



Table of Contents

Map of Hidden Valley	3
Daily Dos	4
General Camp Rules for Youth and Adults	5
Abbreviations	5
Fire Information and Safety	5
Where Can I Find It?	5
Using the Walkies	6
Safety and Weather Procedures	6-7
COVID-19 Precautions	6
Monday Schedule & Menu	8-9
Tuesday Schedule & Menu	10-11
Wednesday Schedule & Menu	12-13
Thursday Schedule & Menu	14-15
Friday Schedule & Menu	16
Activity Rotation Instructions	17-20
- Fire Building	17
- Friendship Bracelets	18
- Water Games	19
- Recycled Plastic Craft	19
- Sharpie Tie-Dye	20
Wednesday Late Night Schedule	21
Friday Equipment Check	22
Equipment Lists	23-24
Day Camp Kapers	25
Outdoor Flag Ceremony and Command Procedures	26-27
Free Time Activities	28
Junior and Teen Skit Guidelines	28
Unit Challenge Ideas	28
“On Your Own” Group Games Link	28
Rainy Day Activities Link	29
“Get to Know You” Games	29
Stream Walk Activity Link	30
Badge Requirements	30-33
Notes	34

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Daily Dos

Beginning of Every Day

- Have at least one adult volunteer at the unit site flag by 7:30am. The other adult no later than 7:45am.
- Read through the **daily schedule** and make sure that your unit knows when they have to be stricter with time and when they can be more laid back with time. Plan in times for extra Unit Challenges, get to know you games, water games, hiking, etc. when you don't have any other activities scheduled.
- During **opening flag ceremony**, remove hat (can keep on bandanas) and place right hand over heart once the first clip is on the flag and until after the Pledge of Allegiance is said.
- Immediately following the Pledge of Allegiance, we will recite the **Girl Scout Promise**:
On my honor, I will try: to serve God and my country,
to help people at all times, and to live by the Girl Scout Law.
- Take attendance and **text any missing people (adults or youth) to (785) 813-1030** before leaving Flagpole Hill. Include your campsite name and the first/last name of absent people.
- **Check your campsite and cooking box** to make sure you have everything you need for cooking/lunch later in the day. Don't wait until it is time to cook to realize you are missing items!

During Every Day

- Clean up **any trash** you find as you are hiking around the camp- even something as small as a candy wrapper. It might be good to have one girl/aide carry around a small trash bag to collect the items. Do not throw food scraps into the woods or leave on the ground in your campsite. Put all food scraps into your **trash bag and take your trash up to the dumpster before closing flag.**
- Drink **lots of water** and make sure your girls are too! Make sure the girls are using the **bathroom at least once a day**- if they aren't, then they aren't drinking enough water!
- **Take pictures** of your unit doing the activities around camp and post them ONLY to the Day Camp Facebook group. If you have any campers with "do not photograph" on your roster, put a "sticker" (or mask their face in another way) so that their image is not posted but you aren't asking them to "step aside" for group pictures.
- **Clean, sterilize, sanitize! Make sure that everything is being cleaned before and after each use or change of hands. Make sure hands are being washed multiple times a day. You may use hand sanitizer when you are not near to a handwashing station.**

End of Every Day

- Return anything that was given to you by the Cabin.
- **Secure all items** remaining in the campsite (e.g. dining fly, handwashing station, etc.) so that they do not blow away during the night.
- **Cover Cook Box** with a tarp and secure edges with rocks to prevent from getting wet.
- Take **trash** to the dumpster and **recycling** to Evelyn's Attic before closing flag.
- During **closing flag ceremony**, remove hat (can keep on bandanas) and place right hand over heart when flag starts coming down the pole and until the last clip is removed. Remain quiet until the flag has left the circle and is walking down the large grass pathway.
- Immediately following the removal of the flag, we will sing "**Day Time Taps.**"
Thanks and praise, for our days.
'Neath the sun, 'neath the stars, 'neath the sky.
As we go, this we know, God is nigh.
- Aides, Adults, and campers walk to the circle drive. Aides and Adults must wait to leave until **after** all your campers have been picked up. *If parked within the gates of Hidden Valley, you must wait to leave until all cars have cleared the circle drive.* Daisy/Brownies with older sisters should find their sister at her unit site flag and dismiss with her.

General Camp Rules for Youth and Adults

- Treat others as you would want to be treated. Kind words and actions should be used at all times.
- No running even during games (use fast walking or heel walking)!
- Closed-toe, fully enclosed, thick-soled shoes must be worn **at all times!!!** Never take off your shoes!
- Never let a youth go anywhere alone- use the **buddy system (2-3 girls with one Aide or Adult)**.
- **Lost and found items** should be taken to **Evelyn's Attic** and placed in the "Lost and Found Tub."
- Offer help in small doses. Allow the girls to work through things in teams or pairs and then intervene when they are unable to complete the task. Encourage critical thinking skills by asking questions of the girls so they can solve the problem. Don't always give them the answer on the first try.
- Keep the tone **positive and supportive**. Discourage negative self-talk.

Abbreviations that you should know:

BG – Bishop's Glen
 BR – Brookside
 CB – Coralberry
 DWF – Dogwood Forest
 EF – Emerald Forest
 HS – Hillside
 LA – La-ka-hi-va
 LO – Locust
 MB – Mulberry
 MM - Mary's Meadow
 OO – Osage Orange

OG – O-Gi-Na-Li
 PP – Paw Paw
 RO – Red Oak
 RB – Redbud
 RR – Rocky Road
 SS – Southern Shade
 SU – Sumac
 TH – Thorn Hill
 WM – Windmill
 GP – Gathering Place

Fire Information and Safety

- Make sure that the fire ring is completely free of debris before building fires.
- There are 3 kinds of fuel for the fire: Tinder (tiny twigs), Kindling (small sticks), and Fuel (large logs). Use your 5-gallon bucket to collect tinder and kindling throughout the day- you will use more than you think!
- Keep all fuel away from the fire ring and neatly organized by size.
- Always cover the woodpile overnight.
- Do not sit or walk on the rocks forming the fire ring and do not throw anything into the fire.
- Hair should be tied up and away when working with fire.
- No more than 3 people in the fire ring at one time.
- Always "sprinkle" water to put the fire out. Dunk large logs in the fire bucket to make sure they are extinguished. Leave them in the fire ring to dry.

Where Can I Find It?

