should also snap, rather than crumble or bend. Fuel, the size of your fist or larger, keeps the fire going. Fuel might be charcoal or dry, seasoned wood found on the ground. At some sites, it may be necessary to bring fuel with you.

Practice fire-building skills with this “Edible Fire”

- Napkins (one per girl)
- Bathroom size Dixie cups (one per girl)
- 1 box log pretzels, 1 box stick pretzels
- 1 box corn pops cereal
- 1 package coconut
- 1 package red hots or red sugar sprinkles
- 1 box toothpicks
- 1 package candy corn

Instructions:

1. Each girl should spread open her napkin in front of her. This will be her cleared-off area.
2. With the corn pops acting as rocks, have each girl make her fire circle.
3. Each Dixie cup should be filled with water to act as a fire bucket
4. With log pretzels, have each girl make an “A”.
5. Each girl should then sprinkle coconut inside the “A” to act as tinder.
6. Have the girls place the stick pretzels across the crosspiece of the A, slanted into the top portion.
7. Have each girl place a piece of candy corn on the end of a toothpick to act as a matchstick. The leader may do this before hand for each girl.
8. As each girl strikes her match against a rock (corn pop) leaders should make sure the girl lights her fire

correctly, by going under the crossbar and catching the tinder. If done correctly, the leader sprinkles red hots or red sugar sprinkles on top to resemble a burning fire.

9. After all the fires are started, the leaders should explain the proper way to extinguish a fire. Stir the ashes, sprinkle them with water, then stir them again. Repeat until there is no gray ash anywhere in the fire pit. Do not pour water on a fireplace. The water may cause the stones to crack.

Talk about safety around fires:

- Long hair should be in braids or tied back to keep it from catching fire
- Flapping sleeves rolled up and shirt tails tucked in. No nylon ever in the fire ring, do not wear plastic garments, such as ponchos, around open flames
- Keep the fire small
- Do not crowd around the fire
- Store wood and charcoal away from the fire area
- Watch for flying sparks and put them out immediately
- Always have a large bucket of water or sand near the fire before striking the first match
- The fire must be completely out before leaving the site. To be sure, sprinkle the fire with water or smother it with earth or sand. Then stir, sprinkle or smother again. Finally, check by holding hands over coals, ashes or partially burned wood or charcoal for one minute. It should be cool to the touch

Once the basic fire building skills are introduced and move outside and practice laying wood and charcoal fires.

A few minutes spent making fire starters at a troop meeting will be a great help if a charcoal fire is part of your day trip or camping experience. The simplest fire starters are stubs of candles or use birthday candles twisted in wax paper.

Another type of fire starter that can be made in advance are trench candles.

1. Roll several sheets of newspaper into a long, tight roll. Then tie the roll with string at two inch intervals. Leave an eight-inch end on each string to hold while dipping.
2. Cut the roll between the strings.
3. Dip each trench candle into a container of melted wax. Then hang the trench candles by the strings to dry.

6. Outdoor Cooking (Yellow Bead)

Whatever you cook indoors can be cooked outdoors, it will just take a little bit longer and a lot of practice and patience.

With practice girls will know what to expect, like how much firewood or charcoal is really needed and how long it takes to burn down to a fine bed of coals for cooking. Patience will come with maturity. Girls at different ages are ready for different kinds of activities.

Plan activities that fit the physical and learning capabilities of the girls, so that they are fun and challenging, but not frustrating. Check age-level leader guides or Outdoor Education in Girl Scouting for age-level characteristics of girls. Check out the Progression In Outdoor Cooking Chart and recipes in this packet.

7. First Aid (Red Bead)

Being prepared is the safest and smartest way to prevent accidents and handle emergencies.

- Stress importance of preventing accidents
- For instance, running may lead to skinned knees or disturbing bees may lead to being stung
- Teach younger girls first aid for a skinned knee and a bee sting
- Learn first aid for cuts and burns and discuss ways to prevent these accidents

Safety requires having the right clothing and equipment, doing thorough planning and being alert to changing conditions and dangers.

Keep safe. Before girls step outside they should be familiar with basic safety and outdoor manners.

- Review *Safety Activity Checkpoints* for the activity they are planning to do (archery, backpacking, bicycling, canoeing, cooking fires, hiking, etc.)
- Learn about symptoms and first-aid treatment for emergencies in hot and cold temperatures
- Learn the safety rules for the place day-outing will be held, and the safety rules for the equipment being used
- Practice safety skills (ie, how to use a jackknife, using the buddy system, “Stop, Drop and Roll” for fire safety, or how to use a camp stove, etc.)

8. Protecting the Environment (Green Bead)

Understanding the basics about seasons, weather and geology can help to make time in the outdoors safer and increase understanding of how our activities can alter the environment if we are not careful.

Try some of the activities in the Hiking and Observation sections of this packet. Introduce older girls to minimal impact or Leave No Trace camping by showing the DVD *Soft Paths*. Do activities from the Leave No Trace PEAK kit available from the Girl Scout Emerson Resource Center.

Progression in Outdoor Cooking

Cooking Method	Skills	Samples	Daisy Girl Scout	Brownie Girl Scout	Junior Girl Scout	Cadette and Senior Girl Scout
Fireless	Peeling, spreading, chopping, measuring, slicing, cutting, mixing	Nosebag, Nutri Bag Snack, Food Pyramid Party Mix, Walking Salad	X	X	X	X
One-Pot Meal Dutch Oven Skillet	Lay a fire (wood or charcoal) in a charcoal grill, outdoor fireplace with grate grill. Use a portable stove**+	Sloppy Joe's, Brownie Soup, Camp Stew, Dump Cake		X +	X	X
Cooking Without Utensils	Lay a fire, make coals	Cake in an orange shell, foil packets, roasted potatoes			X	X
Cardboard Box Oven	Prepare charcoal	Individual pizzas, cake, biscuits			X	X
Tin Can Cooking	Use tin snips, melting wax	Anything cooked on top of stove can be cooked on tin can			X	X
Reflector Oven	Lay a fire	Cake, pizzas, brownies			X	X
Solar Cookie Advanced *	Simple foil bowl to Solar Oven construction	Hot Dog, S'mores, one-pot dinner*	X	X	X *	X *
Advanced Dutch Oven and Stick Skewer	Experience fire building	Baking, roasting, cobblers, chicken, stacking ovens, kabobs, etc.				X
Gourmet and Speciality Cooking	Use of a backpack stove**	Dehydrated foods				X

** Adult Girl Scouts may use or supervise the use of pressurized fuel lanterns and stoves, provided they complete the Council video program, "Campfires and Pressurized Fuel Appliances."

* Advanced

+ Girl Scout Daisies and Brownies may not use and operate pressurized fuel appliances. Adults may operate pressurized fuel appliances, but girls are not to be involved in their operation.

