

OUTDOOR EXPERIENCE PATCH

The Girl Scouts Eastern Washington & Northern Idaho is offering the Outdoor Experience Patch (revised Aug 2008) as a means for girls of all ages to experience the out-of-doors.

The Outdoor Experience Patch offers the Advisor and girls an up-to-date camping program. Girls will have the opportunity to learn the basic skills needed for first-time outdoor exploring and continue in a progression sequence, which will enable them to become completely “at home” in a primitive camp setting.

This is not an age level program - it is a progression in outdoor skills. Any age level may work through this progression starting with Level One.

Many of the requirements for this patch will also satisfy several requirements of the outdoor Badges that are part of the official G.S.U.S.A. program. Check your girl age-level books to see what requirements are similar.

All Advisors or Consultants are required to complete training before working with girls on outdoor skills or this patch. Level One and Two require training courses Welcome and Stepping Out; Levels Three and Four require Camping Out; Levels Five and Six require Adventuring Out. Check your Program Guide or the Council web site www.gsewni.org for training dates.

Patches and segments are available in the council store.

Cost:	Outdoor Experience Patch	\$2.00	each
	Level Segments (six total)	\$1.25	each

We hope you and your girls enjoy the Outdoor Experience Patch.

Note: You may make copies of the requirements for the level you are working on for each of your girls. Keep track of the completed activities by placing a check mark and the date in front of each requirement. The patch may be purchased upon completion of Level One. All requirements for a level must be completed before purchasing the level segment. The segments were designed to be earned in a sequence and placed beneath the patch in three rows.



OUTDOOR EXPERIENCE PATCH - LEVEL ONE

Level one requires the Advisor/Consultant to have completed *Welcome to Girl Scouting and Advisor/Consultant* or *Outdoor Trained person* to have completed Stepping Out. It is designed for the non-experienced girl who wishes to go on half-day outings (less than 5 hours), picnics, and/or slumber parties.

1. Talk with your group about what to wear and what to take, how weather affects your clothing, and liquid needed while in the outdoors. For half-day outings, show your group what you will wear and what you will take with you in order to be prepared for thirst, hunger, and changes in the weather.
2. With your group, list safety rules for outdoors and hikes. Talk about why these rules are important. Give each member of your group one or more of these safety rules to monitor. Decide what to do if someone breaks the rules.
3. Make a poster or draw a picture that shows why the buddy system is important. Use the buddy system at all times.
4. Discuss how to “stay found”.
5. Discuss ways of maintaining personal cleanliness. Find an appropriate place to use a toilet, a place to wash your hands, and safe water to drink. Explain why you selected these places.
6. Learn to tie an overhand knot and use it to tie your shoes or boots
7. Name three things that might require first aid on a hike. Explain what you can do to prevent these problems. Talk about what you would need in a first aid kit. Explain why you chose those items.
8. Practice what to do if someone gets sick or hurt in three different types of outdoor areas.
9. Be able to follow a kaper chart.
10. Plan two half-day outings to a park or similar area. For one outing plan and pack a nutritious no-cook meal made up of food that will not spoil before you eat. After you eat, take care of the trash correctly.
11. On your half-day outing, show that you know how to take care of your outdoor area by leaving it as clean or cleaner than you found it.
12. Using your sense of sight, touch, smell, and hearing explore what is around your outdoor area. Describe ten things you observed by using these senses.
13. Draw a picture or make a poster of an animal in its natural environment and demonstrate how to watch animals and respect them.
14. With your group play one nature game that helps you understand ecology.
15. Practice rolling or stuffing your own sleeping bag.

OUTDOOR EXPERIENCE PATCH - LEVEL TWO

Level two requires the Advisor/Consultant to have completed *Welcome to Girl Scouting and Advisor/Consultant* or *Outdoor Trained person* to have completed Stepping Out. It is designed for the girl who wishes to go on half-day hikes/outings (less than 5 hours) and prepare basic outdoor meals.

