

# Outdoor Trip Planning



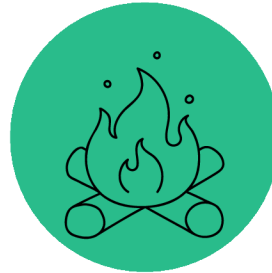
## Troop Goals



**Adventure:**  
Exploring new areas, testing physical limits.



**Service:**  
Community-focused trips like environmental clean-ups.



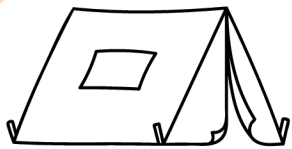
**Skills:**  
Focus on badge work or leadership development.



**Fun:**  
Building camaraderie, relaxation, and outdoor enjoyment.

## Safety Basics

- **Buddy System:** Always stay with a buddy during activities for safety and fun. Look out for each other.
- **First Aid:** Know the location of the first aid kit and basic first aid procedures in case of emergencies.
- **Emergency Contacts:** Keep a list of emergency contacts, including leaders and parents, on hand at all times.
- **Stay Hydrated:** Encourage regular water breaks, especially during outdoor or physical activities, to avoid dehydration.
- **Sun Protection:** Use sunscreen, wear hats, and sunglasses to protect against sunburn and sunstroke.
- **Proper Gear:** Ensure the use of proper safety equipment for activities, such as helmets for biking and life jackets for water sports.
- **Stranger Danger:** Remind girls not to talk to strangers or go anywhere with someone they don't know.
- **Follow Rules:** Adhere to the guidelines set by leaders and activity rules to ensure safety and enjoyment for everyone.



# Outdoor Trip Planning



## Budgeting

- Site: Costs for campsite reservations, permits, and utilities.
- Transportation: Fuel, rentals, parking, and travel fees.
- Food: Groceries, cooking supplies, and dining out.
- Equipment: Gear rental or purchase, like tents and backpacks.
- Activities: Fees for tours, rentals, and special experiences.
- Insurance: Budget for travel insurance and coverage



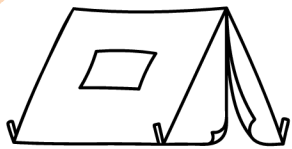
## Personal Gear

### Clothing

- Weather-Appropriate Clothing: Check the forecast and pack in layers—moisture-wicking base, insulating mid-layer, and so on.
- Footwear: Broken-in hiking shoes or boots, extra wool/synthetic socks, and camp shoes.
- Accessories: Hat, gloves, and rain gear (as needed).
- Clothing Basics: T-shirts, pants/shorts, undergarments, and warm layers like a fleece or sweater for cooler evenings.

### Toiletries

- Hygiene & Toiletries: Toothbrush, toothpaste, biodegradable soap, hand sanitizer, wet wipes, quick-dry towel, hairbrush, and feminine hygiene products.
- Protection: Sunscreen, SPF lip balm, and eco-friendly bug repellent.
- Medications: Personal medications and allergy info.
- Extras: Shower tokens/quarters if needed.



# Outdoor Trip Planning



## Sleeping Material

- Sleeping Bag: Choose one rated for colder temps than expected.
- Sleeping Pad/Air Mattress: Provides comfort and insulation from the ground.
- Pillow: Use a small pillow or a stuff sack filled with clothes.
- Sleeping Bag Liner: Optional, but adds extra warmth and comfort.

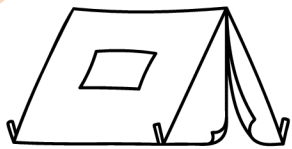
## Troop Gear

### Cooking Equipment

- Cooking Gear: Camp stove with fuel or portable grill, pots, pans, and utensils (spatula, tongs, spoon).
- Cookware: Cups, bowls, plates, kettle, or pot for boiling water.
- Essentials: Cutting board, knife, can opener, and fire starters.
- Dishwashing: Tub, soap, scrubbers, and towels for cleanup.

### Water

- Water containers (large water jugs or cooler)
- Water purification tablets or filter (if camping near a water source)
- Water bottles for each scout
- The general rule of thumb is to bring at least one gallon of drinking water per person per day. This amount can increase if you are camping in a hot and dry climate or if you plan on engaging in physical activities that increase your hydration needs.