Progression in Outdoor Cooking Recipes

Fireless Foods

Prepare a meal that needs no fire. Simple things that can be carried on a hike, eaten on the way or at the end of the trail.

Nosebag (Lunch/Dinner)

The term “Nosebag” goes back to when people traveled by horse instead of a car and there were no McDonald restaurants. Nosebag refers to a bag filled with grain that fits over a horse’s muzzle.

Traditionally the Nosebag contains:

- Something sweet
- Something sour
- Something dry
- Something moist
- Something colorful

Walking Salad

- Apple for each girl
- Cottage cheese or miniature marshmallows
- Raisins
- Nuts
- Mayonnaise

Cut tops off the apples and core them, leaving bottom skin over the hole. Scoop out pulp of apples and chop with cottage cheese, raisins and nuts. Mix with mayonnaise. Stuff the mixture into apple shells and put tops on.

Pudding Cone

Spoon canned pudding into ice-cream cones. Top with whipped topping if desired.

Birdseed

Mix 1 pound package of M&M plain candy, one pound seedless raisins, one pound can salted peanuts. This recipe serves about 16 people.

GORP (Good Ole Raisins and Peanuts)

A nutritious, high-energy snack food which is easily carried on the trail. Raisins and peanuts are the mainstay and chocolate, which provides quick energy, is generally included. Recipes vary among campers:

- 2 cups salted peanuts
- 2 cups raisins
- 2 cups chopped dried apricots
- 2 cups candy coated chocolate
- 4 cups bite sized shredded wheat or rice cereal

Combine ingredients. This recipe makes approximately 12 cups of GORP. Variations to basic GORP include adding one of more of the following: almonds, cashews, carbo nuts, walnuts, pinon nuts, granola, wheat germ, pumpkin seeds, shelled sunflower seeds, salted soy nuts, chopped dates, dried coconut, dried prunes, banana flakes, dried apple slices and yogurt-covered nuts.

Dirt Cake

Layer the following ingredients in clear plastic cups:

- Oreo Cookies (crushed)
- Chocolate Pudding (canned)
- Cool Whip

Repeat layers and end with crushed cookies so it will “look” like dirt. Decorate with gummy worms.



Tootsie Rolls (no bake)

- 2 tablespoons softened margarine
- 1/2 cup light corn syrup
- 2 ounces unsweetened chocolate liquid
- 1 teaspoon vanilla
- 3 cup powdered sugar
- 3/4 cup powdered milk

Put ingredients into plastic baggie and squeeze out air. Then put into a second plastic baggie for safety. Squeeze for about 20 minutes until well mixed. Roll into small balls and place on wax paper. This recipe serves approximately eight to 12 people.

Kick the Can Ice Cream

- 1 pound coffee can
- 3 pound coffee can
- 1 1/2 cup salt or rock salt
- 7 1/2 pound crushed ice

Mix together the following:

- 1 cup heavy cream
- 1/2 cup sugar
- 1 cup whole milk
- 1 teaspoon vanilla
- 1/2 cup chocolate chips, peaches or strawberries

Pour mixture into smaller can and cover securely with lid. Set in center of larger can, layer half the ice alternately with half the salt in the empty space in between the cans. Repeat until full. Cover the larger can with lid. Roll can on hard surface for about 10 minutes. Mixture will freeze when the salt water lowers the temperature of the mixture. Open outer can; empty old ice and water. Lift out small can and wipe lid dry. If salt water gets into mixture it will be spoiled. With a table knife or spatula, scrape ice cream from can side so it falls into center. Stir and recover. Return small can to large can. Repack with ice and salt. Cover and roll for five more minutes. This makes about three cups.

Nutri-Bag

Combine following ingredients in a paper bag: dried fruits such as raisins, apricots, apples and bananas; dry cereal, such as cornflakes or rice bran. Shake and serve.

Ants on a Log

Celery sticks, cheese spread, peanut butter or cream cheese and raisins

One-Pot Meal, Dutch Oven or Skillet Cooking

Once inexperienced cooks have mastered the arts of peeling, slicing, spreading, cutting, chopping, mixing and measuring, they are ready to try cooking.

Young cooks like to see the flames of their fire, to watch their food cook and to eat almost immediately. The one-pot fits their needs along with giving them the chance to gain experience. The first cooking experience outdoors will be more successful if cooking is done on a charcoal grill, an outdoor fireplace with a grate grill or a portable outdoor stove.

Plan menus that call for cooking or heating one item to go with other no-cook foods. Heating soup, making hot cocoa or an instant rice and tuna dish, grilling or boiling hot dogs are all suitable for first time cooking experiences. The first few cookouts are learning experiences and fire building may demand more time and attention than the actual cooking or heating process. Each cookout should utilize previously learned skills and offer an opportunity to learn a new skill.

Brownie Stew

- 4 cans vegetable soup
- 2 ½ pounds hamburger

Brown hamburger, drain grease. Add soup and three cans of water. Simmer. This recipe serves 15 people.

One Pot Meal Combinations

Try these combinations or create your own:

- Grain and/or vegetable
 - 1 cup quick cooking rice
 - 2 cups macaroni or noodles (cooked)
 - 1 cup rehydrated carrots and 1 cup rehydrated sliced potato
2. Meat and/or milk
- 6 ½ ounces can of tuna
 - 1 cup grated cheese
 - 1 cup rehydrated textured vegetable protein
3. Seasonings
- 1 teaspoon salt, 2 teaspoon margarine, 1 teaspoon dried onion
 - ¼ teaspoon salt, 1 teaspoon dried onion, 2 tablespoons Margarine or bacon
 - 1 teaspoon dried onion, ¼ teaspoon salt, ¼ teaspoon pepper, pinch garlic powder
4. Liquid
- 1 cup water
 - ¾ cup water
 - 1 cup water

Take all A, all B, or all C ingredients and place in a pot. Bring ingredients to a boil. Simmer until cooked through for approximately 15 minutes. This recipe yields four servings.

Sloppy Joe's

- 1 pound ground beef or chicken
- 1 can (10 ¾ oz.) tomato soup
- Ketchup
- Prepared mustard
- Hamburger buns

Brown meat in skillet. Place strainer over a container to hold excess fat. Pour meat from skillet into strainer separating fat from meat. Put meat back in the skillet. Add soup, ketchup and mustard. Heat until thoroughly cooked. Serve on the buns. This recipe serves four to six people

Brownie Soup

- 4 cups broth (low-sodium)
- 3 cups different kinds of vegetables
- 1 cup beans
- ½ cup rice

Put rice and one cup water in pot. Heat and stir. When rice is soft, add vegetables, beans and broth. Heat until the soup is hot.