- All "lost and found" items should be taken to (or searched for in) Evelyn's Attic and placed in the tub marked "Lost and Found."
- If you need to replace soap, fire starters, cook box supplies, etc. they can ALL be found at Evelyn's Attic.
- There is a map of Hidden Valley in the manual. Please make sure that you are familiar with the locations of each campsite, Evelyn's Attic, and the Cabin.

Using the Walkies

- Walkies should only be used/carried by an adult in the unit. And the volume should always be loud enough to be heard over singing and laughing campers.
- When one adult comes to the unit leader meeting, the adult staying with the unit should keep the walkie with them. Once the leader meeting is over, the Cabin will radio for adults who need assistance finding their unit.
- We will use channel 1 (unless announced otherwise during unit leader meetings).
- Once you press the talk button, wait a second or two to start speaking. Once you have finished, make sure to release the talk button so you can hear the response.



This is the side for accessory inputs (not used at camp)

This black button is the talk button (it says PTT above)



Safety and Weather Procedures

In all situations, **STAY WITH YOUR UNIT!**

COVID-19 Safety Precautions

- Every camper and volunteer will be asked to use hand sanitizer and wash their hands regularly throughout the day.
- Any adult or camper who has had close contact with a known person who has tested positive for or quarantined as a result of COVID-19 within 14 days of camp should not attend camp.
- Any adult or camper that shows signs or symptoms of illness should not attend camp. Any individual who shows signs or symptoms of COVID-19 should consult with a healthcare provider to determine the best next steps.
- **Masks must be worn by all individuals ONLY when seeking emergency shelter at day camp.** Because social distancing is not possible during such events, masks will be required by all individuals while in shelter. Masks will be provided upon entry to anyone who needs one.
- All shareable items should be sanitized regularly throughout the day.

Heat, Injuries, and Insect Bites

- It is going to be hot. Spend as much time in the shade as possible on the really hot days. If you have a camper (or Aide or Adult) complaining of, *or you notice*, any of the following, please bring them immediately to the Cabin to be checked by the First Aider.
 - Headache or not sweating
 - Weakness, dizziness, or confusion
 - Nausea
 - Irregular breathing or heart rate
- Ticks are an everyday part of camp- please stay calm! If a camper has a tick, bring her to the First Aider immediately. The tick will be removed, the location circled with a permanent marker, the tick taped to a piece of paper and put in a plastic baggie, and sent back to the unit site with her. She needs to take the baggie home and the Adult Volunteer needs to tell the parents at pick up to keep an eye on the bite location.
- Bug bites and cut/abrasions are normal. Bring campers to the Cabin for treatment and band-aids.

Rain

Day camp continues as planned if it is just raining. Make sure that your campers all have their rain gear in the mornings. There are various rainy day activities listed on p.30. Check with your Aides about what their rainy day plans are **before** it is a rainy day!

Lightning and Thunder

If thunder occurs (with or without rain), all campers and adults are required to take shelter at their assigned location (listed below):

Evelyn's Attic: MB, RB, LO, OO

Cabin: CB, BG, HS, RO, EF

Dogshed: PP

Yurt: RR, BR, WM, SU

- If your unit is away from your campsite, go to the nearest shelter location. All units will be radioed for their location and a headcount check-in and then again when an all-clear is declared.
- **IF** the weather does not let up and camp needs to be cancelled, we will let you know. If this does happen, we will need your help in contacting the girl's parents, and you will be expected to stay until all the girls in your unit have been picked up.
- **If you are uncomfortable with your daughter taking shelter with multiple camp units during a storm, please consider keeping your daughter home for the day.**
 - Girls who stay home due to inclement weather will be counted absent for the day and will miss that day's planned camp activities.

Tornado

Everyone will take shelter in the basement of the Presbyterian Manor. The entrance is through the gate near Redbud Shelter (NE Corner of Hidden Valley) at the end of the upper gravel parking lot. There are several alerts that will go off if there is a tornado:

- You will hear the city sirens engage.
- An "all-call" will go out on the walkies.
- A long blast of a car horn.

If you cannot make it to Presbyterian Manor, seek immediate shelter in a low-lying spot but not in the creek.

Fire

Everyone walks up the gravel road and toward the entrance of camp and meets in the church lot. The alarm for a fire is a series of short blasts from a car horn.

Session 1: Monday

		Notes
Opening Flag	Aides	
Closing Flag	Rookie Aides	
Snack	Edible Campfires	
Song of the Day	"Day Time Taps" "Make New Friends"	
Zip	Paw Paw	Stop for Photo at 8:15am before going to Zip by 8:30am
Camp Kapers	Cabin Aides	Red Latrines
	Red Oak	Porta Potties - FPH
	Sumac	Porta Potties - MM

Morning Schedule: Monday

Time:	Activity:	Notes:
7:45am	Arrive & Check In	
8:00am	Opening Flag	Take Attendance – text absentee names to (785) 813-1030
8:15am	Take Equipment to Campsite	Cook boxes will be at FPH or Dogshed
9:00am	Rotation #1	9:10am Aide meeting – will get snack
9:30am	Snack	9:40am Leader Meeting
10:00am	Rotation #2	
10:30am	Rotation #3	
11:00am	Rotation #4	
11:30am	At Unit – Eat Lunch & set up campsite	
1:00pm	Closing Flag	
1:15pm	Daisies & Brownies Dismissed	
1:25pm	Juniors & Teens Dismissed	

Monday Activity Schedule

Time	Flag Ceremony (Flagpole Hill)	Happy Campers (Gathering Place)	Just Food (Southern Shade)	Photo (Cabin)
9:00am	RR, SU	BR, HS, LO	CB, RB, RO	WM, MB, EF
10:00am	WM, MB, EF	RR, SU	BR, HS, LO	CB, RB, RO
10:30am	CB, RB, RO	WM, MB, EF	RR, SU	BR, HS, LO
11:00am	BR, HS, LO	CB, RB, RO	WM, MB, EF	RR, SU

Snack: Edible Campfires

Turn this snack into an educational activity by teaching fire building with each piece of the snack.

