

girl scouts
of greater chicago
and northwest
indiana



Girl Scouts GCNWI Summer Great Family Camp-In ACTIVITY PACKET



July 25-26, 2020 | All Ages



WELCOME

It's time for the Summer Great Family Camp-In! Join girls and families across Greater Chicago and Northwest Indiana (and the nation!) for another awesome at-home camp in, free to everyone and open to all!

This weekend-long event is a combination of live programs, pre-recorded videos, interactive webinars, and breaks between scheduled activities so that you can participate with us and have time to get outside and enjoy the fresh air!

We encourage you to participate in any number of activities throughout the day or even join us for the full camp day! Choose the activities you want to participate in, including art projects, outdoor skills, games, camp cooking, and more! Don't forget to set up your campsite outside with a tent or inside with a fort and get ready for some camp magic.

We would love to see how you are getting involved with the Summer Great Family Camp-In. Share your pictures and tag us on social media using #gcnwicampin or post them right to our [GSGCNWI Great Family Camp-In Facebook event page](#) or [Instagram](#).

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HOW TO PARTICIPATE?

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BEFORE THE CAMP-IN

Find everything you need to know about the camp-in on our blog bit.ly/gcnwi-summer-campin

Be sure to register for the event! Only registered attendees will receive access links on the morning of July 24 to our interactive webinar portions of the program.

COUNCIL-LED ACTIVITIES

We will be holding a series of council-led activities for you and your family to participate in during this event including YouTube Live Premieres, interactive webinars, and even a campsite photo contest!

Registered attendees will receive links to access each webinar and video in an email on the morning of July 24.

PHOTO CONTEST

Enter our photo contest for best indoor or best outdoor campsite from 6 p.m. Friday, July 24 to 6 p.m. Saturday, July 25! Photo finalists will be chosen by the Outdoor Program Team in indoor and outdoor campsite categories. Voting for photo contest finalists will take place from Saturday, July 25 at 7:30 p.m. to Sunday, July 26 at 10:00 a.m. Winners will be featured on the GSGCNWI blog and social media, and even win a free Great Family Camp-in patch for everyone in their family!

Submit your campsite photo [here](#) or send photos to **camper@girlscoutsgcnwi.org**. If you submit your photo through email, be on the lookout for a follow up email with a form to complete required photo release information. Learn more on the page 5.

ON YOUR OWN ACTIVITIES

Check out some suggestions outlined throughout this activity packet for ways that you can participate in fun camp activities on your own, with your family, or even with your friends or troop from afar!

Troop Leaders, read tips on meeting virtually [here](#).



ACTIVITY SCHEDULE AT-A-GLANCE

FRIDAY, JULY 24

Time	Activity Name	Virtual Location	Learn More
6 p.m.- Saturday 6 p.m.	Campsite Photo Contest Submission Window	On Your Own	Page 5

SATURDAY, JULY 25

All access links will be shared with registered attendees the morning of Friday, July 24.
Learn more about each activity throughout this packet and on our [blog](#).

Time	Activity Name	Virtual Location	Learn More
10-10:20 a.m.	Kick Off & Opening Ceremony	YouTube Live Premiere	Page 5
10:30 a.m.	Camp Cooking Indoors: English Muffin Pizzas	Video	Pages 6-7
	Camp Cooking Outdoors: Castaways	Video	Page 6
11 a.m.-12 p.m.	Art Project: Nature Origami	Zoom Webinar	Page 7
	Art Project: Recycled Crafts	Zoom Webinar	Page 8
12-1:30 p.m.	Lunch & Suggested Camp Activities	On Your Own	Pages 12-21
1:30-2:30 p.m.	Outdoor Skills: Animal Tracks	Zoom Webinar	Page 8
	Outdoor Skills: Map Reading	Zoom Webinar	Page 9
3-4 p.m.	Camp Fun: Camp Games	Zoom Webinar	Page 9
	Camp Fun: Camp Rhythms	Zoom Webinar	Page 10
4-4:20 p.m.	Wrap Up & Closing Ceremony	YouTube Live Premiere	Page 10
4:30-7 p.m.	Dinner & Suggested Camp Activities	On Your Own	Pages 12-21
7-8 p.m.	Campfire Sing-A-Long	YouTube Live Premiere	Page 11
7:30 p.m.	Photo Contest Voting Begins	On Your Own	Page 5

SUNDAY, JULY 26

Time	Activity Name	Virtual Location	Learn More
10 a.m.	Campsite Photo Contest Voting Closes	On Your Own	Page 5
11-11:45 a.m.	Show & Share	Webinar	Page 11



COUNCIL-LED ACTIVITIES: DETAILS AND MATERIALS NEEDED

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THE GREAT FAMILY CAMP-IN KICK OFF AND OPENING CEREMONY

Saturday, July 25 at 10:00 a.m.

The Girl Scouts GCNWI Great Family Camp-In is here! Let's kick off a jam-packed camp The Girl Scouts GCNWI Summer Great Family Camp-In is here! Let's kick off a jam-packed camp day with an opening ceremony, snapshot of the day's schedule, camp agreement, and FAQ! Meet your Outdoor Program Team hosts and get ready for some camp magic!

Platform: YouTube Live Premiere

Materials Needed: Just yourself!

CAMP-IN CAMPSITE PHOTO CONTEST

Fri. July 24 at 6 p.m.- Sat. July 25 at 6 p.m. Submissions Accepted

Sat. July 25 at 7:30 p.m.- Sun. July 26 at 10 a.m. Voting on Submission Finalists picked by The Outdoor Program Team

Sun. July 26 at 11:30 a.m. Winners announced in The Show and Share Webinar

We are hosting a second camp-in photo contest! Submit a photo of your at-home campsite to enter the GSGCNWI Summer Great Family Camp-In Photo Contest. You can win a Great Family Camp-In patch for everyone that participates in your house and be featured on the GCNWI Facebook page and blog.

Submit your campsite photo [here](#) or send photos to **camper@girlscoutsgcnwi.org**.

Note: If you submit your photo through email, be on the lookout for a follow up email with a form to fill out to officially be submitted.

Check out our first place Indoor and Outdoor photos from the May Camp-In!





CAMP COOKING OUTDOORS: CASTAWAYS

Saturday, July 25 at 10:30 a.m.

Ready to try cooking outdoors? Gather your ingredients and follow along step-by-step with Strike to learn how to make a tasty Cast Away foil meal.

Platform: YouTube <https://youtu.be/NJTxfWj2UDU>

Servings: 4 people

Materials Needed:

- 1 wide loaf French bread
- 1 1/2 cups tomato sauce
- 1 pound cooked ground beef or other protein substitute
- 1 1/2 cups shredded mozzarella cheese
- butter
- seasoning of your choice
- access to a campfire or grill
- heavy duty aluminum foil
- bread knife
- spoon
- bowl
- measuring cups

Note: Substitutes can be used to accommodate allergies or dietary needs. Adult supervision required for use of campfire or grill.