Camp Stew

- 2 pounds Hamburger
- 1 onion, cut in small pieces
- 2 (10 ¾ ounces) cans of condensed vegetable soup
- ¼ teaspoon salt

Add salt to hamburger and brown in pot. When hamburger is starting to brown, add onion. Stir until onion is soft. Add vegetable soup and some water. Stir mixture so it doesn't stick to bottom of pot. Cover pot and cook slowly until meat is cooked all the way through.

Vegetarian Chili

- 1 cup uncooked brown or white rice
- 1 (6 ounces) jar tomato paste
- 2 cubes low-salt chicken or vegetable bouillon
- 1 (12 ounces) can red kidney beans
- 1 medium onion (chopped)
- 3 stalks celery (chopped)
- 1 medium green or red pepper (seeded and chopped)
- 1 tablespoon oil
- 3 carrots (peeled or scrubbed and chopped)
- 1 tablespoon chili powder
- 4 cups water

Saute (fry) the onion and green pepper in oil until soft. Add celery and carrots and saute for two to three minutes. Add beans with liquid, chili powder, four cups of water, tomato paste, and bouillon cubes. Simmer with heat on low flame. Add rice. Cook until rice is done – 20 minutes for white rice and 50 minutes for brown rice.

Dump Cake

- 1 large can fruit pie filling
- 1 box yellow cake mix
- 1 stick margarine

Line bottom of Dutch Oven with heavy duty aluminum foil (shiny side up). Pour in the pie filling, sprinkle dry cake mix on top of the fruit, slice one stick butter or margarine over the cake mix. Place lid on Dutch Oven. Put piece of foil on ground. Lay 13 white coals on foil. Set oven over burning charcoal and cover lid with seven hot coals. Bake 20 minutes, without looking. Check, if still bubbly, cover for five more minutes. Should be golden brown crust when done.

Notes on Dutch Oven Cooking

There are several different methods in using a Dutch oven: frying and deep-fat frying methods use heat only on the bottom of the Dutch Oven and are ideal for deep-fat frying fish and chips, chicken, fritters and corn dogs. Baking, roasting and stewing require an oven-type heat created by placing coals on the lid and below the Dutch oven. When baking, place a layer of foil, shiny side up, inside the Dutch oven. Place food on the foil to bake it. This is a good way to bake cakes, upside-down cakes, biscuits, pies and apples.

The three legged Dutch Oven is best for outdoor use. The lid is relatively flat with a handle and turned up edges so that hot coals can be placed on it. The legs allow air to circulate under the pot. When spreading coals on lid and under Dutch Oven a general rule is to leave about a two-inch square between briquets, forming a checkerboard pattern. Cover outside of Dutch oven with liquid detergent for easy cleanup.

Most baking recipes require a temperature setting of 325 degrees F. within your Dutch Oven. An easy way to get this temperature is to subtract or add the number three to the size of your Dutch Oven to determine the number of charcoal briquettes to use underneath and on top.

Find the size of the Dutch oven you use to know the correct number of briquettes for 325 degrees F.

8" size Dutch Oven= 11 Briquettes TOP; 5 Briquettes BOTTOM

10" size Dutch Oven= 13 Briquettes TOP; 7 Briquettes BOTTOM

12" size Dutch Oven= 15 Briquettes TOP; 9 Briquettes BOTTOM

14" size Dutch Oven= 17 Briquettes TOP; 11 Briquettes BOTTOM

16" size Dutch Oven= 19 Briquettes TOP; 13 Briquettes BOTTOM

Cooking Without Utensils

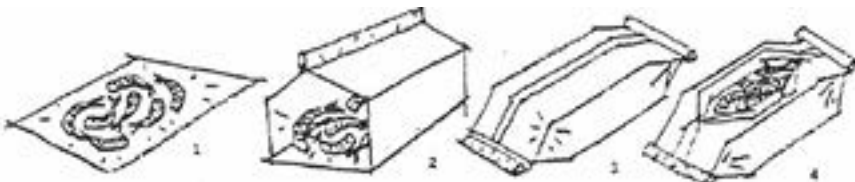
Foil Cooking

When foil is wrapped as an airtight package around food, finishing off with a drugstore or sandwich fold, it becomes a small-scale pressure cooker.

When placed in a bed of hot coals with some heat on top, diced vegetables and meat cook in 10 to 15 minutes in this package and whole potatoes in 40 to 50 minutes. Be sure to allow some space for expansion in the package by not wrapping the raw food too tightly. Use heavy duty aluminum foil.

How to Make a Drugstore Fold

For turning and removing hot foil packets from the fire use a shovel or utility tongs and/or work gloves. Be careful not to poke holes in the foil through which steam or juice escapes and dirt get in. Once safely out of the fire, make holes on top of the packet to let steam escape before you start to open the top.



Food Suggestions for Foil Cooking

Hamburger: Make patty, season, wrap in double foil. Bake for ten to twelve minutes in coals.

Chicken: Whole chicken-wrap in double foil. Bake in coals for 1 hour to 1.5 hours, turning once. Pieces of chicken: Wrap in double foil. Bake 30 to 35 minutes.

Fish: Whole fish: wrap medium size fish in double foil. Bake in coals 20 to 30 minutes, turning once.

Fish Steak: Wrap in double foil. Bake in coals 10 to 15 minutes.

Fish Fillets: Wrap in double foil. Bake in coals 10 to 15 minutes.

Carrots: Split in four. Wrap tightly in double foil. Bake in coals about 20 minutes.

Corn: Peel back husk, remove silk, season and butter. Replace husk. Wrap tightly in single layer of foil. Bake in coals 10 to 15 minutes on each side.

Potatoes: Slice, season and wrap tightly in double foil. Bake in coals about 15 minutes.

Foil Packet Pineapple Upside Down Cake

- 1 slice pound cake
- 1 slice pineapple
- Brown sugar to taste

Wrap in foil and place on grill/coals.

Hobo Hamburger

Place hamburger patty in center of 12" square of aluminum foil. On the patty place sliced onion, sliced potato, (use half a large potato), sliced carrots. Sprinkle with salt, pepper, a little catsup and top with a slice of cheese. Fold foil, using a drugstore wrap, ends tucked under firmly. Bake in coals seven minutes on each side.

Angels on Horseback

- Loaf of French bread
- 1 can of Eagle Brand milk
- 1 cup of coconut
- 1 stick of margarine or butter

Slice bread into 16 to 18 slices, dip slice of bread into milk, roll in coconut, place on buttered foil over heat on grill or in the oven until lightly toasted, turn over, toasting other side.

Angel Melts

- Angel food cake
- Chocolate chips
- Miniature marshmallows

Place a slice of cake on foil, sprinkle on chocolate chips and marshmallows, wrap foil, as in a foil pack, place over heat (just long enough to melt marshmallows and chocolate chips).

