

ALBERTA CAMPING CHALLENGE GUIDES



CAMP COMMITTEE

- ☒ Earn some new crests for your hat or camp blanket
- ☒ Learn some new skills
- ☒ Enjoy the outdoors
- ☒ Have a safe and great time!

Select and complete eight challenges from the categories below for each season crest while at a sleepover or while attending **two camps (minimum)**. **Challenge yourself to use a challenge only once to earn all the season crests.**

The centre crest: earn it with another event if you are up to the challenge and have the opportunity or complete your season crests with it.

Note:

1. When camping in Alberta one can experience unseasonable conditions at any time. The objective of this challenge is to camp and enjoy the challenges and rewards of different weather and conditions. If your event experiences winter conditions: then earn the winter crest!!
2. **Adults:** earn the crest as the Responsible Guider or a member of the camp staff.

A. Nature

1. Identify 3 coniferous trees or identify 3 deciduous trees at camp.
2. Identify 3 birds at camp.
3. Identify 3 wild flowers at camp.
4. Identify four signs of the season that you are camping in.
5. What happens when you rub your hands on the trunk of a Trembling Aspen tree? *Did you know that the early people in Alberta used this as a sunscreen?*
6. Place a crystal of snow or some snowflakes on a piece of black paper. Use a magnifying lens to view the flakes.
7. Identify Alberta's provincial tree in the wild or if it isn't growing at your site identify some native trees of Alberta.
8. Find Alberta's provincial flower growing in the wild. Identify the part of the plant known as the rose hip. *Did you know that the native people knew it was rich in Vitamin C?*
9. Identify two constellations in the night sky.

B. Bon Appetite

1. Pack a bag lunch for a hike.
2. While at camp or on a hike eat a food that you haven't eaten before.
3. Eat oatmeal or a similar food right from the bag. *Hint: Tear open the pouch, place it in your cup, add the hot water, stir and then enjoy.*
4. Learn and teach or sing a new grace.
5. Cook a meal over an open fire.
6. Cook a meal on a camp stove.
7. Cook a complete meal in one pot.
8. Learn about dehydrating food and sample some dehydrated foods.
9. Prepare a meal using a method of cooking you have not tried before: eg cooking on a buddy burner, in a box oven, in a flower pot, in a straw box or in a milk carton.

C. Creativity

1. Make up your own challenge(s) to earn a crest.
2. Make a craft and teach others.
3. Invent a new piece of camp gear. Draw it and explain the merits of your invention.
4. Record your camp in a diary/journal/scrapbook. Add photos or drawings to your journal of the event.

D. Camp Skills

1. Pack your own gear with supervision for camp. Ensure that your gear is waterproof.
2. Demonstrate how to storm lash your tent.
3. Make a shelter using plastic or a tarp and rope or string.
4. Learn how, and then safely, saw or chop wood.
5. Without paper, light a fire using no more than two matches or light a fire in the snow.
6. Build a gadget with string and wood that you can use at the camp.
7. Learn a new knot and demonstrate how to correctly tie the reef knot.
8. Demonstrate two ways to prevent a rope from fraying.
9. Make two different types of fire starters and test them out building a fire.
10. Participate in a flag ceremony at camp.

E. Activities

1. Build a snow sculpture
2. Go snowshoeing, outdoor skating, tobogganing or cross country skiing
3. Research how and build a quinzee. Crawl inside when it is finished and spend some time enjoying the peace and quiet. Compare the temperature inside the quinzee with the temperature outside.
4. Sleep under the stars.
5. Sleep in a tent in temperatures less than 0 degrees Celsius.
6. Go on a late night hike. Take a flashlight for safety but try to complete your hike without using it.
7. Find north without using a compass. Find west without a compass.
8. Set a trail/orienteering course for members in your group.
9. Measure the length of the shadows throughout the day. What pattern do you notice? Determine when solar noon is. *Hint it is when the shadow is the shortest.*
10. Do a good deed while at camp or on your hike. For example, gather litter, fix something, move something so the area is safer, etc.
11. Participate in a campfire.
12. Participate in Guides Own.
13. Participate in archery instruction.

