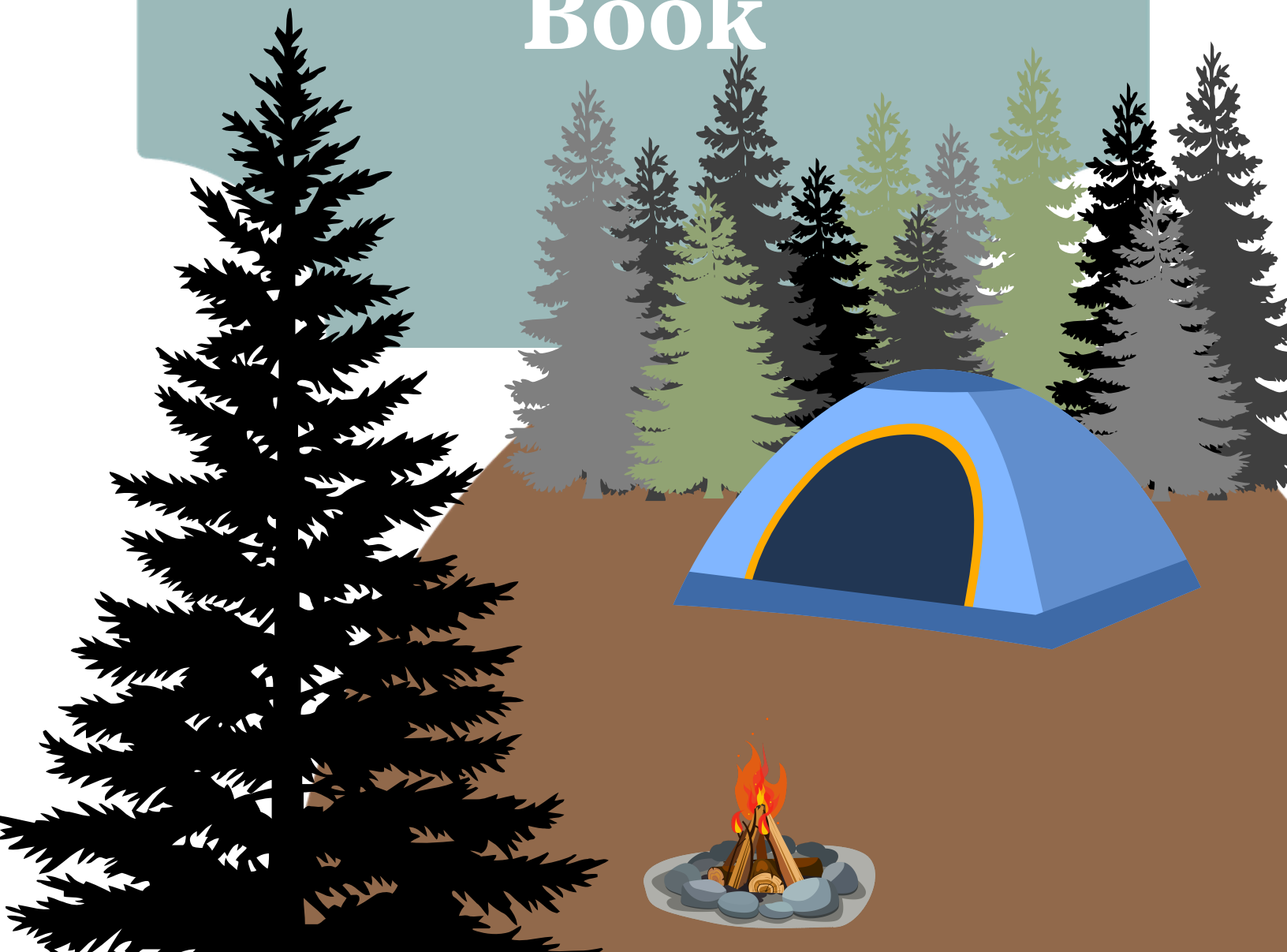




gsmw

Outdoor Basics Troop Activity Book



This book belongs to:

Name: _____

Troop: _____

10 Outdoor Skills

Check them off as you learn them!

- Leave No Trace
- Weather
- Animal Aware
- Water & Nutrition
- Knife Safety
- Basic First Aid
- Managing Fire
- Cooking Outdoors
- Setting Up Camp
- Knots

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Rules at Camp

At camp, we follow safety rules and use our best manners both indoors and outdoors.

