

# Outdoor Training Manual

## Girl Scouts of Montana and Wyoming

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## Preparing with Council for an Outdoor Adventure

### GSMW Emergency Contact:

406-252-0488

Thank you for supporting an outdoor adventure with your troop. Outdoor experiences offer powerful benefits for girls' physical, emotional, and leadership development. This guide supports trip leaders in planning safe, meaningful outdoor activities.

### Required Council Resources

Trip leaders must review the current [Volunteer Essentials](#) for up-to-date guidance on:

- Safety guidelines
- Roles of leaders, parents, and girls
- Transportation procedures
- GSMW insurance requirements
- Emergency care and accident procedures
- First Aid and CPR requirements (*Online-only First Aid & CPR does not meet our requirements*)

Always consult:

- [Volunteer Essentials](#) and [Safety Activity Checkpoints](#) at [www.gsmw.org](http://www.gsmw.org)
- Complete the GSMW Troop Travel Training in gsLearn

For any overnight trip away from your hometown, submit an online [Troop Trip Request Form](#) at least two weeks in advance via the Travel & Field Trips section of [www.gsmw.org](http://www.gsmw.org). Include:

- A roster of all adult and girl participants
- A detailed itinerary with exact locations, addresses, activities, departure times, and return plans
- If your troop is planning a trip that includes a [high risk activity](#), you will need to acquire a digital copy of the certificate of insurance for the high risk activity provider and email it to [customercare@gsmw.org](mailto:customercare@gsmw.org)

### Preparing for a Safe Trip

- Involve girls in creating a health and safety plan.
- Discuss general safety expectations and concerns.
- Review sanitation and food-handling practices.
- Teach respect for outdoor neighbors (plants, animals, insects, and people)
- Review [Safety Activity Checkpoints](#) for your activities.
- Confirm [required adult-to-girl ratios](#).
- Ensure proper equipment for planned activities.
- Create an emergency action plan:
  - What to do in an emergency
  - Who to contact
  - Who knows your location
  - When and where you will return

### Required Training

- At least one adult certified in First Aid and CPR must be present.
- If more than 30 minutes from emergency medical services access, GSMW requires the presence of an adult with Wilderness First Aid and CPR certification.
- At least one volunteer must complete GSMW outdoor trainings:
  - The online GSMW Outdoor Training in gsLearn
  - In-person outdoor cookout training (if using a campfire or cooking outdoors)

## **On-Site Safety**

- Review emergency procedures with girls upon arrival
- Enforce the buddy system at all times
- Lost Person protocol: stay in one place so searchers can find you
- Establish emergency signals (whistle, flashlight)
- Monitor weather continuously and seek shelter during severe conditions

## **Weather Safety**

- Check forecasts in the days leading up to the trip and on the day of travel
- Modify or reschedule activities if weather poses safety risks
- Follow public safety advisories, including evacuation or shelter-in-place orders
- View complete weather-wise resources in this manual

## **Medical Guidelines**

- Bring an outdoor-specific first aid kit
- Know the nearest medical facility
- Review first aid procedures with girls
- Familiarize adults with each girl's medical needs

## **Medications**

- All medications are given to the designated First Aider
- Medications must remain in original containers and be logged in a medical record book/folder
- Written parental permission is required for over-the-counter medications
- Inform volunteers of girls who carry emergency medications (inhalers, EpiPens)
- View complete first aid guidelines and resources in this manual

## **How to Dress for the Outdoors**

Clothing should be comfortable and allow freedom of movement. Layers should be compressible so they can easily fit in a backpack when removed. Layering is key to keeping warm in winter and preventing overheating in summer. Adjust layers as needed for temperature changes or activity levels.

### **Standard Layers**

- Base layer: Long underwear made of polyester, synthetic, or lightweight wool moves moisture away from the skin and reduces chilling. Avoid cotton.
- Middle layer: Fleece or similar material traps warmth.
- Outer layer: Wind- and water-resistant jackets and pants protect from weather without restricting movement.
- Rain gear: Always pack a breathable raincoat with hood and rain pants that fit over other layers and shoes. Water-resistant hiking shoes with thick soles are ideal.

### **Socks and Footwear**

- Two layers of socks prevent blisters: a thin polyester liner plus a thicker wool or synthetic sock.
- Quality footwear is essential for comfort, warmth, and stability. Break in new shoes or boots before trips. Waterproof shoes or boots are crucial for extended outings.

### **Head, Hands, and Eyes**

- Hats: Keep the head and neck warm; up to 80% of body heat can be lost there. A warm hat is important when sleeping in cool weather.
- Gloves or mittens: Protect hands from cold and frostbite. Lightweight gloves are useful on warmer days in case the weather changes.
- Sunglasses: UV rays can damage eyes even on cloudy or snowy days. Always pack sunglasses and wear them in sunlight.

## **Clothing for Cooler Temperatures**

Check the weather forecast and altitude, and pack accordingly. Higher altitudes can bring sudden temperature drops, even in summer. In fall through spring, pack extra warm layers.

- Warm jacket: Fleece, wool, wind-stopper, down, or synthetic. Avoid cotton.
- Insulated hat: Wool with fleece lining is warm and comfortable.
- Ear warmers/headband: Useful, but never replace a hat.
- Gloves/mittens: Wool or synthetic; water-resistant or waterproof; bring an extra pair. Avoid cotton.
- Thermal underwear: Polyester, synthetic, or wool long underwear.
- Hiking/wool socks: Bring extra socks plus thin liner socks (polyester or silk).
- Long-sleeved shirt(s): Polyester, synthetic, or wool. Avoid cotton.
- Pants: Fleece, wool, or down; roomy enough to layer over thermal underwear. Water-resistant pants are recommended.

Tip: On cool-weather campouts, change out of damp clothing immediately. Wet clothes do not insulate well and can quickly cause discomfort or hypothermia.

## **Supply Lists for Camping or Cookouts**

### **Troop Supply List (Cookout or Campout)**

- Portable cooking stove & fuel
- Charcoal/charcoal stack (if needed)
- Pots, pans, and long-handled cooking utensils (ladles, spoons, spatulas)
- Potholders
- Hand-washing station & hand sanitizer
- Biodegradable dish soap, 3 dishwashing pans, dish scrubber
- Can opener, cutting board, knives (if needed)
- Cooler for food storage; include a thermometer to determine temperature of cooler
- Lantern
- Emergency plan & contact list
- First-aid kit
- Toilet paper
- Kaper chart
- Tents with extra stakes and cord
- Heavy-duty garbage bags
- Emergency feminine products
- Matches & lighter
- Potable water (for drinking and cooking)
- Camping table (if needed)
- Locking storage container for medication
- Bug spray and/or citronella candles (if needed)
- Nylon rope/cord (for towels, dunk kits)
- Extra batteries (optional)
- Charcoal, firewood, fire starters (if needed)
- Cast iron cookware / Dutch oven (if needed)
- Bear spray & bear-proof containers or hang method (if needed)
- Safety plan: emergency contacts, local ranger, firehouse, hospital, police, evacuation routes, and medical info for all participants
- Campsite reservation copy
- Current weather forecast for the entire trip
- Map of camping area with exit plan
- Two-way radios
- Cell phone

## **Individual Packing List (Backyard or Car Camping)**

Encourage girls to pack light—it saves space and builds good habits for longer trips.

- Sleeping bag & sleeping pad
- Pillow
- Toiletries kit (see details below)
- Sweatshirt/light jacket
- Flashlight/headlamp & extra batteries
- Backpack & water bottle
- Closed-toe shoes; sandals/flip-flops optional for shower
- T-shirt/long-sleeved shirt
- Shorts/pants
- Underwear & 2 pairs of socks (3–5 pairs for longer trips)
- Rain jacket
- Hat
- Sunglasses & sunscreen
- Bug repellent
- Medications (if needed)
- Dunk kit
- Optional towel for swimming/showering

Tip: Label all personal items with the girl's name.

## **What is a Dunk Kit?**

A dunk kit is a mesh bag holding each girl's dishes and utensils:

- Plate
- Bowl (optional)
- Cup with handle
- Fork, knife (child-safe), spoon

After meals, dishes are washed and hung to dry in the bag.

## **Toiletries Kit**

Use troop meetings to prepare kits together and teach girls to pack light. Travel-sized items are ideal.

Must-Haves:

- Toothbrush & toothpaste
- Washcloth & soap
- Hair brush/comb & extra hair tie
- Deodorant

Optional Items:

- Wet wipes (clean hands/face, armpits, feet)
- Bandana (multi-purpose: headband, washcloth, towel, etc.)
- Face wipes or face wash
- Unscented moisturizer with SPF
- Headband for long hair while cooking
- Feminine hygiene products

Packing Tip: Use a labeled drawstring, zippered, or Ziploc bag.

## **Things NOT To Bring**

- Firearms: Not allowed for girls under 12; council permission required for any firearms.
- Valuables: Not covered by GSUSA or troop liability.
- Electronics: Laptops, tablets, music players, etc. are distracting and at risk of loss or damage.
- Cell phones: Can be used as cameras but discuss safe use and risks. Use airplane mode.
- Curling irons & hair straighteners.
- Makeup, body sprays, hairspray.

## Weather

### Thunderstorms and Lightning

Thunderstorms can develop quickly and are always associated with lightning. If you hear thunder, lightning is close enough to strike, and you should seek shelter immediately. Here are some important safety tips if you are outdoors during a thunderstorm.

- Avoid open fields, the top of a hill, or a ridge top.
- Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay near a lower stand of trees.
- If you are in an open area, go to a low place such as a ravine, ditch, or valley. Be alert for flash floods.
- If you are on open water, go to land, and find shelter immediately.
- Stay away from water and metal objects, which are both excellent conductors of electricity.
- If you feel your hair stand on end (which indicates that lightning is about to strike), squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact to the ground. This is called lightning position. DO NOT lie flat on the ground.
- During the storm, stay in any of the above-mentioned locations, but, if possible, the safest place is in a building or a car. Maintain a safe position for at least 30 minutes after you last see lightning or hear thunder.
- Visit [Ready.gov](https://www.ready.gov) for more details and techniques for staying safe.

### Heat

Follow these safety tips to avoid heat-related illnesses:

- Slow down. Reduce, eliminate, or reschedule strenuous activities until the coolest times of the day.
- Wear lightweight, light-colored clothing to reflect heat and sunlight.
- High protein foods tend to increase metabolic heat production and increase water loss. Eat proteins mostly during cooler times of day.
- Drink plenty of water along with non-alcoholic and decaffeinated fluids. Your body needs water to keep cool. Drink plenty of fluids even if you do not feel thirsty.
- During excessive heat periods, spend time in air-conditioned or shady places, if possible.
- Avoid the sun. Sunburns reduce your body's ability to dissipate heat. Wear wide-brimmed hats, shirts with sleeves, and consider a buff for your face when venturing on snow or water.
- Visit the NOAA National Weather Service for more information on NOAA's Watch, Warning, and Advisory posts.