Ingredients:

- Long tootsie rolls (fuel)
- Pretzel sticks (kindling)
- Shredded coconut (tinder)
- Red hots (coals in the fire)
- Marshmallows (stones around the fire ring)
- Graham crackers (dirt/ground between the stones and the fire)

Directions:

1. Give each girl half a sheet of graham cracker (fire pit), a handful of marshmallows (rocks around fire ring), 3 tootsie rolls (fuel), several pretzel sticks (kindling), shredded coconut (tinder), and several red hots (fire).
2. Have them assemble a fire using these and the information they learned at the fire building rotation.
3. Talk with girls about fire building and fire safety as they make them, and then let them eat their fires.

Session 1: Tuesday

		Notes
Opening Flag	Paw Paw	
Closing Flag	Brookside	
Snack	Oranges and Crackers	
Lunch	Vegetarian Chili	
Song of the Day	"My Country 'Tis of Thee"	
Zip	Sumac	
Camp Kapers	Hillside	Red Latrines
	Emerald Forest/Osage Orange	Porta Potties - FPH
		Porta Potties - MM

Daily Schedule: Tuesday – Thursday

Time:	Activity:	Notes:
7:45am	Arrive & Check In	
8:00am	Opening Flag	
8:15am	At Unit Site	Take Attendance – text absentee names to (785) 813-1030
8:25am	Early Morning Rotation	8:40am Aide meeting – will get snack
9:15am	Late Morning Rotation	9:30am Leader Meeting
10:05am	Cook Lunch	
1:00pm	Closing Flag	
1:15pm	Daisies & Brownies Dismissed	
1:25pm	Juniors & Teens Dismissed	

Activity Schedule

Activity	Early Morning – 8:25am	Late Morning – 9:15am
Water Games (MM)	WM	
Recycled Plastic Craft (FPH)	BR	
Sharpie Tie-Dye (SS)		
Camp Service	RR	
Friendship Bracelets (GP)		
Fire Training/Building	LO, HS, RO, MB, RB, CB, EF/OO, WM, RR, BR	
Zip	SU	

Snack: Crackers & Cheese

Slice cheese and divide evenly. Serve with crackers.

Lunch: Vegetarian Campfire Chili

- 2 tbsp. oil
- 1/2 large onion, diced
- 2 bell peppers, diced
- 1 packet of chili seasoning
- Cumin to taste
- 1 can, crushed tomatoes
- 1 large can, diced tomatoes
- 1 can black beans
- 1 can garbanzo beans
- 1 can kidney beans
- 1 can corn
- ½ cup apple juice
- 1 small can tomato sauce

Cover the outside and bottom of a cooking pot with dish soap.

1. Sauté onions and peppers in oil until fragrant.
2. Add the seasoning and sauté for a minute.
3. Add remaining ingredients and stir to combine.
4. Simmer over fire, stirring often, until hot through.
5. Serve with sour cream, cheese, and crackers.

Dessert: Orange Brownies

1. Slice off the top 1" of the orange and with a spoon, scoop out the pulp from both sides.
2. Prepare Brownie mix according to directions on box.
3. Fill oranges half-full with brownie batter (don't add too much or it will be messy).
4. Put tops back on and wrap oranges with aluminum foil – **be sure to keep the orange upright the entire time!**
5. Cook the oranges for about 25-40 minutes on/around the charcoal, making sure to keep the oranges upright. Brownies are cooked when you can insert a skewer, knife, or the tines of a fork into the brownie and they come out clean.

Session 1: Wednesday

		Notes
Opening Flag	Rocky Road	
Closing Flag	Redbud	
Snack	Stained Glass Apples	
Lunch	Pizza Fondue	
Song of the Day	"America, America"	
Zip	Windmill	
Camp Kapers	Mulberry	Red Latrines
	Locust	Porta Potties - FPH
		Porta Potties - MM

Daily Schedule: Tuesday – Thursday

Time:	Activity:	Notes:
7:45am	Arrive & Check In	
8:00am	Opening Flag	
8:15am	At Unit Site	Take Attendance – text absentee names to (785) 813-1030
8:25am	Early Morning Rotation	8:40am Aide meeting – will get snack
9:15am	Late Morning Rotation	9:30am Leader Meeting
10:05am	Cook Lunch	
1:00pm	Closing Flag	
1:15pm	Daisies & Brownies Dismissed	
1:25pm	Juniors & Teens Dismissed	

Activity Schedule

Activity	Early Morning – 8:25am	Late Morning – 9:15am
Water Games (MM)	LO, CB, RR	HS, EF/OO,
Recycled Plastic Craft (FPH)	RB, SU	LO, CB, RR
Sharpie Tie-Dye (SS)	MB, BR	RB
Camp Service	RO	MB, BR
Friendship Bracelets (GP)	HS, EF/OO	RO
Fire Training/Building	SU	
Zip	WM	

Snack: Stained Glass Apples

Ingredients:

- 1 apple per person
- 1 package of Jell-O powder (any flavor) for 2-3 people

Instructions:

- Carefully slice each apple into 8ths
- Pour 1/2 to 1/3 package of jello into each person's cup/plate
- Dip apples into powder to create a stained glass look and enjoy!

Lunch: Pizza Fondue

Pizza Fondue Ingredients:

- 1 lb ground beef
- 4 cups mozzarella cheese
- 2 cups cheddar cheese
- 28 oz pizza sauce
- 2 loaves French bread

Side Salad Ingredients:

- Head of lettuce
- ½ tomato
- Baby carrots
- Salad dressing

Directions:

1. Make a hot fire and place a grate over it. Cover the outside and bottom of a cooking pot with dish soap.
2. Place the pot on the fire and brown the ground beef.
3. While the beef is being prepared, have other girls slice the bread and prepare the salad.
4. Line a large bowl with several layers of paper towels. Pour the beef in the bowl and let the towels absorb the grease. Put the beef back into the pot and over the fire. Alternatively, you can drain the grease into a can.
5. Pour pizza sauce in with the beef and let it simmer until heated.
6. Add cheeses to the pot and stir well until melted.
7. Remove from fire and serve a large scoop of fondue and two slices of bread to each girl.

Dessert: Banana Boats

Ingredients:

- Bananas
- Chocolate Chips
- Marshmallows
- Aluminum foil

Directions:

1. Slice the banana length-wise through the skin and into the meat of the banana (do not peel the banana). Be careful to not cut all the way through the banana peel on the underside.
2. Gently pushing open the cut in the banana, allow girls to sprinkle chocolate chips and marshmallows into cut- press toppings inside the slit in the banana.
3. Close it up and wrap the whole banana in aluminum foil - making a "tent" shape
4. Place banana boat in the coals of the fire for 5-7 minutes (enough time to melt the chocolate chips and marshmallows) in the coals of the fire. Take out and enjoy!

