



## **Daisy Buddy Camper Badge – Outdoor Pillar**

**Goal:** When I've earned this badge, I will know how to go camping – at a campsite or in a back yard – with my family or friends.

### **Step 1:**

*What I'll do:* Plan a healthy meal

*What I'll need:*

- 1 sheet of paper
- Pen or pencil

*How I'll do it:*

It's great to pick foods you love especially when camping. Because you'll be extra busy, choose foods that are healthy too! You might want to pick some foods that need little or no refrigeration, like fruits and vegetables. You might also choose foods that are easy to heat. Maybe you'll want to cook over a campfire! Foil cooking is a great way for everyone to choose what they like. This website has some great suggestions: <https://hikeitbaby.com/blog/easy-camping-meals-for-kids/>

1. Make a list of ingredients and quantities for the recipe.
2. Make a list of utensils that will be needed to prepare, serve and eat the meal. You'll want to list things like a can opener, serving spoon, cooking pot, pan or foil.
3. Make a shopping list. Be sure to include things that are needed to help with cooking, such as oil to put on the foil so the meal doesn't stick.

### **Step 2:**

*What I'll do:* Pack for my trip

*What I'll need:*

- Paper
- Pen or pencil
- Items that you decide you'll need for camping

*How I'll do it:*

A Girl Scout is always prepared! Be sure to pack what you will need for your trip. With a family member make a list of things that will be needed for your camping trip. Will it rain, do you need a raincoat? Will it get dark, do you need a flash light? Will you be sleeping in a tent? In a sleeping bag? And, how will you carry it all? With an adult, decide what will be the best "tent" for your trip. Will

you be staying outside, and need a tent to keep the rain off? Will you be staying inside, and need card table and a couple blankets to make your tent?

1. With an adult, make a list of the thing you will need for your trip.
2. Pack your things into a backpack. You should be able to carry everything, although you may need a little help with your sleeping bag.

### **Step 3:**

*What I'll do:* **Go camping!**

*What I'll need:*

- Tent
- 24" piece of rope
- Electrical tape and duct tape (or two different colors of duct tape)
- Food items that you decided to bring in Step 1
- Cooking utensils and clean-up supplies
- Packed bag from Step 2

*How I'll do it:*

Now that you're at your campsite, with an adult, set up your tent, and put your things inside. Now it's time to have some fun!

1. Play some games. You can visit the Appalachian Mountain Club at <https://www.outdoors.org/articles/amc-outdoors/trail-games-activities-to-keep-kids-moving-and-motivated-while-hiking> for some fun ideas.
2. Learn how to tie some knots. Visit <https://www.animatedknots.com/square-knot> and learn how to tie a square knot and many more! Best to have a 24" piece of rope. On one end of the rope, wrap with a piece of electrical tape. On the other end of the rope, you can use a piece of duct tape. This will help you to know which end of the rope is which! Actually any tape will do, so long as they are different from each other.
3. Learn some Girl Scout campfire songs here: <https://blog.girlscouts.org/2015/07/5-camp-songs-every-girl-scout-should.html>
4. If you planned a supper, now it's time to make your dinner. Don't forget to help clean up!
5. As you fall asleep, listen to the nightlife all around you. If you are "camping" inside, you can listen to night sounds here: <https://musicofnature.com/albums/voices-of-the-night/> Be sure to scroll to the bottom to enjoy some of the sounds, they're free.
6. When you wake up in the morning, have a good stretch, and it's time to make breakfast!

**Where I can purchase the Badge:** <https://www.girlscoutshop.com/Daisy-Buddy-Camper-Badge>