### Flash Floods

Flash floods develop rapidly and can happen with little or no warning. They can occur in mountains as well as deserts, on small streams, rivers, and even in populated urban centers. The National Weather Service issues flash flood watches and warnings by transmitting their message on NOAA weather radios, weather apps, and through local media. A flash flood "watch" means threatening weather is possible in the area. A flash flood "warning" means you may have only seconds to escape. Review this checklist for flash flood safety tips.

- Know the area's flood risks.
- Monitor the NOAA weather radio all hazards bulletins, or your local news stations, for vital weather information.
- Stay alert for signs of heavy rain (thunder and lightning) both where you are and upstream.
- Watch for rising water levels.
- Get to higher ground if flooding occurs. Leave low-lying areas immediately.
- Do not try to outrun a flash flood in your car. Climb to safety immediately.
- Avoid areas already flooded, especially if the water is flowing fast.

- Do not attempt to cross flowing streams.
- If you are on solid ground, do not try to swim to safety. Wait for rescuers to come to you.
- Be especially cautious at night when it is harder to recognize and respond to danger.
- During threatening conditions, do not camp or park your vehicle along streams and rivers.

Hail, heat, high winds, and other weather events can turn a pleasant outdoor experience into an exercise in survival. NOAA Weather apps and weather radio are around-the-clock sources for weather reports and hazard alerts. Being prepared with appropriate clothes and equipment, checking weather conditions prior to a visit, and letting people know where you are going and when you will return will help ensure your safety through an outdoor adventure.

## **Leave No Trace**

A Girl Scout leaves a place better than she found it. Girl Scouts should learn to protect and preserve such wonders for future generations. It is important for girls to learn how camping and other outdoor activities impact the environment and how girls can minimize their impact. Refer to the Leave No Trace web site for more information: <http://www.lnt.org/index.php>

Leave No Trace (LNT) is a nationwide program designed to help outdoor guests make good decisions when they travel and camp. LNT principles are required when spending any time outdoors. The LNT program is based on seven principles. Girl Scouts already incorporate many of these principles through observance of the Girl Scout Law and Promise. Model and teach these good LNT practices with your girls.

### **The Seven Principles of Leave No Trace:**

#### **1. Plan ahead and prepare.**

The longer your trip is going to last, the more crucial it is to plan ahead of time what activities girls would like to do while camping. It is also important to have an escape route planned in case something happens while you are camping. Encourage girls to be as involved as possible and review Girl Scouts' Safety Activity Checkpoints with them.

#### **2. Travel and camp on durable surfaces.**

Using established campsites, trails, and facilities will greatly reduce the impact your group makes on nature. Remember to camp and hike on durable surfaces such as large rocks, gravel areas, and areas covered with pine needles. We want to leave things better than we found them, which includes plant life in the area.

#### **3. Dispose of waste properly.**

Make sure that everyone in your group knows where the closest trash receptacles are located and how to dispose of waste. It is everyone's job to make sure camp stays clean. Establishing good habits with girls at a young age will also help them keep LNT principles as they become older.

#### **4. Leave what you find.**

When outdoors it is easy to forget that we are visitors, and it is important to encourage the girls to leave what they find. Rather than collecting things from nature, encourage girls to bring a journal and/or a camera so that they can keep track of the things that they see while leaving them for others to enjoy.

#### **5. Minimize campfire impacts.**

Having campfires requires a large amount of responsibility and safety. Girls should only build fires in established fire circles. This will greatly minimize your campfire impact while ensuring a safe and manageable experience.

## **6. Respect wildlife.**

Leave plants, rocks, and natural objects where you find them, and do not disturb wild animals. Outdoor adventurers must never feed wild animals. Remember, animals become dangerous, not only to people, but also to themselves and other animals, if they eat human food.

## **7. Be considerate of other visitors.**

Troops should remain considerate and caring while exploring and enjoying the outdoors. We want others to be able to enjoy their time away as much as we do. This might mean we cannot sing as loud as we usually do; we move to the side of the trail for another hiker; or we offer to help another group collect firewood.

### **On the Trail**

- Limit group size to a number that can camp or hike together without causing too much interference to others or doing excessive damage.
- Stay on marked or established trails and walk single file.
- Stay on the trail, even if it is muddy, to avoid creating another trail next to the original.
- If your troop is walking where there is no trail, spread out to hike, do not hike single file.
- Stay off mosses, lichens, flowers, etc., especially at high altitude, above timberline, where foliage is fragile.
- When taking breaks, get off the trail and rest a few yards away from the trail so you are not blocking others. Spread your group out and do not leave any trash or food waste behind.
- Fluff up the grass before you leave.
- Pick up any trash even if your group did not leave it.

### **LNT at the Campsite**

#### **Selecting your campsite:**

- Camp at least 100 yards from a river or stream and 300 yards from lakes and ponds.
- Set up your camp away from sensitive habitat.
- Pick a campsite that has sturdy ground covering. Sand, solid rock, gravel, pine needles, and dirt can tolerate campsite activity much better than lush, delicate meadows, flowers, stream banks, and alpine tundra.
- Pick a site that has relatively easy access to water like a moving stream.

#### **Camp Waste:**

- Do Not burn trash. Carry out your trash or dispose of it in containers provided at the campsite. Plan ahead to bring as little trash as possible.
- Plan food carefully to avoid leftovers. Carry out leftover food. Do not bury or burn remaining food.
- Strain food particles from your dishwater. Put food particles into your garbage bag. Broadcast your strained water in a wide array far from water sources and your campsite.

#### **Bathing and Washing:**

- Use the least amount of biodegradable soap needed. Camping soaps are usually highly concentrated, so you only need to use a tiny dot compared to home hand soap.
- Do not do your washing directly in a stream or lake. Carry the water to a washing spot at least 100 yards from any stream or river and 300 yards from a pond or lake.

#### **Human Waste:**

- Use outhouses or toilets wherever they are available. Whether you use an outhouse or pit toilet or you dig cat holes, do not put anything except human waste and toilet paper down the hole. If you are going on a backcountry camping trip, email [customercare@gsmw.org](mailto:customercare@gsmw.org) for more information on outdoor bathrooms.

- In the backcountry, carry out used tampons or pads, sealed in a plastic bag. Advise girls to purchase unscented feminine care products for the trip. Teach girls how to care and dispose of their pads and tampons. Periods can be intimidating in the backcountry, but good education will help girls overcome their hesitancy to venture out while on their period.
- Set up a hand-washing unit near the latrine or pit and remind the girls to use it. The cooking section of this manual explains handwashing in more detail.

### **Animal Awareness**

For safety, inform your group of the dangers of being outdoors. At the same time, advise that the outdoors also provides a peaceful environment where people face challenges, relax, and learn new skills. Your troop should not fear the outdoors. They should respect nature and understand how to prevent dangerous situations and encounters.

In Montana and Wyoming, black bears, squirrels, and other pests or dangerous animals are everywhere – even in a backyard. Practicing animal safety in your yard is good preparation for the real thing. Yard practice will help your troop form good habits that prevent dangerous and problematic animal encounters when your group is in a wilder habitat.

Animals of any size can do harm if fed or caught. If your dog is present at any Girl Scout event, keep it under full physical control at all times and take responsibility for its behavior with children and wild animals. Keep the dog away from food preparation and eating areas.

### **General Guidelines**

- Campers should only observe wild animals, even small ones like insects, frogs, and birds, from safe distance.
- Campers should not attempt to touch, pick up, or pet any wild animal.
- Keep unwanted insects and animals away by maintaining cleanliness.
- Whenever you leave camp or go to bed, put your troop's garbage into the campgrounds' trash receptacles or into the trunk of a vehicle. If you do not have access to a car or trash can, put your garbage into a bear safe container or hang garbage in a bear hang.
- All food should be stored away from sleeping areas and sealed up tight. In the backcountry, your garbage should be stored at least 100 feet from your tent site.
- Remind girls to store their gum, candy, or snacks just as they would any other food. Properly store other things that smell good like toothpaste, lip balm, lotions, etc. Never allow these items in the tent site area or in tents.

### **Insects**

Remind your group that most insects in Montana and Wyoming are harmless. When we go outside, humans are the visitors in insects' homes. Everyone on the trip should treat insects with respect, cause them no harm, and leave insect homes the way they are found.

**For protection against ticks and mosquitoes:** Use a repellent that contains 20% or more DEET for protection that lasts several hours. When used according to directions, DEET is safe to use with children. High concentrations of DEET can melt synthetic clothing material (plastic), so use only on natural fibers or skin. Keep DEET away from eyes, nose, and mouth. You can control the application of DEET better with a wipe than with a spray.

**For protection against mosquitoes:** Products with one of the following active ingredients can also help prevent mosquito bites: Picaridin (*also known as KBR 3023, Bayrepel, and icaridin*; *Oil of lemon*

*eucalyptus (OLE or PMD); Citronella, Tea Tree Oil, Thyme Oil.* Higher percentages of active ingredients provide longer protection.

### **Prevent mosquito bites:**

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats. You can also wear clothing with built-in insect repellent.
- Stay and sleep in screened tents or cabins.
- Find a campsite or a resting site away from standing water. Puddles, marshes, and lakes provide great breeding grounds for mosquitoes.
- Use a bed net if you are sleeping in an open-air environment where mosquitoes are prevalent or dangerous.

### **Stinging Insects**

In Montana and Wyoming, yellow jackets, honeybees, and paper wasps are the main flying insects that sting when threatened. During summer, they are often found near water sources or standing water.

### **Prevention:**

- Avoid contact whenever possible.
- If you see a hive or nest, move to a different area.
- Reconsider stopping or camping in areas with many stinging insects.

### **If someone is stung:**

1. **Check medical information** for each participant to know who has allergies.
2. **Non-allergic reactions:**
  - Apply a topical insect bite relief ointment.
  - For swelling, an oral antihistamine (like Benadryl) can help.
3. **Allergic reactions:**
  - The person should use their own medication as directed.
  - An antihistamine may help, but those with severe allergies should be prepared to use an **epi-pen**.
  - Epi-pens provide temporary relief and allow time to access emergency care.
  - After using an epi-pen, **call emergency services immediately** and evacuate to a medical facility.

### **Key Points:**

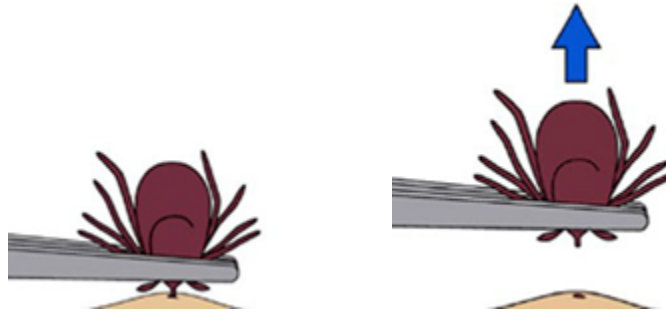
- Stay calm.
- Make sure everyone knows where emergency supplies are.
- Prevention and preparedness are the best protection.

### **Ticks**

If you find a tick attached to your skin, do not panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick effectively.

Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.

- 1) Pull upward with steady, even pressure. Do not twist or jerk the tick. Be sure to remove the entire head and all mouth parts from the attachment site.
- 2) After removing the tick, thoroughly clean the bite area with rubbing alcohol or soap and water.