Badge Requirements Met:

- Daisies: Buddy Camper Step 1
- Brownies: Cabin Camper Step 3
- Juniors: Camper Step 3

CAMP COOKING INDOORS: ENGLISH MUFFIN PIZZAS

Saturday, July 25 at 10:30 a.m.

Looking to do some camp cooking indoors? Watch Nacho make English Muffin Pizzas and then you can create your own to share with everyone in your house!

Platform: YouTube <https://youtu.be/MKIUTO84ZNk>

Servings: 4 people



**Materials Needed:**

- 4 English muffins
- 3/4 cup of pizza sauce
- 1 3/4 cups shredded mozzarella cheese
- seasoning of your choice
- pepperoni slices (optional)
- access to an oven
- baking sheet
- cooking spray
- aluminum foil
- spoons
- measuring cups

Note: Substitutes can be used to accommodate allergies or dietary needs. Adult supervision required for use of campfire or grill.

Badge Requirements Met:

- Daisies: Buddy Camper Step 1
- Brownies: Cabin Camper Step 3
- Juniors: Camper Step 3

ART PROJECT: NATURE ORIGAMI

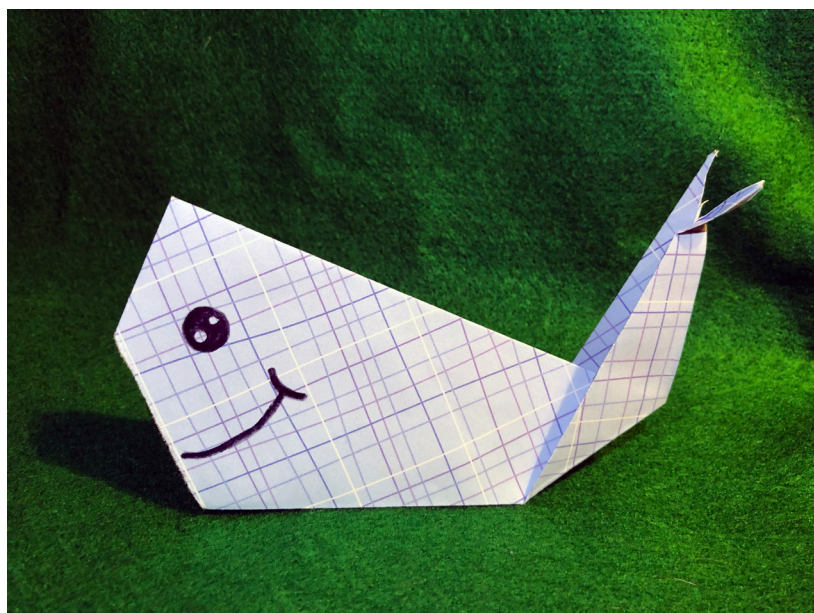
Saturday, July 25 at 11 a.m.

Let's get crafty! Join Outdoor Program Team members Caribou and Sprout, to create some nature themed origami. Use a variety of folds to transform your paper into plants and animals and watch them come to life!

Platform: Zoom Webinar

Materials Needed:

- 6-8 sheets of computer paper (or square origami paper if available)
- scissors
- ruler
- pencil
- coloring utensils (markers/crayons/colored pencils)





ART PROJECT: RECYCLED CRAFTS

Saturday, July 25 at 11 a.m.

Time to reuse recyclables to help save the planet! Join Outdoor Program Team members Nacho and Strike to turn recyclables you find at home into a fun animal art project!

Platform: Zoom Webinar

Materials Needed:

- empty egg carton or empty toilet paper/paper towel rolls
- scissors
- markers
- newspaper or tablecloth
- permanent marker
- construction paper
- googly eyes, pipe cleaners, sequins or other decoration items (optional)



OUTDOOR SKILLS: ANIMAL TRACKS

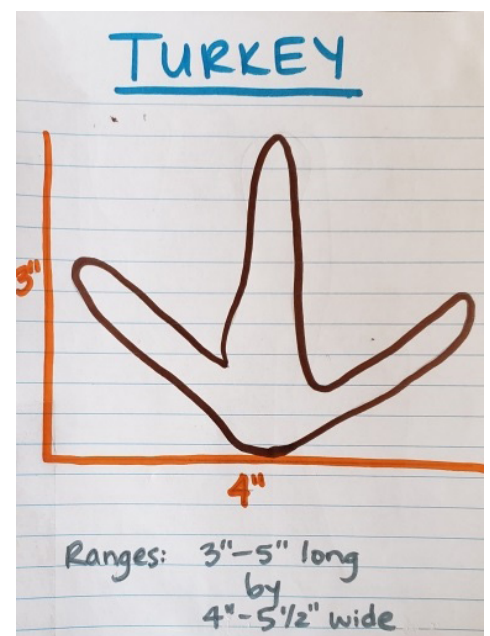
Saturday, July 25 at 1:30 p.m.

Step into the world of backyard animal tracks! You will learn about where to look for and how to identify common animal tracks in your neighborhood with Outdoor Program Team members, Nacho and Freddie. We will make a field guide to animal tracks, play a matching game and even make our own animal tracks!

Platform: Zoom Webinar

Materials Needed:

- 3 pieces of plain paper
- coloring utensils (markers/crayons/colored pencils)
- black or dark brown marker
- scissors
- ruler
- 2 new sponges (thin with no scrubber side preferred)
- 1-2 colors of washable paint
- paper plate or paint tray
- newspaper or tablecloth





OUTDOOR SKILLS: MAP READING

Saturday, July 25 at 1:30 p.m.

Ready to go out on a new adventure? Map reading is a core camping skill to help you navigate a new place, trail, or city. Join Outdoor Program Team members, Strike and Kat to learn about reading a map key, explore the basics of topography, and make a map of your own!

Platform: Zoom Webinar

Materials Needed:

- paper
- pencil
- coloring utensils (markers/crayons/colored pencils)
- Play-Doh or clay
- example map (any map you have access to such as a state atlas, neighborhood map, theme park map, or printed google map)



CAMP FUN: CAMP GAMES

Saturday, July 25 at 3 p.m.

Ready, Set, Go! In this interactive session, we will participate in some fun and silly camp game favorites led by Outdoor Program Team members, Sprout and Caribou. We'll cover some go to games like "freeze dance", bring back favorites like "ship to shore", and even try some new games like "farm master."

Platform: Zoom Webinar

Materials Needed:

- water bottle
- pencil
- paper

Badge Requirements Met:

- Brownies: Cabin Camper Step 5, Eco Friend Step 1, and Making Games Step 1



CAMP FUN: CAMP RHYTHMS

Saturday, July 25 at 3 p.m.

Let's make some noise, camp style! Play some favorite camp games, like pattern changer and 7's, focused on making fun sounds with Outdoor Program Team members, Kat and Freddie. Then join in for a Girl Scout tradition as we work together to create a Lemmi stick routine.