1. Pack a day pack with the essentials needed for a half-day hike. Discuss what to wear for a half-day hike, and what you need in a group first aid kit.
2. With your group, list safety rules for your hike. Plan and practice what to do if a stranger approaches and how to protect the group and personal equipment from damage or theft by humans or animals.
3. Discuss procedures for “staying found”.
4. Find out where there is water that is safe to drink and if there is water that is unsafe for drinking.
5. Discuss and demonstrate appropriate toilet practices when a bathroom or outhouse is not available. (personal pocket potty)
6. Demonstrate how to tie an overhand knot. Learn to tie a square knot and a clove hitch; explain why and how each is used.
7. Name three problems that plants, animals, or insects in your area cause humans. Tell how to avoid these dangers and review simple first aid.
8. Learn what a safety circle is. Learn how to hold a paring knife and a kitchen peeler properly; discuss the proper use of both utensils. Learn how to pass these utensils safely and how to put them away.
9. Show how to use a shovel and a rake safely and show how to put each away.
10. Practice lighting a match and keep it burning for ten seconds. Use a match to start a charcoal fire. Make some fire starters for charcoal or a charcoal chimney.
11. Explain what a balanced meal is. Learn what foods can be cooked outside using charcoal. With your group plan a meal you will cook outdoors using stick or one pot meal methods. Plan the food and equipment items needed to cook and clean up.
12. Demonstrate the proper outdoor dishwashing technique. Learn to dispose of water and waste in ways, which minimize the impact on the environment.
13. Find east by using the sun and knowing the time of day. Show where north, south, and west are.
14. Locate where you are on a highway map of your area.
15. Count the number of double steps (paces) between two points about 100 feet apart and

compare with others in your group. Do it for 50 yards and 100 yards. Find the average length of your pace.

16. Learn what “minimal-impact” practices are and why they are important to use when playing in the outdoors.
17. Plan two half-day hikes. Plan one balanced no-cook meal to eat on the trail. As a group, plan and make a snack that requires charcoal cooking. Tell how you will cook your snack and the safety rules to prevent you and the environment from being hurt.
18. With your group play two nature games that help teach ecology.
19. Go on a half-day hike. While hiking look for birds, signs of the seasons, and special natural treasures.
20. Practice the safety and conservation rules you have learned in Girl Scouting.
21. Tour your outdoor area and identify natural hazards, such as cliffs, water, slides, or holes. Explain what you can do to avoid these dangers.
22. Talk about when you need shelter and extra water. Find the closest shelter.
23. Have a sleep-over or slumber party in a building.

OUTDOOR EXPERIENCE PATCH - LEVEL THREE

Level three requires the Advisor/Consultant to have completed *Welcome to Girl Scouting and Advisor/Consultant or Outdoor Trained person* to have completed Stepping Out. It is designed for the girl who wishes to go on all-day hikes/outings and/or overnight troop camping.

1. Plan an all-day hike or overnight camp-out where you will cook at least one meal. Talk with your group about personal and group equipment needs. Be sure to consider the effects of the weather and pack appropriately.
2. Make up a poster that shows at least two different kinds of cloud formations and the type of weather conditions that usually accompany these formations.
3. Name at least three problems campers might have to face in your area that are caused by weather conditions, altitude change, or land or water movement. Identify warning signs of these environmental forces. Demonstrate how you can be prepared for them, no matter where you are.
4. Review outdoor safety and “staying found”.
5. Discuss the importance of good health practices and personal cleanliness on a hike and while overnight camping.

6. Demonstrate how to tie a square knot and clove hitch. Learn to tie a half hitch, taut line hitch and bowline, know what each knot is used for. Demonstrate how to use a taut line hitch.
7. Name three things that might require first aid on a hike. Explain what you can do to prevent these problems. Identify the contents of the group first aid kit and explain the use of each item.
8. List the safety rules and uses of a pocketknife. Demonstrate your ability to use a pocketknife for cutting, paring, and whittling. Discuss the selection and care of a pocketknife. Demonstrate proper use, care, and storage of a pocketknife.
9. With your group discuss the heat sources you can use for cooking outside in your camping areas.
10. Know and follow fire safety rules. Build, light, and put out a fire on your own. Know how to waterproof your matches. Make one type of fire starters for your group use.
11. Assist in making a kaper chart. Know how to follow a daily schedule.
12. Know at least five different cooking methods. Know what type of heat source is used for each method. Make a list of safety rules for each cooking method.
13. As a group, plan and cook one meal that requires cooking outside and uses at least two different cooking methods. Tell how you will cook your meal, the type of heat you will use, and the safety rules to prevent you and the environment from being hurt.
14. Learn how to pitch a tent.
15. Discuss the use of road or trail signs that do not harm the environment but give direction. Practice using three trail signs while on a hike.
16. Explain the difference between a highway map and a topographical map and how each is used.
17. Show that you know how to hold a compass correctly. Use your compass to face north, east, south, and west. Identify what is nearby that could prevent the compass from working correctly.
18. Estimate heights and distance without using manufactured tools. Measure 100 yards by pacing.
19. What evidence proves people have been in your area? Do a project that will reduce the impact of people on the environment. Make a list of things you can do on a camping trip that will reduce the impact of your group.
20. Go on an all-day hike or overnight camp-out. Cook at least one meal. Show that you are prepared to stay warm and dry in rainy weather. Be responsible for packing and carrying your own equipment. After your hike or camp-out, help clean and store the group equipment.

