



Fire Building and Basic Outdoor Cooking

September 2024

This course and supporting resources are designed to equip volunteers with the skills to effectively utilize Girl Scout programming in an outdoor setting. The activities learned could be done at troop meetings, parks, or backyards to familiarize girls with outdoor activities.

With this course, you will be certified for three years to conduct outdoor campfires for recreation or cooking. You will need to recertify by December 31st closest to the third year anniversary of the class.

Please note that this course will NOT allow you to go on overnights with your troop/group. You need certification in *Overnights, Trips & Travel* for overnight stays at homes, hotels, cabins, or backyard tent camping. For other types of outdoor camping, you will need to receive *Troop Camp Training*.

Topics covered in this class include fire building, simple outdoor cooking, and environmental and safety issues. Before engaging in any activity involving a campfire or outdoor cooking, you must submit a *Special Activities Application* as outlined in the council safety manual, *Safety Activity Checkpoints*.

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Chapter 1 Safety

Safety is EVERYONE's responsibility.

- Review and follow the applicable *Safety Activity Checkpoints* for your activity: Outdoor Cooking, Pocket Knife Safety, Hiking, Backpacking, Camping, Climbing, etc.
- Review and follow the guidelines in *Volunteer Essentials*, *GSSI's Guide for Camping & Outdoor Volunteers*, and *GSSI's Guide for Travel Volunteers*.
- Submit a Special Activities Application when planning an activity outside the council jurisdiction, an overnight activity, or an activity with special risk such as outdoor cooking. Allow 4 weeks before permission forms go home.
- Ensure proper supervision by following the required girl-to-adult ratios listed in *Volunteer Essentials* and *Safety Activity Checkpoints*.
- Be prepared for emergencies: A certified First Aider MUST be present during outdoor cooking or hiking. Ensure the availability of a first aid kit.
- Review the Emergency Action Plan in *Safety Activity Checkpoints* with girls and adults. Prepare for severe weather, fire, lost child, injured person, strangers, etc.
- Stay safe: All participants should know the boundaries and activities of where/what they are allowed to go/do. Use the buddy system as outlined in *Safety Activity Checkpoints*.
- **Annual Troop Health Forms** (with current medical information) are required for each girl member and need to be easily accessible during events. **GSSI must have copies of the Annual Permission Form for each girl member and the Adult Participation Agreement for each adult (member or non-member) attending.** Overnight & Extended Trips Permission Forms are required for any activity with an overnight. Adult Emergency & Medical Information Forms must be completed by all adults accompanying the troop. Complete two Activity Rosters (list of participants' names, addresses, phone numbers, and emergency numbers); bring one on your outing and leave one with an emergency contact person. All caregivers should have the phone number for the group's emergency contact person.
- Alcoholic beverages, controlled substances, and weapons are not allowed. Smoking is not permitted in front of girls. If necessary, smoking is allowed ONLY when girls are not present and cannot observe the activity- at fire circles or outside buildings, (not in tents or woods.).
- Dress for the weather: Shorts and light weight shirts for hot, sunny days – jeans and sweater for cool days – and don't forget your rain gear. Always wear sturdy shoes and socks.

ALL adults accompanying the group should be familiar with the Girl Scout Safety Guidelines on the next page. They are also available in *Volunteer Essentials* under "Creating a Safe Space."

Following the Girl Scouts Safety Guidelines

Every adult in Girl Scouting is responsible for the physical and emotional safety of girls, and we all demonstrate that by agreeing to follow these guidelines at all times.

1. **Follow the Safety Activity Checkpoints.** Instructions for staying safe while participating in activities are detailed in the Safety Activity Checkpoints, available from GSSI. Read the checkpoints, follow them, and share them with other volunteers, parents, and girls before engaging in activities with Girl Scouts.
2. **Arrange for proper adult supervision of Girl Scouts.** The adult supervision rule at Girl Scouts is a strict standard that requires that whenever girls meet, either in person or virtually, there must be *at least* two registered, screened and approved adult volunteers who are unrelated (for example: not a sibling, spouse, domestic partner, parent, child, or anyone who would be considered a family member) and who do not live in the same residence, with a minimum of one who is female. Troop leaders must always be adults. Youth or youth members are not permitted to substitute for adult supervision. This rule applies to every Girl Scout gathering including troop meetings (in person and virtual), day trips, camp, sleep away travel, events, activities, and projects. There are no exceptions to this rule.
3. **Adult-to-Girl Ratios.** There are specific adult-to-girl ratio requirements for Girl Scout troop meetings as compared to events outside of the regular Girl Scout troop meeting, such as outings, activities, camping, and travel. Activities and travel outside of the regular troop meeting require more adult supervision.
4. **Get parent/guardian permission.** Annual Permission Forms and Annual Troop Health Forms are required for Girl Scouts to attend troop meetings and basic troop outings. Topics discussed that could be considered sensitive require an additional Sensitive Issues Permission Form. Overnights and trips require Overnights or Extended Trips Permission Form. All can be found under Resources on the website.
5. **Report abuse.** Sexual advances, improper touching, and sexual activity of any kind with girl members are forbidden. Physical, verbal, and emotional abuse of girls is also forbidden. Follow GSSI's guidelines for reporting concerns about abuse or neglect that may be occurring inside or outside of Girl Scouting.
6. **Be prepared for emergencies.** Work with girls and other volunteers to establish and practice procedures for emergencies related to weather, fire, lost girls/volunteers, and site security. Always keep handy a well-stocked first-aid kit, girl health histories, and contact information for Girl Scouts' families.
7. **Travel safely.** When transporting Girl Scouts to planned field trips and other activities that are outside the normal time and place, every driver must be an approved adult volunteer, over the age of 21 and have a good driving record, a valid license, and a registered/insured vehicle. Insist that

everyone is in a legal seat and wears their seat belt at all times and adhere to state laws regarding booster seats and requirements for children in rear seats.

8. **Ensure safe overnight outings.** Prepare Girl Scouts to be away from home by involving them in planning, so they know what to expect. Avoid having men sleep in the same space as girls and women. During family or parent-daughter overnights, one family unit may sleep in the same sleeping quarters in program areas. When parents are staffing events, daughters should remain in quarters with other girls rather than in staff areas.
9. **Role-model the right behavior.** Never use illegal drugs. Don't consume alcohol, smoke, or use foul language in the presence of girls. Do not carry ammunition or firearms in the presence of Girl Scouts unless given special permission by your council for group marksmanship activities.
10. **Create an emotionally safe space.** Adults and volunteers are responsible for making Girl Scouting a place where girls are as safe emotionally as they are physically. Protect the emotional safety of Girl Scouts by creating a team agreement and coaching girls to honor it. Agreements typically encourage behaviors like respecting a diversity of feelings and opinions; resolving conflicts constructively; and avoiding physical and verbal bullying, clique behavior, and discrimination.
11. **Ensure that no Girl Scout is treated differently.** Girl Scouts welcomes all members, regardless of race, ethnicity, background, disability, family structure, religious beliefs, and socioeconomic status. When scheduling, helping plan, and carrying out activities, carefully consider the needs of all girls involved, including school schedules, family needs, financial constraints, religious holidays, and the accessibility of appropriate transportation and meeting places.
12. **Promote online safety.** Instruct Girl Scouts never to put their full names or contact information online or engage in virtual conversation with strangers. Girls should never arrange in-person meetings with online contacts, other than to deliver cookies and only with the approval and accompaniment of a parent or designated adult. On group websites, publish girls' first names only and never divulge their contact information. Teach girls the [Girl Scout Online Safety Pledge](#) and have them commit to it.
13. **Keep Girl Scouts safe during money-earning activities.** Girl Scout cookies and other council-sponsored product programs are an integral part of the program. During Girl Scout product sale, you are responsible for the safety of girls, money, and products. In addition, a wide variety of organizations, causes, and fundraisers may appeal to Girl Scouts to be their labor force. When representing Girl Scouts, girls cannot participate in money-earning activities that represent partisan politics or that are not Girl Scout-approved product program and efforts.

Chapter 2 Interacting with the Environment

When large numbers of people use an area consistently, over a long period of time, the environment will react to this usage and change. Talk with the girls about the importance of respecting and protecting the natural world.

The following lists are designed to help you teach your girls ways to “protect and improve the world” around them.

Trees and Plants

Do not pick, dig, or collect seeds, flowers, mosses, etc. Identify, admire, draw, or photograph, but leave it there.

Do not cut live trees or carve their bark.

Burn only as much wood as is needed.
Keep fires small.

Burn only in designated areas.

Never leave a fire unattended – not even for a “minute”.

Make sure all fires are completely out.

Water

Use only the amount of water necessary for the task.

Make sure all faucets are completely off when you are finished.

Dispose of waste water in drains or scatter away from fresh water sources, trails, and campsites.

Use products that are designed for minimum impact on the environment.

All Creatures Great and Small

Do not feed or leave food out for wild animals.

