



OUTDOOR SKILLS

PATCH PROGRAM



OUTLINE:

The Outdoor Skills Patch Program is a five level program that concentrates on outdoor camping skills and activities. Participants begin with Level 1 and continue at their own pace to complete any or all levels.

PURPOSE:

To provide a progressive program to help girls learn and become skilled in outdoor skills as they progress through the grade-levels of Girl Scouting. The program is intended to supplement the already existing Girl Scout program. It is not meant to replace working on Journeys, Try-Its, Badges, or Interest Projects.

LEVELS:

Girl Scout Brownies, Juniors, Cadettes, Seniors, and Ambassadors can participate in this patch program. It is suggested that younger Girl Scout Brownies complete the Outdoor Fun and Outdoor Adventurer Try-Its as a lead-in to beginning this patch program. Girls should progress through the program according to their needs and abilities. A general guideline is:

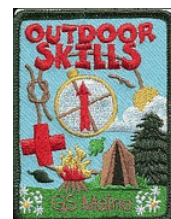
Level 1	Brownies
Level 2	Juniors
Level 3	Cadettes
Level 4	Seniors
Level 5	Ambassadors

Keep in mind that the preceding level must be completed before work on the next level can begin. You earn another section of the patch for each level completed. Level 1 is the center section; Level 2-5 are segments that surround the first patch.

Questions? Comments?

Contact the Director of Program 1-888-922-4763 (toll free in Maine only) or (207) 989-7474.

Patches are available at the Girl Scouts of Maine Council Shops in Bangor and South Portland.



LEVEL 1: BEGINNER

Complete all requirements.

1. Learn and practice good outdoor manners in the city and in the country. Practice the buddy system on a short hike.
2. Learn how to dress for the expected weather and what to bring along for the unexpected.
3. Learn the overhand knot and the square knot. Explain and demonstrate the use of these two knots.
4. Demonstrate how to open, close, and pass a paper or plastic folding knife. Explain what is meant by the safety zone or safety circle.
5. Learn simple first aid for cuts, insect bites, and skinned knees. Make an individual mini first aid kit and learn how to use the items in it.
6. Learn what safety precautions to take before starting a fire.
7. Learn how to choose a safe spot to build a fire. Explain why hair should be tied up when working near fires.
8. Prepare a non-cooked meal or snack for your group.
9. Learn and use four simple trail signs.
10. Have an understanding of the outdoor dishwashing procedures (scrape, wash, rinse, sterilize, and the dunk bag method.)
11. Participate in an environmental awareness activity, such as hug a tree, finding out how to plant a tree, or how plants and trees help us.
12. Do an outdoor program opening such as a poem or song.
13. Learn about low impact/no impact camping.
14. Learn what a kaper chart is and use one during an outdoor activity.
15. Singing around the campfire is a Girl Scout tradition. Learn a campfire song.

LEVEL 2: INTERMEDIATE

Complete all requirements.

1. Discuss the buddy system and triple buddy system, and how they add safety to trail hiking and swimming.
2. Learn the rules for hiking safely on city streets or country roads. Learn precautions to take to keep from getting lost on a hike. Learn what to do if you become lost or separated from your group.
3. Learn what “dressing in layers” means. Explain why this method of dressing is best for any outdoor activity.
4. Review the overhand and square knot and their uses. Learn the clove hitch and demonstrate its use.
5. Learn how to hank a rope for storage and carrying.
6. Using a clove hitch, make a God’s Eye with yarn or string.
7. Demonstrate how to clean and sharpen a knife, and learn why it is safer to use a sharp knife.
8. Learn first aid for burns and blisters, and discuss ways to prevent these accidents.
9. Learn how to choose a site and prepare it for a fire ring. Learn how to build a teepee fire, light it, and put it out. Learn what is meant by a graduated woodpile.
10. Cook something using stick cookery.
11. Set up a trail using a minimum of seven trail signs. Learn trail etiquette when following trail signs.
12. Learn how to roll and tie a sleeping bag.
13. Examine habitats of various animals. Adopt a tree. Find out ways to protect the natural environment and do an outdoor activity that improves the environment.
14. On an outdoor activity, do something to improve the site that shows you understand the saying “A Girl Scout leaves a place better than she found it.”
15. Participate in an outdoor flag ceremony.

LEVEL 3: ADVANCED

Complete all requirements.