Cake In An Orange

- 1 cake mix
- 10 to 12 oranges

Prepare cake mix according to package directions. To prepare oranges: slice off one third down from top, spoon fruit out of bottom two thirds leaving an empty shell. Fill the hollow shell half full with cake batter. Place lid back on orange. Wrap orange in 6"x 6" piece of foil. Place in hot coals 10 to 15 minutes. Try gingerbread mix for a change.

Banana Boats

- Bananas (1 per person)
- 1 bag miniature marshmallows
- 1 bag mini chocolate chip morsels

Peel back one section of banana. Scoop out the inside to create an opening, stuff banana with marshmallows and chocolate chips. Place peel back over section and wrap stuffed banana with heavy duty aluminum foil. Place foil packet over coals for approximately 20 minutes or until marshmallows and chocolate have melted.

Pigs In A Blanket

- 2 cans refrigerator biscuits
- 2 packages hot dogs
- 1 package sliced American cheese

Place a hot dog in each blanket (biscuit). Wrap in foil and bake in coals for about 10 minutes. Add cheese and condiments.

Pie-Chee-Ham

- 1 hamburger bun
- 1 slice boiled ham
- 1 tablespoon crushed pineapple
- 1 slice American cheese

Wrap in aluminum foil and place on grill until heated.

Ham Foil Pack

Ham steak (cut in pieces)

- Potatoes (slices)
- Carrots
- Onion (slices)
- Cabbage (chopped)
- Butter, salt, pepper, dash thyme
- A few drops of water

Layer ingredients in a foil bag or doubled heavy duty foil. Allow one ham steak for two people and one large potato per person and one small onion per person. Half stick of butter per pouch. Don't fill it too full or the inside won't cook as fast as the food on the outside. Seal the bag well and place next to hot coals, turning a few times carefully until it's done. Bag should be puffy if sealed properly. Cook about an hour. For added protection you could put the whole bag inside a Dutch Oven.. just make sure it's large enough to allow for expansion.

Chicken In A Can

Marinate chicken in plastic baggie with your favorite seasonings overnight. (bottled Italian dressing, terriyaki sauce, etc.) Build fire charcoal or burnt wood to ash. Put chicken in large coffee can (33-36 ounces) Wash, remove paper and plastic from can. Cover top of can with foil. Put can in ashes on an angle. Every 15-20 minutes turn or rotate can. Don't turn can upside down. Note: Small coffee can hold Cornish game hen.

Ziploc Bag Omelet

- 2 eggs
- 1 teaspoon chopped bell peppers
- 5 sliced pepperonis
- 1 teaspoon chopped onions
- 2 tablespoons of shredded cheese
- 2 plastic ziplock bags

Crack eggs into one bag. Squish bag to scramble eggs. Add other ingredients. Zip shut. Double bag. Boil until the eggs are done.

Pie Iron Cooking

Helpful Hints

1. Use of a barbecue mitt is recommended.
2. Allow plenty of time to prepare your cooking fire.
3. A cooking fire should be a bed of hot coals, not high flames.
4. Cooking times vary greatly. Many things, including the temperature of your fire, distance over the fire, air temperature and wind affect the actual time.
5. Spreading the coals apart will cool down your fire, if it is too hot.
6. Trim off excess fat from meats to prevent flare-ups.
7. The metal parts of your pie iron will remain hot and should be set some place to cool.
8. Pie irons are recommended for outdoor campfires.

Fruit pie rounds

- 2 slices of bread
- softened butter
- 1-2 tablespoons canned pie filling
- sprinkle of sugar

Butter the outside of one slice of bread and place in the pie iron, butter side touching metal. Fill the bread with filling and place second piece of bread on top butter side up to be next to the metal top. Close and secure pie iron. Cook for 30 to 40 minutes on each side or till bread is golden brown. Remove and let cool. Fresh fruit can also be used or peanut butter, honey, jelly etc, whatever your taste. Cut fresh fruit thinly so as not to tear the bread. Various types of bread can also be used. Preferably bread shaped like your pie iron makes it less messy. Bagels are easily warmed in the irons. Piecrust can also be used as well as biscuits, cooked or in dough stage. Just judge time to cook by visual inspection.

Goey Brownie Dessert

- Packaged brownie mix
- Ingredients listed on mix box
- Softened butter

Make up the mix and coat cavities of iron with butter. Fill cavity with brownie mix and close securely. Bake over low heat, turning frequently. This brownie will be crispy on the outside, but warm and goey on the inside. It is best to use a non-stick cooker for this recipe.

Chocolate Turnover

- Refrigerated crescent rolls
- Milk chocolate chip or candy bar
- Softened butter

Open and unroll the crescents. Fill one triangle with chips and or candy pieces, nuts etc. and place the second triangle on top. Seal edges of triangles by pressing and set in pie iron. Cook in well buttered cooker two to three minutes per side. Frequently turn iron to prevent browning.

Rocky Road Treat

- 1 tablespoon peanut butter
- 1 chocolate bar square
- 1 marshmallow–flattened
- 2 slices of bread
- softened butter
- sugar

Coat the outsides of the bread with butter. Spread peanut butter on the inside. Place on slice of bread (butter side down) in the bottom of the cooker cavity. Add a chocolate square and a marshmallow on top of the bread. Place the second slice of bread on top, butter side up. Close cooker and cook over medium/high heat until bread is golden brown. Sprinkle with sugar and enjoy.

Quesadilla

- 1 pepper chopped
- 1 onion chopped
- garlic powder
- 1 tablespoon cooking oil
- 1 tortilla
- 2 tablespoons shredded cheese
- 1 tablespoon salsa
- prepared meat, such as taco meat if desired

Grill vegetables in cooker with oil. Place grilled veggies in center of tortilla, add salsa, cheese and meat. Fold or roll tortilla to fit in cooker and secure both sides. Cook over medium heat till cheese melts.

Chili Pie on Toast

- 1 can chili
- 2 slices of bread
- softened butter

Drain excess from chili, butter the outsides of two pieces of bread. Spoon chili into center of bread slice and cover with remaining slice, butter side up. Close cooker and heat till bread is browned and chili hot. Very messy.

Camp Pizza Pies

- 2 slices of bread
- softened butter
- 1 tablespoon pizza sauce
- 1 tablespoon mozzarella cheese
- pepperoni slices
- vegetables can be added and need to be sliced thin

Butter the outsides of two pieces of bread. Place one piece of bread butter side down in cavity of cooker. Add ingredients and cover with remaining bread, butter side up. Close and secure cooker, cook over medium heat about three minutes. Pita bread, crescent rolls, refrigerated pizza crust or wheat bread can be used.

Egg In a Nest

- 1 tablespoon butter or oil
- ½ cup hash brown potatoes
- ¼ cup chopped onion
- 1 egg

Into a well greased pie iron, add half cup hash brown, onion, one tablespoon oil. Grill until potatoes begin to brown. Remove from fire and open. Make a small form of a nest in the potatoes and add egg. Close and secure. Cook over medium fire till egg is cooked, at least three minutes.