Where you find it, is its home. Identify, admire, draw, or photograph, but leave it there.

Insects, snakes, and spiders are a vital part of the food chain. It is seldom necessary to kill them. Remove them if necessary, otherwise, go the other way.

Painting or carving turtles’ shells can cause them to die. Lizards do not grow new tails. Leave them where you find them.

Chewing gum dropped on the ground can harm chipmunks, squirrels, and other small animals.

Soil/Habitat

Stay on paths.

Make sure your trash is disposed of properly.
Recycle as much as possible.

Any time you see litter pick it up.

Clear leaves and undergrowth from fire areas only. Clearing away leaves in other areas destroys habitat and bares soil to erosion.

Do not trench around tents.

Park vehicles only in designated places.

LEAVE NO TRACE PRINCIPLES

Leave No Trace Principles for Kids

- Know Before You Go
- Choose The Right Path
- Trash Your Trash
- Leave What You Find
- Be Careful With Fire
- Respect Wildlife
- Be Kind To Other Visitors

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
- In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
- In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

The member-driven Leave No Trace Center for Outdoor Ethics teaches people how to enjoy the outdoors responsibly. This copyrighted information has been reprinted with permission from the Leave No Trace Center for Outdoor Ethics: www.LNT.org.

AN OUNCE OF PREVENTION

The best way to deal with hazards is to identify them and avoid them.

BEFORE your outdoor activity, discuss with the girls how to protect yourself from:

Sunburn: A severe case can be serious, as well as painful. Avoid prolonged exposure to sun, especially at the outset. Set a daily time limit, from 10 to 15 minutes, at the beginning. Gradually increase the time. If your skin is sensitive, cover up. Use sunscreen and reapply as directed on the label.

Poison plants: Study the pictures on this page. Learn the shapes and colors, so you can recognize and avoid contact with them. All three are common in parts of the United States. They produce an irritant poisonous to the skin. This may cause anything from an itching rash to severe skin eruption. If you have touched one of these plants (or think you have), wash skin thoroughly with soap and water. Then apply rubbing alcohol, followed by calamine ointment or lotion. If rash persists or gets worse, see a doctor.



Poison ivy



Poison oak



Poison sumac

Poisonous snakes: Like all nature's creatures, snakes are interesting, shedding their skins as they grow and getting new ones, "hearing" through body vibrations, sleeping with open eyes. Most snakes are harmless and their bites are cleaned and dressed like an ordinary wound. But the bite of a poisonous snake is serious and demands immediate medical attention. Take no chances. Wear protective leg and foot coverings if you are going into poisonous snake territory. Know their habitats, learn to recognize them at sight . . . and stay away. Learn what to do in case of poisonous bite.

AS YOU ARRIVE at the location for your activity, play a game of "identify the hazard" with the girls. Be sure to note any potential hazards (steep drop-offs, hanging broken branches or dead trees, wild animals, etc) and how to avoid them. Agree to clear boundaries and remind them to use the buddy system.

PROCEDURES FOR MINIMUM IMPACT CAMPING

The following procedures are built on these precepts:

- Using only what you need to accomplish your task
- Disturbing the smallest amount of habitat
- Creating the least amount of trash
- Preventing contamination of ground water sources

WOODPILE

- *Be sure you are allowed to gather firewood before you go. Know the site guidelines.
- *Take fire starters and enough dry wood to meet your needs upon arrival at a site.
- *Wood should be gathered near roads, trails, and campsites. To protect habitat and avoid ticks, avoid going into wooded areas as much as possible.
- *Tinder and kindling left at the end of your trip should be returned to the woods. If the site allows, small amounts of fuel could be left.

FIRES

- *Build fires only as large as you need to accomplish your task. Use the type of fire and the size wood that will work best. (i.e. use a tepee and smaller wood for boiling, use fuel when you need coals)
- *Do not throw paper, garbage, or trash into the fire or firebowls (put in trash cans).
- *Let the fire die down and extinguish it when you are finished. (Do not keep it going just so you don't have to start it again.)
- *Follow site guidelines for cleaning up any fire site you have used.

Cleaning procedures

For GSSI sites or for places with firebowls and no guidelines:

- *Leave the ashes in the firebowl. Soak partially burned logs with water. Leave partially burned but fully extinguished logs in the fire bowl when the fire is completely out.
- *If a firebowl is overflowing with ashes, bury away from paths and unit area.

For fireplaces:

- *Allow the fire to die down. Spread coals and use ashes to extinguish. (If water must be used, use as little as possible.)
- *To dispose of ashes, bury them away from paths and unit areas.
- *Sweep the fireplace and hearth. Return unused fuel to the woodpile outside and scatter tinder and kindling in the woods.

HAND WASHING

- *Hand wash facilities should be located near the food preparation area and near the restroom facilities. If these are not close together, set up two hand wash stations. Girls should be reminded to wash hands before preparing food.
- *Hand wash stations should include running water for washing (tap or jug), sink or catch basin, drain or bucket for waste water.
- *Anti-bacterial soap should be provided. Use liquid soap or attach bar soap with a piece of twine or in mesh bag (like an onion bag) so that it cannot be dropped on the ground.
- *Dispose of waste water the same as dish wash water. Strain if there are particles present.
- *Wash the sink or catch basin with bleach water once a day.
- *Discourage use of paper towels. Bandannas can be used as own personal towel.

COOKING EQUIPMENT

- *Soap the outside of all utensils before placing on a fire – it is easier to clean.
- *Scouring the inside of the cook kit with a soap-filled scouring pad such as a Brillo or S.O.S. is very effective for stubborn food marks.
- *To prevent warping, do not place a hot utensil in cold water or a cold pan over a hot flame.
- ***Caution:** soaps and cleaners containing strong alkalies such as caustic soda, sal soda, or baking soda should never be used. They will cause pitting of the utensil.

DISHWASHING

Equipment needed: 3 buckets, dishcloths, detergent, scouring pads, bleach, and strainer.

- *Use the smallest amount of water you can to wash the number of dishes you have. Buckets filled half way heat faster and are easier for girls to manage. Put water in 3 buckets; place two of them over the fire on a grate to heat up.

	Wash water	Rinse water	Sanitizing water
Temperature	Hot	Hot	Cold
Add-in	Dish soap		1 small capful bleach (7-10 drops per gallon)

- *Scrape dishes into trash. Wash and rinse. Soak in sanitizing solution for 1 minute. Put dishes in dunk bag and hang on line to drip dry.
- *Dispose of water appropriate to the site. Use drain or waste water drain if they are provided. When no drain is provided and no site guidelines are available, pour water at least 200 feet from any natural water source and well away from trails and campsites.
- *Pour wash water through a strainer to remove all food particles. Dump strainer contents into the trash. Strain rinse water, if necessary. Use bleach water to clean the strainer and sanitize both buckets.

*Turn buckets upside down to drain dry before stacking and putting away. Dry strainer before putting away. Make sure all equipment is completely dry before stacking.

To make your own dunking bag, take two loosely woven dishcloths or nylon material and sew three sides of the cloths together. Run a shoelace or cord through the top for a drawstring.

LATRINE

Latrines/bathrooms should be cleaned upon arrival, daily, and before departure. Nothing but human waste and toilet tissue should go into the “toilet.” (Sanitary supplies, garbage, and trash stop up toilets and the hose used to pump a pit latrine.) Keep toilet lids down and doors closed.

Cleaning procedure –

- * Use broom, long handled brush, and bucket identified for latrine cleaning (usually painted yellow or marked ‘latrine’.)
- *Sweep down cobwebs from ceiling and walls. Sweep floor. (Put in trash to prevent small pieces of paper from accumulating on the ground.)
- *Fix ¼ bucket of water with 1 cap of chlorine bleach or other sanitizing solution. (Be sure the product has bacteria destroying properties. Avoid non-chlorine bleaches.)
- *Scrub the seats with the long handled brush.
- *Use the remainder of the water and broom to sweep the floor around the seats. Any water left should be poured in the waste water drain NOT the latrine. (Bleach kills the bacterial decomposition process in a pit latrine.)
- *Empty trash cans.
- *Restock toilet paper and paper bags for sanitary product disposal.
- *Clean the sinks or catch basins.
- *Air dry the broom and brush. Turn bucket upside down to dry.
- *Wash hands when finished.

Note: Troops supply toilet paper, paper bags for sanitary napkins, and bleach or other disinfectant. Please remove bags and toilet paper when you leave since little animals like to chew it up.