F. Adventure

1. Learn the different methods of storing food in the back country.
2. Learn about bear safety. Two web pages are: www3.gov.ab.ca/rd/fw/bears/safety.html and www.bearaware.bc.ca
3. Learn the seven principals of Leave No Trace Camping. The web source is www.lnt.org
4. Learn different ways to purify water.
5. Prepare and eat a meal consisting of dehydrated foods.
6. Camp in a wilderness type setting: a campsite with no heated shelter.
7. Participate in canoe or kayak or sailing instruction.
8. Backpack into a campsite with all the gear and food for your group and spend at least one night.
9. Backpack more than 7 kilometres into a campsite and spend at least one night.
10. Try an adventure activity: a climbing wall, a ropes course, a zip line etc at camp.

Guiding Resources for Guiders interested in Camping

The National website has newsletters with information you may find useful.

1. The National News is electronically available each month.
<http://www.girlguides.ca/default.asp?id=157>
2. IKAT is published 3 times a year. This newsletter contains information for advisers and trainers specializing in camping, international, program and training.
<http://www.girlguides.ca/default.asp?id=936>

Camping Resources

Alberta Camping Committee has produced three booklets for sale in the provincial store and many area stores. Ask your store to bring it in if it is not on the shelf. They sell for less than \$3.00.

Use these booklets for your next camp: they are complete with menu ideas, program ideas, kit lists, Guides Own etc, etc. Use fully or adapt to the needs of your unit and the site you have booked.

1. Night Prowl
2. World Centres
3. Canoeing for Girls

Safe Guide

All forms and information is on the National Girl Guide web site in the following link <http://www.girlguides.ca/default.asp?id=967> .Ask your Camping Adviser to assist you with printed forms if you do not have internet access.

Safe Guide Help:

1. Your Camping Adviser or a trainer in your area can often answer your questions.
2. Your Camping Adviser can assist you with the completion of Safe Guide forms for camps.
3. Answers to Safe Guide questions can be sought from the National Safe Guide Help desk. The email address is safeguide@girlguides.ca .

Inter-provincial Camps for 2007

“Just Between Friends” July 8-21, 2007

Ontario's Escarpment Area (the Hamilton area of Ontario) hosts this camp for two Alberta girls who are at least 13 years of age and no older than 14 by June 30, 2007.

Qualifications:

1. Each participant must be comfortable living in a tent for two weeks,
2. Each participant must be familiar with cooking meals on propane stoves.

The fee for this camp is not determined at this time but in 2006 the fee was \$735.00. It does increase each year.

SOAR: Spirit of Adventure Rendezvous July 20-28, 2007

Alberta has accepted an invitation to send

1. one patrol of eight girls ages 11-15 and two guiders
2. one half patrol of four Senior Branches girls and one guider

This camp will be held near Parksville in the centre of Vancouver Island. Patrols need to provide their own camping equipment for this event. The fee is approximately \$3 750 for the patrol of ten or \$1 875 for the half patrol.

The Application Process:

1. These events will be advertised in the *Blue-Print* in November. The deadline for applications for both events will be January 26, 2007.
2. The application form to be completed is on the Alberta web site and your Camping Adviser can assist you in getting the forms. The link is http://www.albertagirlguides.com/Camp_forms.htm
3. To apply for SOAR: the Guiders only complete the application forms and then when selected choose their own patrol members.
4. To apply for “Just Between Friends”: all girls wishing to apply complete the form in the above link.

All applications after the closing date are then compiled and a committee of guiders selects the best applicant(s) from the information provided by the applicants in their forms.

Provincial Assistance:

“For Just Between Friends” (two girls)

1. 25% of air fare to Hamilton Airport
2. 20% of the camp fee
3. a package of swaps.

All travel arrangements are made by the Provincial Office.

For SOAR:

1. The patrol of ten will receive \$200.00 assistance from the Provincial Camping Committee. The patrol makes is responsible for arranging their own travel and may apply to the Provincial Travel Assistance fund.
2. The half patrol will receive \$100.00 assistance from the Provincial Camping Committee. The group is responsible for arranging its own travel and may apply to the Provincial Travel Assistance fund.