Platform: Zoom Webinar

Materials Needed:

- 2 Lemmi sticks (or 2 sticks or dowel rods each about 7" long)
- water bottle

Badge Requirements Met:

- Daisy: Outdoor Art Maker Step 2
- Brownies: Outdoor Art Creator Step 3
- Juniors: Outdoor Art Explorer Step 3
- Cadettes: Outdoor Art Apprentice Step 3



GREAT FAMILY CAMP-IN: WRAP UP & CLOSING CEREMONY

Saturday, July 25 at 4 p.m.

It's the end of a full day of camp activities and we are so happy you could join us! Let's all touch base to wrap up the day together with a closing ceremony. We'll shout out to all of the Girl Scouts we had participate with us and share our completed projects with each other.

Platform: YouTube Live Premiere



GREAT FAMILY CAMP-IN: CAMPFIRE SING-A-LONG

Saturday, July 25 from 7-8 p.m.

A camp-in is not complete without a campfire and songs! Get ready to sing your hearts out with friends, family, and camp staff. Our sing-a-long will be packed with traditional Girl Scout songs and favorite upbeat camp songs that you can join along with from home. Comfy clothes and homemade S'Mores are encouraged!

Platform: YouTube Live Premiere

Materials Needed:

- water bottle
- lyrics (optional) (see pages 30-39)
- s'more items (optional) (see pages 28-29)

Badge Requirements Met:

- Brownies: Eco Friend Step 1
- Juniors: Camper Step 5, Outdoor Art Explorer Step 3
- Cadettes: Outdoor Art Apprentice Step 1
- Seniors: Outdoor Art Expert Step 3



GREAT FAMILY CAMP-IN: SHOW AND SHARE

Sunday, July 26 from 11-11:45 a.m.

How did your night of camping in go? Join in with other participants of the Girl Scouts GCNWI Great Family Camp-In as we reflect on Saturday's activities, wrap up the camp fun, and reveal the photo contest winners! Listen to others share fun and a-ha moments about their night and even share yourself!

Platform: Zoom Webinar

Materials Needed:

- water bottle
- 3 pieces of paper
- writing utensil (dark marker preferred)
- completed camp-in projects
- props needed to show off your new skills

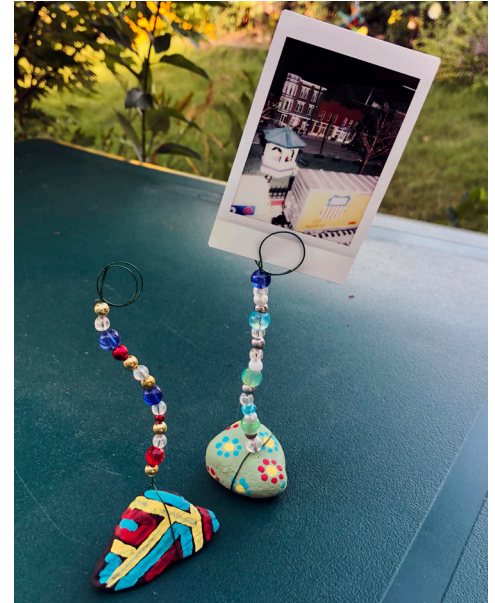


ON YOUR OWN ACTIVITIES: DETAILS AND MATERIALS NEEDED ART PROJECTS

ROCK PHOTO STAND

Materials:

- small rock
- paint
- paint brushes
- water
- paper towel
- wire (about 12 inches long; length of wire might differ based on rock size)
- scissors
- beads
- newspaper or table covering
- thin marker
- sealant or Mod Podge (optional)



Directions:

1. Collect a small rock and wash with water. Let your rock dry completely.
2. While your rock is drying, gather your favorite paint colors, paint brushes, water, and paper towel and set up your painting area. Place newspaper or table covering on your table to protect it from any paint.
3. Once your rock is completely dry, you can start painting! If you have a dark colored rock, you can paint your rock white first so that your colors show up bright.
4. Set your rock to the side to dry. If you want, when the paint dries, you can seal your painted rock with a sealant, such as Mod Podge.
5. When your rock is dry, take one end of your wire and wrap it around your rock. This end should be about 1 inch from the top of your rock. Take the other end of your wire, which should be about 8 inches long. Twist the shorter wire around the longer wire, trying to make this tight against the rock. You should now have your wire secured to your rock, with about 7 to 8 inches sticking straight up.
6. On the longer wire, string a handful of beads. You want to have about 4 inches of beads and about 2-3 inches of wire left at the top.
7. To create the loop on top that will hold your picture, take a marker and wrap the remaining wire around it about three times. This loop should be tight and end at your last bead. Take the end of the wire and wrap it around the loop so it stays together. Now you can add a photo to the loop to display!



3D HAND DRAWING

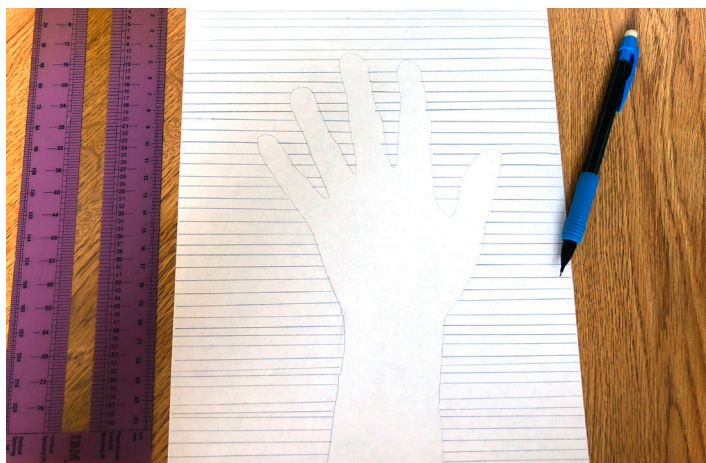
Materials:

- paper
- pencil
- ruler
- coloring utensils (markers/crayons/colored pencils)

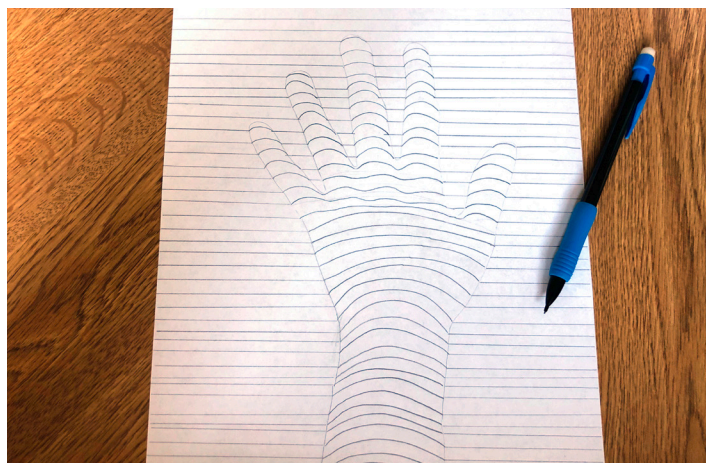
Directions:

1. On your piece of paper, trace the outline of your hand, wrist, and arm using a pencil. We recommend having your fingers point towards the top of the page and your arm on the bottom.
2. After you trace your hand, use a ruler to draw straight lines across the page, except for the inside of your outlined hand. You want to draw the lines parallel to the short side of your paper.
3. To fill in your hand and make it look 3D, you want to draw curved lines. Connect each side of the straight lines on the outside of your hand outline with a curved line, with the hump towards your fingers. Add in curved lines for your arm, wrist, and each finger.
4. Complete your drawing by using color! Trace the lines you made with one or more colors.