Avoid folklore remedies such as painting the tick with nail polish or petroleum jelly or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible. Keep the removed tick in a sealed baggie in case you begin to feel sick and need the tick analyzed. Tick bite illnesses can take anywhere from 3 to 30 days to show.

#### **Prevent tick bites:**

- Tuck in your shirt; tuck pants into socks; and wear closed-toe shoes.
- Wear light-colored fabrics so you can easily see ticks on your clothes.
- Cover skin with long-sleeved shirts, long pants, and hats.
- Apply Permethrin to clothes and fabrics to prevent tick bites. Do not apply this chemical directly to the skin. You only need Permethrin if there is a high concentration of ticks or the area is known for tick-born illnesses.

### **Larger Animals**

#### **Bears**

- Before venturing outdoors, contact regional land management agencies for the most up-to-date information on bear (and other animal) activity.
- Make noise while hiking, especially when approaching blind curves or areas with running water that may hide your noise. Your best protection is to let bears know you are approaching, so they can leave the area.
- Watch for bear tracks, scat, and tree scratches. You may wish to turn back if you see evidence of bear activity in an area.
- Learn how to use and carry bear spray. Park and forest rangers often have practice canisters, and they will be happy to teach your troop how to use bear spray.
- Stay in a close-knit, large group.
- If you encounter a bear, do not run. Stick together as a group so it is easy for everyone to be near someone with bear spray. Do not threaten the bear but act big and self-assured. Talk to the bear so it knows you are human and not prey.
- If the bear charges, use your bear spray.
- If the bear attacks, fight for your life. Protect your stomach and neck. Your backpack also serves as a shield to your back and your vital organs.
- More information on bears is available at: <http://iqbconline.org/>

#### **Black Bear vs. Grizzly Identification**

*Where available, you may have access to free Bear Aware material from the Forest Service, BLM, DNRC, or local Fish, Wildlife, and Parks office. Call your regional offices to ask for bear aware pamphlets and educational materials and opportunities.*

Grizzly and black bears vary in appearance and behavior. While it is important to know the difference between the two, please note that either species can be very dangerous and can cause damage and personal injury.

Black bears can be black, blue-black, dark brown, brown, cinnamon and even white. Grizzlies, likewise, may range in color, from black to blond. Although grizzly bears are, on average, significantly



larger than black bears, size is not a good indicator of which species is which. To identify different species of bear, the best indicators are the size of the shoulders, the profile of the face, and the length of the claws. The grizzly bear has a pronounced shoulder hump that the black bear lacks. Grizzlies have a concave facial profile, smaller ears, and much larger claws than the black bear. Black bears have a flatter nose profile, larger ears, no visible shoulder hump and smaller claws.

### Mountain Lions

- Stay alert near trees and large rock formations. Lions may attack from above.
- If you see a mountain lion, pick up a stick and make noises to alert the animal. Sound aggressive and act confident to intimidate the lion. Gather your group to appear bigger and more dangerous. Prevent the singling-out of any person in your group, and yell at the lion.
- Big things frighten lions. Make yourself look big by opening your coat and standing tall. NEVER bend over, crouch, run, or turn your back on a lion.
- Never allow children to wander in the forest by themselves. They may appear to be small animals to the lion. Lions typically attack the smallest, slowest, most exposed individuals in a herd - even in a herd of humans. Keep your herd tight and together! Try throwing things at the cat.
- If attacked, fight for your life and scream for help. Protect your stomach and neck.

### Other Animals

- Never approach or startle dogs, horses, squirrels, rabbits, chipmunks, birds, deer, or any other animal, no matter how harmless they seem.
- Do not feed any animals and make sure you do not leave food after you stop for lunch or a snack. Animals who know you have food may bother you and may get too close or aggressive.
- Keep your backpack closed and near you at all times.

- Step off the trail and yield to hikers with dogs or horseback riders. Everyone should step off the trail on the same side, preferably the uphill side. Say “Hello” so you don’t startle people, pets, and horses.
- If you see a dog on the trail, do not approach it, and do not startle it. Do not pet the dog. A dog owner may invite girls to pet the dog, but that is not a guarantee the dog won’t bite.
- Approach other people on the trail with caution. Groups should keep annoying sounds to a minimum out of respect for other users. People go to the woods for respite and relaxation, so respect their desire for solitude. Take appropriate precaution around other humans.

### **Rabid Animals**

It is very rare to come across a wild animal with rabies. There is a very small chance you may run into a wild animal or even a domestic animal with rabies. Animals with rabies will act differently than other animals. They may drool, seem paralyzed, act erratically, be irritable or strangely quiet; they may attack instead of run away.

- Nocturnal animals may come out in the day if they are injured or sick (i.e. rabid).
- NEVER attempt to interact with any animals.
- Seek immediate medical attention if a camper is bitten by any animal.

### **How to Protect Food**

#### **Car Camping:**

- Ask your campground host about food storage options:
  - Bear-proof cabinets
  - Hanging poles for food bags
  - Keeping food in your car
- Follow **Leave No Trace (LNT)** principles: ensure no food scraps or crumbs are left behind.

#### **Backcountry or Tent Camping:**

- Keep sleeping, cooking, and food storage areas at least 100 yards apart when possible to prevent food odors from reaching sleeping areas.
- If you cannot separate areas (like in established campgrounds):
  - Do not cook in sleeping clothes.
  - Store food and cooking clothes in a bear-proof location at bedtime.
  - Clean up thoroughly after meals or snacks.

#### **Food Storage Methods:**

- **Bear-resistant canisters or bags** are essential for backcountry camping and useful for car camping.
- **Hanging food bags:**
  - Hang during daylight for safety.
  - Place **10–12 feet off the ground** and **6 feet from the nearest tree trunk**.
  - The higher the better to keep animals out.

**Practice makes perfect:** Using canisters or bear hangs while car camping is excellent preparation for backcountry trips.

#### **Bear Hangs**

Traditionally, backpackers use bear hangs — suspending food bags from a tree. However:

- They only work if done perfectly.
- Suitable trees and terrain are often hard to find.
- Even experienced campers struggle to set them up correctly.

Because of these challenges, hangs are now considered a backup option or only used where specifically required.

### **Bear-Resistant Containers (Canisters & Bags)**

Bear-resistant containers are much more reliable and easier to use than hanging food bags:

- Bear canisters are hard plastic, odor-tight containers with lids designed so bears cannot open or break them.
- They are considered the most effective method of protecting food and scented items, and they are widely accepted and required in many national parks and wilderness areas.
- You do not need to hang canisters. Place them at least 50 feet from your tent or sleeping area.
- Keep the outside of the container clean of food odors.

**Bear-resistant bags** (made of strong fabric such as Kevlar or similar materials):

- They are lighter and more packable than hard canisters.
  - While a determined animal could crush the contents, the bag still prevents animal ingestion.
- When selecting a bear bag, it is important to distinguish between bags that are strictly odor-proof and those that are certified bear-resistant. Odor-proof bags contain smells using airtight seals, while tougher bags are made of puncture-resistant fabric and are certified to physically withstand bears. For maximum security, odor-proof bags are often used as liners inside bear-resistant containers.

### **Availability and Regulations**

- You can rent bear-resistant containers at many outdoor retailers and some parks or ranger stations loan them to campers.
- Many parks and wilderness areas require bear-resistant containers in the backcountry. Always check local regulations before your trip. Some places may still allow or require bear hangs.

Authorities such as the Interagency Grizzly Bear Committee (IGBC) maintain lists of certified bear-resistant products. Check with local land managers or official bear safety sources for the most current recommendations.

### **How to Set Up a Bear Hang**

First, attach a water bottle or weighted bag to the end of 30 to 40 feet of paracord or rope. Hook a carabiner to the other end of the cord. Throw the weighted end of the rope over a sturdy branch that hangs at least four feet away from the tree trunk. Secure food in a sturdy, preferably odor-tight, bag, and affix the bag to the carabineer. Pull the cord to raise the food at least 10 feet. Wrap the long end of the cord around an adjacent tree to secure the rope. Make sure to practice your bear hangs before going on your camping trip.

# HANGING A BEAR BAG—THE "PCT" METHOD

Illustration ©2013 by Derek Hansen, TheUltimateHang.com

If hung "upside down" be sure to tie a slippery overhand knot to prevent the cord lock from loosening



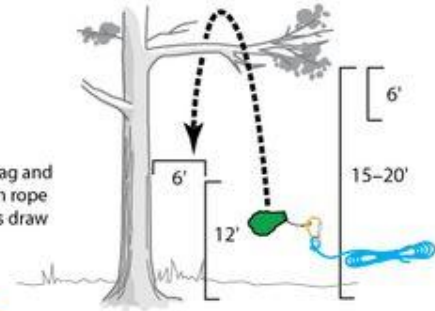
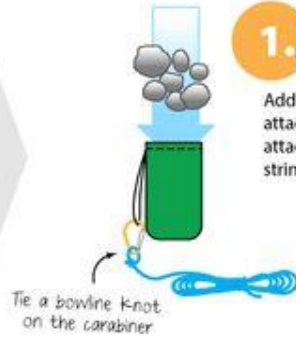
## EQUIPMENT

- Bear Bag
- 40 ft (12 m) Rope
- Throw/Rope Bag
- Mini Carabiner
- Small twig



1.

Add rocks to throw bag and attach carabiner (with rope attached) to the bag's draw string to secure.

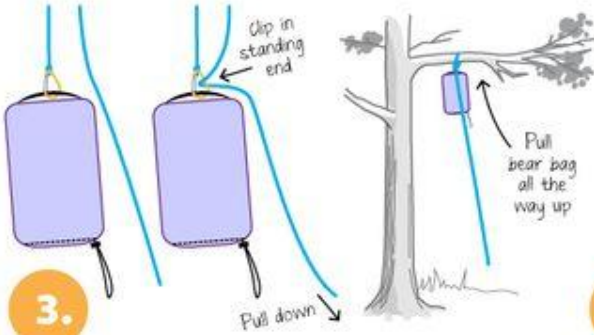


2.

Toss the throw bag over a sturdy branch that is 15–20 ft (4.5–6 m) above the ground.

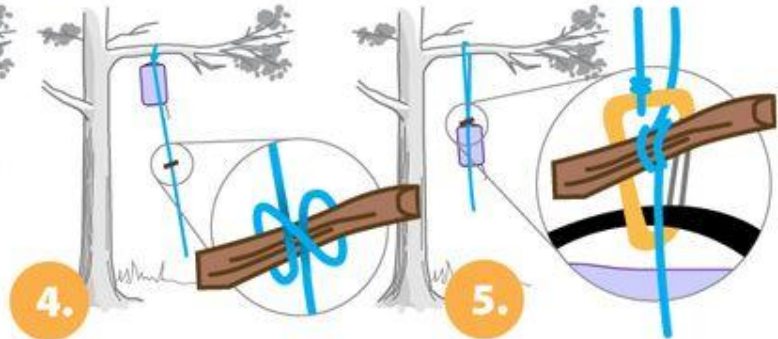
**NOTE:** When properly hung, the bear bag should hang at least 12 ft (4 m) above the ground and 6 ft (~2 m) down from the branch and away from the tree trunk.