Session 1: Thursday

		Notes
Opening Flag	Sumac	
Closing Flag	Windmill	
Snack	S'mores Snack Mix	
Lunch	Shipwreck	
Archery	Paw Paw ?	
Song of the Day	"Barges"	
Zip	Rocky Road	
Camp Kapers	Coralberry	Red Latrines
	Brookside	Porta Potties - FPH
	Paw Paw	Porta Potties - MM

Daily Schedule: Tuesday – Thursday

Time:	Activity:	Notes:
7:45am	Arrive & Check In	
8:00am	Opening Flag	
8:15am	At Unit Site	Take Attendance – text absentee names to (785) 813-1030
8:25am	Early Morning Rotation	8:40am Aide meeting – will get snack
9:15am	Late Morning Rotation	9:30am Leader Meeting
10:05am	Cook Lunch	
1:00pm	Closing Flag	
1:15pm	Daisies & Brownies Dismissed	
1:25pm	Juniors & Teens Dismissed	

Activity Schedule

Activity	Early Morning – 8:25am	Late Morning – 9:15am
Water Games (MM)	RO, BR	MB
Recycled Plastic Craft (FPH)	EF/OO, HS, WM	RO
Sharpie Tie-Dye (SS)	CB, LO, SU	EF/OO, WM, HS
Camp Service	RB	LO, SU, CB
Friendship Bracelets (GP)	MB	RB
Zip	RR	

Snack: S'mores Snack Mix

Ingredients:

- 1-2 boxes of graham cereal
- 1-2 bags mini marshmallows
- Bag of chocolate chips

Directions:

1. Evenly divide cereal into everyone's cup or bowl
2. Evenly divide chocolate chips into each person's cup or bowl
3. Evenly divide mini-marshmallows into each person's cup or bowl

Lunch: Shipwreck

Ingredients:

- 1 lb. ground sausage
- 2 lbs. frozen hashbrowns
- 24 eggs
- 1 cup cheddar cheese
- Salt and pepper to taste

Directions:

- Brown meat.
- Remove meat to paper towel and leave grease in pot.
- Use drippings to cook hash browns.
- When hashbrowns are golden brown, add the meat back into the pot.
- Scramble eggs with cheese and pour into pot.
- Stir and cook over fire until eggs are fully cooked.

Dessert: Grilled Peaches

Ingredients:

Peaches
8 oz. Plain Yogurt
2 tsp. Honey
¼ tsp. Cinnamon

1. Combine Yogurt, Honey, and Cinnamon in a bowl.
2. Cut peaches in half and remove pits.
3. Put foil over the grate. It might be a good idea to also spray the foil with cooking spray so the peaches don't stick – but don't spray toward the fire!
4. Place peaches cut side down on the grill.
5. Grill peaches about five minutes or until grill marks begin to appear and peaches begin to caramelize.
6. Remove peaches from grill and allow to cool slightly.
7. Either dip peaches into honey yogurt, or scoop a bit of honey yogurt onto each plate for dipping.

Session 1: Friday

		Notes
Opening Flag	Coralberry	
Closing Flag	Mulberry	
Snack	Watermelon & Leftovers	Eat at attic.
Song of the Day	"Linger"	
Hammocks	Paw Paw	Check in equipment first
Zip	Brookside	
Camp Kapers	Redbud	Red Latrines
	Rocky Road	Porta Potties - FPH
	Windmill	Porta Potties - MM

Daily Schedule: Friday

Time:	Activity:	Notes:
7:45am	Arrive & Check In	
8:00am	Opening Flag	
8:15am	At Unit Site	Take Attendance – text absentee names to (785) 813-1030
8:25am	Early Morning Rotation	8:40am Aide meeting – will get snack
9:15am	Equipment Check In	9:30am Leader Meeting
12:30pm	Closing Camp Kaper	Assigned at Leader Meeting
1:00pm	Closing Flag	
1:15pm	Daisies & Brownies Dismissed	
1:25pm	Juniors & Teens Dismissed	

Activity Schedule

Activity	Early Morning – 8:25am	Late Morning – 9:15am
Water Games (MM)	RB, SU	EQUIPMENT CHECK
Recycled Plastic Craft (FPH)	MB	
Sharpie Tie-Dye (SS)	RO, RR	
Camp Service	EF/OO, HS, WM	
Friendship Bracelets (GP)	LO, CB	
Zip	BR – equipment needs to be clean on Thursday.	

Activity Rotation Instructions

Fire Building (at campsite)

Before it is time to do the Fire building activity, Daisy/Brownie units should divide into three groups. Each “station” will need at least one Adult or one Aide to oversee the tasks/skills so decide who will lead each of the stations. Each station will have specific tasks that they need to complete/practice during each time slot. Junior units should divide into two groups. Half of the group will begin with slingshots while the other half is doing fire.

Discuss fire safety and fire building. Ask them the following questions:

- What do you remember about the kinds of wood that you use in a fire?
- What do you remember about how to extinguish or put out a fire?

Work with the small groups in the three stations described below. The three fire building stations are:

- Lighting matches: give each camper a small box of matches and have them sit around one of the metal buckets full of water. Teach the campers how to strike the match- away from you- and let it burn for a while before dropping it into the water. Teach them how pointing the match downwards will cause the fire to come towards their fingers more quickly and that they need to hold the match horizontally. Any matches that they don't use from their small box, should be added to the large unit match box inside the cook box.
- Gathering wood: taking one of your five gallon buckets, take your group around your unit site to gather tinder and kindling. Make sure that you are talking about how you should only take twigs and branches from the ground or dead trees. When they try to break it, it should *snap and not bend*. Teach them that tinder is “tiny” and kindling is the size/width of your finger or thumb. Once they have collected a **bunch** of both, bring it back to the woodpile and have them sort them into **neat** piles of each size of fuel.
- Fire building: each camper should use some of the tinder and kindling to build individual fires. They need to use the matches from the cook box and practice sprinkling with water to put their fires out.

Camp Service

On your designated day, you will be assigned a simple service project to complete for Hidden Valley Camp. Examples of possible projects include pulling weeds, cleaning up trails, picking up litter, relocating firewood, rebuilding firewood piles, etc. Every effort will be made to choose age-appropriate projects for each camp unit. Tools will be provided if they are required.