STEP 2



STEP 3



STEP 4





DIY STRESS BALL

Materials:

- balloon
- 1 cup flour
- funnel
- empty plastic water bottle
- pencil
- yarn
- scissors
- permanent marker
- newspaper or plastic bin

Badge Requirements Met:

- Brownies: My Best Self Step 4



Directions:

1. Set up your workspace by placing down newspaper or setting up a bin for you to work in. This activity can get messy!
2. Measure out 1 cup of flour and use the funnel to pour it into the empty plastic water bottle. Use a pencil to help push the flour through the funnel into the water bottle. Keep the lid off.
3. Blow up your balloon and pinch the opening, keeping it inflated. Do not tie the end off.
4. While still pinching the balloon shut, take the opening of your balloon and stretch it over the opening of the water bottle. If you have done this correctly, you will have a water bottle filled with flour with an inflated balloon over the opening. You might need someone to help with this step, as it might be easier with two people.
5. While holding the balloon where it is attached, tip the water bottle upside down, letting the flour pour into the balloon. If needed, you can squeeze the water bottle to help get all the flour into the balloon.
6. Slowly take the balloon off the water bottle. It is important that you hold onto the balloon and pinch the opening as soon as it comes off the water bottle. At this point, your balloon should still be inflated.
7. Slowly release the extra air in your balloon. Be careful and take your time! Sometimes the flour will escape with the air, so make sure that you do this step over your newspaper or bucket.
8. Tie off your balloon to secure the flour inside.
9. Add yarn and use a permanent marker to draw a fun face!



UPCYCLED WIND SPIRAL

Materials:

- plastic water bottle
- colored permanent markers
- scissors

Badge Requirements Met:

- Cadettes: Outdoor Art Apprentice Step 5

Directions:

1. Remove the lid and label from your water bottle. Wash your water bottle and set aside to dry completely. You also can use a paper towel to help dry if needed.
2. Once the water bottle is completely dry, color the outside with permanent markers. You can use a variety of colors or just one and design using stripes, or swirls, or polka dots. Make sure you color the entire bottle!
3. Using scissors, cut off the bottom of your water bottle. Cut at an angle and continue around the water bottle. This will create a spiral shape. Stop cutting once you reach where the bottle starts to decrease in size towards the lid.
4. To hang your wind spiral, slide the water bottle opening onto a small tree branch. For more fun, make several wind spirals and add them on the same branch, tree, or bush; creating a row of colorful spirals that will dance in the wind!





PULLED STRING ART

Materials:

- paper
- white paint
- colorful paint
- paint brushes
- paint tray or paper plates
- yarn
- scissors
- paper towels
- newspaper or table covering

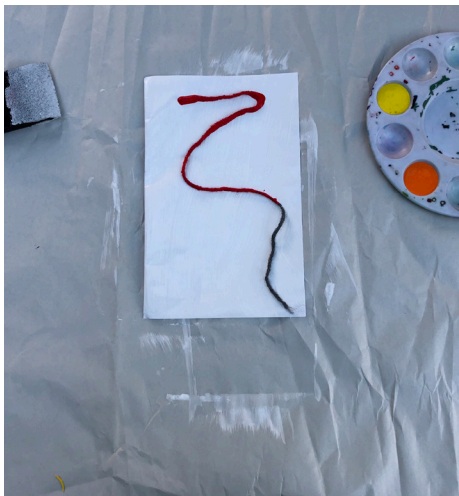


Badge Requirements Met:

- Brownies: Painting Step 4

Directions:

1. Set up your workspace. Place newspaper or a covering on your table. Gather your paint and decide how many colors you want to use.
2. Prepare your yarn by cutting as many yarn pieces as colors of paint you picked out, each about 12 inches long.
3. Place your paper on your table covering. Leave about 6 inches between the bottom of your paper and the edge of your table covering.
4. Pour your paint colors into a paint tray or paper plate, enough to dip your yarn into. Paint a thick base coat of white paint to your entire paper.
5. Dip one strand of yarn into the first color you want to use, covering about half of your yarn strand with paint. With your other hand, use your pointer finger and thumb to remove any extra paint.
6. Starting near the top of your paper, lay your string down in a wavy pattern. Once the entire painted part of your string is placed on your paper, slowly pull the string towards you, gliding it across the paper. Watch the fun design that it creates!
7. Repeat steps 7-9 with either the same color or using a different piece of yarn and a new color. Set aside to dry when finished!





WATER GAMES

FILL THE BUCKET

Materials:

- large sponges
- 2+ buckets/bowls filled with water
- 2+ buckets/bowls that are empty
- stopwatch or other timing device
- water

Badge Requirements Met:

- Brownies: Outdoor Adventurer Step 3

Directions:

1. Separate all participants into at least 2 teams. Have participants in each team stand or sit in a straight line facing the back of the head in front of them.
2. Place a bucket filled with water and a sponge (large ones are more fun) in front of each team. Place an empty bucket behind each team.
3. The goal is to fill the empty bucket with the water from the full bucket before the other team, each person using the sponge and passing it along. For fun, add an extra challenge, like not allowing anyone to move from their position or setting a time limit!



MARBLE MADNESS

Materials:

- large bucket, bowl, or container
- marbles
- water

Badge Requirements Met:

- Brownies: Outdoor Adventurer Step 3

Directions:

1. Fill a large container with water and add marbles to the bottom. If playing in teams, make sure there are the same amount of marbles in each container.
2. Using only your toes, try to remove the marbles from the water-filled container. Try to remove all of your marbles before the other team or person!
3. For an added challenge, make up fun rules: for example, in order to remove a marble you must be blindfolded, or everyone must use their left foot. Be creative!



Optional: Break up into teams.



WATER BALLOON VOLLEYBALL

Materials:

- water balloons
- beach towels (at least 2)
- volleyball net (optional)

Badge Requirements Met:

- Brownies: Outdoor Adventurer Step 3

Directions:

This game is played best with a minimum of four people.