1. Always have a buddy. Do not go anywhere alone.
2. Ask permission to go somewhere or do something.
3. Always follow instructions.
4. Put litter into garbage cans.
5. Respect others and the environment.
6. Use the right voice at the right time. No yelling inside buildings or outside at night.
7. Respect plants and wildlife. Do not pick, hack, peel or poke at sticks, plants, rocks or flowers.
8. Be aware of personal space. Do not share beds, sleeping bags, or chairs with other girls or adults.

Prepare Your Pack

Troop Gear:

Your group should always have the following gear when adventuring outdoors:

- A reliable way to start a fire
- Compass and map of the area
- First Aid Kit
- Garbage storage
- Toilet paper
- Food
- Water purifier
- Paracord
- Tarp
- Sunscreen
- Bug repellent

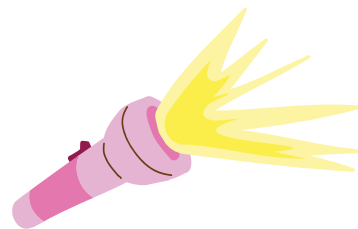


You should always have the following in your own pack:

- Rain coat
- Head lamp
- Water bottles
- Whistle
- Snacks

And when you go camping, be sure to pack:

- Extra clothes
- Sleeping bag
- Pillow
- Sleeping pad
- Tooth brush & toothpaste
- Warm layers
- Hat and gloves



Weather Wear

Dress Smart for the Weather

- Check the trusted local weather app & noaa.gov
- Dress for comfort & safety; plan for changing conditions
- Wear light layers to adjust temperature and prevent sweating and chills
- Choose wool or synthetic fabrics; avoid cotton
- Always wear a hat and close openings (neck, wrists, waist) to retain heat



Spring & Fall =

shorts + pants + T-shirt + fleece + rain coat + hat



Summer =

shorts + pants + T-shirt + long sleeve + rain coat + hat



Winter =

long johns + fleece + insulating layer + waterproof layer + waterproof gloves + warm hat

Happy Feet

- Wear sturdy, closed-toe outdoor shoes and wool or synthetic cushioned socks.
- Check feet often, change wet socks, and tell someone if you feel hot spots or blisters.
- Your local outdoor store or troop leader can help you find the right footwear, so ask!



Three things I should always wear on an outdoor adventure are:

1. _____
2. _____
3. _____



It's Knot Hard!

Knot tying is an important outdoor skill. The more knots you know, the more comfortable you will feel in all sorts of outdoor adventure situations. From camping to climbing and rafting and more! Learn the knots that will help you adventure safely.

Square Knot

- Right over left and left over right
- Used for joining cords of the same thickness



Overhand Knot

- Create a loop, pull one end of the rope through the loop
- Used for stopping



Clove Hitch

- Run around the tree and jump over the log; run around the tree again and under the log
- Used to fasten one end to a tree or post



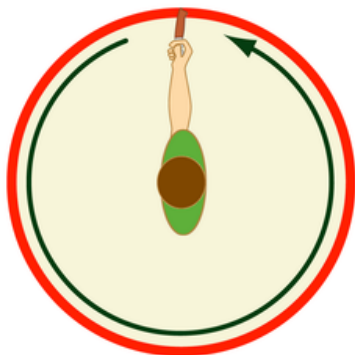
Pocket Knife Know-How

A pocket knife is a valuable outdoor tool.

- Food prep: slicing snacks and simple camp foods
- Camp setup: cutting cord and shaping small stakes
- Fire prep: shaving tinder and small kindling
- Quick fixes: opening packaging, minor gear repairs

Girl Scouts must practice knife safety at all times.

- Ask for permission before using a knife.
- Master using a fixed blade before a folding knife.
- Always cut away from your body.
- Create a circle of safety around your body.
- Keep the knife closed or covered when not in use.
- Do not walk around with an open knife.
- Keep your knife clean, sharp, and dry.



Opening & Closing a Knife

- Open fully using the thumbnail slot or other specific mechanism; keep fingers clear.
- Close in two steps: start the blade closed, then press again until it snaps shut, keeping fingers clear.

Passing a Knife

- Close knife before passing.
- For fixed blades, set down or offer the handle with blade facing up and wait for acknowledgment.



