

Level Seven: Master of the Outdoors

Girl Name: _____

Troop #: _____

Leader Name: _____

Date: _____

Locations where girl worked on activities:

Housekeeping

- € Make an emergency shelter by only using your pocket survival kit and natural surroundings
- € Try to sleep in the shelter overnight
- € Complete a community service project at one of our camps

Cooking

- € Make and cook with a pot rod

Knots and lashing

- € Lash a camp project (example: Tower, monkey bridge...)

Tools

- € Learn how to score in archery
- € Practice shooting and score a 180 during a six round, 5 arrow shoot at 10 feet (Upon completion receive level 2 card from Council)

Fire Building

- € Start a fire using something other than matches
- € Start a fire in the rain

First Aid

- € Learn about natural disaster preparedness and the six stages of natural disaster
- € Learn what to do if you are at camp when a storm, tornado, and/or earthquake strikes

Bonus Points: Get a Wilderness First Aid Certification

Outdoor Recreation

- € Take the small craft course on the American Red Cross website
- € Portage a canoe at Camp Kachina
- € Participate in a high ropes challenge course
- € Participate in the Sasquatch Dash
- € Sleep outside 7 nights minimum

Hiking

- € Try and sleep in a shelter overnight
- € Learn how to properly pack a backpack for an overnight

Nature

- € Do a survey of the birds in your backyard
- € Research and identify invasive plants in your area

Songs, Games, Traditions, and Ceremonies

- € Share your best outdoor memory with a younger troop
- € Plan and execute a nighttime campfire program with a younger troop
- € Help a younger troop earn a level on the Outdoor Progression patch program

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.)