1. Learn how to pack a daypack for a hike. Take a two to five mile hike.
2. List what equipment each person needs on a day hike and what items are needed by the whole group.
3. Review the overhand knot, square knot, and clove hitch. Learn the bowline and tautline or sheetbend knots. Explain and demonstrate the uses for all of the above knots.
4. Learn how to whip a rope on the ends.
5. Learn square lashing and make something using square lashing.
6. Working a safe distance from others, carve, or whittle something (i.e., plaster or soup sculpture, fuzz stick, point stick for cooking, etc.).
7. Practice tying a triangle bandage for an arm sling and for a scalp/forehead injury. Learn first aid to stop bleeding.
8. Bandanas can be used for many things. Make a list of at least ten things you can use your bandana for.
9. Learn the laws regulating open fires in your area and what permits are needed.
10. Make charcoal starters and know how to correctly start a charcoal fire. Learn what a "flume" can is and how to use it for starting a charcoal fire.
11. Demonstrate how to cook a one pot meal and a foil wrapped meal.
12. Learn how to read and use a compass. Learn how to sight and take a reading on a landmark, follow a direction, and know what is meant by declination.
13. Learn how to put up two different types of tents and demonstrate how to set up an organized camp area.
14. Find out about the different tracks that animals make. Make a chart showing their prints. Be able to identify at least four. Find out what you would do if you were to encounter any of these animals.
15. Participate in a predator-prey activity to understand the survival of animals in the wilderness and why they do or don't survive.
16. Learn the basic skills for fishing.
17. Plan and participate in a campfire program with your group.

LEVEL 4: APPRENTICE

Complete all requirements.

1. List personal equipment and group equipment for a two night campout.
2. Plan and carry out a give to ten mile hike.
3. Plan and carry out a two night campout.
4. Using three blankets and a ground cloth, make a bedroll, and tie it securely.
5. Demonstrate how to tie and put to use eight different knots, including square, clove, bowline, tautline, and sheetbend.
6. Make an article using three types of lashing (square, sheer, triangular, continuous, cross).
7. Learn how to hold, carry, and pass a hand axe safely. Learn how to sharpen a hand axe.
8. Learn the first aid procedures for fainting, severe sunburn, and hypothermia. Discuss ways to prevent these conditions.
9. Learn how to build a trench fire, log cabin or crisscross fire, hunter's fire, keyhole fire, and reflector fire against a rock. Discuss conservation of fuel.
10. Use at least three of the following cooking methods: reflector oven, dutch oven, beanhole, planking, paper bag cooking, orange shell on coals, coffee can cooking, solar cooking, or box oven.
11. Learn what deciduous and coniferous trees are. Be able to identify at least four of each kind.
12. Nature provides us with signs for weather and direction. Discuss different ways nature can help you know the weather or find your way.
13. Nature provides us with natural medicines and nourishment. Learn about helpful plants. What is one medical remedy? Which plants are poisonous? Which plants are edible?
14. Boating and swimming are always a fun part of a camping trip. Learn the *Safety-Wise* rules for these activities. Check to see if there are local and state laws in your area as well.
15. Learn the difference between a step and a pace. Determine the length of your pace (distance you cover while walking).
16. Learn how to set up and follow a compass course. Demonstrate how to orient a compass to a map. Draw a sketch map using landmarks.
17. Demonstrate how to rig a simple shelter.
18. Plan and participate in a camp craft tournament. Create teams or individual events involving outdoor skills where girls can test their skills in a friendly tournament.
19. Plan and participate in an outdoor service project.
20. Plan and participate in a "Scout's Own" program.

LEVEL 5: MASTER

Complete all requirements.

1. Teach a group how to dress for a hike, how to pack a day pack, and ideas for nutritional snacks to take on a hike.
2. Build a knot board with a minimum of fifteen knots for display and use in teaching. Label each knot.
3. Build a lashing display showing examples of four types of lashing.
4. Learn how to teach cooking by all of the following methods: reflector oven, dutch oven, beanhole, planking, paper bag cooking, orange shell on coal, coffee can cooking, solar cooking, and box oven.
5. Assemble a first aid kit for at least fifteen people going on a two-night campout.
6. Build a trail sign board with a minimum of fifteen trail signs. Label each sign.
7. Set up a compass course activity for a troop.
8. Set up a wide game incorporating trail signs and compass to move people through the game.
9. Know the appropriate *Safety-Wise* standards, guidelines, and check points relating to supervision and camping activities.
10. Take a first aid class. Take a CPR class.
11. Select one requirement from each of the first four levels and teach that skill to a group at a troop meeting, neighborhood or council event, day camp, or other organized Girl Scout activity.