Fire Building & Use

Fire Safety Tips

- Tie back hair and loose clothes. No hanging jewelry, scarves, or drawstrings near the fire.
- Never leave a fire alone. An adult must always be watching the fire.
- Stay out of the fire ring unless you are designated as the campfire helper.
- Use fires the right way. For cooking, warmth, or campfires only - never burn trash or cans.
- Only walk around the fire - no running or horseplay.
- Stop, drop, and roll if clothes catch fire.
- Put fires all the way out. Water and stir until the ashes are cold.



Before Building Any Fire:

- Check local fire ordinances - Is a burning ban in effect?
- Check local weather conditions - Is it too dry or windy for a safe fire?
- Consider need - Is a campfire necessary?
- Consider the environment - Are there air pollution regulations?

What You Need to Build a Fire

- Tinder, kindling, wood
- Matches or a lighter
- Safe fire starters; no fluid
- Bucket of water
- A shovel



Collecting Wood

- Gather
 - Tinder: very thin, like a matchstick; red pine needles & newspaper are helpful
 - Kindling: about pencil to thumb size
 - Fuel wood: bigger sticks to keep the fire going
- Wood Tips
 - Find dead, fallen wood and only what you need
 - Use wood from the same forest; do not transport

Log Cabin Fire

1. Put a fire starter and tinder in the middle.
2. Build a log cabin with kindling:
 - Lay two sticks side by side, then two across them, like a small log cabin.
 - Keep alternating the direction as you stack more layers.
3. Light the tinder.
4. Add fuel wood once the kindling is burning well.



**The fire safety rule I think
is most important is:**

because ...

Cooking over a fire or charcoal is fun!

Girl Scouts cook outside using hot coals or flames, like campers and humans have done for ages. Under adult supervision, we cook over calm, hot coals, not big flames. Try some new recipes!

Campfire Pizza Pocket

Take two slices of bread or a pita. Add pizza sauce, shredded cheese, and small toppings (like pepperoni or veggies). Fold or sandwich it, wrap in foil, and heat near hot coals for 5-7 minutes, flipping once. Let cool slightly and eat.



Banana Boats

Cut a slit in a banana. Add chocolate chips & marshmallows. Wrap in foil, heat near coals for about 5 minutes, let cool, and eat with a spoon.



First Aid



Accidents are sure to happen. When they do, first, tell an adult. Girl Scouts can help treat some minor injuries. Practice these first aid tips:

Nosebleed: Sit upright and with a tissue, pinch the soft part of the nose for 10 minutes.



Small cuts: Wash with soap and lots of water. Cover with a bandage.



Small burns: Run the area under cool water for 15 minutes. Cover with sterile, loose dressing.

Splinters: Remove with tweezers and wash with soap and water. Cover with a bandage.



Blisters: Do not pop! Wash the area and cover it with a blister bandage or moleskin to protect it.

Twisted ankle: RICE; Rest, Ice, Compression, and Elevation.



Sunburn: Aloe vera gel, cold compresses, drink water, and rest in the shade.

Insect Stings: Remove the stinger with tweezers and cover with a cold compress. Watch for signs of allergic reaction.

Tent Care

With a good tent over your head, you can sleep soundly through the night. Here are some tips to help you take good care of your tent.

Tent Care Tips:

- Keep food and scented items out of and away from tents.
- Never put a tent away wet. Dry it completely before packing up. Hang it to dry before storing long-term.
- Use a ground cloth to protect the bottom of the tent.
- Sweep out dirt and debris before taking the tent down.
- Zip doors carefully and don't force stuck zippers.
- Keep pests out of your tent - always close zippers!
- Store tent loosely in a cool, dry place when not using.

Unscramble the Answers

1. _____ is not allowed near or inside tents.
2. Make sure all tent door _____ are always closed.
3. Keep tents _____, inside and outside.
4. Use a ground cloth to protect the _____ of the tent.

PEZSIRR OOBTMT
CNLAE DOFO

Leave No Trace

7 Principles of Leave No Trace

1. Plan ahead and prepare. Pack the right clothes, learn about the area and use maps. Tell someone where you will go.



2. Travel and Camp on durable surfaces - Stay on the main trail or spread out when hiking off-trail. Camp on rock or durable surfaces or use existing camp areas. Camp away from roads, trails, and water.
3. Dispose of waste properly - Pack it in, pack it out. Put all litter in garbage cans to carry home. Keep streams, lakes, and rivers clean. Do not get soap, garbage, or food in the water.
4. Leave what you find - Leave plants, rocks, and historic artifacts where you find them. Don't pick living plants.