OUTDOOR EXPERIENCE PATCH - LEVEL FOUR

Level four requires the Advisor/Consultant to have completed *Welcome to Girl Scouting and Advisor/Consultant* or *Outdoor Trained person* to have completed Stepping Out. It is designed for the girl who wishes to go troop camping for one or two nights to council- approved established sites.

1. Plan a one or two-night camp-out to a council-approved site. Make a list of personal and group equipment needed. Be prepared for changes in the weather.
2. Review outdoor safety rules and “staying found”.
3. Learn how to storm lash the tent you will use while camping. Be able to explain when and where storm lashing is used. Practice storm lashing your tent.
4. Explain different kinds and sizes of rope and give examples of how each is used. Demonstrate the proper care and storage of the rope you are using.
5. Demonstrate how to prevent a rope from becoming unraveled. Practice whipping a rope
6. Demonstrate how to tie a square knot, clove hitch, half hitch, taut line hitch and bowline. Learn to tie a sheepshank and demonstrate its uses. Use at least 3 knots during the overnight trip
7. Know the difference between a knot and a hitch.
8. Learn how to do square lashing. Make a decorative piece of folk art work using square lashing.
9. Explain how to treat insect bites, contact with poisonous plants, injuries from animals or snakebites, or other hazards common to your area. Practice any first aid skills needed.
10. Identify plants, animals, and/or insects in your area that are harmful to some or all people. Make up a skit to tell others about these problems and how they may harm you.
11. Review knife and kitchen tool safety.
12. Identify possible needs for a saw and hatchet. Demonstrate your ability to use and care for a saw and hatchet appropriately. Know and demonstrate safety rules for using these tools. Explain where, when and how both should not be used.
13. Select, use, and care for two different kinds of cooking fuels for your camping trip (charcoal, propane, or wood). Be able to use and care for a two-burner propane camp stove. Before you go camping use cooking methods that include charcoal, wood, and propane camp stoves. While on your camp-out prepare food by using at least three different cooking methods.
14. For your camp-out plan a complete menu for at least four meals that you will prepare while camping. Consider nutritional needs and the demands of your activities. Consider what cooking method your menu will need and how long it will take to cook your meal.

15. With your group plan a balanced menu for at least two meals away from your main camp. Consider how much and what type of food you need for the activity you will be doing Try a new outdoor recipe that girls from other countries use while on camp outs.
16. Learn about one cooking method that was used by Girl Scout in the past. Learn about a cooking method used by Girls in other countries while on camp outs. Where and when it is environmentally sound, try one of these cooking methods.
17. Demonstrate methods for care, storage, and protection of food from insects, animals, and spoilage.
18. Review proper dishwashing techniques for use on your camping trip. Review proper techniques for disposing of trash, garbage, dishwater, foil, cans, plastic, paper, etc.
19. Know how to pitch and care for two different kinds of tents.
20. Explain how to read a map related to your locality. Identify north, the legend, and at least three landmarks on your map.
21. Use a compass to make a simple map of an outdoor area.
22. Find the North Star by using the Big Dipper. How many stars are included in the Big Dipper? In the Little Dipper?
23. Discuss the meaning of air and water pollution and other damage done by wind, water, or fire. With your group take responsibility for improving an area by clearing paths, checking erosion, reforestation, or some other project.
24. Go on the trip you have planned. Pack your own personal equipment. Help gather and pack your group's equipment. Help clean and store items after the trip.
25. Discuss what "ecosystem" means. Explore the ecosystem in which your campsite is located, and with your group make a list of what you saw!