(See <http://lnt.org/blog/hanging-bear-bag>)



3.

Unclip throw bag from carabiner. Clip carabiner to bear bag. Feed loose end of the rope through carabiner and pull loose end to raise the bear bag to the top of the tree branch.



4.

Reach as high as you can and tie a clove hitch around the twig on the loose end of the rope, creating a toggle.

5.

Release the loose end of the rope. The bear bag will stop at the toggle.

## Introduction to Hiking

### Hiker Responsibility Code

The Hiker Responsibility Code helps hikers understand their responsibility for safety. The hiker code acknowledges the inherent danger of hiking in the backcountry and encourages hikers to thoroughly prepare every time they plan to be on the trail.

#### **You are responsible for yourself, so be prepared:**

**1. Knowledge and gear.** Each individual should know about the terrain, conditions, local weather, and equipment before starting the hike.

**2. Leave your plans.** Tell someone where you are going, the trails you are hiking, when you will return, and your emergency plans.

**3. Stay together.** Start as a group and hike as a group. Pace your hike to the slowest person in the group. Let your slowest hiker be the leader!

**4. Turn back.** Weather changes quickly in the mountains. Fatigue and unexpected conditions can also affect your hike. Know your group's limitations. Know when you need to postpone your hike. The mountains will be there another day.

**5. Prepare for emergencies.** Even if your hike is short, an injury, severe weather, or a wrong turn could become life threatening. Do not rely on Search-and-Rescue. Know how to rescue yourself.

**6. Share the hiker code with others.** Teach your troop and your friends.

### Physical condition & Readiness

Prepare yourself and your troop physically before heading out on a hike. If you plan to hike at high elevations, allow time for everyone to acclimate to the altitude beforehand. Set a comfortable pace that works for the whole group.

Be aware of each participant's medical conditions, consult healthcare providers as needed, and obtain council approval before departing. Make sure you have the necessary skills for your adventure. Simply completing GSMW's Outdoor Training is helpful but may not cover everything. You may also need to know how to read a compass, set up a temporary shelter, or provide first aid. Practice outdoor skills with your troop before your hike to ensure everyone is prepared and confident.

### All participants carry their own backpack on a hike.

Backpacks can hold everything you need without being too heavy. For a day trip, each participant will need:

- Whistle
- Rain jacket
- 32 ounces of water or more depending on hike length, weather, and difficulty
- Trail food - enough for the hike and an extra, hearty snack
- Fleece jacket or vest
- Flashlight

**Extras for leader's pack.** A leader can carry group gear like a first aid kit, sunscreen, and insect repellent. They may consider also packing:

- Extra water
- Additional socks
- Hat
- Insect repellent
- Sunscreen
- First aid kit
- Compass and map
- Emergency blanket
- Phone

### **During the hike.**

- Wear sneakers or hiking boots, not sandals or Croc-like shoes.
- Bring extra layers of clothes.
- Stay with your group.
- Always wait at trail junctions.
- Be a responsible hiker. Follow Leave No Trace principles.

### **If you get lost**

- STAY IN ONE PLACE.
- If you're lost with someone else, stay together.
- Blow your whistle every few minutes.
- Stay warm and dry. You can snuggle with your friend or dog. Put on your extra layers. Body heat escapes through your head, so wear a warm hat. Do not lie on the bare ground because that will make you colder.
- Do not hide. Stay in the open where searchers can see you. Put out something bright for searchers to see like a bandana.
- Protect yourself from wind, sun, and rain.

## **Tents**

### **When Choosing a Tent Consider:**

- How many people? Adults must have separate tents from girls.
- Where will you camp?
- How many days will you stay?
- What are the expected weather conditions?
- Are there obstacles at the campsite, such as rocks, trees, shrubs, or snow?
- Will you need extra space to store gear inside the tent?
- How far is your campsite from your car?

### **Tent Placement**

- Use established or designated campsites whenever possible.
- Arrange tents in a horseshoe or circle with doors facing inward.
- Mark tripping hazards with brightly colored flagging.
- Keep tents at least 100 yards from streams and rivers and 300 yards from lakes.
- Avoid pitching near a lone tree, the tallest tree in the area, or standing dead trees.
- Avoid low spots or obvious runoff areas.
- Place tents away from food preparation and eating areas.
- Leave walking space around each tent for safe movement.
- Never store or eat food in or near tents.
- Keep tents at least ten feet from the campfire circle.

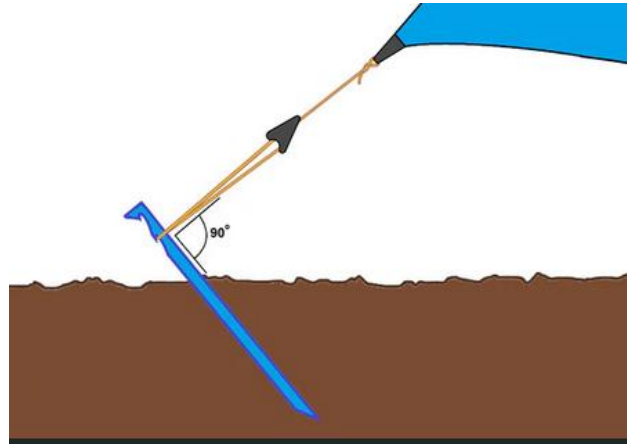
### **Pitching a Tent**

- Each tent has specific directions, but most follow the same basic principles.
- Have your troop practice setting up tents before going camping.
- Check for missing parts, rips, or tears during practice to ensure the tent is ready for use.
- Bring extra stakes and cord to replace damaged tent supplies.

### **Directions:**

- 1) Lay down a ground cloth or tarp to protect your tent's floor. To prevent moisture from collecting under your tent, make sure your ground cloth does not stick out beyond the edges of your rainfly.
- 2) Lay the tent on the ground cloth with the door facing the proper direction.
- 3) Lay out the poles and stakes where they will be needed.

- 4) Insert poles as directed. Depending on the type of tent, it is usually easiest to feed poles through sleeves or top clips first. Then, attach the ends of the poles to the tent corners.
- 5) Stake the corners of the tent. Press stakes diagonally into the ground. Using a mallet or rock can damage your stakes. Point the tip of the stake toward the tent at a diagonal.
- 6) Put your rainfly over your tent. Be sure the rainfly does not touch the tent. Use cording to pull the fly away from the tent and stake the cord into the ground at a diagonal.



### Tent Use and Care Tips

- Open air vents to improve circulation and reduce condensation.
- Keep bug screens zipped at all times to keep insects and rodents out.
- Store gear away from tent walls; extra gear can go in the car, under a tarp, or in a separate supply tent.
- If condensation forms, air out the tent by opening flaps during the day.
- Store stakes and poles inside the tent bag when not in use.
- Zip carefully and slowly; avoid forcing zippers to prevent fabric from getting caught.
- Bring extra tent stakes and poles in case of damage or loss.
- Do not spray bug repellent or sunscreen near tents; these can damage waterproofing.
- Avoid bringing sharp or pointed objects inside the tent.
- Do not hang anything from tent poles; they can bend, warp, or collapse.
- After camping, hang your tent to dry to prevent mold. Follow the manufacturer's cleaning instructions if mold develops.
- Remove shoes and boots before entering the tent to protect the floor; shake or sweep the tent before taking it down.
- Respect your tent mates' space. Agree on sleeping bag placement and gear storage so everyone is comfortable.

### Tent Safety

- Tents must be made of fire-retardant materials.
- Never take a candle or an open flame into a tent. This means white gas/propane lanterns or stoves. They get hot and the fumes are toxic.
- Do not use space heaters in a tent.
- Do not pin anything to a tent.
- During heavy winds or when leaving your campsite, close and fasten all tent flaps.

## Campfires

### Campfire Safety

- Choose a safe fire area: clear at least a 10-foot diameter and avoid overhanging branches.
- Keep a 3-foot buffer between the fire ring and where campers stand or sit.
- Make sure no one wears loose or dangling clothing near the fire. Avoid nylon or polyester.
- Tie back long hair.
- No running near the fire.
- Only designated cooks should be inside the buffer zone when cooking over fire.
- Never bend over the fire.
- Do not use liquid fuel to start the fire.
- Teach girls how to stop, drop, and roll and how to smother a fire with dirt or a blanket.
- Check with local authorities, such as a county sheriff or park ranger, for fire restrictions or bans.

### Fire Restrictions

It is the responsibility of the troop adults to check whether a fire ban is in effect at their campsite. Call the county sheriff, public land governing body (i.e. Forest Service, BLM, FWP) or park ranger before making your cooking and campfire plans. Adults must supervise the fire closely. Never leave a fire unattended. Remember to review fire safety procedures with your girls before starting a fire.

### Ingredients for a Successful Girl Scout Campfire Experience

Campfires can be a wonderful bonding experience for girls of all ages. Allow girls to take action and choose their own activities and ideas to make their campfire a memorable and meaningful time. Girls will enjoy songs, games, stories, and s'mores around the campfire.

### Wood Fire Supplies:

Wood and kindling are hard to find at conventional campgrounds. It is illegal to transport wood from one forest to another. Firewood can spread invasive species, pests, and diseases that negatively affect the forest. If you want a wood fire when you are camping in your backyard or when you are car camping, purchase wood from a near-by source. If your troop plans to collect wood at the site, only collect down, dead, and detached sticks. Do not attempt to chop, saw, or break-off standing trees and branches.

### You will need:

- Tinder: Thin, brittle sticks and splinters and dry, red pine needles. When car camping, you may want to have some newspaper, dryer lint, or other artificial tinder from home.
- Kindling: Dry sticks and twigs, one or two inches in diameter.
- Wood fuel: Firm wood, four and five-inch diameter logs. Larger logs will burn best if split, exposing their dry heartwood. If you bring thicker logs, bring a hatchet and know how to use it safely.
- Firefighting equipment: A metal bucket full of water. Stick a stick into the water so little critters can crawl out, as needed. Girl Scouts call this stick a "critter-stick". Also, bring a shovel to throw dirt on unruly sparks. You can also purchase camping fire extinguishers for added safety.
- A fire source like wooden safety matches, flint and steel, and a lighter. Always have a back-up fire starter.

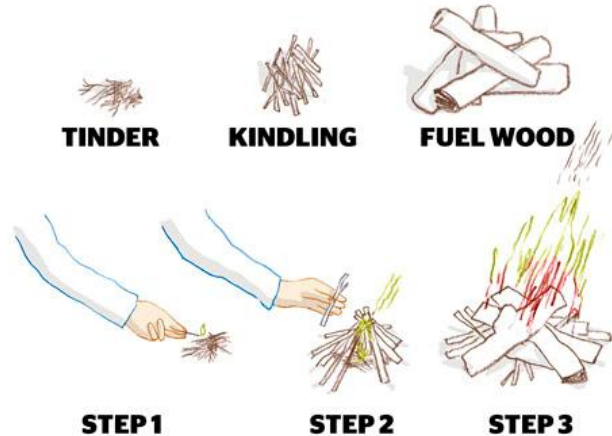
### Where to Build your Fire:

Use an existing fire ring or fireplace away from the base of trees and overhanging branches. The fire ring should be in a clearing at least ten feet in diameter. If your campsite does not have a fire ring, you can bring a portable fire pit.

