

Level Six: Expert Camper

Girl Name: _____

Troop #: _____

Leader Name: _____

Date: _____

Locations where girl worked on activities:

Housekeeping

- € Learn about composting
- € Create a list and budget for one of your campouts
- € Plan and organize a campout with your troop or group: Decide where you are going, make reservations, create a budget, go shopping, get supplies etc...

Cooking

- € Know and demonstrate at least five different cooking methods
 - Boil in a bag
 - Solar
 - Foil cooking
 - Pie iron
 - One pot meal
 - Dutch oven
 - Charcoal stove
 - Stick
 - Tin can

Knots and lashing

- € Make a paracord bracelet
- € Know seven uses of a paracord bracelet and demonstrate at least one

Tools

- € Whittle a walking stick
- € Learn how to carry and use an axe and hatchet
- € Learn proper care of an axe and hatchet

Fire Building

- € Make a log cabin style fire
- € Make a pyramid fire
- € Learn about hunter cooking fires and its uses
- € Prepare a Ceremonial Scouts own "Lighting of the Fire"

First Aid

- € Complete a first aid/cpr course and get your badge
- € Make a pocket sized survival kit

Outdoor Recreation

- € Canoe across the lake either at camp or by yourself
- € Demonstrate canoe over Canoe Rescue
- € Try rock climbing at an approved site
- € Participate in a zip line or high ropes course
- € Participate in the Sasquatch Dash
- € Sleep outside 6 nights minimum

Hiking

- € Learn about winter camping; earn your polar bear patch by sleeping outside when its below 32 degrees
- € Learn about estimating time and distance during a hike and how it can help you on a hike

Nature

- € Identify potentially dangerous animals and ways to reduce risk of these animal entering your campsite and what to do if you encounter them.
- € Identify 10 edible plants and research ways to prepare them

Songs, Games, Traditions, and Ceremonies

- € Learn a campfire skit and perform it in front of your troop or group
- € Celebrate the Girl Scout Birthday on March 12th

Volunteer Service

- € Volunteer 20 hours total with an organization or project of your choice.
(This can be completed over time but must be completed upon receiving the patch.)