OUTDOOR EXPERIENCE PATCH - LEVEL FIVE

Level five requires the Advisor/Consultant to have completed *Welcome to Girl Scouting and Advisor/Consultant or Outdoor Trained person* to have completed Stepping Out, Camping Out, and Adventuring Out, First Aid and CPR. It is designed for the girl who wishes to expand her camping skills and is ready to use primitive campsites.

1. Plan a two-night primitive camping trip that can be reached by car. Plan to cook at least six meals in camp. Make a list of personal and group equipment needed.
2. Observing clouds, wind, and temperature predict the weather daily for at least a week. Keep a chart of the cloud types, your predictions, and the actual weather.
3. Identify the rules or steps you need to take to keep from getting lost and what to do if you

are lost and cannot contact an adult. Develop and put on a skit for a younger group to help them from getting lost.

4. Do activities that will help your group learn to work together as a team. Play two or more trust-building games with your group.
5. Discuss and demonstrate appropriate toilet practices for the environment/s that you will be camping in.
6. Research the different methods for water purification that is available. Discuss which type of purification is the safest to use in your environment. Research the availability of portable water purifiers/filters and discuss with your group the pros and cons of each device. Demonstrate a method of purifying a water supply for drinking and for cooking; Include ways that will make water safe from Giardia. Discuss the plan for appropriate trail sanitation.
7. Learn to tie a figure 8 knot (climbers knot). Tie five basic knots and three hitches, and explain their uses. Discuss the type, size, use and care of ropes used in your camp.
8. Learn three different kinds of lashing and their purposes. Dismantle and properly dispose of wood and twine when use is over. Discuss need, use, and impact on the environment.
9. Create an Emergency Plan for your trip: include evacuation procedures, first aid procedures, individual and group supplies that will be needed for a two-night trip. Identify items needed for a group first aid kit and pack it. Identify personal first aid items and create a personal first aid kit.
10. As a group, write and sign an agreement about what members have agreed to do in order to take responsibility for their own health and safety.
11. Identify possible needs for a hatchet and ax. Demonstrate your ability to use and care for these tools appropriately. Explain where and when they should not be used.
12. Discuss the kinds of tools needed for your environment. Learn the use, care, safety, and storage of the tools you need. Consider their impact on the environment. Discuss when these tools are not appropriate for the environment.
13. Research the availability of one-burner light weight stoves. Identify the pros and cons of each stove. Before your trip, Learn how to care for and cook on a one-burner camp stove for at least one meal.
14. Learn to use a Bakepacker and a plastic bag to prepare a meal. Prepare one meal using dehydrated foods that you have created. Taste-test a backpacker food pouch that does not require cooking. If available, you may like to try backpacker's ice cream.
15. Plan to cook at least six meals in camp. Plan how to cook your meals using minimal-impact techniques. Consider nutritional needs, demands of the activity, types of food safe for consumption, availability of water, and impact on the environment. Discuss how to protect your food and equipment from animals.

16. Learn and practice using cache techniques for food and garbage storage when other means are not provided. Always cache your supplies before dark.
17. Learn proper dishwashing and trash disposal techniques to use during your camping trip. When garbage receptacles are not provided, discuss what garbage and trash may be disposed of at your site and what needs to be brought back for proper disposal. Minimum- impact techniques should be used.
18. Before you go on your trip, in groups of two or more pitch a tarp shelter for sleeping. Pitch the tents you will be using on your trip.
19. Research different types of light-weight tents. Look at the packed weight and the different features the tent provides. Pick a tent that you would like to be able to purchase and tell why you have made your selections, include both the pros and cons of your selection.
20. Using a topographical map, select a starting point. With a compass orient the map and figure the bearings and distances to at least three points.
21. With a group, lay a compass course using five changes of direction. Identify bearings and distances at each change of direction. Do this in an open park or meadow before trying this in a wooded area.
22. Follow a compass course that another group has laid.
23. With your group discuss potentially dangerous animals. Know what to do if you encounter such animals. Know what steps to take to reduce risk of these animals entering your campsite.
24. Discuss the relationship of plants and animals to each other in your ecosystem.
25. Discuss the food chain and how humans fit into the chain. Find examples of the parts of the food chain in your outdoor area.
26. Go on the trip you have planned.