Friendship Bracelets

The Basic Diagonal Stripe Friendship Bracelet

This is the basic friendship bracelet. The whole bracelet is made with the basic knot, left to right.



What you'll need: Four colors of embroidery thread, which you can get at any craft store, each 25 inches long (about 63 cm).

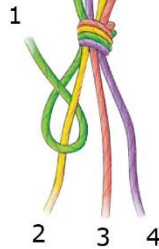
Getting started: Tie a knot about 1-1/2 inches (4 cm) from the top.



Separate the strands. Unless you really can't stand them, use our colors as shown. It'll make the instructions simpler.

1

Start with string 1 (green) and loop it over and then under string 2 (yellow). Hold string 2 (yellow) straight (this is important) and pull the knot snug.



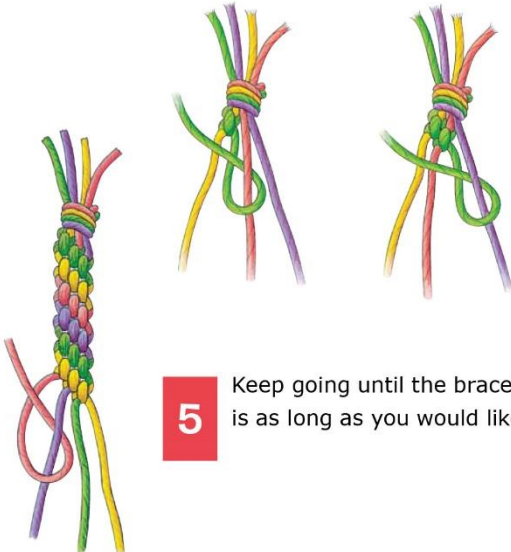
2

Do step 1 a second time so you have a double knot.



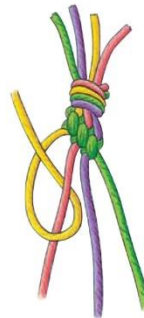
3

Now take string 1 (green) and make double knots around each of the remaining strands (pink and purple), left to right.



4

Now do the same thing again. Start with the far left strand (yellow) and tie double knots, left to right, all the way across the other colors.



6

Gather the strings and tie a knot to secure. Trim the ends to about 1 - 1 1/2 inches (4 cm).



5

Keep going until the bracelet is as long as you would like.

Water Game Instructions

Drip-Drip-Splash: Great for a hot day. Played the same as Duck-duck-goose, but instead of touching the heads of those not picked they have a little bit of water from a cup dropped on their head. The person picked gets the rest of the cup poured on their head.

Sponge Relay: Divide the campers into two teams and have them line up behind a starting line. Each team gets a small empty bucket and a large sponge. At the finish line, place two larger buckets filled with water. Tell the campers that on the word go, the first person in line must fast walk to his/her team's water bucket, dunk the sponge in, fast walk back with it and squeeze all the water from the sponge into the team's empty bucket. They then pass the sponge to the next person, and so on until one team fills up their empty bucket with water. That team wins.

Just before you say go, stop and tell the campers that, wait, there is one more rule! The wet sponges must be carried ABOVE their heads as they fast walk back from the water buckets. They will get wet and have fun!

The Great Jungle Fire: Here is the scenario: The jungle is on fire, and the animals must keep themselves wet to avoid being burned.

This is a relay race. You need a bucket of water and a cup per team. Set the water bucket and the cup about 15-20 yards away from each team. There is also a list of animals that each team has. The list is as follows:

1. Gorilla
2. Bat
3. Leopard
4. Snake
5. Kangaroo

The first person to fast walk must move like a gorilla, the second pretends to fly like a bat and so on. Gorilla's must move with their arms and legs held out awkwardly away from their body. Bat's must flap their arms wildly. Leopards must move on all fours. Snakes must get on their elbows and knees. Kangaroos must hop. Once 5 people have fast walked, the 6th person will start the list again as a gorilla, the 7th will be a bat and so on. Once they reach the water bucket, they must fill up the cup with water and throw it over themselves. Game ends when the teams have been through twice. The very last person must pick up the bucket and put it on their heads.

Back to Back: Split children up into partners however many as necessary. Then put them next to their bucket of water with water balls in it.

- This is a relay race so have another bucket about 15 feet away.
- The players have to put the water balls between both of their backs and walk to the other bucket.
- If your ball drops you must return to the bucket and re-soak it and start again.
- Set a time limit and when the times run out see which team has the most water balls in their bucket.

Recycled Plastic Craft (Rainbow Strings)

Led by Sara Gillum of Rainbow Strings Lawrence – Follow her [directions](#).



Sharpie Tie-Dye

1. Use Sharpies to color on scrunchie.



2. Use a squeeze bottle to drop rubbing alcohol on Sharpie covered areas of the cloth, allowing the colors to run. This happens because Sharpies are alcohol-based inks. When the rubbing alcohol comes in contact with the ink, it breaks the alcohol bond, causing it to become soluble and spread through the cloth. When the alcohol dries, the ink will stop bleeding.



3. Keep adding rubbing alcohol until the scrunchie is more or less saturated and all the Sharpie ink has had a chance to bleed a bit.



4. When you are finished adding alcohol to your scrunchie carefully hang it out in the sun to dry. It should only take 15-20 minutes for the alcohol to evaporate.



Note: Sharpie Tie-Dye is not a permanent form of tie-dye and will fade as it is washed. Heat setting the ink with an iron can help slow this fading process.

Wednesday Late Night for Junior and Teen Campers

5:00pm	Arrive and begin cooking dinner
7:45pm	Line Up for Flag Retirement Ceremony
8:20pm	Skits and S'mores
9:30pm	Induction of new Aides
9:50pm	Songs
10:10pm	Walk up to circle drive for dismissal.
10:15pm	Camper Pick Up
10:30pm	Aides and Adults Dismissed

Wednesday Evening Dinner

Junior and Teen units will cook dinner over a campfire on Wednesday evening. The menu for this meal will be determined by each unit on Monday. The campers will be tasked with planning their meal and creating a grocery list of the items needed. Therefore, each unit may end up cooking something different on Wednesday evening. All Aides are welcome to attend Wednesday evening even if they are Aiding for a Daisy/Brownie unit.