1. Have all players pair up into groups of two. Each pair should have one towel. Have each pair hold each of the short sides of their towel between them.
2. Place a water balloon in the middle of the towel gently. The goal is to fluidly pull the towel in opposite directions so that the water balloon pops up into the air. Once the water balloon is in the air, another pair needs to try to gently catch the water balloon without popping it. If it pops, the other team gets the point.

Don't have water balloons? No worries! Try using a beach ball, tennis ball, soft water ball, etc.

SPONGE TOSS

Materials:

- sponge(s)
- buckets of water
- cup

Badge Requirements Met:

- Brownies: Outdoor Adventurer Step 3

Directions:

1. Pair up and give each pair a wet sponge. Make sure to have buckets of water nearby to refill as needed.
2. Have each pair start facing by each other and have one partner toss the sponge to the other. If the partner catches the sponge, they can take one step back. If the partner doesn't catch the sponge, they can either stay where they are, take a step forward, or have a cup of water dumped on their head.
3. See how far apart you can get while still being able to catch the wet sponge. Make sure the sponge is wet every time you throw it for more fun! For an added challenge, try having the throwing partner toss the sponge behind their head.





SCIENCE

FIZZY LEMONADE

Materials:

- 1 lemon per cup of lemonade
- 1 teaspoon baking soda per cup of lemonade
- cold water
- 1-2 tablespoons sugar (to taste) per cup of lemonade
- juicer
- glass
- spoon
- measuring spoon



Badge Requirements Met:

- Brownies: Home Scientist Step 4

Directions:

1. Squeeze and strain juice from a lemon into the glass.
2. Add 1 teaspoon baking soda to the glass and stir. Do you see what is happening?
3. Add water (roughly an equal amount as the lemon juice) and sugar to taste. Try your lemonade—how does it feel on your tongue?

How It Works

Baking soda, a base, has a chemical reaction with the lemon juice, an acid. When you mix them together, they react to create carbon dioxide, the same bubbly gas you find in soda. You just made lemonade soda!

HOW HARD IS THAT ROCK?

Materials:

- 3-6 different rocks from around your area
- penny
- nail (with adult supervision)
- paper and pencil

Directions:

1. Assign each rock a number to keep track of any observations. Make observations about your rocks. What color are they? What shape? How heavy do they feel for their size? Write down your observations.
2. Scratch Test: Try scratching your rocks with your fingernail. Does your fingernail leave a mark on the rock? Following your fingernail, try a penny, then a nail. Do any of these objects leave a scratch? Record your scratch observations.





3. Identify how hard your rock is on the Mohs Hardness scale. This scale, measured 1-10, is used globally to help identify rocks and minerals. Diamonds, a very hard mineral, are a 10. Talc, a very soft mineral used in baby powder, is a 1.
 - If your fingernail could scratch the rock, then your rock is softer than 2.5.
 - If your fingernail could not scratch the rock, but your penny could, then your rock is between 2.5 to 3.
 - If your penny could not scratch the rock, but your nail could, then your rock is between 3 to 6.5.
 - If your nail could not scratch the rock, then it is higher than 6.5.
4. Do some digging online! See if you can use your observations about size, color, and hardness to identify your rock or mineral, or make a good guess.



CLIMBING COLORS

Materials:

- Wild Carrot/Queen Anne's Lace flowers (white carnations or celery stalks work as a substitute)
- glass or vase
- water
- food coloring
- scissors

Badge Requirements Met:

- Juniors: Flowers Step 1



Directions:

1. Find some Queen Anne's Lace in your neighborhood! This flower, often viewed as a weed, is very common in the Midwest, especially along roads, sidewalks, and highways. Pick a few for this activity. Fun Fact: Queen Anne's Lace is a wild carrot! While the root is edible, please do not eat it—it will not taste great, and you don't know what chemicals may have been used to treat the plants where it was growing.
2. Cut the stems of the flowers at an angle to allow for better water absorption.
3. Fill glass with water and add about 30 drops of food coloring. Add flowers and wait overnight. As the flowers absorb water, they will slowly absorb the color with the water. Where does the color end up? In the flower! This shows us how water and nutrients travel to feed an entire plant.



NIGHTTIME MOTHING PARTY

Materials:

- white bed sheet
- lantern or other portable light source
- pencil and paper
- camera (optional)

Badge Requirements Met:

- Brownies: Bugs Step 3

Directions:

Moths are nocturnal insects that are relatives of the butterfly. Being nocturnal, they are awake at night. Stay up after sunset one night and see how many different kinds of moths you can attract!

1. Moths like light, and they need a place to rest. Somewhere outside, hang up a white bed sheet vertically. Set up a light source, such as a flashlight or camp lantern, behind the sheet.
2. Once you've started to see some moths, record your observations. How big are they? What colors? Do they look shiny if you look at them from different angles? What kinds of wings do they have? Take pictures to help document your moth collection!
3. Dig deeper: Go online and try to identify your moth visitors! Butterfly-conservation.org is a great place to start.

BEAT THE HEAT: SUMMER HEAT ABSORPTION TEST

Materials:

- colored construction paper, including white and black paper
- clear mason jars, or other glass containers (one for each color being tested)
- water
- thermometer
- scissors
- tape

Directions:

1. Pick 2-5 colors to test for heat absorption, including white and black. For each color, wrap a strip of colored paper around your glass container and tape it to the container. The paper should cover the entire height of the container. Place another strip under the container.
2. Add 2-3 inches of water to each container. Place containers in a hot sunny area and wait 2-3 hours.
3. Use the thermometer to test how hot the water is in each glass. Which is the hottest water? Which is the coolest? How could this change choices you make in the future, like what color shirt to wear on a hot sunny day?





CAMP RECIPES

There are lots of great options for camp meals you can make whether you make them in your kitchen, on the grill, or over a fire. Below, find some of our camp favorites to get you started.

As needed, substitute any of the ingredients in any recipe to accommodate for dietary restrictions or allergies, and adapt ingredient amounts to accommodate your family size!

SNACKS

CAMP SODA/WALKING SUNDAE

Cooking Method: No cook

Number of Servings: 4

Ingredients:

- 4 oranges
- 4 peppermint sticks

Directions:

1. Squeeze oranges until soft to the touch.
2. Cut or bite off a little of each end of the peppermint stick.
3. Cut an "X" shape into the orange and insert peppermint stick to use as a straw. It will take a little work, but it is worth the wait!



FRUIT SALSA

Cooking Method: No cook

Number of Servings: 4

Ingredients:

- 1 apple
- 1 orange
- 1/2 pint (or 1/2 pound) of strawberries
- 1 tsp white sugar
- 1 tsp brown sugar
- 2 1/2 Tbsp fruit jam or jelly; any flavor
- 4 Graham crackers (to dip in the salsa)

Directions:

1. Dice up the apple and strawberries and add to a large bowl. Slice open the orange and scoop out the fruit into the bowl. Mix all ingredients together.
2. Serve with Graham crackers and dip in the salsa!