### A Good Wood Fire

- Be sure you need a fire and that fire is permitted.
- Make your fire just large enough to serve your needs and make thrifty use of fuel.

- Keep your fire under control and watch it at all times.
- Douse your fire when you finish using it. Your fire ring and ashes should be cool to the touch before leaving.

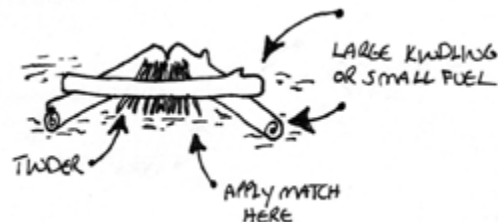


### How to Build a Fire

A fire needs oxygen, fuel and a spark or heat. Be sure that your starting method allows a good balance of fuel, airflow, and heat. The tinder, kindling, and wood will provide the fuel. The amount of oxygen reaching the flame will determine how well the fuel will burn. The more you practice building a fire, the better you will get.

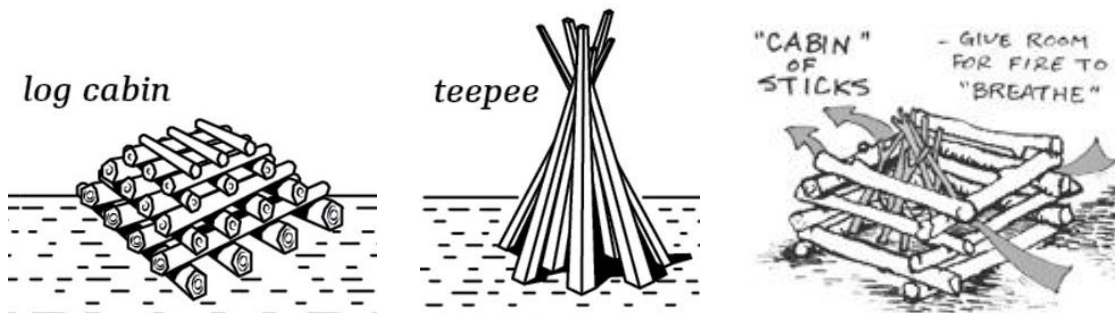
### Here is one example of how to start a fire:

- 1) With the wind at your back, begin with an A-frame foundation made with three sticks of kindling.



- 2) Lightly pile a handful of tinder in the angle of the sticks so that air can circulate. You may add homemade firestarters and artificial tinder as long as you are not in designated wilderness.
- 3) Light the tinder from below.
- 4) As the flame catches, add small pieces of kindling.
- 5) When the fire is going well, gradually add fuel of larger sizes. Lean the added fuel on top of each other with spaces for oxygen to continue to flow.

### You can try building other types of fires like:



### **How to Extinguish a Fire:**

- 1) Use the critter stick to spread out the wood in the fire ring.
- 2) Sprinkle water over wood and ashes and stir the contents with your critter stick. Sprinkle the water instead of pouring it because too much water at once can release a dangerous plume of steam.
- 3) Continue sprinkling water and stirring until the coals of the fire are cool to the touch. Slowly place your hand over the coals until you know you can safely touch them.
- 4) Only use a wool blanket in an emergency to smother a fire. Smothering a fire with dirt or water does not guarantee that the fire is out. Buried hot coals may smolder for days and start an underground or surface fire after you are gone.
- 5) You may disperse cold ashes or throw them in the garbage when done. See each camp site's regulations.

### **Teach your girls:**

- How to put out a fire on their clothing: Stop, drop and roll.
- How to douse a fire: Sprinkling water, not pouring the whole bucket on it.

### **Treating burns**

- 1) First, cool the burn and stop the process of the burn by pouring cold water on the burned area.
- 2) Loosely wrap sterile rolled gauze or a clean cloth over the burn to decrease pain.
- 3) For burned fingers, wrap each finger loosely and separately with sterile rolled gauze. Do not wrap fingers together because they could stick to one another.
- 4) If possible, remove burned clothing because it can continue to smolder. If the fabric is stuck to the burn, do not remove it.
- 5) Acquire medical help as quickly as possible. Quick medical response results in less infection and a quicker recovery.

## **Outdoor Cooking**

**Closely supervise girls in the camp kitchen.** Limit the number of girls cooking at one time. Use a kaper chart to determine who cooks and take turns so each girl gets a chance to try cooking. Only one girl should manage the stove under close supervision. Each girl managing a knife must complete an adult-led knife safety program, and adults should supervise each assigned knife handler. Only use hard services for cutting. Do not cut "in the air" or on your leg and always cut away from yourself. Eliminate loose or dangling clothing and hair in the kitchen.

**Clearly define the kitchen space with a border.** Create a safe area about five feet in diameter around the kitchen. Only the assigned cooks can be in the kitchen borders. At a public, front country campground, cooking and eating areas should be about 15 feet from tent sites. No one should walk through, reach over, or engage in horseplay near the fire or stove in the safe area. The cooking area should be located in an area free from hazards that could trip, poke, or hinder the cook's safety. In the backcountry, the camp kitchen and eating area needs to be at least 100 feet from tent sites.

**When lighting a stove,** do not let the gas run too long before pressing the ignite button or lighting it with a lighter. If you need to, turn off the gas, and let the gas dissipate before trying to light it again. Never place your head above the stove when lighting. If someone inhales cooking gas and then lights it, they could burn their face, esophagus, or lungs. Inhaled and combusted stove fuel can cause serious injury or death.

**When handling hot pots and pans,** girls and leaders should use potholders and/or gloves. When pouring from a pot or a fry pan, direct the pour away from yourself. Never pour hot liquids when anyone is sitting nearby. Do not pour hot liquids into a handheld container. Instead, place containers on a flat, stable platform or on the ground.

## Proper Sanitation

- Wash hands with soap and water before handling food or utensils.
- Clean cooking and food prep surfaces.
- Prevent cross-contamination of raw meats and uncooked foods.
- Keep dirt, grass, bugs, etc. out of the food.
- Do not share cups, plates, or silverware without sanitizing them first.
- Avoid handling food and others' utensils if you are ill, have broken skin, or have a skin infection.

### Hand-Washing

Place your handwashing stations near the bathroom or latrine and another near the kitchen area. If available, to minimize environmental impact, use established hand-washing stations or indoor plumbing. Remind girls to use the stations regularly.

There are several ways to build hand-washing stations. Here are some visual examples:



### Dishwashing

When setting up your dishwashing station, think about where your water source is located, who will be washing dishes, and the amount of dishes they are washing.

Your washing station should consist of three washing containers or dish pans:

1. The first should contain warm, soapy water for washing
2. The second with warm, clean water for rinsing
3. The third with sanitizing water. To sanitize, use a tablespoon of bleach or vinegar in water.

Never wash dishes in a pond, lake, or stream. When your troop travels into the backcountry, modify your dishwashing station to accommodate the need for less weight a bulk. Consider using collapsible bowls, buckets, and dish bins.



### Dishwashing Supplies:

- Rubber scraper or spatula
- 3 large dish bins
- 1 bucket
- Hot water
- Garbage bag
- Cleaning pad, sponge, or nylon scrubber
- Biodegradable soap
- Long rope (for hanging dunk kits)
- Bleach, vinegar, or iodine
- Clothes pins

### **Directions for Dishwashing Set-Up:**

1. Tie a rope between two trees that are about 15-20 feet apart.
2. Place a garbage bag at the beginning of the line of three dish bins. Place your dishwashing station on a durable surface with good drainage.
3. Fill the first dish bin with hot, soapy water. Put a scrubber nearby.
4. Fill the second bin one with hot, clear rinse water.
5. Fill the third bin with water and one capful of bleach or vinegar.

### **Dishwashing Procedure**

1. Scrape dishes into the garbage bag with a rubber scraper or spatula.
2. Wash dishes in hot, soapy water, scrubbing to get food particles off (dishpan #1).
3. Rinse in hot water. Make sure all traces of soap are removed (dishpan #2).
4. Immerse dishes for one minute in the bleach solution (one TB bleach/vinegar per gallon of cold water) as per County Health Department (dishpan #3).
5. Put dishes into a dunk bag and secure the bag to the rope with a clothespin. You may use a dish rack to dry larger items.
6. Strain the dishwater before broadcasting the wastewater. Splash water over a large area in a location away from your campsite and at least 100 yards from rivers or streams and 300 yards from a pond or lake. Pour dishwater through a strainer and into a bucket. Toss strained food particles into the garbage.
7. Rinse and disinfect dishpans by first straining and broadcasting pan 1, then pouring pan 2 into pan 1 and strain and broadcast again and finally pour pan 3 into pan 2 then pan 1 before straining and broadcasting.

### **Food Storage**

- Use a well-insulated cooler to maintain safe food temperature. Ice blocks last a lot longer than ice cubes. Freeze and use gallon jugs of water.
- Coolers containing raw meat must be kept at or below 40 degrees Fahrenheit.
- Plan as much of your menu as possible with foods that do not require special storage. Simple menus also allow for more time to enjoy your time outdoors.
- Cover food to keep out flies and dirt.
- Cook all meat well-done.

### **Progression in Outdoor Cooking**

Girls may begin with no-cook foods and one-pot cooking. As your troop gains cooking skills, try more advanced techniques including cooking over coals, Dutch oven, stick cooking, wanderer stoves, and cardboard box ovens.

The easiest meals involve dehydrated food. Cup O' Noodles, Ramen, and other dehydrated meals only require boiling water to cook. You can also have fun grilling hot dogs with ease, heating soups, and making grilled cheese!

Camp stoves operate much like a home gas stoves. The flame can be harder to fine-tune, so camp stoves often burn hotter and meals need more attention. Camp stoves and pots are also thinner and heat up faster than indoor pots & pans, so keep an eye on your food at all times for safety and so food does not burn. Small backpacking stoves require the most attention – they burn very hot in a very condensed flame, so use extra caution.

## Cooking with Camp Stoves

### What You'll Need

If you choose to use a camp stove, make sure you have compatible fuel canisters for your stove. Many camp stoves have an ignition button, but you may need a lighter. Practice igniting and using the stove before the troop's first campout.

Protect kitchen pots and pans from fire by coating the outside with dish soap. The camp kitchen box should include two pots, pot grips (for use with some camping pots), if needed, a fry pan, metal or heat-resistant serving spoon and spatula, metal or heat-resistant cups, bowls, and spoons, and potholders or thick cotton gloves.



If you're camping in your yard, know where the closest fire extinguisher is. When car camping, you can have a camping fire extinguisher handy. Also, keep a box of baking soda handy if you are cooking with oil or oily foods.

Check out GSMW's [traditional Outdoor Recipes & Cooking Tips document](#) for easy cook or no-cook meals and methods.