After a unit has completed their skit, they should **QUIETLY** file off the stage to the s'mores station. Once they have their s'more, they should go **quietly** to sit back down. S'mores will be led by Rookie Aides.

Nighttime Hike (if time allows)

- Travel silently so that you can hear the sounds of the night. Listen for some of these sounds...
 - Owl calls:
 - Like all nocturnal animals, owls depend more on their sense of hearing than sight. Depending upon the season, Barred and Great Horned Owls can be heard at Hidden Valley. Here are some tricks to remembering the calls... Barred Owls say "Who cooks for you? Who cooks for you?" Great Horned Owls say "Who's awake? Me too."
 - Animals rustling/moving or the wind whistling through the trees.
- Train for night vision!
 - When the lights are first turned off, it will seem like you can see nothing. Wait a little while and the rods/cones inside your eyes will start to adjust and allow more light into your pupils. After a little while of traveling in the dark, you will find that you can see quite well!
- If you absolutely must use a flashlight, remember to use flashlight etiquette!
 - Hold the light as close to you as possible- don't wave it around.
 - Have fresh batteries with you or recently put into your flashlight.
 - When you are standing still, you don't need a flashlight... turn it off and listen to the world around you.
 - **Always point your flashlight towards the ground, never in another person's face.**

Friday Equipment Check-In

At your assigned time, bring all of your unit site equipment to the assigned location. All items must be **cleaned** and ready to store for the year. Remember, Girl Scouts leave things better than they find them!

Tarps: Should be returned clean, dry, and neatly folded- the way you found them on Monday. If they are muddy or sticky, take them to a water hydrant in the meadow or near the Attic to spray/scrub them down. Lay them out in the sun to dry before returning to the proper locations.

Equipment: Should be cleaned and dried. If it is not clean, you will be told to clean it again.

- For Session 1: restock all items that are supposed to be in the cook-boxes (see p. 23-24 for a list of everything that should be in the cook-boxes). If an item is broken or lost, report it to the equipment check person and get a replacement from the Attic. It's ok- we know it happens! =)
- For Session 2: all items will need to be removed from the cook-boxes and put in the correct locations within the Attic or Dogshed. If an item is broken or lost, report it to the check-in person. It's ok- we know it happens! =)

Evelyn's Attic

11:00am	Mulberry
11:15am	Locust
11:30am	Redbud
11:45am	Hillside
12:00pm	Coralberry
12:15pm	Red Oak
12:30pm	Emerald Forest/Osage Orange

Dogshed	
9:30am	Paw Paw
9:45am	Rocky Road
10:00am	Windmill
10:15am	Sumac
10:30am	Brookside*

*because Brookside is Zipping on Friday, they will need to plan ahead for Equipment Turn In.

Unit sites: Should be thoroughly cleaned of all trash and food scraps. It is essential that no food scraps be discarded in unit sits at any time or the next group of campers will be dealing with rats, ants, and other undesirable creatures.

Fire Rings: should be left clean, bare, and have level soil. Rake remaining charcoal and ashes into a bucket (without digging inside the fire ring) and scatter them far into the woods. Straighten up the rocks and return half-burned wood to the woodpile.

Woodpiles: Should be straightened up, with wood sorted by size and have the oldest wood on top.

Challenge Boxes: Remove the challenge (leave the sharpies) and return it to the Cabin by 12:30pm.

Lost and Found: Take your unit to look through the lost and found (located in Evelyn's Attic) for items that may be theirs.

Trash: Pick up trash everywhere you find it and take it to the dumpster before 1:00pm.

Equipment Lists

Inside Cook Box:

Check Out	Check In	Item	Notes
		Silicone spatula for scraping dishes (1)	
		Cooking spoons (2)	
		Mixing bowls (3 sizes)	
		2 cooking pots (large and medium)	
		Can opener	
		Measuring spoon and cup set	
		Peeler (2)	
		Tongs	
		Paring knives (3)	
		Butter knives (2)	
		Serving spoons (2)	
		Dish scrubbers	
		Sponge	
		Oven Mitt and hot pads (2 total)	
		Foil	
		Trash bags (5)	
		Cooking spray	
		Dish soap	
		Paper towel roll	
		Salt and pepper shakers	
		Cutting board	
		Clipboard	
		2 copies of the Day Camp Songbook	

Outside Cook Box:

Check Out	Check In	Item	Notes
At site		Table	
		Dining fly with 2 orange poles	
		2 blue tarps (large and small)	
At site		Canvas tarp for woodpile	
At site		Shovel	
At site		Rake	
At site		Grate	
		Mallet	
At site		Fire bucket	
		Dishwashing buckets (3)	
		Fire starters and matches	
		Hand soap	
		Twine or rope for dunk bag line	
		Handwashing station	
		Gott cooler for drinking water	
		Dutch oven	
At site		Unit site sign	Return with equipment
		Unit challenge box (green)	Return to Cabin
		5 gallon buckets (2)	Session 1: return to Cabin Session 2: return with equipment
		Little red wagon (D/B units only)	

Day Camp Kapers

Day Camp Kapers are jobs that each unit does to help Hidden Valley and Day Camp run smoothly during the week. Each unit has an assigned day to do their Kaper. ***Some units have more than one Camp Kaper!*** Please check the Daily Schedule for your day and time to complete the below tasks:

Day	Clean and restock Red Latrines after 10:45am	Clean FPH Porta Potties after 10:45am	Clean Porta Potties in MM and on Road after 10:45am	Opening Flag Ceremony	Closing Flag Ceremony
Monday	Cabin Aides	RO	SU	Aides	Rookie Aides
Tuesday	HS	EF/OO		PP	BR
Wednesday	MB	LO		RR	RB
Thursday	CB	BR	PP	SU	WM
Friday	RB	RR	WM	CB	MB

Red Latrine Kaper Duties

- Remember to wear disposable gloves and a disposable mask!
- Sweep out trash, empty sanitary supplies box, webs, and bugs (brooms/sanitary bags at the Cabin).
- Clean seats and seat lids with vinegar spray (at the Cabin) using toilet paper.
- Dispose of paper in the toilet, close the lid.
- Replace toilet paper and add an "extra roll" to the toilet paper can (if it is empty). No more than 2 total rolls of toilet paper in the latrine at one time.
- Discard disposable gloves and masks, wash hands, and return supplies to the appropriate locations.