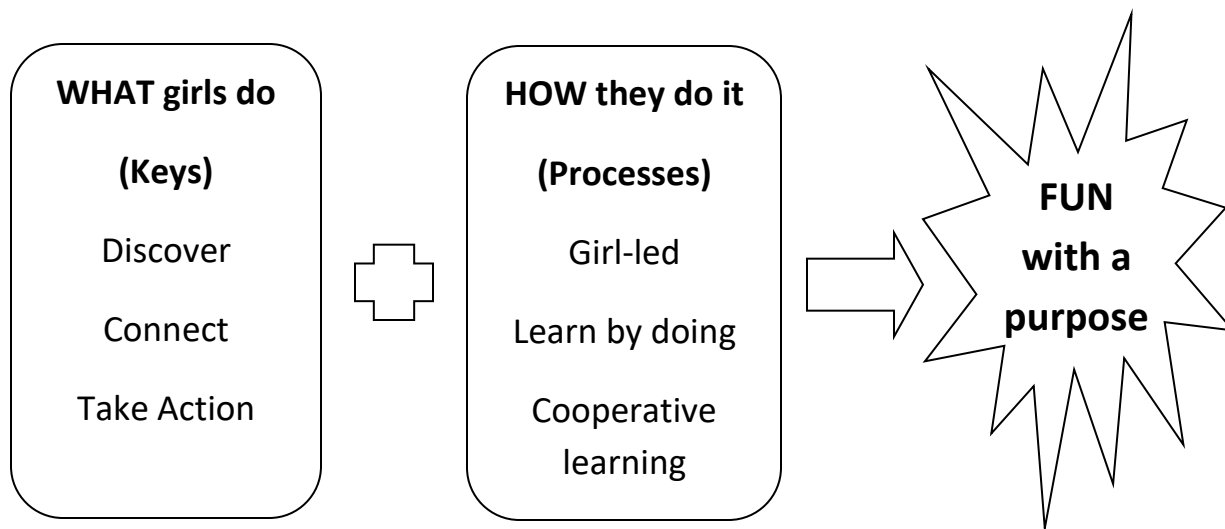
PRIMITIVE TOILET FACILITIES

- *Check site regulations before you go. Follow those directions.
- *All group pits and cat holes must be away from natural drainage areas and at least 200’ from natural water sources.
- *On GSRC sites, for day hikes use cat holes. For extended stays, use group pits.
- *All used paper and sanitary supplies should be packed out. Dispose of waste properly upon return.

Consult *Safety Activity Checkpoints* for GSUSA camping standards.

Chapter 3 The Girl Scout Leadership Experience in the Outdoors

The **Girl Scout Leadership Experience (GSLE)** can be used in any setting, including the outdoors!



	What it IS	What it is NOT
Girl-led	Girls participate in decisions (eg. menu planning, choosing activities)	Adults make all the decisions – regardless of what girls want.
	Adults engage the girls in the decision making process, as appropriate for their age.	Girls make all the decisions – regardless of adult experience and insight.
Learn-by-doing	Depending on age: Girls shop for ingredients. Girls cook their meal. Girls tie knots. Girls clean up.	Adults do everything because it is faster and more efficient.
Cooperative learning	Girls work together in patrols, with girls making decisions as a team.	One girl tells all the others what to do.
	Girls decide to learn a new team game, listening to all ideas.	Girls play on their cell phones.
	Girls learn a new skill from each other or an adult.	Girls work individually.

Explore the Volunteer Toolkit, Badge Explorer, and GSSI Website for outdoor curriculum.

Journeys

- “Classic” Journey adult guides have lots of activity ideas that can be done in the great outdoors. Ex. Brownie *Wonders of Water*, p. 18-19; *It’s Your Planet: Love it!* “Outdoor” skill building badges)
- Outdoor Journey - Anchored by the Troop Camping badge, our **Outdoor Journey** will strengthen girls’ outdoor skills and ignite their interest in environmental stewardship. Girls will also complete a Take Action project.

Badge Categories by Pillar

- STEM
 - Math in Nature (K-5th grade)
 - Shapes in Nature, Numbers in Nature, Design with Nature
- Outdoors
 - Art in the Outdoors (K-12th grade)
 - Environmental Stewardship (K-12th grade)
 - Naturalist (2nd – 12th grade)
 - Brownie Bugs Badge, Junior Flowers Badge, Cadette Trees Badge, Senior Sky Badge, Ambassador Water Badge
 - Outdoor Explorer (2nd – 12th grade)
 - Brownie Outdoor Adventurer, Junior Horseback Riding, Cadette Archery, Senior Paddling, Ambassador Ultimate Recreation Challenge
 - Outdoor (2nd – 10th grade)
 - Brownie Hiker, Junior Camper, Cadette Trailblazing, Senior Adventurer
 - Snow or Climbing Adventure (K-12th grade)
 - Trail Adventure (K-12th grade)
 - Troop Camping (K-12th grade)

A full chart of **National Proficiency Badges and National Leadership Journeys** is available at www.girlscouts-gssi.org under Members / For Girl Scouts / Badges and Journeys. Volunteers can also access the **Badge Explorer** from this page for steps to earn each Journey and badge.

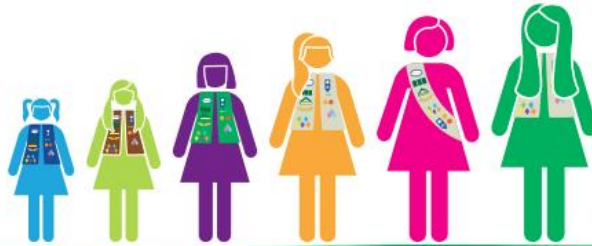


girl scouts

Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out! Outdoor fun can be endless when girls lead.





Four Ways Girl Scouts Builds Girl Leaders in the Outdoors

Since 1912, girls have explored and strengthened their outdoor skills and commitment to environmental stewardship through Girl Scouting. Guided by supportive adults and peers, Girl Scouts discover the wonders of nature, experience the thrill of adventure, and challenge themselves and one another to reach new heights. These experiences hone their outdoor and leadership skills, inspire them to take action to protect the environment, and reinforce friendships to last a lifetime.

In other words, **when girls participate in Girl Scouts' outdoor programming, they benefit in important ways:**



Outdoor Competence

Girls learn to engage safely and responsibly in a range of outdoor activities.



Outdoor Interest

Girls develop a love of nature and an interest in the natural world.



Outdoor Confidence

Girls gain confidence in their ability to take on new challenges and learn from and succeed in them.



Environmental Stewardship

Girls come to understand how their behaviors impact the environment and what they can do to protect the natural world.

Why do these outcomes matter?

The importance of these four outcomes is farther reaching than you might think. Outdoor interest and confidence lay the foundation for a life of outdoor engagement, and spending time in the tranquility of nature has well-established implications for a person's social, emotional, cognitive, and physical health and formation of values. For example, studies show that:

- Exposure to greenspaces restores people's attention and improves cognitive functioning.¹
- Spending time outdoors reduces people's cortisol, a stress-inducing hormone,² and lowers blood pressure.³
- Learning new skills in nature increases people's self-confidence.⁴
- Outdoor recreational experiences in early childhood strongly and positively influence people's environmental attitudes,⁵ values,⁶ and behaviors,⁷ with experiences like hiking and camping cultivating a sense of responsibility for nature.⁸

The Girl Scout Difference

Despite the known benefits of spending quality time outside, youth are becoming increasingly sedentary and disconnected from nature. Long school hours, reduced school recess periods, and the ever-increasing popularity of tech-based leisure activities like video games are all factors—but Girl Scouts' outdoor programming, which spans a girl's childhood and adolescence, offers girls another way. Through our extensive portfolio of Outdoor badges and Leadership Journeys, our Destinations program featuring outdoor adventure and environmental service-based travel, and outdoor camps offered across our 112 Girl Scout councils and by USA Girl Scouts Overseas, Girl Scouts provides girls with unparalleled opportunities to develop the skills, courage, confidence, and appreciation of the natural world that set them up to become the leaders of tomorrow.

The research bears it out. As reported in *More Than S'mores: Successes and Surprises in Girl Scouts' Outdoor Experiences*, girls engage in outdoor activities through Girl Scouts that they wouldn't otherwise have access to, providing them with valuable first-time experiences in, for example, overnight camping and high-adventure pursuits like backpacking and kayaking. The number and variety of activities available through Girl Scouts lets girls

participate in outdoor activities on a regular basis, and they do—even more than non-Girl Scouts who are also highly engaged. This is significant because frequency of participation in outdoor activities is found to positively correlate with the expression of challenge-seeking and problem-solving skills.⁹

It gets even better: the benefits girls gain from their outdoor adventures in Girl Scouts extend into adulthood. As detailed in *From Girl Scout Camp to Real-World Champ! How Girl Scouting in the Great Outdoors Builds Female Leaders*, many camp counselors who attended Girl Scout camps as girls report developing life skills and attributes at camp that continue to help them today, including an appreciation for diversity, the ability to persevere, and a willingness to try new things. Notably, counselors who are Girl Scout camp alumni are more likely to attribute these benefits to their camp experience than are present-day counselors who attended non-Girl Scout camps growing up.¹⁰

For more than a century, Girl Scouts has prepared girls for a lifetime of leadership, including in the great outdoors. We will continue to offer, today and always, high-quality outdoor programming built on exploration and adventure, environmental appreciation, and the unique sisterhood—accessible and beneficial to all girls—that is Girl Scouts.