## Cooking with Fire

### Choose Your Fuel

Girl Scouts need to choose their method of cooking depending upon availability of fuel, environmental impact, cost, safety, experience, skill, and the kind of cooking to be done. Gas stoves are permitted during fire bans, but charcoal and wood fires are not permitted during fire bans.

### Charcoal Fires

Charcoal is a slow-starting fuel, so allow for plenty of time before you need to cook (at least 20- 30 minutes). Charcoal briquettes will give you a nice bed of coals for toasting, baking, and other kinds of coal cooking.

Charcoal is great for barbequing, stick cooking, roasting marshmallows, and nestling Dutch ovens. For recipes for stick cooking, Dutch oven cooking, and other methods of cooking with charcoal and camp stoves, please check out GSMW's [traditional Outdoor Recipes & Cooking Tips document](#)

### Where to Build a Charcoal Fire:

- In a fire ring that meets the same safety standards as those for wood fires.
- In a fire pan that does not allow ashes or coals to fall on the ground. This could be a designated fire pan or the pan from the bottom of a charcoal barbecue.

### What you Need:

- Charcoal. Keep in mind that some brands burn hotter/better than others.

- Fire starters: solid ones that you can make at home (e.g. trench candles, egg carton, kisses, etc.). Never use liquid fire starter, even on charcoal. You can buy charcoal infused with fire starter or use a charcoal chimney.
- Firefighting equipment: a metal bucket full of water and a shovel for each fire. Put a critter stick in the bucket.
- Wooden safety matches.
- Charcoal chimneys: A device that helps charcoal heat to cooking stage faster.

## Dutch Ovens

Cooking with a Dutch oven is a lot like cooking in your kitchen at home. You can regulate the temperature with charcoal as you might with your oven temperature gauge. Baking requires both top and bottom heat.

Use the “Rule of Three” to determine baking temperatures. An easy way to remember the formula is “**3 up, 3 down = 325°**”. This formula is based on the oven’s diameter (the number stamped on the lid) and the use of full-size charcoal briquettes.

**\*\*\*The formula works this way\*\*\***

DIAMETER + 3 = # of briquettes required for top heat

DIAMETER – 3 = # of briquettes required for bottom heat = at baking temperature of 325°

For example, with a 10” diameter oven, you would subtract 3 from the size (= 7) and arrange seven coals in a checkerboard pattern under the oven. Add 3 to that number (= 13) and arrange thirteen coals in a checkerboard pattern on the lid.

Sometimes a recipe calls for oven temperatures hotter or cooler than 325°. It takes two briquettes (one on top and one on bottom) to provide 20° to 25° of heat. So, using the formula as a guide, you can modify the 325° baking temperature by adding or subtracting briquettes. For instance, if your 10” Dutch oven needed to be at 375° to bake a cake, you would add 4 more coals (2 on the top and 2 on the bottom) to get that temperature.

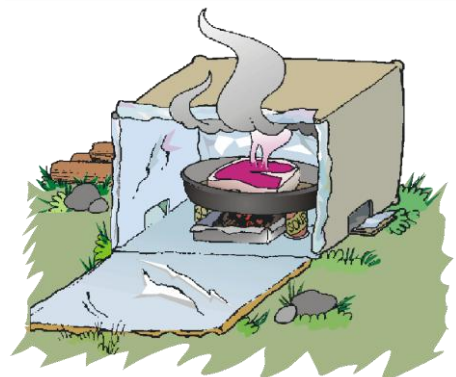
For frying, steaming, or boiling, add 3 to 6 briquettes on the bottom and eliminate the top heat. Reduce the bottom heat for simmering.

## Box Oven Cooking

Your troop can use a box oven to cook anything you might cook in your oven at home. Start with easy cookie recipes and expand your experience with casseroles and more!

### Materials Needed:

- Cardboard box: A sturdy box (approx. 12"x12"x18" or a nested apple box).
- Heavy-duty aluminum foil: At least 30 feet of 18"-wide foil.
- Aluminum foil tape: High-heat tape is preferred to secure edges.
- 4 empty aluminum or tin cans: To act as "shelf" supports for your grill.
- Fill material: Sand, rocks, or dried beans to weigh down the cans.
- Baking equipment: Two stackable metal pie pans (for coals), a small wire cooling rack, and a small cookie sheet.



### Build Instructions:

1. Cut the oven door. Use a box knife to cut three sides of the top of your box to create a fold-down (or fold-up) flap that serves as the door.
2. Reinforce the heat zone. Cut an extra piece of cardboard to fit the bottom of the box and wrap it in a double layer of foil to provide extra insulation where the hot coals will sit.
3. Foil the interior. Line the entire inside of the box with heavy-duty aluminum foil, shiny side out to reflect heat. Secure all seams with foil tape so no cardboard is exposed.
4. Foil the exterior. Wrap the outside of the box in foil, extending it at least 4 inches up the sides, and tape it down securely.
5. Prepare the supports. Fill the 4 empty cans roughly 2/3 full with sand or beans for stability. Tape the tops closed and, if desired, wrap them in foil.
6. Set up the "shelf." Place the two stackable pie pans on the floor of the oven; these will hold your hot coals. Arrange the four cans in a square around the pans and place your wire rack on top of the cans.
7. Manage the heat. When ready to cook, use tongs to place hot charcoal briquettes into the pie pans.
  - o ***Rule of thumb: Each briquette provides roughly 40–50 degrees Fahrenheit. For a 350°F oven, use 8–9 briquettes.***
8. Ensure airflow. Close the door, but leave a small crack (about 1 inch) to allow oxygen to reach the coals so they stay lit.

Safety Note: Always place your box oven on a non-flammable surface like concrete, dirt, or bricks—never on a wooden table or indoors.

For more tips on the following outdoor cooking methods, view GSMW's [traditional Outdoor Recipes & Cooking tips document](#):

- Stick cooking
- Box oven baking
- Dutch oven baking recipes

### Why do We Use Kaper Charts?

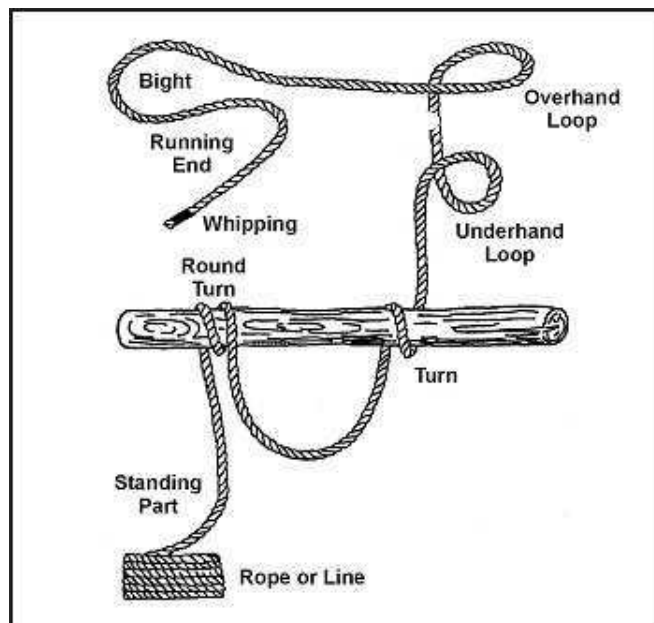
The division of duties gives every troop event or meeting a built-in opportunity for girls to take the lead, to learn by doing, and to work together for the better of the group. A chart also helps build accountability as girls start to hold each other and themselves responsible for accomplishing necessary tasks.

## Teaching Knots

- Use cotton-braided cord, not nylon. Popular paracord works best.
- Use a four-foot piece of rope.
- Tape, melt, or “whip” ends of the cord or rope to prevent unraveling.
- Use red and blue tape to color-code the ends of the rope when you are teaching girls. Red is the “standing” end, and blue is the “running” or “free” end. Once the girls have mastered a knot, have them practice without the color coding.
- Explain and show example uses of each type of knot.
- Over time, use games periodically to practice knots so girls won’t forget them.
- Avoid using “right” and “left” when giving directions. Instead, use “red” or “blue” or “standing” and “running”.
- Girls should be able to identify a knot by how it looks when completed.

### Knot Terminology

- **Bight** - A simple bend of rope in which the rope does not cross itself.
- **Dressing the knot** - The proper orientation of the final knot parts. Dressing the knot involves tightening all parts of the knot so they bind on one another and perform optimally. A loosely tied knot can easily deform and malfunction under strain.
- **Loop** – Form a loop by crossing the running end over or under the standing end to form a ring or circle in the rope.
- **Overhand loop** - A loop formed by bringing the running end OVER the standing end.
- **Underhand loop** - A loop formed by bringing the running end UNDER the standing end.
- **Running end** - The free or working end of a rope. The running end moves as you tie the knot.
- **Standing end** - The static part of rope that is not running.
- **Turn** - A loop around an object such as a post, rail, or ring with the running end continuing in the opposite direction of the standing end. A round turn circles the object and exits in the same general direction as the standing end.
- **Whipping** - Any method of preventing the end of a rope from untwisting or fraying. Whip a rope or cord by wrapping the end tightly with a bit of tape or melting it with a flame.
- **Wraps** - Simple wraps of rope around two poles or sticks (square lashing) or three poles or sticks (tripod lashing). Wraps begin and end with clove hitches. All together, they form a lashing.



## Knife & Tool Safety

Girls may not use sharp tools until a qualified adult has taught the girls how to use the tools and tested them for proficiency in the use of the tool. A qualified adult must supervise every girl using a sharp tool. Teaching knife and tool safety skills is an important Girl Scout tradition. As a volunteer, establish safety rules and expect each girl to follow the rules at all times.

### SAFETY

- Tell the girls they cannot handle the knives until they are instructed to do so.
- Girls cannot handle knives until an adult is present to teach them how to use it.
- When instructing, have girls establish their safety circle with enough room to walk between girls.
- Girls should always double check their safety circle before opening a knife.

### Opening & Closing Knives

- Always use both hands to open a folding knife.
- Keep fingers on the sides of the knife.
- When closing, keep fingers to the side. Do not wrap fingers around the handle (or the blade).
- Always open and close a knife slowly and intentionally.
- Close the knife to carry it or when not in use.
- Close the knife before passing it to someone.



### Caring for Knives

- Keep knives dry and off the ground.
- Keep knives away from dirt and sand.
- Keep knives away from open flames and extreme heat.
- Do not use your knife to pry things open, to hammer, or to chop on wood.
- Do not use your knife to cut rocks or metal.
- Use knives under adult supervision to cut, scrape, or whittle wood, food, or rope.
- Carefully clean your knife when you finish using it.

### Knife Etiquette

- Do not use knives to deface or disfigure property or living things.
- Knives are not toys. Do not wave or throw them in jest or in a threatening manner.

### Knife Use

- Hold the knife by its handle and keep a firm grip.
- Use only a sharp knife. Dull knives are dangerous.
- Keep your fingers and hand off the blade.
- When scraping or whittling, use pushing strokes away from your body.
- Before walking or running, put your knife down, or close it and put it away.
- Close a knife before passing it to someone. If the knife does not close, it is best to put the knife on the table rather than hand it off. If you must hand it off, hold the dull edge of the blade with the sharp edge facing the ground. Offer the handle to the intended receiver. The receiver should acknowledge that she or he has received it and has a grip on it by saying "Thank you."