Cardboard Box Oven Cooking

Cookies, brownies and pizza are just a few of the fun foods to cook in a box oven. This is only one of many creative ways to make a box oven.

You will need:

- 1 cardboard box
- Roll heavy duty aluminum foil
- 1 roll duct tape (heat resistant)
- Aluminum baking pan
- Cake cooling rack
- Elastic to fit around box
- Roasting Wrap or Turkey baking bag
- 4 (6 ounces) empty steel juice or tomato paste cans to hold rack above coals.
- Long tongs
- Fire starters
- Charcoal
- 2 (46 ounces) empty steel juice cans
- Oven mitts/gloves



To make Box Oven with a Window:

1. Cut top and bottom from a cardboard box.
2. Line the inside of the box with foil, with the shiny side out; continue foil to half way down the outside of box on all sides.
3. Secure foil on outside with duct tape.
4. Cover the top of box with a roasting wrap, secured with elastic.
5. If you want to determine the heat of the oven a portable oven thermometer can be hung on the upper inside of the box.

To Make Charcoal Starter Can:

1. Cut the top and bottom out of 46 ounces cans
2. Punch holes along the bottom with a beverage can opener or use tin snips, these are draft holes.

To Start Fuel with Charcoal Starter Can:

1. Tear off a sheet of foil at least six inches longer than your box.
2. Lay the foil on the ground shiny side up.
3. Set one of the 46 ounces cans in the middle of the foil with draft holes on the bottom.
4. Place a fire starter inside the can, then carefully stack charcoal around it making sure not to stack charcoal too tight or there will be no draft in the can to keep the fire going.
5. Light the fire starter through a draft hole in can, then add the rest of charcoal once the fire is going well in the can.

How Much Charcoal to Use in a Box Oven:

It depends on how hot you want the oven to get. Each charcoal briquette (Kingsford) has a temperature of 40 degrees and it's maximum heat time is 20 to 25 minutes, if it is kept dry. If the oven needs to be 400 degrees, you need 10 pieces of charcoal plus one for good luck. If you are cooking longer than 20 to 25 minutes, a second can of charcoal, half as much as the first, needs to be started 15 minutes after the first can has been ignited. It will take 30 to 60 minutes for the charcoal to get hot (white). While the charcoal is getting hot, girls can prepare and fill the baking pan for the oven. Anything can be cooked in this oven that can be cooked in your oven at home. If you know it will take longer to prepare than the minimum 30 minutes for the charcoal to get white, start preparing food before starting the fuel.

To Bake in Box Oven:

The coals are white now and ready to use. Pull the can up and off the charcoal with long tongs, be sure to wear oven mitts or gloves while doing this, the heat from the fire is hot.

Now coals must be spread around on aluminum foil so the oven will have even cooking temperature. Place small cans open end down on the aluminum foil, so they will hold the rack up off the coals. Spread out the coals with the tongs.

Place the baking pan on top of the rack. Lower the foil-lined box carefully over the baking pan and rack until it rests upon the foil on the ground. Be careful not to knock the rack and pan off the cans.

Take a small piece of wood and put it under one edge of the box, this will leave a small gap between the box and the foil, to keep the heat circulating in the oven. Do not lift up the box in the first 20 to 25 minutes unless you smell something burning. If you need to bake longer than 25 minutes you should add your other hot coals at this time. To open the oven lift the box straight up, this will keep from knocking the pan and rack from the cans. Check fuel to see if coals have gotten smaller, knock ash off them, then add new coals, distributing evenly. This can all be done without removing rack and baking pan from cans. Replace the box and continue cooking. When done remove box, remember to use hot pads when removing pan from cans. Move all cans away from hot charcoal. When cooled, put cans in a bag with fire starters and store inside box oven.

Tin Can Cooking

To make a Vagabond Stove. You will need:

- Number 10 tin can
- Pair of tin snips
- Gloves
- Punch opener to make the stove
- Roll-type can opener to make smooth edge on the can when you take off the can lid.

The open end of the tin can will be the bottom of your stove. Wearing gloves, take tin snips and cut a door about seven centimeter square from the open end. Using the punch opener, pierce three or four holes at the top of the can on the side opposite the door. These are your air holes and serve as a chimney.

A Buddy Burner is a fuel and can be used with a vagabond stove. To make a Buddy Burner you will need a tuna fish or pet food can, a strip of corrugated cardboard a little narrower than the depth of the can, and melted paraffin or candle ends. Roll cardboard into a coil that fits loosely in the can. Or you can fill a tin can loosely with sawdust, instead of cardboard and pour in the paraffin.

Paraffin should be melted in a tin can set in a pot of water on the stove. Use low heat. Melt small amounts at a time. The vapor given off by melting paraffin might start to burn; have a lid from a larger tin can on hand to smother any fire.

To Use the Buddy Burner and Vagabond Stove:

Find a level spot for your stove, so that the food you cook will not slide off the top. At camp set up Vagabond Stove in the fire circle. Light the top of the Buddy Burner with a match. Using gloves, place the Vagabond Stove over the Buddy Burner.

A Buddy burner gets very hot. Make a “damper” from the lid of the Buddy Burner tin can and a piece of coat hanger. When your fire gets too hot, cover part of the burner with the damper. Practice until you can tell how much heat you need for cooking.

The first time you use your stove, wipe the finish off the tin can lid after the stove has heated up. Hold stove with a pot holder, and wipe it with a paper towel.

Mess kits can be used as cooking utensils on top of the tin can stove to make soup, cocoa or as a skillet. You can even bake a small cake on your stove top. Using a tuna fish can as a cake pan, pour cake mix to half full and place the “cake pan” on top of two small twigs on top of the stove. Make an oven by upending an empty number 2 ½ can over the cake pan. It will take about 20 minutes to bake a cake.

When you are through cooking, put out the fire by covering the Buddy Burner completely with its damper to smother the flame. The paraffin will be hot and liquid; so leave the damper in place, and do not pick up the Buddy burner until the fire is out and the paraffin cool and hard. One Buddy Burner will last through several cookouts. When everything has cooled off, clean off the top of your Vagabond Stove and the cooking tins, store them and your Buddy Burner inside the stove. If you put a coat hanger wire handle on the stove, you can carry it with ease.

Garbage

- Cold boiled potato, diced
- Chopped onion and bell pepper (optional)
- Bacon pieces
- Egg
- Salt and pepper

Fry onions (bell peppers) with bacon pieces, or in bacon fat until light brown. Add potatoes and fry until brown and crisp. Break egg(s) into mixture, stirring while cooking, cook until eggs are set. Season well and serve hot. Add a little cheese or tomato catsup or both, if you like.

Egg In a Hole

Cut a two or three inch hole in a slice of bread. Brown bread in butter on top of tin can. Turn bread over, break an egg into the hole and cook until done.