BREAKFAST

EGGS IN A NEST

Cooking Method: stove top, camping stove

Number of Servings: 4

Badge Requirements Met:

- Juniors: Simple Meals Step 2

Ingredients:

- 4 slices of bread
- 1/3 cup of butter
- 4 eggs

Directions:

1. Take a piece of bread and butter it on both sides. Cut a hole out of its middle.
2. Place bread on a skillet and crack an egg into the hole.
3. When cooked to your liking on the one side, flip over!



EGGS IN AN ORANGE

Cooking Method: oven, grill, campfire

Number of Servings: 4

Badge Requirements Met:

- Juniors: Simple Meals Step 2

Ingredients:

- 2 oranges
- 4 eggs
- salt and pepper to taste
- aluminum foil

Directions:

1. Cut the oranges in half, remove the pulp and eat it (or save for another recipe). Each person should now have a half-shell of an orange with some aluminum foil underneath it.
2. Break an egg into the orange shell. Season with salt and pepper.
3. Add the empty half of the orange shell on top to cover the egg and carefully wrap the orange up in the foil.
4. Set in the oven (350 degrees) or on coals to bake, make sure the side of the orange shell with the egg is on the bottom. The dish is finished cooking when the egg is fully cooked, about 15 minutes.





LUNCH

ENGLISH MUFFIN PIZZAS

Cooking Method: oven, box oven

Number of Servings: 4

Ingredients:

- 4 English muffins
- 3/4 cup pizza sauce
- 1 3/4 cup mozzarella cheese
- pepperoni slices or any other pizza toppings of your choice
- seasoning of your choice: garlic, oregano, red pepper flakes, etc.
- aluminum foil or cooking spray

Directions:

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Cover a baking sheet with either aluminum foil or cooking spray so the pizzas don't stick to the pan.
3. Split each English muffin in half. Put a spoonful of pizza sauce onto each English muffin half and distribute evenly. Sprinkle cheese on each English muffin half.
4. Put the English muffins on the baking sheet and place into the oven. Let pizzas cook for 10 minutes or until English muffin has browned and the cheese has melted. Take them out of the oven and enjoy!



CASTAWAYS

Cooking Method: oven, campfire

Number of Servings: 4

Ingredients:

- 1 wide loaf French bread
- 1 1/2 cups tomato sauce
- 1 pound cooked ground beef (or protein substitute)
- 1 1/2 cups shredded mozzarella cheese
- butter
- seasonings (your choice: salt, pepper, garlic, oregano)

Directions:

1. Cut loaf of French bread in half lengthwise. Dig out a little of the bread from the middle and save it in a bowl.
2. Cook the ground beef and drain grease. Add to bowl with bread and also add tomato sauce and seasonings. Mix all together then spoon onto loaf and sprinkle with cheese. Cover with top half of bread loaf.
3. Spread butter on foil then wrap Castaway loaf in foil. Place in coals or on a grate for about 15 minutes, flipping often. Note: May cook faster than 15 minutes, depending on heat of fire. You can also remove from fire and check cooking progress after about 5 minutes, if using an oven cook at 350 degrees.



DINNER

CHICKEN FIESTA PACKETS

Cooking Method: oven, grill, campfire

Number of Servings: 4

Ingredients:

- 1 pound of cooked chicken
- 1/3 cup salsa
- 1 cup shredded cheese of your choice
- 1 cup corn
- 1 cup black beans
- 1/3 cup sour cream
- 1 tomato
- 1 Tbsp butter
- aluminum foil



Directions:

1. Slice your chicken into smaller strips. Season and cook your chicken until fully cooked.
2. Create an assembly line with all of the ingredients.
3. Have each person place butter inside their aluminum foil and fill their foil packet with their preferred ingredients.
4. Place your foil packets in oven (350 degrees), on charcoal, or on embers until heated all the way through and the cheese has melted, for about 15 minutes.

Tip: if you are using pre-cooked chicken, you can just skip to step 3! The chicken will be warmed up by being in the oven, on the grill, or on a fire!



CHEESEBURGER MACARONI

Cooking Method: stove top, camping stove, campfire

Number of Servings: 4

Badge Requirements Met:

- Juniors: Simple Meals Step 5

Ingredients:

- 1 pound ground beef (or protein substitute)
- 1 onion, diced
- 1 cup chicken broth (or water)
- 2 cups milk
- 1 1/3 cup uncooked macaroni noodles
- 1 tbsp cornstarch
- 1 tsp each garlic powder, sugar, and paprika
- 1/2 tsp pepper
- 1 1/3 cup sharp cheddar cheese



Directions:

1. In a small bowl, combine cornstarch, garlic powder, sugar, pepper, and paprika. Set aside.
2. Brown ground beef and onion in a pot until no pink remains. Drain any fat.
3. Add milk, broth, and macaroni to beef. Stir in cornstarch and spices.
4. Bring to a boil, reduce heat and simmer covered for 9-12 minutes or until noodles are cooked.
5. Remove from heat and stir in cheese until melted. Add additional milk or broth as needed to make creamy.





DESSERT

CAMPFIRE CONES

Cooking Method: oven, grill, campfire

Number of Servings: 4

Ingredients:

- 4 sugar ice cream cones
- 1 1/2 cups mini marshmallows
- 3/4 cup chocolate chips
- 1 cup strawberries
- anything else you can think to add in!
- aluminum foil

Directions:

1. Fill each ice cream cone with the desired amounts of toppings. Cover with foil.
2. Place over campfire embers or in an oven (400 degrees) until toppings are melted (only a few minutes). Keep an eye on these: they bake quickly.
3. Unwrap aluminum foil and enjoy your campfire cone

ORANGE CAKES

Cooking Method: oven, campfire

Number of Servings: 4

Badge Requirements Met:

- Juniors: Simple Meals Step 2

Ingredients:

- 4 oranges
- 1/2 box cake mix
- oil (per cake mix instructions)
- eggs (per cake mix instructions)
- aluminum foil

Directions:

1. Cut the oranges in half, remove the pulp and eat it (or save for another recipe).
2. Mix the cake mix, oil, and eggs in a bowl per the instructions on the box.
3. Place one half of each orange on a piece of aluminum foil (enough to wrap up a whole orange). Fill up the orange shell on the foil with cake mix just below the rim of the peel. Add the empty half of the orange shell on top and carefully wrap the orange up in the foil. Repeat for all orange shells.
4. Set in oven (at 350 degrees) or on coals to bake. Check your orange cakes after about 15 minutes. They will be finished cooking when you can stick a toothpick into the cake and have it come out clean.