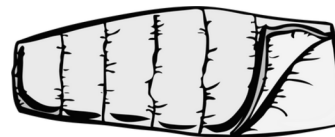


# Outdoor Trip Planning



## Sleep Gear

- Tents (appropriately sized for the group; include stakes and guylines)
- Ground tarps (for under tents to protect from moisture and dirt)
- Camping chairs (for sitting around the campfire)
- Extra blankets or sleeping bags for warmth
- Tent footprint (to protect the bottom of tents)



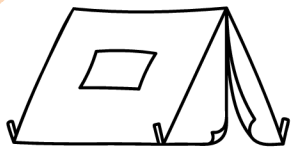
## First-Aid

- First Aid Kit: Comprehensive with band-aids, antiseptic, tweezers, and pain relievers.
- Protection: Sunscreen, bug repellent, and an emergency whistle.
- Lighting: Headlamps or flashlights with extra batteries.
- Emergency Info: Contact details and medical forms for all scouts.
- Tools: Multi-tool or Swiss Army knife.
- Safety: Small fire extinguisher for emergencies.

## Camping Gear

- Waste & Hygiene: Trash bags for waste, toilet paper, and wipes.
- Food Storage: Coolers with ice packs, storage containers, and bear-proof containers if needed.
- Cooking: Ensure enough stove fuel for the trip.
- General Gear: Rope or paracord, multi-purpose tarp, and camp lanterns for nighttime visibility.





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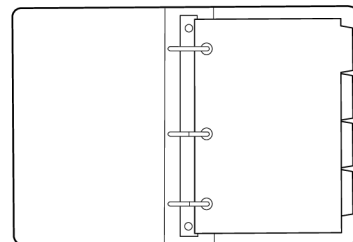


## Safety

### Emergency Packets

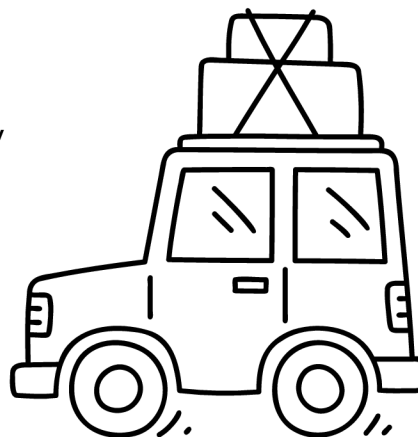


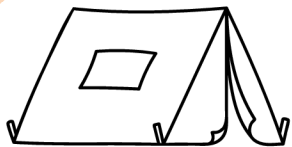
- Health History Form
- Parent Permission Slip
- Trip and High-Risk Application
- Drivers List
- Drivers Packet



### Driver Packet

- Every packet should include:
- Troop Emergency Contact Information
- At-home emergency contact name and phone number
- Every driver's name and cell phone number
- Council Emergency Number (800-490-8653)
- Council Emergency Procedures and Reporting Form
- Girl Permission Slips
- Girl and Adult Health History Forms
- Troop Activity/Trip Information Itinerary
- Map and Directions
- Drivers List
- Troop Roster
- "Main Packet"
  - Event Registration
  - Confirmations
  - Trip and High-Risk Application Approval





# Outdoor Trip Planning



## Engaging Girls

### Progress in Cooking

- Beginner:
  - Nosebag/No Cook: Sandwich, Walking Salad
  - One Pot Meal: Soup, Stew, Spaghetti, Bags o' Gold
  - Skillet: Pancakes, French Toast, Taco Meat, Eggs
  - Foil: Foil Dinner, Banana Boats, Baked Apples, Potatoes, Chicken
- Intermediate:
  - Box/Reflector Oven: Cakes, Brownies, Pizza, Biscuits, Cookies
  - Dutch Oven: Cobbler, Bears in an Orchard, Cornbread, Meals
- Advance:
  - Stick: Pigs in a Blanket, Toast, Which-Kabob, Marshmallows
  - Tin Can Stove: Pancakes, Hamburger, Eggs & Bacon

### Kaper Charts

- Assign and track roles/responsibilities within the troop.
- Lists specific responsibilities (e.g., snack prep, leading activities).
- Fosters teamwork and involvement in troop activities.

### Leave No Trace

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Plan Ahead</li><li>• Travel and Camp on Durable Surfaces</li><li>• Dispose of Waste Properly</li><li>• Leave What You Find</li><li>• Minimize Campfire Impacts</li></ul> | <ul style="list-style-type: none"><li>• Respect Wildlife</li><li>• Be Considerate of Others</li></ul> |
|--|---|