Special thanks to the Elliott Wildlife Values Project, funding from which helped make the development of Girl Scouts' national outdoor outcomes possible.

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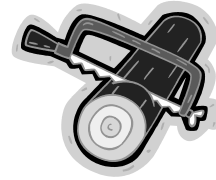
9 Girl Scout Research Institute (2014). *More than s'mores: Successes and surprises in Girl Scouts' outdoor experiences*. New York, NY: Girl Scouts of the USA.

10 Girl Scout Research Institute (2019). *From Girl Scout camp to real-world champ! How Girl Scouting in the great outdoors builds female leaders*. New York, NY: Girl Scouts of the USA.

Chapter 4 Basic Skills of Camping

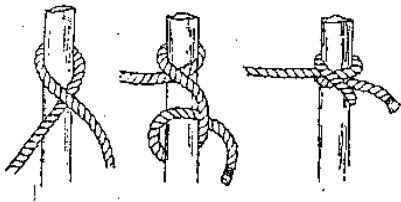
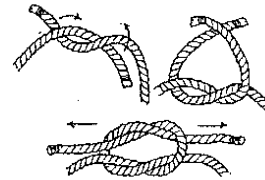
Tool safety and use

Use the appropriate tool for the job! When using tools with sharp edges, such as saws and pocketknives, keep them clean and sharp – dull edges are dangerous. Before using them, be sure you have a “safety arc.” (Teach the girls about safety using the Knife Safety Exercise later in this chapter.)



Knots

A square knot is used to join two ropes of equal thickness, or tie a bandage. Tie right over left and under, left over right and under. (figure at right)



The clove hitch is used to fasten one end of a rope around a tree or post such as for a temporary clothes line. (fig.at left)

Fire building (more details later in this chapter)

Choose a spot for a fire Always use existing/established fire bowls. If there is no fire bowl, get permission from location manager before building one.

How to build it Start with a simple foundation fire and build it into the type of a fire you will need. Build it only as large as you need, put it out when you are finished.

Put it out To put it out, spread the coals within the fire ring, sprinkle with water until you can place your hand on the ashes. Make sure large logs are completely extinguished. Leave ashes, coals, and half-burnt logs within the fire ring unless otherwise instructed by location manager. Leave the site better than you found it.



Planning and cooking meals (more information and ideas throughout this chapter)

Plan menus ahead. Use kapers and patrols to assign duties.



MEAL TIME PATROL KAPERS

Fire-Builders

1. See that fire-fighting equipment is at hand.
2. Ready the site for the cooking fire.
3. Consult with the cooks to see what type of fire is needed.
4. Consult with cooks about time meal is to be served.
5. Arrange ample woodpile.
6. Lay the fire.
7. Light at proper time and keep going.
8. Put out fire, clean site.
9. Return fire-fighting equipment proper place.

Clean Up

1. Fill 3 dishwashing buckets with water and place 2 buckets on fire when cooks have finished the meal.
2. Soak sticky pots before washing.
3. Prepare the dishwashing set up (detergent, cloth, scouring pad, 1 bucket of soapy water, 1 bucket of rinse water, 1 bucket sanitizing water.)
4. Scrape the dishes before washing.
5. Wash all pots and pans. (NOTE item 10 under Cooks.)
6. Dispose of dishwater in designated place. Strain food particles from water.
7. Wash buckets and strainer.
8. Return equipment to storage area.
9. Dispose of garbage and trash.
10. Tidy the kitchen area.

Cooks

1. Set up hand washing facilities nearby.
2. Post menu near kitchen area.
3. Have food supplies and equipment – get pots, etc. from central equipment supply.
4. Notify the fire-builders as to the kind of fire needed.
5. Soap cooking pots (outsides) which are to be placed over fire. (See item 9 below)
6. Prepare and cook food.
7. Keep serving time in mind as meal cooks.
8. Keep work area and cooking area tidy.
9. After the meal, put away or dispose of all leftover food.
10. NOTE: Cooks will wash any burnt utensils or those not properly soaped!

Hostesses

1. Set the table, remember napkins and condiments.
2. Prepare a centerpiece of natural materials (no living things).
3. Assist cooks, if needed.
4. Select and lead a Grace.
5. Serve food, act as waitresses.
6. Give attention to guests or other visitors.
7. Dispose of centerpiece after meal is over.

WOODPILES AND FIRES

Wood gathering is best done by everyone. So is breaking or sawing or chopping into proper length, shredding or whittling into tinder, and making a proper woodpile.

Location – Use established fire circles. If none available, check with location for rules.

- a) Choose a spot with no overhanging tree limbs.
- b) Choose a spot away from the trail or traffic patterns.
- c) Clear the ground of leaves and make a fire circle of stone.
- d) Make a fireplace the right size to hold your pot/pan.
- e) Always have a large bucket of water, sand, or dirt and a shovel near, ready to put out the fire before you light the first match.

Tinder – no thicker than a match- several inches long

Kindling – diameter up to the size of your thumb

Fuel – logs or sticks greater around than your thumb; what keeps the fire going

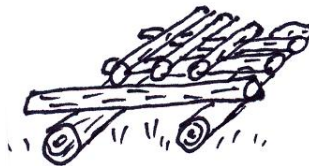
Basic-A (most versatile) – is built thus: Lay two sticks of kindling to form a V with its open end facing the wind. Lay a small stick across these to form an A. Place a big handful of tinder on the crosspiece. Kneel with your back to the wind, strike your match, hold it head down till it is turning well, and light the tinder from underneath. Gradually add more tinder and feed with kindling.

Tepee is built thus: add kindling to a burning Basic-A in the shape of a tepee, and surround the kindling with a similar structure of fuel. Good for boiling, and for anything requiring a quick, hot, concentrated fire.

Log Cabin is built thus: lay two thick pieces of fuel one on either side of a burning Basic-A fire. Lay thick pieces of fuel across the first two, and more, not quite so thick, across them, building up thus from thickest to thinnest. Good fire for long-time cooking, or for making a bed of coals for stick-cookery.



Basic-A



Crisscross
(Log Cabin)



Tepee

OUTDOOR COOKING KNOW HOW

1. Build a fire to fit your kettle/pot/pan. Be sure that the kettle/pot/pan rest firmly.



2. Make a good woodpile.



Tinder

Kindling

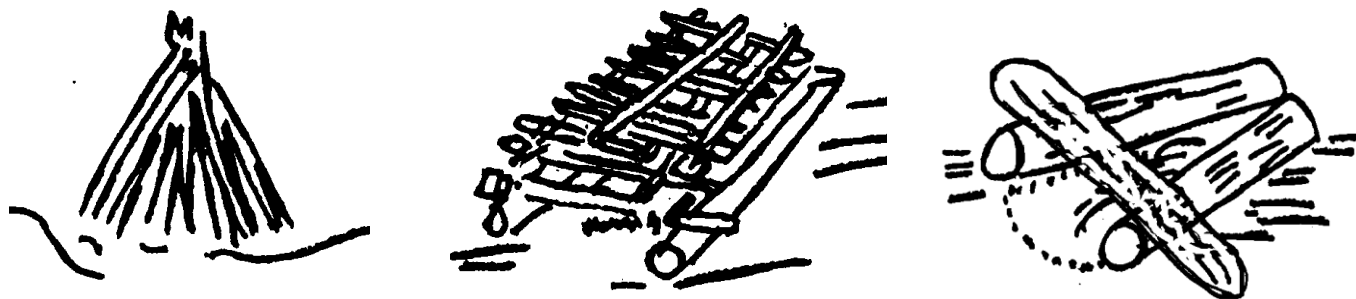
Fuel

(no bigger around than a match)

(up to thumb size)

(what keeps the fire going)

3. Build a small fire. Keep it going steadily.



Teepee- for boiling

Criss Cross for coals (long cooking)

A-frame – good all around fire

4. Clean up. Put Fire OUT!!

Sprinkle water or dirt,
and stir.



BE SURE IT IS OUT!

Can you put your hand on it?

HOW TO BUILD A CAMPFIRE AND EAT IT!!

There are many variations on this lesson and snack. Search the internet for variations. Be aware of any food allergies in your group.

Possible Ingredients:

- Choose a Base – tortilla, plate, napkin, clean table or placemat
- Choose safety circle - licorice rope, Cheerios
- Choose a fire ring –M&Ms, peanuts, Smarties, jelly beans, raisins
- Choose firestarter – mini marshmallows
- Choose matches – potato sticks, mini pretzel sticks
- Choose tinder – coconut flakes, Chinese noodles, shredded wheat cereal
- Choose kindling– mini pretzel sticks, potato sticks, cheese curls
- Choose fuel – pretzel rods, Tootsie Rolls
- Choose flame – candy corn, Red Hots, red or orange Skittles
- Choose water – small paper cup with water or juice
- Choose dirt – small paper cup with cocoa powder, granola, crushed Oreos
- Optional – use peanut butter, soft cheese spread or icing to hold things together; have small spoons for shovels.