GIRL SCOUT S'MORES WITH A TWIST

Cooking Method: stovetop, oven, microwave, campfire

Number of Servings: 4

Badge Requirements Met:

- Daisies: Buddy Camper Step 1
- Brownies: Cabin Camper Step 3, Snacks Step 2, Snacks Step 4
- Juniors: Camper Step 3, Eco Camper Step 2
- Cadettes: Primitive Camper Step 3, Trailblazing Step 3
- Seniors: Adventure Camper Step 3
- Ambassadors: Survival Camper Step 3

Ingredients:

- 4 Graham crackers
- 1 chocolate bar
- at least 4 marshmallows

Graham Cracker Substitutes:

- Girl Scout cookies
- Rice Krispies
- Apple slices
- Candy (Kit Kats work well)
- Pretzels
- Pizzelles
- Mini waffles

Marshmallow Substitutes:

- Peeps (if you have any leftover)
- Fruit
- Nut butter
- Marshmallow fluff
- Eggless cookie dough
- Caramel

Chocolate Substitutes:

- Different types of chocolate: white chocolate, cookies and cream, etc.
- Candy bars: Peanut Butter Cups, Snickers, Milky Way, etc.
- Chocolate, caramel, or strawberry sauce
- Nutella



Directions:

Classic S'more Over the Fire, Stove, or Grill

1. Place your marshmallow on the end of a stick or skewer.
2. Place the marshmallow over the fire and rotate to cook to your preferred look and taste.
3. Place gooey marshmallow between two Graham cracker halves and a piece of chocolate.

Classic S'more in the Oven

1. Preheat your oven to broil.
2. On a baking sheet, place Graham crackers about an inch apart from each other. Top the Graham crackers with a piece of chocolate and a marshmallow.
3. Place your baking tray into the oven on the top rack about 6 inches from the top.
4. Let cook for about 30 seconds or until the marshmallows look warm and gooey. This will happen quickly, so keep an eye on them.
5. Remove tray from the oven and place the second Graham cracker on top of the marshmallows.

Classic S'more in the Microwave

1. Stack a Graham cracker, piece of chocolate, and marshmallow on top of a microwave safe plate.
2. Microwave in 5 second intervals for about 15-20 seconds total until your marshmallow is soft and gooey.
3. Remove and top with a second Graham cracker.





CAMP SONGS & LYRICS

HAVE YOU EVER GONE A-FISHING

Catch on Song

Have you ever gone a-fishing on a bright and sunny day,
With all the little fishies swimmin' up and down the bay?
With your hands in your pockets
And your pockets in your pants
And all the little fishies doin' the oochie-goochie dance

Da-da, da-da-da
Da-da, da-da-da

With your hands in your pockets and your pockets in your pants
And all the little fishes doin' the oochie-goochie dance

AIRBORNE RANGER

Repeat Song

A is for Airborne
I is for in the sky
R is for ranger
B is for born to fly
O is for on the go
R is for rough and tough
N is for never quit
E is for every day

I want to be an airborne ranger!
Airborne ranger, life of danger

When I get to heaven
St. Peter's gonna say,
"How'd you earn your living, girl?
How'd you earn your pay?"
I'll reply with a little bit of anger,
"Live my life as an airborne ranger!"
Airborne ranger, life of danger



BOA CONSTRICTOR

Repeat Song

CHORUS:

I'm being eaten by a Boa Constrictor
I'm being eaten by a Boa Constrictor
I'm being eaten by a Boa Constrictor
And I don't like it very much

VERSES:

1. Oh no, it's got my toes!
2. Oh no, it's got my toes!
Oh jeez it's got my knees
3. Oh no, it's got my toes!
Oh jeez it's got my knees
Oh fiddle, it's got my middle
4. Oh no, it's got my toes!
Oh jeez it's got my knees
Oh fiddle, it's got my middle
Oh vest, it's got my chest
5. Oh no, it's got my toes!
Oh jeez it's got my knees
Oh fiddle, it's got my middle
Oh vest, it's got my chest
Oh heck, it's got my neck
6. Oh no, it's got my toes!
Oh jeez it's got my knees
Oh fiddle, it's got my middle
Oh vest, it's got my chest
Oh heck, it's got my neck
Oh dread, it's got my head

FINAL CHORUS:

I've been eaten by a by a boa constrictor
I've been eaten by a by a boa constrictor
I've been eaten by a by a boa constrictor
GULP!



SWISS MISS

Catch on Song

Once a Swiss went a-yodeling
On a mountain so high
When along came a coo-coo bird
Interrupting his cry
Yo la kee
Yo la kee-kee
Yo la coo-coo

Once a Swiss went a-yodeling
On a mountain so high
When along came two coo-coo birds
Interrupting his cry
Yo la kee
Yo la kee-kee
Yo la coo-coo...coo-coo

Once a Swiss went a-yodeling
On a mountain so high
When along came a skier
Interrupting his cry
Yo la kee
Yo la kee-kee
Yo la coo-coo...coo-coo
Swish!

Once a Swiss went a-yodeling
On a mountain so high
Went along came two skiers
Interrupting his cry
Yo la kee
Yo la kee-kee
Yo la coo-coo...coo-coo
Swish! Swish

Once a Swiss went a-yodeling
On a mountain so high
When along came an avalanche
Interrupting his cry
Yo la kee
Yo la kee-kee
Yo la coo-coo...coo-coo
Swish! Swish!
Rumble-rumble!

Once a Swiss went a-yodeling
On a mountain so high
When along came a Saint Bernard
Interrupting his cry
Yo la kee
Yo la kee-kee
Yo la coo-coo...coo-coo
Swish! Swish!
Rumble-rumble!
Aarf-aarf!

Once a Swiss went a-yodeling
On a mountain so high
When along came a Girl Scout
Interrupting his cry
Yo la kee
Yo la kee-kee
Yo la coo-coo...coo-coo
Swish! Swish!
Rumble-rumble!
Aarf-aarf!
Cookies?

Once a Swiss went a-yodeling
On a mountain so high
When along came a Swiss Miss
Interrupting his cry
Yo la kee
Yo la kee-kee
Yo la coo-coo...coo-coo
Swish! Swish!
Rumble-rumble!
Aarf-aarf!
Cookies?
Mwah! Mwah!

Once a Swiss went a-yodeling
In a mountain so high
When along came her father
Interrupting his cry
Yo la kee
Yo la kee-kee
Yo la coo-coo...coo-coo
Swish! Swish!
Rumble-rumble!
Aarf-aarf!
Cookies?
Not gonna happen.



SARDINES

Catch On Song

Sardines!
Ugh!
And pork and beans!
Ugh!
Got sardines on a Monday
That's all I eat
Sardines on a Tuesday
That's all I eat
Sardines on a Wednesday
That's all I eat
Sardines on a Thursday
That's all I eat
Sardines on a Friday, Saturday, Sunday
That's all I eat
Sardines!
Ugh!
And pork and beans!
Ugh!

SWIMMING

Catch On Song

Swimming, swimming,
In the swimming pool
When days are hot,
When days are cold
In the swimming pool
Breast stroke,
Side stroke,
Fancy diving too!
(Spash!)
Don't you wish you didn't have
Anything else to do
But—

Note: Each time you sing the song, remove a line and hum it with the motions instead.