## **First Aid for Knife Cuts**

- If you have a severe deep cut with lots of bleeding, apply direct pressure, wrap tightly in sterile gauze, elevate the wound above the heart, and get help.
- If you are helping someone with a cut, use gloves and sterile gauze. If you do not have gloves, instruct the injured person to apply the pressure themselves.
- If the cut is not bleeding severely, use lots of water to rinse the cut. Then, using gloves, apply antibiotic wash and ointment. Blot the cut dry before applying a sterile dressing or bandage.

## **Construct a Paper Jackknife**

When working with younger Girl Scouts, we recommend using fake knives to teach beginning knife skills. Use the pattern to construct your own paper or cardboard jackknives. Older girls can also make paper jackknives to use when they teach younger Girl Scouts.

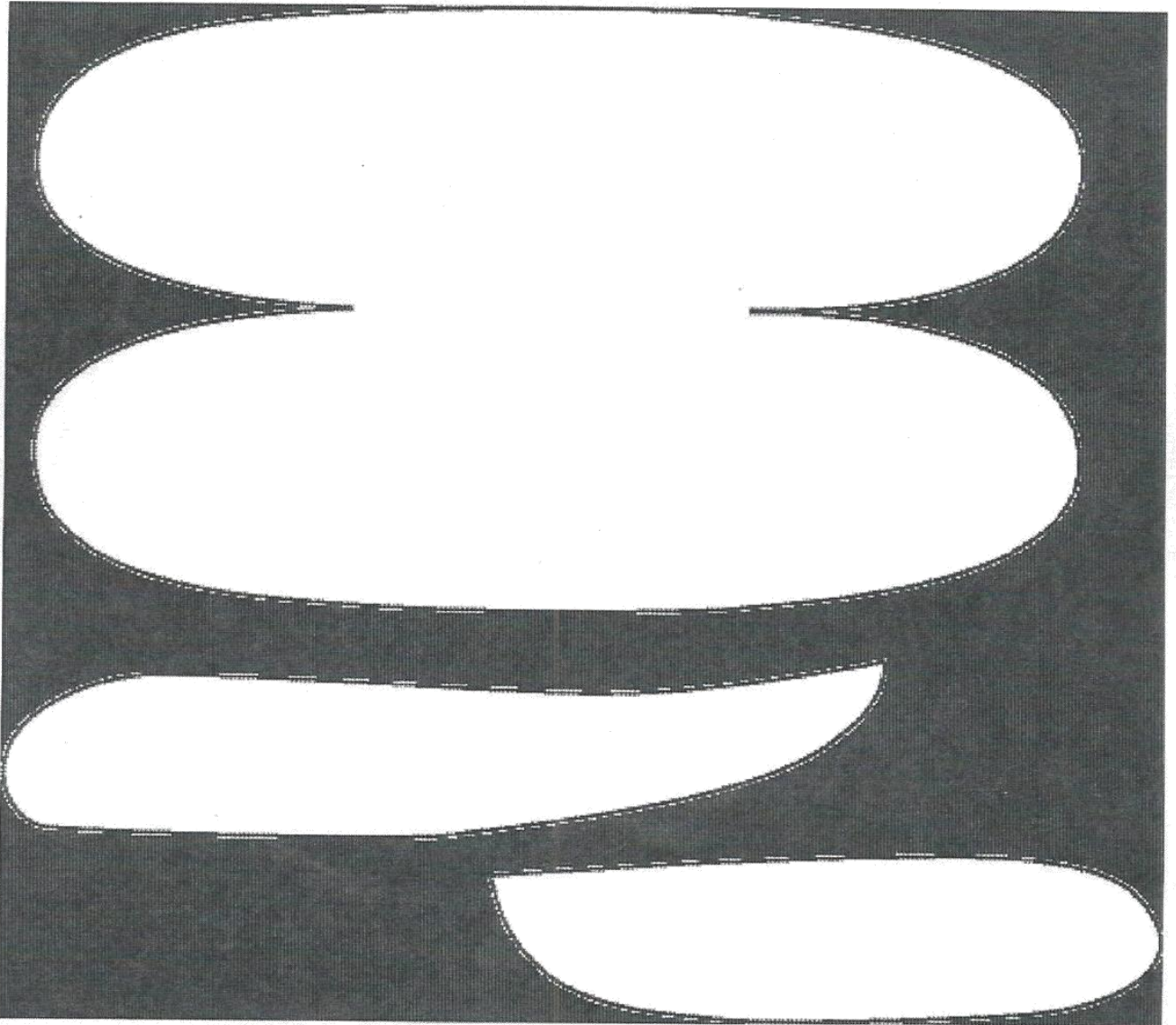
### *Materials:*

- Construction paper, card stock, cardboard, or fun foam
- Two  $\frac{3}{4}$ " brads
- Knife Pattern (see appendix)
- Scissors
- Hole punch

### *Directions:*

1. Photocopy or trace the pattern onto the material
2. Cut out the three pieces
3. Fold the body of the knife in two
4. Place the two knife "blades" into the knife body
5. Use the hole punch or scissors to create small holes for the brads
6. Insert the brads and flatten the ends

Paper Knife Pattern



## **Ax & Hatchet Safety**

Because of its size and the way in which it is used, an ax can be more dangerous than other wood tools. Remove the sheath only when you are prepared to use your ax correctly. Axes and hatchets take a lot of practice.

When splitting wood, wear safety goggles or full-coverage sunglasses. Work gloves are helpful to prevent splinters and blisters. Always wear sturdy boots when you are chopping with an ax. Leather will not stop a blade from hitting your foot, but good boots may limit the extent of an injury. Always stand up to use an ax or a hatchet.

Make sure you have plenty of room and use your safety circle when handling and using an ax. Your safety circle must be larger to reflect the larger size of an ax. Check your clearance by holding your ax by the head. Slowly rotate the handle at arm's length all around you and over your head. Make sure you are far away from branches and other overhanging objects that might get in the way. While you are cutting, be certain other people stay at least 10 feet away.

You will most often use an ax to chop kindling or make smaller pieces of firewood from rounds. For this, you will need a flat surface on which to chop. You can use a large piece of sawn log (a stump) as your flat surface. We call a stump surface a chopping block. The chopping block should be about 2 feet high. Chopping blocks prevent over swinging or a miss from hitting your toes or legs.

To split wood rounds with your ax, stand with your feet balanced and shoulder-width apart. Firmly hold the ax handle with your dominant hand toward the blade and your non-dominant hand on the end of the handle. Extend your arms and the ax to meet the top of the round on the chopping block to gauge the ax's distance to the wood. Raise the ax straight up above your head and then let it drop onto the wood. When it drops, your dominant hand should slide down from the top of the ax to meet your other hand. Avoid forcefully swinging the ax to prevent injury and strain.

To chop kindling, use a smaller ax or hatchet. After splitting some rounds, find smaller pieces to chop into slivers for kindling. Prop up the smaller piece of wood with a chicken stick rather than with your hand. The chicken stick will protect your fingers. With the hatchet, tap the small piece of wood until it sticks on the blade. Once the hatchet is stuck in the wood, tap the wood on the chopping block or the ground as the hatchet works its way through the wood. Repeat until you have several small pieces of wood to use as kindling.

### **Safe Practice makes Safety Success**

Practice wood splitting techniques in a safe setting and, if possible, with a person who has experience splitting wood. You can also find valuable instructional videos on YouTube.

### **Safe carrying**

Place a sheath over an ax blade whenever it is not in use. Carry an ax at your side with one hand, the blade turned out from your body. If you stumble, toss the ax away from you as you fall. Never carry an ax over your shoulder.

### **Safe storage**

Sheathe your ax and store it in a box, a bear cabinet, in the trunk of your car, or in an adult's tent. On the trail, tie a sheathed ax to the outside of your pack.

### **Safe handling**

To pass an ax to another person, hold the handle near the blade with the head down. Pass the ax handle with the blade facing out at a right angle between you and the receiver. When your partner has a grip on the handle, she should say, "Thank you." That is your signal to release your hold.

## Basic Outdoor First Aid

- At any Girl Scout event, ensure you have a current First Aid or CPR trained adult.
- Always have a First Aid kit with you and adapt your kit for specific activities.
- Restock your kit when you return home or back to camp.
- Before each trip or event, make sure your first aid kit is fully supplied.
- Delegate an adult as the primary first aider and make sure everyone in the group knows who that person is.
- If you are more than 30 minutes away from emergency medical services, have at least one currently certified adult Wilderness First Aider (WFA) in your group.
- Online First Aid and CPR classes do not fulfill GSUSA's requirement for certification.

For overnight trips, outdoor adventures, and travel away from town, GSMW requires at least one adult trained in First Aid and CPR. If a trip takes place more than 30 minutes from access to emergency medical services, GSMW also requires Wilderness First Aid training in addition to CPR.

These certifications protect the health and safety of all participants. Outdoor environments create unique medical risks. This handbook does not certify volunteers to provide wilderness medical care. Instead, it raises awareness and encourages volunteers to research common outdoor illnesses and injuries.

Unless you are a licensed medical professional, Wilderness First Aid or Wilderness First Responder courses provide the most effective preparation for medical emergencies in remote settings. These courses require more time and expense than standard first aid training, but they offer critical skills. Training options in Montana and Wyoming include Aerie Backcountry Medicine, REI, and NOLS.

### Steps in an Emergency

If an emergency occurs during outdoor activities, first assess the scene for danger. Identify what caused the injury. Was it an animal or a person who could return? If so, and if possible, move everyone to a safer location. If someone shows signs of heat stroke, get the group into the shade immediately. The first priority in any emergency is safety. Make sure no one else is at risk, including you.

Next, check the patient's airway to ensure they can breathe and call 911 immediately. If you are out of cell phone range, calling may be difficult. When you arrive at your outdoor destination, check your phone periodically to identify the nearest location with cell reception. Always carry your phone during hikes or adventures. Reception may be limited, but even a small signal can allow you to reach help.

### Emergency Phone Use Tips

- Conserve battery. Keep your phone in airplane mode or powered off until needed. In cold weather, store it close to your body to keep the battery warm.
- Enable location services before your trip. Turn on location services and Emergency Location Services so 911 can receive your position when available.
- Know your signal options. Voice calls need stronger signal than texts. If a call fails, try texting 911 or a trusted contact with your location.
- Use higher ground when possible. Move to open areas or higher elevations for better reception. Hold the phone away from your body and move slowly to find the strongest signal.
- Carry your phone at all times. Even weak or intermittent signal can be enough to send a message or connect briefly.

- Use satellite emergency features if available. Some newer smartphones can contact emergency services via satellite when no cell service exists. Learn how to activate this feature before your trip, practice using it, and keep it enabled whenever you travel into the backcountry.
- Be ready to communicate clearly. Stay calm and speak clearly. First share your location, phone number, and the nature of the emergency. If possible, provide GPS coordinates, nearby landmarks, trail names, distance from trailheads, and elevation. Describe your group, shelter, and visible signaling tools.