Directions:

1. Clear an area of debris. (Lay down base and safety circle, remind the participants they need to have 8-10 feet cleared around the fire.)
2. Lay your fire ring.
3. Lay the A-frame using kindling (mention that the opening needs to be facing you, and your back needs to be at the wind.
4. Place a firestarter in the center of the *A-frame*.
5. Add the tinder.
6. Hold match under the log in front of the A-frame. If the participants have built their fire correctly, the trainer then adds the flame candy to show that the fire has been lit.
7. Add fuel.
8. To douse the fire, sprinkle dirt or water on the fire. Use your shovel to turn over the coals and partially burnt logs.

WHAT HAPPENS AT A



There is more to a fire than cooking. A fire can be magic. The fire crackles cozily and you and your friends sit around and watch the magic of its flames.

WHAT HAPPENS AT A CAMPFIRE. . . .

Well – almost anything. There is no specified program content. However, it should be thought out in advance and be well prepared. It should have a definite beginning and ending. It should include fun, education, and inspiration.

Your girls may want to include:

MUSIC.....especially with instruments

DRAMATICS skits, informal or impromptu stunts, charades, puppets, dramatized stories, poems, pantomimes

STORIES & YARNStold by a good storyteller or read by someone

GAMESguessing games or quiet games

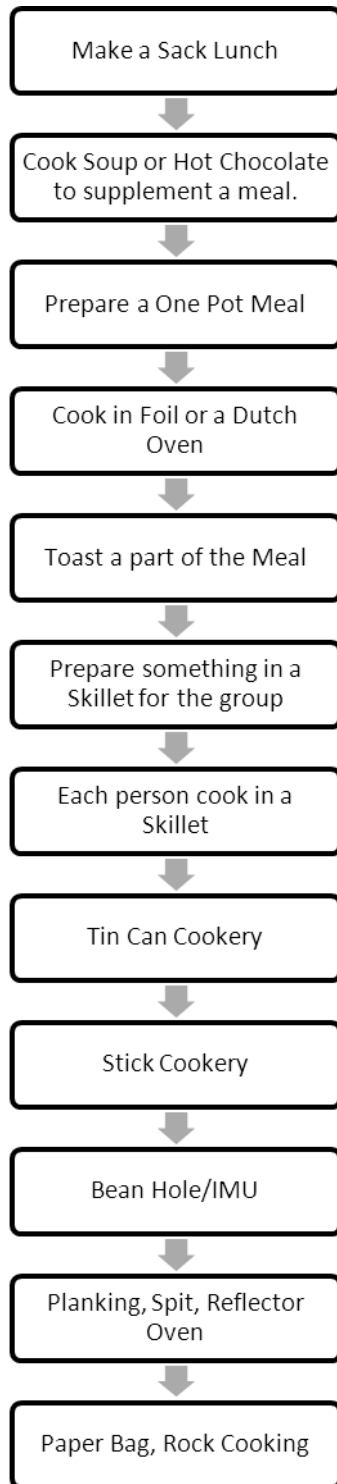
DISCUSSION.....planned or unplanned on any subject

SINGING.....always singing, starting with rollicking songs and ending with quiet songs

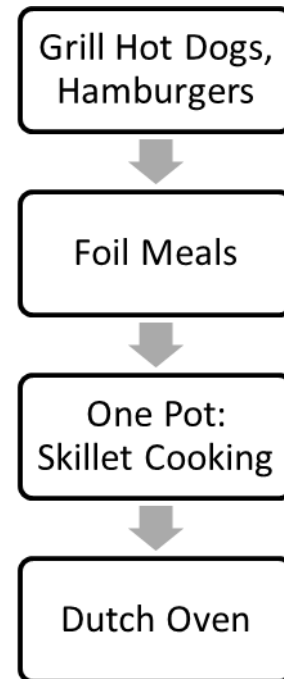
Campfires are a time for sharing thoughts and dreams with good friends. Never be afraid of a few moments of silence as the embers fade – such moments give individuals an opportunity to reflect on the day's events, to ponder on words, which have been spoken, or songs, which have been sung.

OUTDOOR COOKING PROGRESSION

Open Fire Cooking

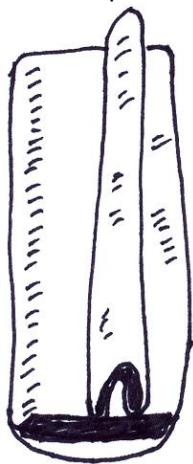


Charcoal Cooking

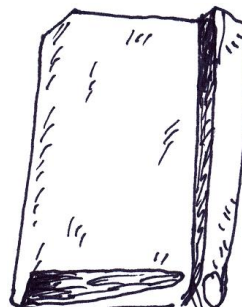
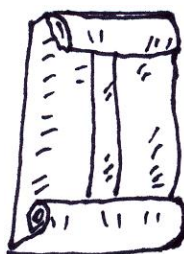


TIPS ON FOIL COOKERY

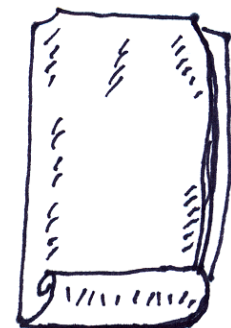
- A FOIL PACKET is a miniature pressure cooker; always puncture before eating to allow steam to escape, and OPEN CAREFULLY.
- ALWAYS COOK on coals or on a grill over coals; the magic word is coals – not fire. Gray coals are the best for direct cooking.
- USE HEAVY-DUTY foil or, if necessary, double or triple thicknesses of lightweight foil.
- USE “DULL” SIDE of foil on outside away from food; bright side may reflect heat.
- SEALING FOOD PACKAGES. Use a “drugstore” fold to seal packages. Bring two opposite sides of foil together and fold the edges over together at least twice. You can make the initial fold in the center, bringing both sides up, making sure the final fold lies flat over the top of the food. The two ends are then sealed in the same manner. Another method is to fold the foil over the food by bringing the top side over the food to meet the bottom edge and fold these two edges together so the seal is at the side of the package. In cooking whole vegetables, a drugstore fold is not necessary. Simply bring foil up around vegetable or fruit and twist the ends or top.
- CAREFULLY use a stick or tongs to turn packages. Packages with “twists” may be turned with a mitt using the “handle” made by twisting the foil.
- TIMING is a matter of judgment – Try One! A package an inch or two thick should require 20 minutes cooking – 10 minutes to a side.
- IF FOODS being cooked (vegetables) do not contain natural fats add a little butter, margarine, strip of bacon or bacon drippings.
- IF YOU are going to use the foil as a plate, or with a paper (NOT PLASTIC) plate underneath, wrap a second time to insure a clean serving plate.
- Dispose of foil in proper containers or carry out.