HEY BURRITO

Repeat Song

Hey Burrito
Hey, hey, hey burrito
Mmm yeah, taco yeah
Guacamole, cinnamon twist

HIPPOPOTAMUS

Repeat Song

CHORUS:

They ooze in the gooze without any shoes
They wade in the water 'til their lips turn blue
'Cuz that's what hippos do

VERSES:

1. What can make a hippopotamus smile?
What can make him walk for more than a mile?
It's not a party with paper hats
Or cake and candy that'll make him fat
'Cuz that's not what hippos do
2. What can make a hippopotamus smile?
What can make him walk for more than a mile?
It's not a tune on the old violin
Or listening to the whispering wind
'Cuz that's not what hippos do
3. What can make a hippopotamus smile?
What can make him walk for more than a mile?
It's not swishing down a slippery slide
Or going on a bicycle ride
'Cuz that's not what hippos do



PINK PAJAMAS

Catch On Song

CHORUS:

Glory, glory, hallelujah!
Nosey, nosey, what's it to yah?
Bal-my breezes blowin' through ya'
With nothing on at all!
(Butt naked!)

VERSES:

1. I wear my pink pajamas in the summer when it's hot.
I wear my flannel nightie in the winter when it's not.
And sometimes in the springtime and sometimes in the fall
I jump between the sheets with nothing on at all!
2. I wake up in the morning with the sheets around my head
And my little footsie-wootsies are sticking out of bed
And three time out of four, I end up on the floor
With nothing on at all!

6 IN THE BED

Catch On Song

6 in the bed and the little one said
"Roll over, roll over!"
So they all rolled over and one fell out,
Hit the floor and gave a shout
"Please remember to tie a knot in your pajamas!
Single beds are only made for 1, 2, 3, 4, 5-"

-in the bed and the little one said
"Roll over, roll over!"
So they all rolled over and one fell out,
Hit the floor and gave a shout
"Please remember to tie a knot in your pajamas!
Single beds are only made for 1, 2, 3, 4-"

-in the bed and the little one said
"Roll over, roll over!"
So they all rolled over and one fell out,
Hit the floor and gave a shout
"Please remember to tie a knot in your pajamas!
Single beds are only made for 1, 2, 3-"

-in the bed and the little one said

"Roll over, roll over!"
So they all rolled over and one fell out,
Hit the floor and gave a shout
"Please remember to tie a knot in your pajamas!
Single beds are only made for 1, 2-"

-in the bed and the little one said
"Roll over, roll over!"
So they all rolled over and one fell out,
Hit the floor and gave a shout
"Please remember to tie a knot in your pajamas!
Single beds are only made for 1-"

-in the bed and the little one said
"Good night!"



BARGES

Catch On Song

CHORUS:

Barges, I would like to go with you
I would like to sail the ocean blue.
Barges, have you treasures in your hold?
Do you fight with pirates, brave and bold?

VERSES:

1. Out of my window, looking in the night,
I can see the barges' flickering light
Starboard shines green and port is glowing red
You can see them flickering up ahead
2. Out of my window, looking in the night,
I can see the barges' flickering light.
Silently flows the river to the sea
And the barges too go silently.
3. How I would like to sail away with you,
I would like to sail the ocean blue.
But I must stay beside my window clear
As I watch you sail away from here
4. Out of my window, looking in the night
I can see the barges' flickering light.

MOON ON THE MEADOW

Catch On Song

Moon on the meadow, bugs in our ears
Smoke in our eyes, wet wood and tears
Up on the meadow, water somewhere
We were the only ones there

Wild horses rushing, dry lakes and peaks
Finding a love that everyone seeks
Hiking for rainbows, sunsets, and stars
Just finding out who you are

We will return here one lucky day
Our hearts will guide us, they know the way
People in cities don't understand
Falling in love with the land

Moon on the meadow, bugs in our ears
Smoke in our eyes, wet wood and tears
Up on the meadow, water somewhere
With you, my friends, I am there



SUITORS

Catch On Song

CHORUS:

Oh lay, oh la
Oh lay-lay, oh mahkeya
Oh lay, oh la
Oh lay-lay, oh mahkeya

VERSES:

1. There are suitors at my door
Oh lay-lay, oh maykeya
Six or eight or many more
Oh lay-lay, oh maykeya
And my father wants me wed
Oh lay-lay, oh maykeya
Or at least that's what he said
Oh lay-lay, oh maykeya
2. So I told him that I will
Oh lay-lay, oh maykeya
When the rivers run uphill
Oh lay-lay, oh maykeya
When the fish begin to fly
Oh lay-lay, oh maykeya
Or the day before I die
Oh lay-lay, oh maykeya
3. So I left the very next day
Oh lay-lay, oh maykeya
For at home I could not stay
Oh lay-lay, oh maykeya
I have gone to seek my love
Oh lay-lay, oh maykeya
With the help from one above
Oh lay-lay, oh maykeya



ON MY HONOR

Catch On Song

CHORUS:

On my honor I will try
There's a duty to be done and I say, "Aye"
There's a reason here for the reason up above
My honor is to try and my duty is to love

VERSES:

1. People don't need to know my name
If I've done any harm then I'm to blame
If I help a friend, then I've helped me
To open up my eyes to see
2. I've tucked away a song or two
If you're feeling low, there's one for you
If you need a friend, then I will come
And there's many more where I come from
3. Come with me where the fire burns bright
You can see even better by candle's light
You can learn even more by the campfire's glow
Than you can ever learn in a year or so
4. We've made a promise that we'll always keep
We'll pray so softly before we sleep
We'll be Girl Scouts together, and when we're gone
We'll still be trying and singing this song



EAGLE

Catch On Song

Flying like an eagle, flying so high
Circling the universe on wings of pure light
O-wichi-ti-ti, wichi-ti-o
O-wichi-ti-ti, wichi-ti-o

We all fly like eagles, flying so high
Circling the universe on wings of pure light
O-wichi-ti-ti, wichi-ti-o
O-wichi-ti-ti, wichi-ti-o

Over seas and mountains, through the oak trees
There goes that eagle, flying with ease
O-wichi-ti-ti, wichi-ti-o
O-wichi-ti-ti, wichi-ti-o

Sleep my little angels, dream you can fly
Far away from here, like that eagle flying high
O-wichi-ti-ti, wichi-ti-o
O-wichi-ti-ti, wichi-ti-o

MAKE NEW FRIENDS

Catch On Song

Make new friends, but keep the old
One is silver and the other gold

A circle is round, it has no end
That's how long I want to be your friend

You have a hand, I have the other
Put them together and we have each other

A fire burns bright, it warms the heart
We've been friends from the very start

Silver is precious, gold is too
I am precious and so are you

You help me, I'll help you
And together we will see it through

The sky is blue, the Earth is green
I can help to make it clean

Across the land, across the sea
Friends forever we will always be