Vagabond Stove Dinner

- Hamburger

Make individual patties and cook on Vagabond Stove. Salt and pepper to taste.

As hamburger cooks add:

- 6 tater tots along side hamburger

When tater tots are brown, add one large tablespoon frozen vegetables. When dinner is almost done, place half hamburger bun on top of dinner to warm.

Reflector Oven Cooking

You can bake anything in this baker that you could in your oven at home. However, they are not for the beginning cook or the novice fire builder because they need careful handling and carefully controlled slow, steady heat. You can buy or make reflector ovens. A collapsible oven is convenient to store and carry and should be light in weight.

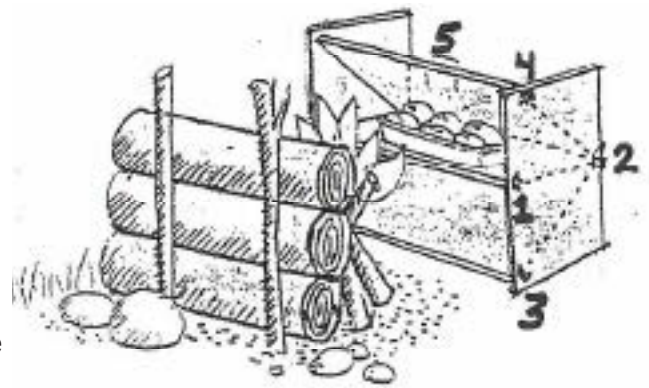
To Make a Reflector Oven

You will need:

- Five cookie sheets or pans with turned up edges
- Eight bolts with wing nuts
- Wooden handle with screws
- Drill

Steps

1. Place two cookie sheets together (these will be the side sheets) and bore four holes (diagram 1-4)
2. Bore one hole in the lip edge at each end of the third sheet (shelf sheet) at number one to correspond with holes on the side sheets.
3. Bore two holes in the lip edge at each end of the fourth sheet (bottom sheet) at number two and number three to correspond with the holes on the side sheets.
4. Bore 1 hole in the lip edge at each end of the fifth sheet (top sheet) at number four. Screw wooden handle on the outside at number five. This permits cook to open stove from the rear to test baking. The top sheet will swing up when the oven is assembled, since it is bolted only at number four.
5. Assemble oven. Be sure the wing nuts are on the outside. The top sheet should overlap the bottom sheet slightly. If it does not, cover the gap with foil when baking.
6. Food bakes in these ovens by reflected heat. It is important to use pans that fit the ovens, pans that are not wider than the ends of the oven. The source of heat must be as high and as wide as the oven. It helps to have a reflector behind the cooking fire (metal sheets or aluminum foil screen)
7. Both glowing coals and bright flames produce heat for the oven. The heat is reflected to the top of the food and browns it. Dark surfaces absorb and hold heat, so as the cake browns it takes on even more heat to speed the cooking process. The shiny interior of the oven also reflects every bit of heat possible. The bottom of the cake pan that sits on the rack should be black to absorb heat for cooking the bottom of the cake. Paint bottom of pan with stove blacking or black enamel. Or rub charcoal from your fire on the bottoms for temporary help.



Minute Mini Pizzas

- 1 can refrigerator biscuits or English muffins
- 1 jar pizza sauce
- 1 sliced pepperoni, or pre-cooked hamburger or sausage
- mozzarella cheese

Flatten biscuits and spread sauce on, then meat, followed with some cheese. Top with additional suggestions like olives, onions, peppers, etc. Place in pan in reflector oven for 10 to 15 minutes or till biscuits are golden. Makes 10 to 12 individual pizzas. Hint: precook the raw refrigerator biscuits part way before using.

Solar Cooking

Solar cooking is an easy method of baking at camp, it is energy free and the sun's energy is safe, non-polluting and an abundant renewable source.

Tips for Solar Cooking:

- Have a back up if the weather does not cooperate
- Preheat solar cooker before baking
- To maintain maximum heat in oven, re-position it every half hour
- Make sure you use pot holders, this type of oven cooks anywhere from 200-300 degrees depending on the intensity of the sun
- Cooking time is twice as long as in conventional oven
- Stirring is not necessary when cooking in the solar oven- removing the lid lets valuable heat escape
- Don't worry about overcooking – your food will not burn
- Use dark porcelain coated pans and small roasters
- Use a cake rack under the pan to allow air to circulate and food to cook evenly
- Bake bread and cakes mid-day (between 11 am-3 pm)

Pringles Can Solar Cooker

- 1 Pringles can with lid
- 1 wire coat hanger (non-coated)

Tools:

- Wire cutter
- Hammer and large nail
- Strong scissors
- Sharpie marker

Directions:

1. Cut a line lengthwise down the Pringles can, about one inch from the top to one inch from the bottom.
2. Cut a line across the top and bottom of the first slice, extending one to two inches on either side of the long line.
3. Open both sides of the can out, making a window to the interior of the can.
4. Hammer the nail in the center of the bottom of the can and the lid, to make a hole.
5. Clip the straight edge of the coat hanger so that it is longer than the can. Insert the wire into the holes in the top and bottom of the can, and close the lid. (metal skewers may also be used instead of coat hangers)
6. Insert the wire into the holes in the top and bottom of the can, and close the lid.
7. Have girls write their names on the lid or the outside of the can.

On a hot, sunny day it takes approximately 90 minutes to cook a hot dog in this cooker. Skewer the hot dog on the wire after threading it into the top or bottom of the cooker, then thread it through the end.

Variations:

- Try cooking marshmallows or kabob
- Place the “oven” in an oven roasting bad to shorten the cooking time as well as keep out the bugs

Nature Crafts

Gather only “found” nature items. Leave live things growing.

Leaf Rubbings

- Paper
- Crayons
- Charcoal
- Leaves
- Bark

Place leaves/bark on flat surface. Cover with paper or cloth. Rub over area with crayons or charcoal.

Plant Markers

- Popsicle sticks or tongue depressors
- Glue
- Magazine or seed catalogs cutouts of plants or names
- Polyurethane
- Cardboard

Cut out pictures that you want to use, larger ones you can glue to cardboard to make tags and then attach the tags to the sticks. Glue small pictures or names directly onto the sticks. Let the glue dry and coat with two coats of polyurethane, let dry. Paint or decorate the plant markers anyway that you would like. The polyurethane will keep the markers from getting ruined from the weather.

Sun Catcher

- Colored card stock
- Corrugated Cardboard
- Pushpin
- String or thread

Cut out a shape. (sun, moon, star) Lay the card stock on a piece of cardboard (corrugated worked the best) Use a push pin and punch holes in the card stock making a pattern of pin holes. Tie a thin piece of string or thread near the top of shape and it is ready to hang in a window. Sun lights up the pin holes and splashes a pattern around the room.