OUTDOOR EXPERIENCE PATCH - LEVEL SIX

Level six requires the Advisor/Consultant to have completed *Welcome to Girl Scouting and Advisor/Consultant* or *Outdoor Trained person* to have completed Stepping Out, Camping Out, and Adventuring Out, First Aid and CPR. It is designed for the girl who wishes to extend her camping skills using methods of non-motorized travel.

1. Plan a trip that has at least two nights of non-motorized travel. Make a list of personal and group equipment appropriate for the mode of transportation you are using. Plan how to pack and carry the equipment. Consider the possible weather conditions and plan appropriately.
2. Demonstrate that you have the physical ability to use the desired mode of non-motorized

transportation. If needed plan what you can do to increase your physical ability.

3. Plan a conditioning program for your group for the mode of transportation being used. Be sure to include safety rules. Consult Safety-Wise for additional safety requirements and certified adult experts needed for your mode of transportation.
4. Explain the effects of heat, cold, and wetness on the body and explain how to recognize signs of problems in your own body and in those around you. Discuss when to alert an adult and what you can do for your self and others.
5. Demonstrate that you know the proper techniques for water purification, trail sanitation, and toilet practices for your area of travel.
6. Explain how you would use emergency signaling to indicated you are lost, injured, or in need of food.
7. Discuss the types of knots you will need on your trip. Show that you can tie each knot without assistance. Discuss the types of ropes you will be using on your trip. Demonstrate that you know how to care for each type of rope being used.
8. Complete a Red Cross First Aid and adult CPR course.
9. Explain the common health or allergy problems and/or emergencies that you may encounter on a trip and the skills needed to handle them. Plan and pack the group first aid kit needed for your trip.
10. Learn how to handle and care for a person who has an injury from an animal, poisonous plant, and/or insect bite or sting when medical help is not readily available.
11. Demonstrate the handling and care of a person with head or back injuries, broken bones, burns, sprains, or lacerations when medical help is not readily available.
12. Make a personal pocket-size survival kit. Know how to use each item. Carry this with you at all times while on your trip.
13. Review or write safety rules needed for your trip. Write directions for obtaining emergency medical help while on the trip. Develop an Emergency Plan for dealing with First Aid Emergencies; as well as, Environmental Emergencies. Have more than one copy of the plan with you while on the trip.
14. Plan the tools needed for your trip. Demonstrate their use, care, safety, and storage. Explain their impact on the environment.

15. Plan the fuel and/or cooking gear needed for the trip. Demonstrate how to use and care for a one-burner, light-weight stove (propane, butane, or white gas).
16. With your group plan all meals needed for your trip. Consider nutritional needs, demands of the activity, availability of water, the type of food needed for safe consumption, and minimum impact on the environment. Consider the amount of weight you and your hiking buddies can carry.
17. Learn how to make your own dehydrated foods. Create new meals that can be cooked in a Bakepacker with a plastic bag. Try several new recipes that are appropriate for several mode of non-motorized travel.
18. Demonstrate that you can build an emergency shelter using only materials found in your pocket survival kit and natural surroundings. Be sure that your shelter can be built in the area in which you will be traveling.
19. Take a leadership role by planning activities that you will use while on your trip. Become familiar with the record-keeping necessary for camping or adventuring trips. Be responsible for one aspect of the record-keeping.
20. Go on the trip you have planned after completing all the above steps.
21. Practice weather forecasting while on your trip.
22. Discuss and practice minimum-impact camping skills while on your trip.
23. Demonstrate use of compass, maps, charts, and/or navigational or trail markers used on your trip.
24. Discuss the ecosystem and food chain that you see on your trip.
25. Have as much fun as safely possible while on your trip.
26. Record your trip by using photos, drawings and/or a journal.
27. Complete one additional trip that is ALL Girl planned and implemented. Demonstrate that you have the knowledge and skills necessary to plan and implement a trip using non-motorized travel.
28. Evaluate what you have gained in completing Level Six of the Outdoor Experience Patch. Share with your group how your feelings toward the outdoor world have changed or intensified.