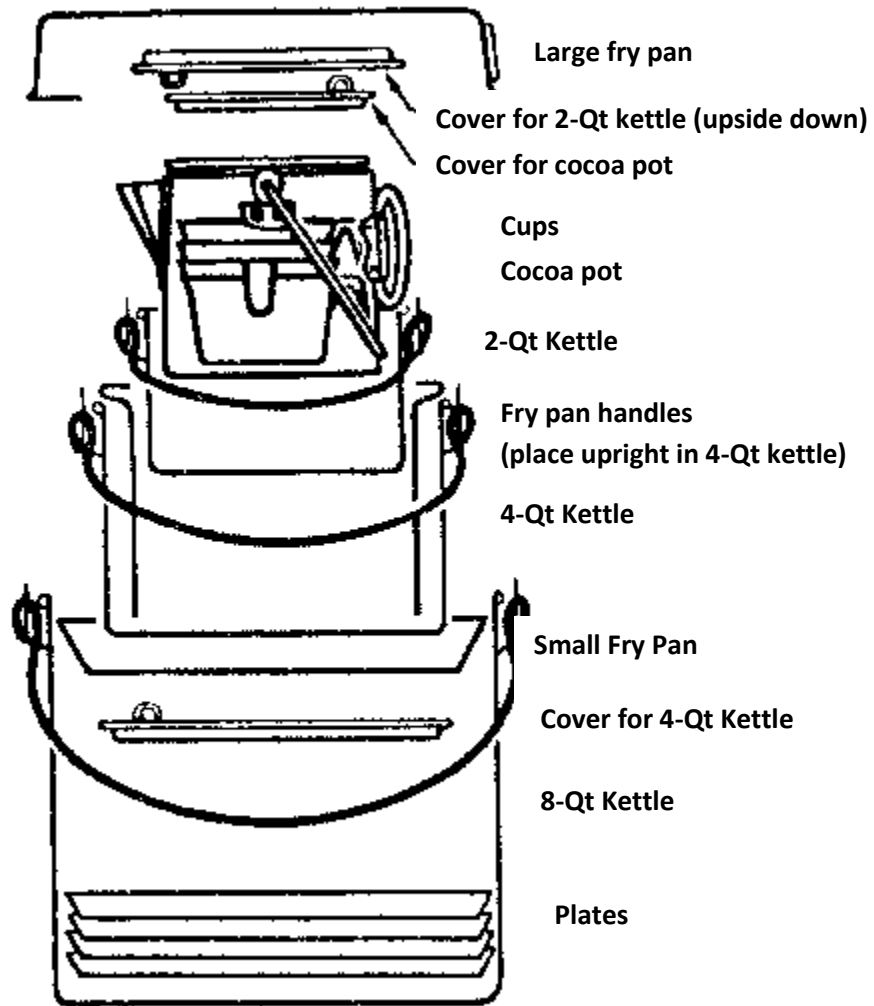
Drugstore Fold
Sealed at Top



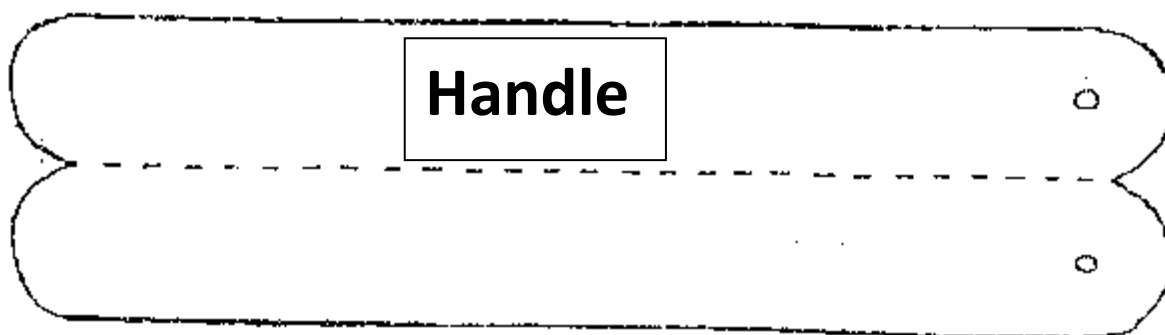
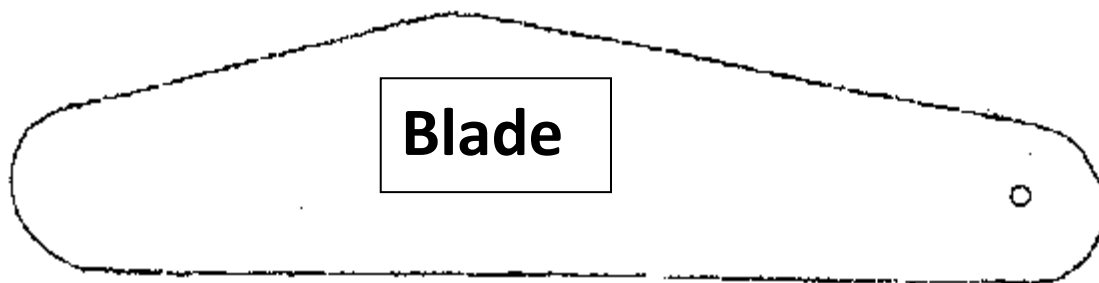
Sealed on Side



HOW TO PACK A COOK KIT



KNIFE SAFETY EXERCISE



paper fastener/brass brad

Instructions:

1. Cut blade and handle out of poster board.
2. Fold handle on dotted line.
3. Cut holes as indicated in end of handle and of blade.
4. Place blade inside folded handle and push paper fastener through holes in the handle and blade.
5. Spread the ends of the paper fastener.
6. Tape the other end of the handle together

Spread a little lipstick along the “cutting edge” of the paper knife. If the user gets lipstick on their fingers while opening, using, or closing the knife, it shows their fingers were in a dangerous spot and they could have cut themselves if they had been using a real knife.

PLANNING YOUR MEALS

- Check for food allergies!
- Keep in mind the readiness of the girls.
- Think FOOD SAFETY! Keep in mind your ability to keep refrigerated foods at the proper temperature. A block of ice will keep foods colder for longer than ice cubes.
- Take food in the smallest quantity needed.
- Don't forget the basics of salt, pepper, and oil.
- Your cook kit should have things like hot pads, aluminum foil, matches, knives, cooking spoons, spatulas, measuring cups, cutting board, can opener, etc.

There are different styles of menu planning sheets, here are two examples. You might want to write the recipes on the back of your planning sheet.

Day: Saturday Number to be served: 24

Meal: _____ breakfast _____ lunch X supper

Menu: *Ham, sweet potatoes, pineapple,
green beans, French bread, gingerbread/applesauce cake, water, lemonade*

Amount	Food or Grocery Items	Equipment Needed
24 slices (9lbs)	Ham	Foil
3 lg cans	Sweet potatoes	Tongs
3 lg cans (#202)	Pineapple	
3 (#202) cans	Green beans	Large pot, long spoon
2 loaves	French bread	Foil, knife
1 stick	butter	
2 boxes	Gingerbread mix	2 Dutch ovens, tongs
2 (#202) cans	Applesauce	
2 gallons	Lemonade	
1 roll	Heavy duty foil	Fire mitts, trench shovel

Day: _____

Number being served: _____

Menu	Ingredients & Supplies
Breakfast: Cooking method: cold, campfire, cookstove Main _____ Side _____ Drink _____	
Snack: _____	
Lunch: Cooking method: cold, campfire, cookstove Main _____ Starch/Bread _____ Vegetable _____ Dessert _____ Drink _____	
Snack: _____	
Dinner: Cooking method: cold, campfire, cookstove Main _____ Starch/Bread _____ Vegetable _____ Dessert _____ Drink _____	

Group/Troop Cookout

Unit/Troop Name: _____

Date: _____ Number to be served: _____

Meal: _____ breakfast _____ lunch _____ supper

Amount	Food or Grocery Items	Equipment Needed

MASTER PLAN FOR SALADS

(to serve 12+)

Using Lettuce	Using Apples	Using Cabbage
Combine 1 large or 2 small torn lettuce heads Miracle Whip to moisten Season to taste	Combine 6 cups diced apples 3 cups chopped celery Miracle Whip to moisten	Combine 1 shredded head of cabbage Miracle Whip to moisten Sugar and salt to taste
For Mallow Fruit , add: 1 30 oz. can fruit cocktail 2 cups mini marshmallows	For Waldorf Salad , add: 1 cup raisins 1 cup chopped nuts	For Hawaiian Slaw , add 1 20 oz can crushed pineapple Shredded carrots (optional)
For Tossed Salad , add: Celery Green onions Radishes Cucumbers Carrots	For Island Waldorf : Instead of apples, use Pineapple chunks or mandarin oranges.	For Peanut Slaw , add 2 tsp salt 2 tsp sugar 2 tsp vinegar Just before serving, add ½ cup roasted chopped peanuts
For Tuna Salad , add: 2 7-oz cans of tuna 2 cups chopped celery ½ cup chopped onion ¼ cup sweet pickle relish	For Tropical Waldorf : Use only half the apples, and add sliced bananas or pears.	For Carrot Slaw , add: 3 cups grated carrots 1 cup raisins ¼ cup lemon juice

Note: Miracle Whip is recommended instead of mayonnaise which spoils easily.

MASTER ONE POT MEAL (Serves 12+)

Into One Pot add: 3 lbs. hamburger; brown & drain
 1 pkg dehydrated onions or 2 fresh chopped onions
 1 pkg dehydrated sweet peppers or 1 large chopped pepper
 Salt and Pepper

Variations:

INSTANT SPAGHETTI 1 can tomato soup 4 14oz cans spaghetti Heat through.	YOKI SPECIAL 4 cans of spaghetti sauce 2 cans of peas Heat through.	HUNTER'S STEW 6 cans of vegetable soup ** or 4 cans of mixed vegetables Heat through.
CHILI 3 16oz cans stewed tomatoes 3 15oz cans of red kidney beans 3-4 Tbsp chili powder Cook 10-30 minutes.	HUNGARIAN POT 4 cans of Campbells pork and beans Heat through.	SQUAW CORN 2 cans tomato soup** 3 17oz cans of kernel corn 1/2 lb diced cheese Heat through.
MEXICAN DELIGHT 1 can of Nibbles Mexican 1 7oz can of pitted black olives 3 cans tomato soup** When boiling, add 1 box of Cornbread mixed as directed and dropped by spoonfuls. Cover and cook for 15 minutes. Do not lift cover during cooking!	CAMP SOUP (no onions/peppers above) 1 16oz can tomato sauce 6 sauce cans of water 2 pkgs onion soup mix 2 Tbsp soy sauce 1 tsp oregano 2 cups sliced carrots 2 cups sliced celery Cover & cook 30 minutes.	SPANISH RICE 3 cans tomato soup** 1 soup can water When boiling, add 14 oz box of minute rice Taco seasoning (to taste) Cover- remove from heat and let stand for 5 minutes.
QUICK MACARONI 2 cans chicken gumbo soup** 2 cans cream of chicken soup** 2 soup cans of water When boiling, add 1 lb uncooked macaroni. Cook covered 20-30 min.	MACARONI BEEF 1 lb uncooked macaroni 2 16oz cans tomato sauce 1 sauce can of water 2 tsp garlic sauce Cover & cook 25 minutes.	CHINESE MYSTERY 1 head celery 2 large pkgs thin noodles (add when boiling) 2 cans tomatoes Cook until noodles tender.
RANCH STYLE BEANS 2 cups catsup 2 pkgs onion soup mix 2 28oz cans baked beans Heat through.	SWEET n SOUR 4 cups pineapple juice 6 Tbsp cornstarch dissolved in 3 Tbsp lemon juice & 3 Tbsp cold water. Stir until thickened. Serve on chow mein noodles.	HAMBURGER HEAVEN 12 oz fine dry noodles 1 lb grated cheese 2 cups chopped celery 2 28oz cans tomatoes Cook covered 20-30 min. Do NOT stir!

