

GSNNJ Outdoor Trainers



Outdoor Day Notes

GSNNJ Outdoor Training Part 2 Outline

Segment: Knots

Objective: By the end of this session, participants will be able to tie 3 knots - square knot, clove hitch and bowline

Materials:

**2 ropes per participant (preferably 2 different colors)
3-foot dowel (length is not critical)**

Key Concepts:

- **Knowing a few simple knots can be helpful in camp**
- **Square knot is used for tying like ropes together**
- **Clove hitch can be tied 2 ways**
- **Bowline creates a strong, non-slip loop (bunny story)**

Application in troop:

- **Neckerchief like Girl Scouts and Girl Guides all over the world; Macrame bracelets (square knot)**
- **Clothesline for camp (clove hitch)**
- **Tent pegs (bowline)**
- **Teach a younger troop how to tie knots**
- **May be able to use pull and peel licorice to teach knots (be careful of dietary restrictions)**

GSNNJ Outdoor Training Part 2 Outline

Segment: Finding Your Way

Objective: By the end of this session, participants will be able to hike on marked trails, know techniques for finding your way and use a compass for orienteering

Materials:

**Model compass for instructor
Compasses for students
Star diagrams
Activity sheets**

Key Concepts:

- **Trail markers**
- **Direction vs. location**
- **GPS is a magnetic compass**
- **How to use a compass**

Application in troop:

- **E-mail activity to each participant for use with troop**
- **Leaders are shown how to set up a scavenger hunt**

GSNNJ Outdoor Training Part 2 Outline

Segment: Propane Stove

Objective: By the end of this session, participants will be able to feel confident using a propane stove as a source of heat for cooking, learn to assemble and light a stove safely, eliminate fear of lighting the stove

Materials:

**Propane Stove
Instructions for the stove
Propane Canister
Lighter (matches or butane lighter)
Small container with dish soap
Basting brush**

Key Concepts:

- **Confidence lighting propane stove**
- **Light the match before turning on the stove**
- **Uses for cooking any time of day**

Application in troop:

- **Easy to transport, and does not take up much space**
- **Cooking when fire is not possible**
- **Can be used at home (outdoors) if needed**

LESSON OUTLINE PROPANE STOVES

- **Have someone READ the instructions and someone DO the assembly of the stove and light it**
- **Have each person open propane and light stove and shut down. Each person must do this to eliminate fear of the propane stove**
- **Read instructions to close**
- **Make sure stove is clean before putting away**

GSNNJ Outdoor Training Part 2 Outline

Segment: Knife Safety

Objective: By the end of this session, participants will be able to know knife safety, be able to teach knife safety to girls, including proper opening and closing procedures, and how to safely pass a knife to another person

Materials:

**Pocket knives
Cardboard knife**

Key Concepts:

- **Safety circle**
- **Proper opening and closing**
- **Safe use of knife to prepare food**
- **Progression – use of vegetable peeler or cardboard knife for younger girl**

Application in troop:

- **Safety in preparing food**
- **Crafts such as soap carving or making fire starters**

GSNNJ Outdoor Training Part 2 Outline

Segment: Tents

Objective: By the end of this session, participants will be able to put up (pitch) and take down (strike) a tent, and understand the care and storage of a tent

Materials:

- Tent (with instructions)**
- Mallet (with hook screwed into the end)**
- Tarp/Ground cloth**
- Sand stakes (to show)**

Key Concepts:

- Every tent is different, practice with the specific tent you will use**
- Tarp needs to be folded under to match the bottom of the tent**
- Different stakes are used for different types of soil (e.g. sand)**
- Do not touch sides of the tent or you will break the seal and water can get inside**
- Do not put away a wet tent**

Application in troop:

- Tent camping**
- Back packing**
- Primitive camping**

GSNNJ Outdoor Training Part 2 Outline

Segment: Cooking

Objective: By the end of this session, participants will be able to transport food and equipment to campsite, prepare a meal using 3 different cooking methods, serve meal and pack up leftovers, properly dispose of garbage

Materials:

Food ingredients

Cooking equipment

Serving requirements

Storage equipment (e.g. ziplock bags, plastic containers)

Garbage bags

Key Concepts:

To learn to plan meals and prepare food in an outdoor environment

Application in troop:

- **Campfires**
- **Overnight camping**

GSNNJ Outdoor Training Part 2 Outline

Segment: Reflection

Objective: By the end of this session, participants will be able to reflect on the activities of the day and be proud of their accomplishments

Materials:

none

Key Concepts:

- **What was best part of the day for you? (in circle)**
- **Think about something you did not know coming in to today's session**
- **Think about how accomplished you feel for completing every task today**

Application in troop:

- **Studies have shown that girls who reflect on troop activities such as camping remember the experience more**
- **The same feeling of accomplishment can be shared with your troop**
- **Take the girls outdoors**
- **When they are ready, take them camping**

GSNNJ Outdoor Training Part 2 Outline

Segment: Fire Building

Objective: By the end of this session, participants will be able to safely and confidently build, tend, extinguish and clean-up a wood or charcoal fire

Materials:

**Wood - tinder, kindling and fuel
Fire Starter - various types, non-accelerant (lighter fluid)
Charcoal - briquettes, chimney, newspaper
Matches
Water bucket
Leather gloves**

Key Concepts:

- **Hair back, no danglies, natural fiber clothing is best**
- **Clear area of burnable debris**
- **Burn fuel up - don't add fuel too close to closing time**
- **Sprinkle embers to extinguish**

Application in troop:

- **Identify wood for use in fire**
- **Safety around fires**
- **Safely light matches**
- **Sprinkle/stir until embers cool**