Woozles

- Sweet gum balls
- Acorns
- Nuts
- Peanuts

Add eyes – features. Mount on rock/bark/piece of wood.

Potato Prints

- Potatoes
- Paper
- Newsprint
- Paper bags
- Water based paint
- Pieces of felt or hand wipes

Draw design. Cut potato in half. Cut away around design. Use as stamp. Potato Stamp Pad can be made with folded piece of felt or hand wipes. Place paint between folds. Prints from fruits: cut lemon or apple in half. Use as stamp with above stamp pad.

Boxtop Collages

- Shoe box lid
- Gift box, any shallow container

Glue “natural” materials such as stones/dried leaves/seeds/twigs/vines. Arrange natural materials in box lid to form a scene. Glue in place.

Pine Cone Creatures

- Pine cones
- Scraps of felt
- Wiggle eyes

Make an owl, turkey, reindeer, turtle, etc.

Sand Painting

- Coloring book picture
- Glue
- Food coloring or stir in colored chalk
- Sand (white sand works best) or salt

Mix food coloring or chalk into sand/salt. Do this ahead of time. Brush glue inside lines of picture. Pour colored sand on picture. Let dry.

Sand Jars

- Baby food jars or peanut butter jars (takes a lot more sand)
- Colored sand (see instructions in sand painting above)
- Small dowel rod, toothpick or small stick

Layer colored sand in jar. Carefully push small dowel rod/ toothpick/small stick along edges, allowing sand to make a design.

Terrariums

- Two-liter soda bottles

Loosen bottom of bottle. Cut around near top. Cut second bottle at the base line. Plant “garden” in the base putting “dome” over it.

Nature Mobiles

- Pieces of driftwood or weathered sticks
- Cord, string or fishing line
- Various shaped shells with small holes, nut shells or other nature finds. Select a long, flat piece of wood to hold your other pieces. Design the way you want the mobile to look. Tie the line around the top to hold smaller pieces in place. Hang mobile from a hook and let the breeze twirl and spin the smaller pieces around in place.

Sit Upon

Usually the first question asked in making a sit-upon is, “What size do I cut the material?” There are no specific measurements for a sit-upon because it is up to each individual. The following are general directions and some suggestions for variations.

You will need:

- Waterproof material: plastic tablecloth, shower curtain or piece of vinyl upholstery
- Stuffing: newspapers, magazines or thin foam cushions
- Yarn, string, rope or vinyl lacing
- Yarn Needle
- Something to make holes with: hole punch, hammer, large nail, leather punch

1. Cut the waterproof material with two large squares big enough for you to sit on
2. Put stuffing between the two squares to form a cushion
3. Sew the two squares together with yarn, string or vinyl lacing, using the needle. Be sure to sew completely around the edges of the sit-upon

Variation: To make a pocket, cut one long piece of waterproof material, wide enough for you to sit on, and long enough to wrap the stuffing one and a half times. Sew or lace up the sides.

Ground Parfait

- Sand of various colors, fine dirt, gravel, small pebbles, other textures and kinds of dirt
- Containers for dirt and stone
- Funnel (paper funnel will do)
- Tall clear plastic container
- Large spoon

Spoon various materials in layers, each time using a different kind of “ground”. Vary the colors and thickness of layers to build your parfait.

Rocky/Leafy/Nutty Personalities

- Nuts/rocks/leaves
- Poster paints
- Paint brush
- Newspapers
- Construction paper

Using the leaf as the body, draw or paint other parts and give each a “personality.” Whole or half shells of nuts can be given a “personality” with paper ears, eyes, nose, mouth, legs or with felt-tip pens or paint.

Dancing Butterflies

- Tissue paper (different colors)
- Black construction paper
- Shallow box, 1 to 1 ½” deep
- Sheet of acetate to cover box

Cut a dozen or so little butterflies out of the tissue paper, put a little twist between the wings. Cut out a few little spiders from the black construction paper. Place your animals in the box and tape the acetate over the top for a lid. Gently rub the palm of your hand over the acetate in a circular motion until enough static electricity builds up to make your little animals jump around in the box.



Camp Songs and Games

Girl Scouts Hiking Chant

We are the Girl Scouts, REPEAT.
Mighty, mighty Girl Scouts, REPEAT
Wherever we go-o, REPEAT
People want to know-o, REPEAT
Who we are-r, REPEAT.
So we tell them, REPEAT.
(We're from Dogwood Dell or We're the Juniors, Mighty, mighty Juniors, etc.)

Take Me Out to the Campsite

(Tune: Take Me Out to the Ballgame)
Take me out to the campsite, take me out with the troop.
We'll bring our bedrolls and knapsacks too.
We'll have fun and we know you will too.
Then we'll hike, hike, hike through the woodland
Rain or shine, we won't care, for it's work, play, singing together
The Girl Scout Way.

We belong to the Girl Scouts, always ready to serve.
We can climb mountains and cook our own meals;
If you join us you'll know how it feels- to be proud of wearing the trefoil- working hard every day.
It is so-much-fun doing things, the Girl Scout way!

Rainstorm

Breeze: rub finger together.
Strong wind: rub palms of hands together.
Small raindrops: click tongue.
Big raindrops: pat knees
Lightning: Clap hands twice.
Thunder: stamp feet, becoming louder, then softer.
Then again with big raindrops, lightning, small raindrops, wind, breeze.

Rock-Rock

(Tune: Rose, Rose)
Rock, rock
How do you wander
From one hand into another
Is it fair, is it fair
To keep poor ____ standing there.

- 1-One person is "It". That person stands in the middle of circle and closes her eyes.
- 2-Everyone else sits in a circle. They need to be close enough to pass a rock hand to hand.
- 3-As the girls in the circle sing say the chant they begin passing the rock
4. "It" person tries to watch and guess who has the rock. She gets three guesses. If she guesses correctly that person becomes "It". If she does not guess correctly she can either be "it" again or pick someone. This can go on as long as you want!

Grace

(tune: Row, Row, Row Your Boat)
Bless, bless, bless this food.
Bless all present here,
And help us now to spread the love.
To people far and near.

Grace

(Tune: Michael Row Your Boat Ashore)

Come Lord Jesus be our guest,

Al-le-lu-jah.

Let Thy gifts to us be blest.

Al-le-lu-oo-jah.

Outdoor Games

Rock, Tree and Bridge Relay

Divide group in two or more teams. Select three girls from each team to stand at the opposite end of the play area. They are the rock, tree and bridge for their team. The rock crouches; the bridge stands behind the rock with her legs apart; the tree stands behind the bridge. The players must go over the rock, under the bridge and around the tree; they return in the same manner. The first team, with all players completing their turn, wins.