** Soup can is 10 ¾ oz size and undiluted.

COOKING OUTDOORS

QUANTITIES

Sandwich bread	21 slices per loaf
Pineapple	7 slices per can
Ground beef	4-5 patties per lb.
Pudding	6 servings
Bacon	1 lb. = 5 to 6 servings
Eggs	2 / person + 2 for the pan
Potatoes	1 per serving
Hot dogs	10 per package
Hot dog buns	10 per package
Celery	1 bunch serves 20 (raw)
Carrots	1 lb. serves 12 (raw)
Sausage	3 links per person or 2 patties per person
Soup or stew	1 ½ cup per serving
Peach halves	6 per can
Sugar	1 lb. = 2 cups

NO- COOK RECIPES

WALKING SALAD

1 apple per person	2 tbsp. cottage cheese
6 raisins	3 nuts, chopped
1 tsp. mayonnaise	

Cut top off apple; core it almost through. Scoop out pulp and mix with cheese, raisins, nuts. Mix in mayo; stuff mixture into apple shell and put top back on.

CABBAGE SALAD

Serves 8 Camp Cookery for Small Groups, p. 58

1 ½ - 2 lb. head of cabbage
1 cup Miracle Whip Salad Dressing
1 8 oz. can crushed pineapple

Slice cabbage into very thin slices, cutting around core. Add 2 large spoonfuls of salad dressing. Add pineapple, without draining, on top of the salad dressing. Mix thoroughly. If more salad dressing is needed, add ½ teaspoon at a time. Set aside in a cooler so flavors mingle.

CARROT RAISIN SALAD

3 med. carrots, shredded	1 tsp. lemon juice
1 small apple, chopped	1/3 cup salad dressing
1/3 cup raisins	1/4 cup toasted, slivered almonds

Combine carrots, apple and raisins. Sprinkle with lemon juice. Add salad dressing. Stir gently to coat well. Cover and chill 2 – 24 hrs. Makes 6 servings.

FRUIT SALAD

2 bananas	3 apples
1 can chunk style pineapple (can use any available canned or fresh fruit)	

Open pineapple, empty into mixing bowl (include some juice). Peel and slice bananas. Wash and cut apples. Mix, cover and place in cooler.

FOUR BEAN SALAD

1 16 oz. can green beans, drained	1 small bell pepper, chopped
1 16 oz. can cut yellow wax beans, drained	1 small onion, chopped
1 16 oz. can red kidney beans, drained	1 - 8 oz. bottle Italian dressing
1 16 oz. can lima beans, drained	

Mix all ingredients together; cover and let set to blend flavors for several hours or overnight. Serves 8-10.

CARROT BROOMSTICKS

3" carrot sticks	5" carrot sticks
sliced green olives	

Gather several 3" carrot sticks and slip a green olive ring over them to hold them together. Poke a 5" stick through for the broom handle.

FRUIT SALAD

4 cans fruit cocktail	1 can mandarin oranges
4 apples, chopped	2 bananas, sliced
Other fruit as desired	

CHEEZIE PEARS

Drain canned pear halves. Sprinkle with shredded cheddar cheese. Place a sprig of fresh mint on top for decoration (optional). Allow one pear half/person.

1 -16 oz. Pkg. of frozen broccoli, cauliflower and carrots
1 small onion, thinly sliced and separated into rings
½ cup Italian salad dressing

DUTCH OVEN MEALS

1 stick margarine	1 cup brown sugar
1 can crushed pineapple	1 box yellow cake mix
eggs and oil according to cake mix	

2 cups frozen hashbrown potatoes 8 smok-y-links, sliced
2 tbsp. butter 2 tbsp. finely chopped bell peppers
1 tsp. salt ground black pepper
6 eggs

Place 3 cans of blackberry pie filling in a large dutch oven lined with heavy duty buttered foil. Sprinkle on one dry yellow or white cake mix. Sprinkle with a little nutmeg and cover top with thin slices of butter (1-2 sticks) Cover with lid. Place over a circle of 10-12 charcoal briquettes. Put 15-16 briquettes on lid. Bake 30-35 minutes. Serves 8-10.

2 cans cherry pie filling	2 boxes Jiffy White Cake mix
1 stick margarine	Chopped pecans (optional)

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GOLDEN BEEF SPECIAL

1 ½ cups shredded cheese (sharp)
1 pkg. chili seasoning mix
1 cup water
2 cups corn chips

Brown beef in dutch oven; drain off fat. Stir in seasoning mix and water, bring to a boil, cover and simmer 10 minutes. Stir in 1 cup cheese; heat until just melted. Spoon into dishes and top with remaining cheese and corn chips. Serves 4-5.

QUICK CASSEROLE

1-1 oz. package gravy mix
1-12 oz. can roast beef
½ cup chopped celery
1 cup rice (quick cook)
1-4 oz. can of mushrooms
1-8 oz. can water chestnuts
1 tbsp. minced onion
2 cups water

Mix gravy package in bowl, add beef, celery, onion, mushrooms and water chestnuts. Add rice and water, then place in dutch oven. Bake 20-25 minutes or until rice is cooked. Serves 6-8.

TRAIL COBBLER

2 cups biscuit mix
2 cups sugar
2 cups milk or water
1 cup margarine
1 can fruit, drained

Mix biscuit mix, sugar, milk and margarine. Add fruit and stir. Bake in dutch oven for about 45 minutes to 1 hour. Serves 8.

GUADALUPE CHILI PIE

From Dutch Oven Cooking, page 21

2 lbs. ground beef
1 med. onion, chopped
1 tbsp. margarine
1 15 oz. can chili beans
½ tsp. chili powder
½ tsp. salt
1 - 8 oz. can tomato sauce
2 - 6 oz. pkg. cornbread mix

Brown beef and onion with margarine in the dutch oven. Add beans, chili powder, salt and sauce. (Drain grease if necessary before adding the ingredients). Cook for 15 minutes in covered oven. Mix the cornbread as directed and add to the top of the meat and beans. Place lid on the oven. Cook for 20-30 minutes until the cornbread is done.

NOODLE CASSEROLE

1 lb. noodles or spaghetti
1 med. onion
1 can mushroom soup
1 tsp. salt
2 lb. ground beef
2 tbsp. cooking oil
1 can peas
½ tsp. oregano

Cook noodles in separate pan by directions on package; drain. Brown meat and onions in oil; then add soup, peas and seasonings. Place noodles and meat mixture together. Cover dutch oven and bake for 30 min. Serves 8.

SKILLET LASAGNA

1 lb. lean ground beef	½ tsp. salt
1 pkg. spaghetti sauce mix	2 tsp. dried parsley
1 lb. cottage cheese	1 – 14 oz. can tomatoes
4 cups med-wire noodles, uncooked	1 – 8 oz. can tomato sauce
1 ½ tsp. basil	1 ¼ cups water
½ tsp. oregano	4 oz. mozzarella cheese

Brown beef in dutch oven; drain. Spread evenly and sprinkle with half of the dry sauce mix. Spoon cottage cheese evenly over meat; top with the uncooked noodles, herbs and salt. Press down with back of spoon. Sprinkle and combine evenly the rest of the dry sauce mix. Cut the tomatoes into small pieces and combine with their juice, tomato sauce and water. Pour on top of the skillet mixture, make sure all ingredients are moistened. Bring to a boil, cover tightly and simmer 35 minutes. Top with mozzarella cheese and let set 5 minutes before serving. Serves 4-6.

SPICE CAKE

1 pkg. spice cake mix	3-4 oz. raisins
-----------------------	-----------------

Mix cake as directed; stir in raisins and pour batter into oiled dutch oven. Cover and bake 30-35 minutes.