Sweeping Porta Potties and Refilling Handwashing Stations

- Sweep out trash, empty sanitary supplies box, webs, and bugs (brooms/sanitary bags at the Cabin).
- Spray with cleaner (located in porta potty)
- **FPH – 3 potties behind Evelyn's Attic.**
- **MM – 2 potties in Mary's Meadow and 1 potty along road**

Opening and Closing Flag Duties

- Assign speaking and flag carrying duties.
- Practice parts before your assigned day/time.
- Look up to make sure the ropes aren't tangled **before** hooking on the first clip.
- Make sure you know which clip goes on the flag first and which way to pull the rope.
- Practice tying off the rope securely so the flag doesn't fall in the strong winds.

Ceremony supplies are located in Evelyn's Attic in a bag hanging on the edge of the shelf.

Outdoor Flag Ceremony Commands and Procedures

The red sashes and flag are located in a bag hanging from the shelves in Evelyn's Attic. There are also laminated copies of the calling procedures in the bag. If you are leading a Flag Ceremony, make sure to have practiced with your unit earlier in the week so that you know who is doing which parts and how.

Color Bearer: may wear a red sash over the right should and tied with a square knot under the left arm.

Color Guard: may wear a red sash tied around the waist with a square knot under the left arm. There are generally four Color Guard but there may be two, six, or eight.

Opening Flag Ceremony at Day Camp

Commands (Caller's Part)

Action

Girl Scouts attention	All Girl Scouts pause and look to the Caller in silence
Color Guard attention	All CG members look to the Caller
Color Guard advance	CG walks up the aisle
Color Guard post the colors	CG attaches and raises the flag
Please join me in the Pledge of Allegiance & Girl Scout Promise	All but CG recite Pledge followed by the Promise
Color Guard dismissed	CG turns sharply and walks down the aisle, All GS watch in silence
Are there any announcements?	All Girl Scouts sing the "announcements" song
Girl Scouts Dismissed	All Girl Scouts dismissed to unit sites

When to Salute

The *Color Guard* salutes the flag immediately after they have raised the flag and returned to position. They do not participate in singing, speaking, or saluting with the audience.

All other Girl Scouts salute the flag when the first clip is placed on the flag and held until the flag reaches the top of the pole.

Closing Flag Ceremony at Day Camp

Commands (Caller's Part)	Action
Girl Scouts attention	All Girl Scouts pause and look to the Caller in silence
Color Guard attention	All CG members look to the Caller
Color Guard advance	CG walks up the aisle
Color Guard salute the colors	CG salutes the colors
Please join me in singing Day Time Taps	All but CG sing Day Time Taps
Color Guard retire the colors	CG take lowers flag down the pole, removes the clips, and folds it
Color Guard dismissed	CG turns sharply and walks up the aisle, all Girl Scouts watch in silence
Are there any announcements?	All Girl Scouts sing the "announcements" song
Girl Scouts Dismissed	All Girl Scouts dismissed to unit sites

When to Salute

The *Color Guard* salutes the flag as soon as they are in position and before lowering the flag.

All other Girl Scouts salute the flag when it starts to move down the pole and is held until the last clip is removed from the flag.

Campfire Ceremony with Flag Burning at Late Night

Campers line up on the road leading to the Gathering Place. The flag is out of sight and will be carried in (cut into sections/strips based on color) folded over a long stick. Ceremony leader shows the quiet sign then explains that we are about to have a solemn ceremony and the fire is lit. It is not meant to be sad or scary but it is serious. Everyone will need to stand quietly. Campers then process in and stand around the ceremonial campfire in a horseshoe shape.

Speaker: A flag that is worn, faded, or tattered is no longer a fitting symbol of our country. The two respectful ways to dispose of an old flag are burying or burning. Tonight, we will retire this old flag in a dignified burning ceremony.

Speaker: The color red represents bloodshed for freedom. The white represents purity and the heavens. The 13 stripes represent the 13 original colonies: Delaware, Pennsylvania, New Jersey, Georgia, Connecticut, Massachusetts, Maryland, South Carolina, New Hampshire, Virginia, New York, North Carolina, and Rhode Island. (*lay one strip on the fire and watch it burn as you say the name of each state*). Blue, signifies vigilance, perseverance & justice while the 50 stars represent the united 50 states of America.

Speaker: Please join me in singing "My Country 'Tis of Thee." (*all sing*)

Speaker: Please join me in singing "America, America" once all together then three times as a round

Speaker: Thank you for your respectful behavior and attention during our ceremony. Let's start the fun part our campfire.

Free Time Activities

If you find yourself needing to have your girls do “something” in their unplanned time, here are some suggestions:

- Do the Stream Walk activity
- Do leaf rubbings with paper and crayons (in the Cabin)
- Go for a Scavenger Hunt
- Go to other unit sites and do their Unit Challenges
- Find Sherwood Forest (archery range) in the afternoon, walk onto the shooting platform and pretend to be an archer! While there, have each girl say 1 thing they look forward to trying at Day Camp next year.

Junior and Teen Camper Skit Guidelines

Skits are supposed to be fun for ALL involved- the actors and the audience. In order to help that happen, here are a few guidelines that you should follow when creating your skit. If you need some ideas for a skit, come to the Cabin- we have books!

- Skits can be no longer than 5 minutes
- Skits should not have “inside jokes” that only your unit will understand
- Skits should not make fun of anyone
- Practice your skit ahead of time and don’t try to make it up “on the spot.”

Unit Challenge Ideas

- Sing a song (with actions) so that it can be heard in the next unit.
- Quack like ducks and flap your arms while walking from this unit to ____.
- Identify three different kinds of plants around this unit
- Think of a tongue twister to have others repeat 5 times as fast as possible
- Think about why this unit has the name it does.
- Find a sign of erosion near this unit.
- Think of ten uses for a bandana.
- Who was the founder of Girl Scouting in the United States? Be sure everyone in your group knows a little about her. (Leader folder has more information)
- How many years have there been Girl Scouts in the United States? Sing “Happy Birthday” to us
- Find nature items that begin with the letters used in your unit site’s name

****Please don’t hide your unit sign! It’s very hard for people to orient themselves when they don’t know the campsite’s name!!****

Group Games

Little Sally Walker
People to People
Do As I Say, Not As I Do
Extreme Firecrackers

[Group Game Directions Link](#)



“Get to Know You” Games

A Cool Wind Blows

This get to know you game is easy to play with all ages. However, younger ages might need a pile of cards or a little help from their Aides. For younger groups, consider having a list of 20 different things they could say like “has a dog, likes to eat tomatoes, etc.