Barnyard Bedlam

Divide group into several teams of five – six girls, each team having a captain. Each team represents an animal. On signal teams hunt for objects (such as pine cones, peanuts, etc.) which have previously been hidden in a nearby area by the leader. The team captain is the only team member who can pick up the object. When teammates locate an object, they make the noise of the animal they represent, and the captain comes to pick it up. The team with the largest number of objects wins.

Nature Stunts

- See who can throw a leaf the farthest without breaking it.
- See who can hop like a grasshopper (bird, rabbit or frog) If you don't know how find one and watch it.
- See who can make the best nature speech. (Specify length)
- See who can stand on one leg the longest, naming birds as she does it.

Nature Drawing Game

Teams send one representative equipped with pencil and paper to leader who assigns in a whisper the name of some object (squirrel, daisy, robin, frog, etc.) to be drawn. Representative runs back to team and draws the object. First team to guess object correctly wins point. Then teams send up another representative for assignment. Have as many assignments as girls on each team.

Trail and Map Signs

Divide into two teams. One team lays a trail and the other team maps a trail. Then the teams switch and see if they can follow one another's trail/map.

Tie Up the Dog

Good for teaching uses for the bowline knot. Have girls bring in their stuffed animal dogs. Set the girls up into relay race teams, with the stuffed toys at one end of the field in a box (one box of toys per team). Place a tent stake in the ground, next to each box and have girls at the other end of the field. Give each girl a length of rope. Each girl in turn has to run down to the box, tie their dog to the tent stake with a bowline and go back to the end of their line. When everyone in your line is sitting down and all the dogs are tied to your tent stake your team wins! (Tent stake could also be the leg of a picnic table, a tree, or whatever is at hand)

Cat's Tails

Cut 30 pieces of string of the same length. Hide all but three or four pieces. Divide girls into three or four teams of equal size. Each team chooses a "cat" who is given one of the extra pieces of string. At a given signal, all players except the "cats" scatter to hunt for the hidden strings. As a girl finds one, she takes it back to her "cat", and uses a square knot (or a knot of your choice) to tie it to the sting tail the "Cat" is holding. The team with the longest cat's tail wins.

Hikes

Rainbow Hike

Give each girl a crayon or paint chip. Take a short walk and have them match their color to something in nature. Once they have found at least one item that matches the color, ask them to identify the item. If the area is rich with plants, discuss why the plants are different colors (certain birds, bees, butterflies and other insects are attracted to a particular color. They assist with pollination. Keep a record of items found. For younger girls, divide them into groups and use a box of eight crayons. For older girls, use a variety of shades of one color. Take this hike several times a year to see the changes in the colors around them.

“Stop, Look & Listen”

Hike for five minutes or a designated number of steps (5-10). Stop for one minute and write down all the objects you see or all the sounds you hear.

Hobo Hike

Group hikes to some definite place for lunch. Their lunch is tied in a bandana on the end of a stick or to their belt.

Incher Hike

Collect as many objects as possible that are one inch high, wide, around, long, etc. Measure treasures on returning and see who noticed the little interesting things, usually overlooked.

Noah’s Ark Hike

Animal crackers are hidden a short time before hike. Girls try to find as many animals as possible while following the trail. The animals to be kept until the end of the hike to determine the best hunter.

Progressive Supper Hike

A three stop hike with different food and recreation at each stop, ending with a campfire, songs, stunts and a popcorn feast.

Human Notebook

On a hike without pencil and paper, each girl is one page of a notebook- she is responsible for remembering one thing that happened on the hike. Upon returning, or at a rest stop, read the “notebook”.

Map Treasure Hunt

Each patrol draws a sketch map to show where they have hidden a treasure. Exchange maps with another patrol and look for their treasure.

Sharing Walk

You will need a number of blindfolds. Divide girls into pairs. One person will wear the blindfold, the other will be the guide. Discuss safety rules. In silence, the guides take their partner on a local hike, hearing, smelling, feeling nature. After five minutes, switch. Have girls share after all have had a turn.

Observation

Spider Eyes (nighttime activity)

Have girls hold a flashlight at their temple; right next to their eyes. Then have them direct the flashlight (and their eyes) at the ground, moving very slowly. Spider eyes glow! It looks like a tiny dewdrop. You will see them in the grass, bushes and tree trunks. Girls might have to practice a bit with this one until they realize what they are looking for.

Stake a Claim

Each group or patrol is given a rope of equal length and are told to “stake a claim” with it, that is, lay it in a circle on the ground wherever they wish. Then, they are to identify everything in or over the circle or beneath it

(if you're in an area they can dig up). The point is to list as many things as possible.

Lasso an Ant

Make a circle out of a piece of rope, throw it on the ground and see how many ants you have "lassoed". What do they spend their time doing? Watch them carry food. How do they handle large pieces? Do they communicate with each other? How? How do they get around an obstacle in their path? Using a magnifying glass- Can you find an ant's eyes? Mouth? Antennae? Find out how fast an ant travels.

Catch A Critter

Make an insect cage. Put some soil and twigs or a plant inside to make a "home" for your insect. Catch an insect and put it into the cage, then spend some time getting to know it. How many legs? How does it see? Hear? Eat? Make some drawings of your new friend and then let it go back to nature.

"Oh My" Expedition

See how many natural accidents you can find such as:

- A crushed ant hill
- A leaf that has served as a meal for insects
- A broken spider web
- A lost feather
- An empty shell
- A broken tree limb

As you find these, discuss how they may have happened and what, if any, repercussions they might have on nature.

Cloud Pictures

Have girls lie quietly on their backs and watch the clouds go by. How do they look? What color are they? How does the sky make you feel? Describe what you see in the clouds. What do they look like? Find pictures in the clouds to show each other.

Scavenger Hunts

Hunt #1

1. Find something wet
2. Look for something that is moving fast.
3. Find something green.
4. Find something that has branches but no leaves.
5. Find something hard.
6. Find something brown.
7. Look for something orange.
8. Find something that floats.
9. Find something pointy.
10. Look for something with cracks.
11. Listen for something noisy.
12. Find something with a strong smell.
13. Find something a deer could eat.
14. Look for something a bird could eat.
15. Find something with thorns.
16. Find something slippery.
17. Look for something soft.
18. Find a something new.
19. Find a plant with leaves.
20. Find something put here by people.
21. Find something cold.

22. Find something tall.
23. Find something short.
24. Find something hot.

Draw a picture of each item you find.

How many items did you discover? Did some things you find fit into more than one category? What was your favorite thing you found? Why?

Hunt #2

Can You Find?...

1. Bird in a nest?
2. Buds on a tree?
3. Cloud shaped like an animal?
4. Flower in bloom?
5. Hole where an animal might live or hide?
6. Leaf shaped like a star or circle?
7. Puddle of water?
8. Rock that fits in your hand?
9. Roly Poly Pill bug?
10. Track that an animal left behind?
11. Tree that is as tall as you?
12. Twig that is as long as your arm?
13. Worm or Centipede?