FOIL COOKING

APPLE DELIGHT

8 apples	1/3 cup Bisquick
3 tbsp. sugar	1/3 cup raisins
2 tbsp. cinnamon	

Peel and chop apple (each person does own). Mix 1 tsp. sugar, a few raisins and cinnamon to taste with 1 tbsp. Bisquick. Stir into the chopped apple. Place on a 9" square of heavy-duty foil that has been greased with butter or margarine. Seal well. Cook 30-40 min. on hot coals. Serves 8.

HIKER'S KNAPSACK

1 piece thin sliced ham per person	1 sliced processed cheese
½ slice pineapple	1 hamburger bun

Fold ham over cheese and pineapple; wrap in foil, cook over coals a few minutes until cheese melts. Serve on bun. Spam may be substituted for ham.

CREEK FRIES

After scrubbing, paring, and slicing potatoes, place the slices on a large sheet of heavy duty foil on top of 4 strips of bacon. Add chopped onion, salt and pepper. Top with 4 more strips of bacon. Seal foil with drugstore wrap. Place over medium hot coals for about 1 hour or until potatoes are tender. Use 1 or more potatoes per person.

TURKEY SUPREME

1 16 oz. pkg. frozen broccoli, cauliflower, and carrots
1 tbsp. butter, melted
6 slices ¼” thick cooked turkey breast 4x6”

Sour Cream Topping	Bread Crumb Topping
1 cup dairy sour cream	¼ cup dry bread crumbs
1 tsp. flour	¼ cup sliced almonds
1 tsp. instant bouillon (chicken flavor)	¼ tsp. onion salt
½ tsp. basil leaves, crushed	1 tbsp. butter, melted
¼-1/2 tsp. dry mustard	
2 oz. (1/2 cup) shredded cheddar cheese	

Cook vegetables according to package directions. While the vegetables are cooking, mix sour cream topping; set aside. Mix crumb topping. Set aside. On a square of heavy duty foil, place a slice of turkey that has been spread on one side with melted butter. Drain cooked vegetables; spoon ½ cup on top of turkey. Spoon 2 tbsp. sour cream topping over vegetables. Sprinkle each with 1 heaping tbsp. of crumb topping. Seal foil. Place on rack over hot coals until heated through – about 30 min. Serves 6.

FRUIT PIE

Flour tortillas	Butter
Pie filling – any fruit flavor	Cinnamon and sugar

For each pie, spread tortilla with butter; sprinkle with cinnamon and sugar. Place 2 tbsp. of pie filling in the center. Fold tortilla envelope style around the filling. Place on a square of heavy-duty aluminum foil that is buttered in the center. Wrap the foil around the tortilla. Place on coals until heated through.

TREASURE ISLANDS

¼ lb. ground beef patty/person	1 small potato, peeled & sliced
1 tsp. chopped onion	1 small pkg. frozen mixed vegetables

Place patty in the center of 15” square of heavy-duty foil. Put slices of potato on top of meat. Add other ingredients as desired. Fold and seal foil. Cook over coals about 30 minutes, turning once.

FRUIT CUPS

1 16 oz. can peach halves
1 cup fresh or frozen berries
4-6 tbsp. brown sugar

1 8 ¾ oz. can pineapple tidbits drained

Drain fruit, reserving juice. On heavy-duty foil, place a peach half, cut side up. Top with a few berries and tidbits. Sprinkle with 1 tbsp. brown sugar and top with 1 tbsp. juice. Bring corners of foil together and twist top to seal. Place over coals until heated through. Makes 4-6 servings.

BANANA BOAT

1 banana per person
Mini marshmallows

Chocolate and butterscotch chips
Red Hots if desired

Pull back peel on inside curve of the banana. Cut out a “v” section ½” deep. Fill the cavity with chips, marshmallows, and red hots. Replace the peel. Wrap in foil. Place in coals for about 5 minutes.

ONE POT MEALS

POCKET STEW

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4 potatoes
1 stalk celery
1 8 oz. can green lima beans
6-8 bouillon cubes, chicken or beef

1 wedge cabbage
1 med. onion
4 carrots
Pepper to taste

Put one cup water in pot for each camper and place on the fire. Drop in bouillon cubes. Peel vegetables and dice. Add to the pot. Cook approximately 30 minutes.

POTATO SOUP

1 tablespoon butter
1 cup diced celery
¼ cup chopped onion
4 cups diced potatoes
1 cup finely chopped cooked ham

2 cups water
2 teaspoons salt
1 teaspoon dried parsley
3 cups milk

Melt butter in large kettle. Add celery and onion; simmer 5 minutes. Add potatoes, water, salt and parsley. Cover and cook until potatoes are tender, about 30 minutes. Mash vegetables for smoothness. Add milk and ham. Simmer 10 to 15 minutes; do not boil. Serves 8.

TIME SAVER DINNER

1 pkg. macaroni and cheese	½ cup milk
1 tbsp. dry minced onion	1 cup cubed cooked ham, chicken, or beef
1 can cream of mushroom soup	

Cook the macaroni according to pkg. directions with onion added; drain. Add milk, butter, and cheese packet as directed on the box. Stir in soup and milk, then meat. Stir over low heat until heated thoroughly. Serves 4.

INDIAN JOE

1 lb. wieners	1 - 26 oz. can Spaghetti O's
2 tbsp. margarine	1 tbsp. yellow mustard

Slice wieners into ½" pieces. Fry in margarine until lightly browned. Add Spaghetti O's and mustard. Cook until thoroughly heated. Serves 5-6.

SPANISH HASH

1 lb. beef	2 cups water
1 cup chopped onion	1 16 oz. can tomatoes
½ cup chopped bell pepper	1 16 oz. can kidney beans
1 cup uncooked rice	1 tbsp. chili powder
Salt	

Cook ground beef, onion, and bell pepper until meat is lightly browned. Drain excess fat. Add remaining ingredients. Heat to boiling, stirring well. Cover. Cook about 30 minutes until rice is cooked and liquid absorbed. Serves 6.

CORN CHOWDER

12 slices bacon	6 onions
10 medium potatoes	2 cans corn (1 lb. 13 oz.)
Salt, pepper	2 quarts water

Cut bacon in 1 inch pieces, chop onion; fry until bacon is crisp, drain. Add diced potatoes and water, season; cook ½ hour until tender. Add corn, cook until thoroughly heated.

Outdoor & Trip Planning Checklist

- _____ Brainstorm ideas with girls
- _____ Confirm girls' readiness for activity
- _____ Initial planning with girls – activities, location, dates, supervision
- _____ Review *Safety Activity Checkpoints & Volunteer Essentials*
- _____ Review latest editions of appropriate manual (*Fire Building and Basic Outdoor Cooking, GSSI's Guide for Camping & Outdoor Volunteers , GSSI's Guide for Travel Volunteers*)
- _____ Confirm supervision required (approved adults, certifications, transportation)
- _____ Submit "Special Activities Application" to support@girlscouts-gssi.org (at least 4 weeks prior to permission forms going home)
- _____ Finalize plans with girls and confirm details (schedule, budget, reservations, equipment & supplies needed, packing lists, etc)
- _____ Parents/guardians review Annual Permission Form and Annual Troop Health Form, turn in signed Overnight & Extended Trips Permission Forms (if hosting an overnight)
- _____ Adult in charge has the following forms and emergency supplies:
 - For each girl – Annual Troop Health Form and Overnight & Extended Trips Permission Form (if needed); verify Annual Permission Form is on file with GSSI
 - For each adult- Adult Emergency & Medical Information Form; verify Adult Participation Agreement is on file with GSSI
 - For the group - Activity Roster (leave a copy with your emergency contact back home, plus each adult on trip should have a copy)
 - Emergency Procedures Card
 - Incident Report form
 - Cell phone, charger
 - First aid kit, flashlight
 - Extras of clothing, feminine hygiene products (if applicable), water, snacks
 - Plus

Sample Pack List for Outdoor Cooking

Emergency Preparedness:

First Aid kit
Weather radio
Cell phone (fully charged)
Permission forms (Annual Troop Health and Overnight for each girl; Activity Roster; Adult Emergency)
Incident Form
Emergency Procedures Card

Cleaning:

Anti-bacterial or hand soap (for hand washing)
3 wash buckets
Strainer
Wash cloth, scouring pad
Dish detergent
Bleach
Rope for drying line, clothespins
Garbage bags

Fire:

Fire bucket
Fire starter (matches, lint – NO liquid)
Saw
Firewood (tinder, kindling, fuel)
Fire grate
Charcoal
All-metal small shovel and rake

Cooking:

Ingredients for chosen meals
Pots/pans
Dutch oven, liner
Cutting board, knife
Can opener
Aluminum foil
Hot mitten, hot pads
Cooking utensils (spoons, spatula, etc)
Measuring cups
Campfire forks

Mealtime:

Tablecloth
Dunk kits (cups, plates, bowls, utensils, mesh bag)
Containers for leftovers