Directions:

- Have some way to mark each girls’ spot (things like a bandana, a cup, etc.). Make sure that there is one item fewer than there are people playing (e.g. 10 people play = 9 cups marking sit spots).
- The person without a spot to sit explains the game and then starts by saying “a cool wind blows when...” and completes the sentence.
- To complete the sentence, you must think of something that describes the people in the group. For example, the leader could say :a cool wind blows when my hair is brown.”
- At that time, everyone who identifies with the comment (in this case, has brown hair), stands up and must find a new spot to sit in the circle. They can sit no closer than 2 spaces from the space they just left!
- The person who is left standing is the new leader and says “a cool wind blows when...” and the game continues until everyone has had a chance to say something or you run out of time.

Don’t Make Me Laugh

Directions:

- Two people stand in the center of the circle. One camper’s job is to stay silent and straight-faced.
- The other camper’s job is to make the first camper laugh using funny facial expressions and gestures- but they cannot make noise or touch the other person.
- Give a time limit of about 30 seconds.
- If the first person laughs, they are “out” and a new person comes to take the “silent faced” spot. If the second person doesn’t make the first one laugh, they are “out” and a new person comes to take the “funny” spot.

Hullabaloo

This takes a little preparation on your part as you will need to create a chart or cheat sheet for yourself of activities. You need 3 categories:

- Ways to move (e.g. tiptoe, skip, walk like a zombie, swim)
- Ways to greet (e.g. link elbows, handshake, pinky shake, high five)
- Topics to share (e.g. favorite dessert, how many kids in family, favorite story, favorite game)

Directions:

- Call out a direction from each category on the chart. For example, tip-toe-handshake-favorite story.
- Kids tip-toe around the area to find a partner (someone they don’t know!), greet them with a handshake (and say their name!), and then tell each other what their favorite story is.
- Ring a bell or have introduced a “call” signal to have everyone freeze.
- Call out new directions. Repeat the game no fewer than three times.

Rainy Day Activities

[Activity Directions Link](#)



Stream Walk Directions

[Activity Directions Link](#)



Badge Requirements Covered During Day Camp

Each girl will receive a piece of paper that lists the specific steps of each badge requirement that can be completed at camp. It is the responsibility of the Aides to make sure these activities are being completed.

Daisy Badges:

Badge Name	Step#	Step Requirement	Earned at Day Camp During	Mark "X" when completed
Eco Learner	2	Keep living things safe when you walk in nature.	Hiking on a trail – discuss why it is important to stay on the path.	
Buddy Camper COMPLETE BADGE	1	Help plan a camping trip.	Make a Kaper Chart on Monday.	
	2	Help pack for your trip.	Happy Campers talk on Monday with older Girl Scouts.	
	3	Go camping.	Hiking on a trail anytime during the week.	

Brownie Badges:

Badge Name	Step#	Step Requirement	Earned at Day Camp During	Mark "X" when completed
Celebrating Community	5	Join a ceremony or celebration	Join a flag ceremony (only earned by units with flag duties)	
Making Friends	1	Make friendly introductions.	When introducing yourself to others.	
	5	Practice friendship.	Go to a dance, sports game, camp, or other activity.	
Girl Scout Way	1	Sing everywhere.	Learn 3 new Girl Scout songs throughout the week.	
	4	Leave a place better than you found it.	Think of 3 ways to leave your campsite better than you found it and do them!	
Bugs	3	See bugs in action.	Watch 3 bugs in action during free time.	
Outdoor Adventurer COMPLETE BADGE	1	Play outdoors in a new way.	Try an outdoor challenge – climbing tower, long hike, etc.	
	2	Explore nature.	Look for tracks on hikes, watch for different birds – how many types can you see?	
	3	Buddy up and play outdoor games.	Water game activities.	
	4	Learn a camp skill	Fire building on Tuesday.	
	5	Care for the outdoors.	All week by keeping camp clean.	

Junior Badges:

Badge Name	Step#	Step Requirement	Earned at Day Camp During	Mark "X" when completed
Camper COMPLETE BADGE	1	Talk to an experienced camper.	Happy Campers led by Senior Aides.	
	2	Build a campfire.	Tuesday morning and throughout the week.	
	3	Cook in foil.	Orange Brownies and Banana Boats	
	4	Try a new adventure.	Try something you haven't done before - climbing tower, a new zip challenge, etc.	
	5	Gather around the campfire.	During Wednesday Late Night.	
Eco Camper	3	Prepare a minimal impact campsite.	Monday kitchen set up.	
Simple Meals	5	Make a one-pot meal.	Vegetarian Chili	
Girl Scout Way	1	Choose a song for a purpose.	Choosing graces before meals.	
	4	Leave it better than you found it.	All week long!	

Cadette Badges:

Badge Name	Step#	Step Requirement	Earned at Day Camp During	Mark "X" when completed
Archery COMPLETE BADGE	1	Get to know archery equipment.	During archery.	
	2	Learn about archery safety.	During archery.	
	3	Practice archery before you go on a range.	During archery.	
	4	Shoot on an archery range.	During archery.	
	5	Create an archery challenge.	During archery.	
Night Owl	4	Explore nature after dark.	Wednesday Late Night hike.	
Girl Scout Way	4	Leave it better than you found it.	All week long!	

Senior Badges:

Badge Name	Step#	Step Requirement	Earned at Day Camp During	Mark "X" when completed
Adventurer	4	Help the natural environment.	All week.	

Ambassador Badges:

Badge Name	Step#	Step Requirement	Earned at Day Camp During	Mark "X" when completed
Water	3	Find out about water issues.	Recycled plastic craft – plastic in the ocean.	

Aides Badges:

Badge Name	Step#	Step Requirement	Earned at Day Camp During	Mark "X" when completed
Cadette Public Speaker	5	Get onstage!	When an Aide leads morning or afternoon announcements.	
Senior Girl Scout Way	4	Leave your environment better than you found it.	All week make it your practice to leave the people you encounter "better than you found them."	
Ambassador Girl Scout Way	1	Use song to bring people together.	Earned if an Aide helps organize and lead the morning and afternoon singing tree songs.	

Notes