

Outdoor Skills Patch Program

This patch program is designed to be a progressive development in outdoor skills to help Girl Scouts be confident and have fun in the outdoors.

In the latter part of the program, when learning about archery, girls should be instructed by a Level 1 Archery certified instructor; when learning about canoeing, girls should be instructed by an individual who has completed Small Craft Safety: Canoeing. Appropriate safety ratios should always be met and *Safety Activity Checkpoint* guidelines met. Leaders of troops participating in the program while camping should be a licensed Troop Camper.

All girls, Daisies through Ambassadors, will start at level one and continue at their own pace to the next level. Brownies and above may progress to level two, Juniors may advance through level three, and Cadettes and above may progress through the remainder of the levels. Girls should only advance to the next level when they are capable of remembering and demonstrating all of the skills in each level.

A girl needs to complete 5-6 activities to earn the age-level flame.

- Level One (Daisies and above)
- Level Two (Brownies and above)
- Level Three (Juniors and above)
- Level Four (Cadettes and above)
- Level Five (Cadettes and above)

Want to do more in the outdoors?
Badges related to each level are listed, check them out!





Daisy	Buddy Camper Eco Learner
Brownie	First Aid Girl Scout Way Cabin Camper
Junior	First Aid

Preparing and Packing

1. Make a troop kaper chart.
2. Answer the following questions: What should you pack when going camping? What should you leave at home? What would you pack differently if you were going camping in the summer versus the winter? Learn about the different equipment needed to go camping and create a packing list. Pack your own gear.
3. Learn how to roll a sleeping bag.
4. Learn how to properly use an E.T. (environmental toilet).
5. Make a sit-upon.

Cooking

1. As a troop, work together to plan a balanced menu for your camping trip, with one meal being a non-cooked meal. Discuss why a balanced menu is important to help maintain energy throughout the day.
2. Learn and practice the importance of hand hygiene when preparing meals.
3. Learn three different ways to cook at camp.

Fire Building

1. Learn how to be safe around a campfire. Before going camping, roleplay scenarios with your troop.
2. Make an edible fire.

First Aid and Safety

1. Make a first aid kit to keep in your backpack. Discuss how you would get help if someone was injured. Learn how to take care of a scraped knee.
2. Know how many people make up a buddy system.
3. Discuss what to do if you get separated from the troop. Learn how to “stay found.”

Outdoor Recreation

1. Play an outdoor game while at camp.
2. Go on a hike. While on the hike, do the following activity: give everyone an 18” length of yarn, stop at some point during the hike, have each person make a circle out of their yarn on the ground, and describe what they see in their circle.

Hiking

1. Go on a hike.

Songs and Ceremonies

1. Learn a camp song.

Nature

1. Learn about the Leave No Trace principles (www.lnt.org). Talk about ways you can help protect nature while you are at camp and in your everyday life. (Girl Scouts always leave a place better than they found it!) Play a Leave No Trace game.
2. What does practicing good manners look like at camp? Name three and practice them while you are at camp.

Camping

1. Go to camp! (day only or overnight in a lodge or tent)



Brownie	First Aid Bugs Cabin Camper Eco Friend Hiker Outdoor Adventurer Outdoor Art Creator Snacks
Junior	Junior Eco Camper

Preparing and Packing

1. Know three different uses for bandanas.
2. Plan a budget and menu for a troop camping trip using three different cooking methods. One of these methods needs to be over a fire.
3. Make a list of three different healthy snacks that will provide you with energy when hiking. Pick one to make while you are camping.

Housekeeping

1. Set up the camp kitchen, dishwashing and handwashing stations.
2. Learn how to properly dispose of garbage, food, liquid, and recycling.

Cooking

1. Know how to prevent cross-contamination when storing and preparing food..

Knots

1. Learn how to tie an overhand knot and a square knot. Name how these knots can be used at camp.

Nature

1. Take a night hike. Name five ways the outdoors looks different at night.
2. Look at maps of each GSEM camp. Name five places you would like to visit/stay. Study the map's legend. Plan how you will get to each of the five places at camp.

Fire Building

1. Practice lighting a match.
2. Learn about the different types of fires you can build and what each is used for. Practice building each.
3. Know what supplies are needed before a campfire is lit. Learn the proper way to put out a campfire and how to know it's completely out.
4. Know what the difference between tinder, kindling and fuel is and how to stock a woodpile.
5. Make a fire starter.

First Aid and Safety

1. Learn how to prevent and treat outdoor injuries. Practice first aid scenarios with your troop.
2. Learn how to treat splinters, cuts, bug bites, burns, sunburns, bruises, bleeding.

Outdoor Recreation

1. Make a list of ten outdoor activities your troop could do while camping.
2. List three different activities you can do at camp when it rains.

Hiking

1. Explore the outdoors and take a hike. Know how to properly dress for your hike. Review Leave No Trace (www.lnt.org) and trail safety principles, practice them on your hike. While on your hike, do the following: Look for places where bugs live. Turn over rocks and branches (just make sure to turn them back over when you are finished!) to find three different types of bugs. Find five objects you find interesting while hiking. Stop, close your eyes and listen to your surroundings. Discuss your observations with your troop.
2. Learn about trail signs. Make and practice following trail signs with your troop.