If there is a need to run for help, always send adults in pairs. Keep at least one person – preferably the one with the most experience in first aid or medical training - with the injured party and send two people down the trail. Any more than two people may slow the process of getting help.

### **Injury Prevention**

Wilderness and outdoor injury prevention begins with planning, preparation, and problem anticipation. You can prevent outdoor injuries and emergencies by:

- Maintaining your own fitness; monitoring and understanding each troop member's skill level and experience; and not exceeding personal and group limits.
- Check and maintain equipment, and replace it, if needed.
- Tell others where you are going and when you will return. Submit a [Troop Trip & High Risk Activity Request Form](#) to inform council and to ensure your trip meets insurance guidelines.
- Follow the activity-specific [Safety Activity Checkpoints](#).
- Ensure that you have a health history card for every girl participating in every Girl Scout event, program, or activity.

### **Injuries Outdoors**

Before each trip, refresh your first aid and CPR knowledge. Common outdoor injuries include twisted ankles, bumps, bruises, and scrapes, and burns from campfires and cooking on a stove. Common illnesses include the ever-present tummy ache, dehydration, and heat-related illness.

### **Flesh Wounds**

To clean a cut or other skin injury in the wilderness:

- Wear latex gloves
- Manually remove dirt and debris.
- Flush the wound with copious amounts of clean bottled water or water from a faucet.
- Apply a thin layer of an antiseptic ointment.
- Dress the wound with sterile gauze.
- If necessary, take the injured individual to a doctor for further assessment.

### **Snakebites**

If bitten by a rattlesnake or coral snake, two of North America's most common venomous snakes:

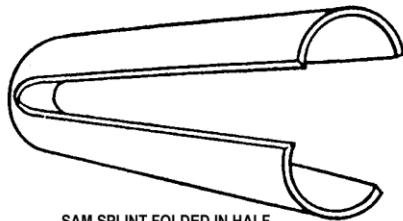
- Retreat out of striking range of the snake, which is at least its body length.
- If possible, call 911.
- Look for distinguishing traits that might help identify the species, like a rattle or facial pits/depressions. If you have a digital camera or camera phone, take a photo while maintaining a safe distance.
- Keep the bitten individual calm and still.
- Splint the bitten body part to limit unnecessary motion that could spread the venom. When splinting, leave room for swelling.
- Transport the victim to the nearest hospital immediately.

## Head Injuries

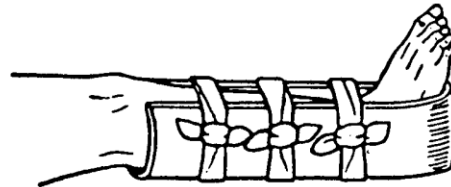
If someone has sustained a head injury:

- Protect the airway and cervical spine (i.e. neck) to make sure that the patient can breathe and that there will be no further damage to the spine.
- Carefully observe any victim who has lost consciousness briefly (less than one minute) for at least a few hours.
- Transport to a hospital anyone who shows worsening signs related to head injury. These include severe headache, blurred vision, nausea and vomiting, any change in mental status (declining alertness, ability to converse, or ability to follow commands), seizure, bleeding from the ears, bruising behind the ears or under the eyes, clear fluid draining from the nose, unequal pupils, or weakness in an arm or leg.

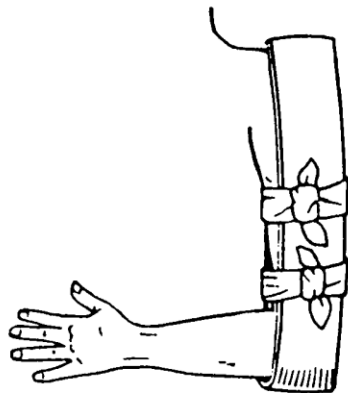
Your first aid kit should contain equipment to stop bleeds and swelling. We also advise carrying a SAM splint that can help stabilize a myriad of sprains and breaks so patient evacuation is as comfortable and safe as possible. A couple of elastic (Ace) bandage wraps help secure splints. With very serious injuries, you must consider evacuation that requires supporting or carrying the patient. Splinting and evacuation techniques are specialized and most effectively executed by trained individuals who have practiced their outdoor first aid techniques.



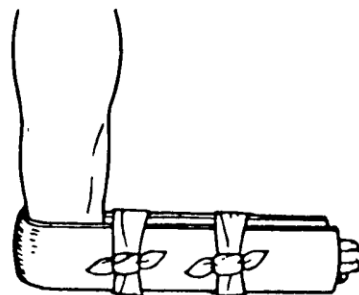
SAM SPLINT FOLDED IN HALF  
AND EDGES BENT



SAM SPLINT APPLIED TO A FRACTURED  
LEG OR ANKLE



SAM SPLINT APPLIED TO A FRACTURED HUMERUS



SAM SPLINT APPLIED TO A FRACTURED FOREARM

## Teaching First Aid to Girl Scouts

GSMW recommends that all Girl Scouts learn First Aid skills prior to taking troop trips or going on outdoor adventures. After taking your own First Aid & CPR certification course, help your troop earn their age-level First Aid Badges. If you have not taken a course, consider having an instructor come to a troop meeting. These badges generally follow a progression from basic safety and helping skills at Brownie to more advanced emergency response and leadership at Ambassador.

While the Safety Award, available for all levels, is not strictly a First Aid badge, the award includes components of personal safety, hazard recognition, and preparedness that support first aid and emergency readiness for Daisies through Ambassadors.

## **Illnesses Outdoors**

Illnesses can quickly become medical emergencies in outdoor settings. When in doubt, err on the side of caution. While some individuals may express discomfort more often than others, take every concern seriously. Be aware of the following illnesses that can significantly affect outdoor activities.

### **Diabetic emergencies**

Individuals with diabetes often manage their condition well, but changes in routine, activity level, or diet can trigger mild to severe complications. Warning signs include confusion, headaches, anxiety, sweating, weakness, numbness, or seizures. Learn each participant's diabetes management plan before extended trips away from civilization. Consider carrying oral glucose gel or honey packets in your first aid kit to treat dangerously low blood sugar.

### **Dehydration**

Nausea, vomiting, excessive sweating, diarrhea, bleeding, and burns can all reduce the body's fluid levels. Significant fluid loss disrupts normal body function and may signal a more serious condition. Prevent dehydration by reducing activity, seeking shade, drinking water regularly, and replacing electrolytes through drinks or powders.

### **Allergic reactions**

Allergies may include reactions to insects, foods, animals, pollen, or environmental triggers. Know every participant's allergies and keep documentation of required medications. If someone is stung by an insect, ask about previous reactions and monitor them closely. Watch for hives, itching, swelling, chest pain, difficulty breathing, or dizziness. Epinephrine can slow severe reactions but may not stop them completely. After using an epinephrine injector, evacuate the individual and seek emergency medical care immediately.

### **Stomach or abdominal pain**

Children frequently report stomach pain, which is often minor. However, severe or persistent pain may indicate serious conditions such as appendicitis, giardia, or urinary tract infections. More commonly, stomach discomfort results from diet changes, poor hygiene, unclean dishes, or contaminated water. Seek medical help if pain is severe, ongoing, or causes significant distress.

### **Asthma**

Asthma restricts airflow in the lungs and can cause breathing difficulty. Severe attacks may be life threatening. Some individuals experience infrequent symptoms, while others require daily medication. Know each participant's asthma history, triggers, and medications, and ensure they use their medications as directed.

### **Heat exhaustion or heat stroke**

High temperatures and overexertion can lead to illness. Prevent problems by encouraging rest, hydration, and electrolyte intake. Watch for individuals who appear overheated, dehydrated, or weak. Move those affected by heat to shade and monitor for cramping, headaches, dizziness, weakness, or nausea. Treat fainting, seizures, or severe symptoms as medical emergencies.

### **Cardiac emergencies**

Most chest pain in outdoor settings comes from muscle strain, injury, or digestive issues. Chest pain related to heart problems is always an emergency. Know the medical history of all participants. If someone has known heart concerns, consult with the individual, their caregivers, and their healthcare provider before participating in outdoor activities.

#### **Consider the following resources from GSMW:**

- [Authorization for Medical Treatment of a Minor](#)
- [Authorization for Medical Treatment of an Adult](#)
- [Health History & Medical Form](#)

## First-Aid Kits

Knowing what to bring is as important as knowing what to do. You can buy a preassembled medical kit from any outdoor retailer. We recommend, however, building your own, making sure you understand the uses for each item before you add it to your kit. A do-it-yourself approach allows you to easily adjust what you pack based on the location, the number of participants, the duration of the trip, and how much weight you wish to carry.

For basic outdoor activities like cookouts, short hikes, and backyard campouts, the most basic first aid kit should suffice. The most basic kit should include:

- Antiseptic wipes
- Antibacterial ointment
- Assorted adhesive bandages
- Butterfly bandages/adhesive wound-closure strips
- Rolled sterile gauze
- Sterile Gauze pads (various sizes)
- Nonstick sterile pads
- Medical adhesive tape (10-yd. roll, min. 1" width)
- Blister treatment (e.g., Moleskin, 2nd Skin)
- Ibuprofen/other pain-relief medication
- Insect-sting relief treatment
- Antihistamine to treat allergic reactions
- Fine-point tweezers
- Safety pins
- First-aid manual or information cards

The exact contents of a first aid kit will depend on the location, activity, duration, number of people and their levels of training, among other factors. Bring multiple kits for longer excursions and adventures with a big group. Coordinate the group's first aid kits to decrease weight and increase function.

First aid kits must be versatile and lightweight and must contain items you know how to use. Having a well-stocked kit is good, but you must have skills to use the items. Do not try to learn how to use something under pressure. Go through your kits frequently to restock and refresh. Dispose of expired items. Get written parental permission to administer over-the-counter medications.

A more extensive first aid kit may include:

- 1 - Tweezers
- 1 - CPR Microshield
- 4 - Non-Latex Exam Gloves
- 1 - Triangular Bandage
- 1 - 12ml Irrigation Syringe
- 1 - 3" Elastic (Ace) Bandage
- 1 - 3" Sterile Gauze Roll
- 2 - Cotton Tip Applicators
- 1 - Moleskin Pad
- 1 - Non-adherent (Telfa) dressing

- 2 - Tincture of Benzoin Ampules
- 3 - Triple Antibiotic Ointment Individual Packets
- 2 - Benzalkonium Antiseptic Towelettes
- 1 - SAM splint (optional but recommended)
- 2 - Iodine Swabs (do not use with individuals allergic to shellfish)
- 2 - Alcohol Pads
- 3 - Ibuprofen Packets
- 3 - Non-aspirin Packets
- 3 - Antihistamine Packets
- 3 - Antacid Packets
- 5 - 1"x3" Elastic Strips
- 5 - 3/4"x3" Elastic Strips
- 3 - Fingertip Bandages
- 3 - Knuckle Bandages
- 1 - Steri Strip Package
- 1 - Blist-O-Ban
- 1 - 5"x9" Trauma Dressing
- 2 - 4"x4" Gauze Pads
- 1 - 2nd Skin Package
- 1 - Roll Cloth Tape