5. Minimize campfire impacts - Ask to make sure it's okay to have a fire at your site. Before leaving, be sure your fire is out and cold to the touch.

6. Be considerate of other users - Make sure the fun you have doesn't bother other outdoor users. Be courteous. Don't block the trail, yield to horses & uphill travelers. Keep noises to a minimum.

7. Respect wildlife - View animals from a distance. Never approach, feed or follow animals of any size or species. Human food is unhealthy for all animals. Feeding animals causes conflicts between humans and wildlife. Be Animal Aware - don't take food or anything that smells like food into or near your tent! Store food in a bear cabinet, a locked car, or a bear hang.



Ready to Hike

Warming Up:

Hiking is more than a walk, it's an adventure in new terrain, with rocks, mud, dirt, and all sorts of obstacles. You'll need to start with sturdy shoes, and before setting hitting the trail, warm up with movement and stretches.

Feet Treat:

Your feet are the most important part of hiking. This is what you'll need for happy feet:

- Sturdy, comfy sneakers or boots that you've worn
- Dry, wicking socks that don't bunch
- Speak-up if your feet start to hurt

If you are nice to your feet, hiking will be more fun, and you'll have more time to enjoy the adventure with your friends!

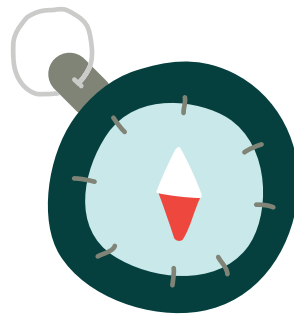
Gear:

The Girl Scout Motto is: Be prepared! To prepare, be sure you have everything you need before heading for the trailhead:

- Map
- Compass
- First Aid Kit
- Water Bottle
- Pocket Knife
- Rain Coat
- Whistle
- Watch
- Flashlight
- Snack/Lunch

If you get lost, STOP:

- Listen
- Noise
- Think
- Plan



Remember to Leave No Trace!
Leave trails better than you found them.

10 Outdoor Skills Reflection

I learned about the 10 Outdoor Skills.
One thing I remember about each skill is...

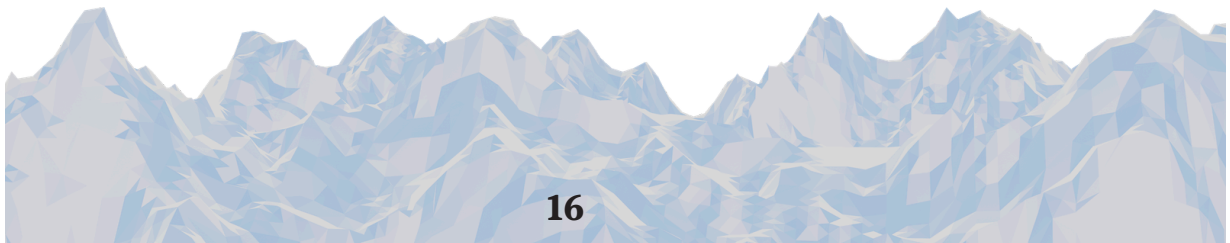
1. Leave No Trace

2. Preparing for the Weather

3. Animal Aware



4. Water and Nutrition



5. Knife Safety

6. Basic First Aid

7. Managing a Fire

8. Cooking Outdoors

9. Setting Up Camp

10. Knots



10 Outdoor Skills Pin

Supplies:

- 8 different color pony beads
- 1 safety pin
- 1 piece of ribbon or twine

Directions:

1. Fold the ribbon in half and tie an overhand knot, making a small loop.
2. Fold the left ribbon through the top of the pony bead.
3. Thread the ribbon through the center of the bead.
4. Pull both sides of the ribbon.
5. Repeat steps 2-4 until all 8 beads are on the pin.
6. Finish by tying ends with an overhand knot.



Leave No Trace - The Twine
Weather - Blue
Animal Aware - Purple
Water & Nutrition - Tan
Knife Safety - Yellow
First Aid - White
Fire Management - Orange
Cooking - Red
Setting up Camp - Green
Knots - The Knots