Camping

1. Go camping for 1-2 nights! (lodge or tent)



Junior	Camper Eco Camper Outdoor Art Explorer Simple Meals
Cadette	First Aid

Preparing and Packing

1. Make a troop equipment packing list, based on the meals and activities planned for the trip. Before leaving for camp, help pack the troop's supplies.
2. Keeping food safety and preventing cross-contamination in mind, help your troop pack the food your troop will need while camping. Discuss how the food will be safely stored while at camp.

Housekeeping

1. Hang a beaver line.

Cooking

1. Make a meal that creates little to no trash.
2. Learn how to use a charcoal chimney.
3. Know how many charcoal briquettes are needed to heat a Dutch oven to a given temperature, using a briquette/temperature conversion chart.
4. Know how to properly care for a Dutch oven.
5. Make a one pot meal in a Dutch oven. Use a charcoal chimney to heat needed charcoal briquettes.

Knots

1. Learn how to tie a clove hitch, half hitch, taught line hitch, and bowline. Name how these knots can be used at camp.
2. Know the difference between a hitch and a knot.

Tools

1. Know how to sharpen a knife.
2. Make a fuzz stick.

Fire Building

1. Make three different types of fire starters.
2. Know how to keep matches dry.
3. Light a campfire and be able to re-fuel it.
4. With a trusted adult, practice properly putting out a campfire.

First Aid and Safety

1. Learn about hypothermia, heat exhaustion heat stroke, and shock. Learn how to prevent and treat each one. Learn what to do with a tick bite.
2. Identify a combination of ten potentially dangerous native animals, plants and insects, including poison ivy and oak.
3. Know what to do if exposed to poison ivy and oak.

Outdoor Recreation

1. Learn how to use a compass. Play an orienteering game.

Hiking

1. Go on a night hike without flashlights. Discuss the differences between hiking with a flashlight vs. hiking without a flashlight?

Songs and Ceremonies

1. Learn a new song to sing at camp.

Camping

1. Learn how to pitch a tent, care for it while it is up, take it down, and store it.
1. Go camping for two nights. (permanent tent or one your pitch



Cadette	Archery Eco Trekker Night Owl Trailblazing Outdoor Art Apprentice Primitive Camper
Senior	Adventure Camper First Aid Girl Scout Way Paddling

Preparing and Packing

1. Know how to layer clothing for all types of weather, what type of material the clothing should be made from and how to dress to protect yourself from harmful bugs and plants.
2. Know how to keep your gear dry and protected from any type of weather. List five ways to accomplish this.
3. Learn how to purify water and purify a source of water while camping.

Cooking

1. Plan a no cook meal to take on a hike. The meal must be high energy and low waste. Find four ways to reduce trash when planning this meal.
2. Make a foil pack meal.
3. Make two meals on a portable camp stove

Knots

1. Use at least three different knots while camping.
2. Learn how to prevent a rope from unraveling.

Tools

1. With a trusted adult, learn how to use a bow saw and demonstrate appropriate technique.

Fire Building

1. Start a fire using only one match.

First Aid and Safety

1. Learn what objects you can use at camp to make splints. Learn how to use a triangle bandage to make a sling.
2. Learn about natural disaster preparedness for the area where you will be camping. Discuss safe places to take shelter, should a natural disaster occur.
3. Be able to describe what different storm clouds look like.
4. Learn about building emergency shelters, then make one.

Outdoor Recreation

1. Learn canoe safety and proper paddling techniques. Go canoeing!
2. Learn about archery. Learn how to maintain safety on an archery range. Be able to name the different types of bows, parts of the bow and arrow, protective equipment you might need, proper stance, how to judge distance, shoot accurately, and score. Have a friendly archery competition with your troop!

Hiking

1. Go on three different hikes that are at least 30 minutes long. On one of these hikes, tell a progressive story. (One person starts the story, talking for about a minute, then everyone else takes a turn adding to the story, also talking for about a minute. The story ends when everyone has had a turn.) One of these hikes should be a night hike. Use your five sense to notice what is different in the dark.

Songs and Ceremonies

1. Plan and participate in a Scout's Own ceremony.

Nature

1. Identify three constellations. Find out each's story.
2. Make a sundial
3. Find east by using the sun and knowing what time it is. Once you know where east is, figure out where north, south and west are.
4. Learn four different animal tracks. Look for these tracks while at camp.
5. Discuss the difference between high and low-impact campsites. Discuss how you can practice low-impact camping.
6. Locate the North Star (Polaris).
7. Learn three useful things about the night sky.

Camping

1. Pitch a tent and go camping for two nights!



Senior	Adventure Camper Sky
Ambassador	Survival Camper Ultimate Recreation Challenge

Preparing and Packing

1. Learn how to dehydrate food. Take some along on your camping trip.
2. Know what additional equipment, and the best way to pack it, you would need to bring if you plan on canoeing, hiking, backpacking, etc. Plan the best way to carry this equipment while on your camping trip.

Housekeeping

1. Learn how to wash dishes without soap and water.
2. Lash a tripod and use it for a handwashing station.
3. Know about toilet practices when a bathroom or E.T. isn't available.

Cooking

1. Make a buddy burner and vagabond stove. Use it to cook a meal.
2. Make and use a box oven to cook a meal.
3. Cook a meal using a backpacking stove.

Knots

1. Make a knot board for a younger troop, displaying the knots you have learned. Label the knots and include direction on how to complete each.

Tools

1. Count the number of paces it takes you to get between two points 100 feet apart. Compare your number of paces with others in the troop. Practice measuring 100 feet using paces. Discuss how you can use this knowledge when camping.

Fire Building

1. Practice starting a fire with steel and flint.

Outdoor Recreation

1. Go canoeing! Be able to paddle your canoe solo and turn it 360 degrees.

Hiking

1. Research the trails where you will be hiking. Pick one and go on a hike! Bring a high energy, low waste meal with you.
2. Go on a challenging hiking trail. Become familiar with the trail before you go by studying a map of the trail. Know what equipment you will need. Plan what type and how much food to bring.
3. Review trail signs. Take turns guiding your troop on a hike, using trail signs.
4. Help repair a trail.

Songs and Ceremonies

1. Teach a younger troop the camping skills and songs you have learned.

Nature

1. Identify ten constellations and eight stars, five of which are magnitude five or greater. Use the North Star to find north.
2. Research edible plants. Learn how to correctly identify three of them. Look for them on your next hike.

Camping

1. Go primitive camping for two nights! This can be at a GSEM camp or you can go backpacking and find your own low-impact campsite.

Outdoor Progression Family Activities

Invite family members to be a part of the patch program by enjoying the following activities:

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|---------------------------------------|---|--|
| Watch a sunrise | Play a game outdoors | Help clean a trail |
| Watch the sunset | Jump rope outside | Plant a garden |
| Go on a hike | Fly a kite | Complete a ropes/challenge course |
| Build a campfire | Make a leaf rubbing | Go fishing |
| Play in the rain | Play outside with a pet | Make s'mores |
| Visit a nature center | Look for animal tracks | Tour a cave |
| Ride on a boat | Identify a tree by its leaves | Play mini-golf |
| Visit a farm | Go for a walk as a family | Tour a botanical garden |
| Watch the clouds | Play water games | Go camping |
| Go on a picnic | Meditate outside | Find out about outdoor careers |
| Make a bird feeder | Go rock climbing | Observe wildlife |
| Pitch a tent | Go backyard camping | Go to the beach |
| Attend an outdoor sporting event | Go on or plan an outdoor scavenger hunt | Go on a zipline |
| Visit a creek or lake | Play at a playground | Take outdoor photos |
| Visit a state park | Read a book outside | Find a constellation |
| Visit a national park | Go on a night hike | Go to an amusement park |
| Learn how to use a compass | Go geocaching | Go stargazing |
| Volunteer to clean-up an outdoor area | Go horseback riding | Watch clouds |
| Cook over a fire | Go canoeing | Help rake leaves |
| Create art inspired by nature | Shoot archery | Take your dog for a walk |
| Learn about trees | Go swimming | Watch it rain |
| Learn about flowers | Go bicycling | Build a sandcastle |
| Learn about insects | Draw with sidewalk chalk | Go floating |
| Learn about birds | Go on a bug hunt | Play on a swing set |
| Learn about animals | Measure rainfall | Go backpacking |
| Go camping | Watch fireflies | Ask a family member what his/
her favorite outdoor game was
as a child |
| Visit the zoo | Create a letterbox | |
| Sing outside | Play hopscotch | |

Identify a bird call
 Hug a tree
 Play with a frisbee
 Go birdwatching
 Blow bubbles
 Do a trash cleanup
 Look for four leaf clovers
 Plant a flower
 Plant a tree
 Play tag
 Play in a sprinkler
 Do an outside science experiment
 Make ice cream
 Watch fireworks
 Go to a carnival, fair, or
 amusement park

Look for bird nests
 Tie-dye outside
 Make something out of recycled
 materials
 Watch a movie outside
 Sing songs around a campfire
 Go skateboarding or skating
 Hangout in a hammock
 Attend an outdoor concert or
 performance
 Help shovel snow
 Go sledding
 Drink hot chocolate outside
 Measure snowfall with a ruler
 Make snow ice cream
 Go ice skating
 Go skiing

Build a snowman/snowman
 Look for animal tracks in the snow
 Play in the snow
 Make a snow angel
 Help keep your bird feeder full
 Have a snowball fight
 Watch the snow fall
 Catch snowflakes on your tongue
 Look at snowflakes with a
 magnifying glass
 Make snow paint

Number of Activities Per Level		
Daisy: 5	Brownie: 5	Junior: 10
Cadette: 10-15	Senior: 10-15	Ambassador: 10-15