

Survival Camper: Part 1

Ambassador Badge





What is the Survival Camping Badge?

It is your chance to camp in the woods with limited supplies. Test your skills to go on the ultimate camping adventure.

Preplanning: Before you begin

Step 1: Plan a survival camping trip

Step 2: Gather your gear

Step 3: Plan and prepare your trip meals

Step 4: Learn a survival camp skill

Step 5: Go camping



Preplanning

Make a Plan

- **Come up with a Budget**
- **Find out what special gear or equipment you will need**
- **Research your destination/See what's available at your campsite or backcountry area**



Come up with a budget

Figure out what your budget is and how to pay for your trip.

- **What kind of money earning will you need to do?**
- **Will you use some of your Girl Scout Cookie earnings?**
- **How long will you need to save for?**
- **Make a budget: by listing all expenses.**





Sample Budget

Use the example to create your own budget. You'll want to add more items and research the costs.

Tip : Ask friends, family, other troops and Girl Scout Council if they have any equipment that you can borrow or rent.

Expense Items	Budget	Actual
Campsite (2 nights)	\$30	
Food	\$75	
Tent	\$100	
Hiking boots	\$60	



Find out what gear or equipment you will need

Ask friends, family, other troops and Girl Scout Council if they have any equipment that you can borrow or rent. You will need more items than the list below.

- ☐ Hiking backpack
- ☐ Water purification system
- ☐ Backpacking tent with tarp
- ☐ Thermal wear
- ☐ Fire-starting tools & matches in a waterproof container
- ☐ Water in a reusable bottle, water purification gear
- ☐ Flashlight with extra batteries
- ☐ Long-sleeved jacket
- ☐ Poncho or raincoat
- ☐ Sun protection: hat with a brim, sunscreen, lip balm & sunglasses
- ☐ First aid kit
- ☐ Any medications you may need (inhaler, EpiPen)
- ☐ Pocket knife (be sure to practice your knife skills before your trip)
- ☐ Emergency food (such as trail mix or granola bars)
- ☐ Trowel, plastic bags that zip, and toilet paper
- ☐ Whistle
- ☐ Appropriate shoes (e.g. hiking boots)
- ☐ Bug spray
- ☐ Map of area and compass
- ☐ Camping cook stove





Research your destination

Some questions to ask yourself.

- Will it be a local or hours away?
- How will you get there?
- Is the area prone to flash floods?
- What is the terrain?
- Is the area prone to wildfires?
- Will you need to keep an eye out for animals ?
- How far in advance do you need to reserve? (in some cases its months)
- Can you take a day trip to get a feel for the location?
- Is there a water source? What is it?
- Are there facilities (i.e. bathrooms, ranger station)? What are they? How far?
- Are primitive fires permitted?





Step 1: Plan a survival camping trip

The more you know the better prepared you will be.

Choose one or more:

- Talk to a survival camping expert.
 - Learn from the experience of someone who had done this kind of camping. A Girl Scout volunteer, teacher, parent or other expert.
- Visit/talk to a sporting goods or outdoor retail store.
 - Ask the experts about what you may need for your trip. Get their suggestions.
- Talk to a ranger.
 - Call or email the ranger(s) of the camps you would like to camp at. Ask questions and get their suggestions/recommendations.



Types of Questions to Ask

- What type of permits, if any, will we need for our trip?
- How have you created your own shelter on survival camping trips?
- What methods worked best?
- What's the best way to purify water?
- Did you forage for safe foods to eat?
- Have you experienced any kind of emergencies on survival camping trips? How did you handle them? What do I need to know to be safe?
- Who and how do I contact in case of an emergency?
- What do you think of our budget? Is there anything we missed?
- What do you think of our gear list? Is there anything we missed?





Step 2: Gather your gear

Even if you're an experienced camper, this badge is your chance to take your skills to the next level. Survival camping comes with its own unique challenges and requires extra-special attention to your supplies. If you haven't done it already, make your packing list.

Choose One or More:

- Build your stamina.
- Compare-share-repair with your camping crew.
- Plan gear for side hikes.



Step 2: Choice 1 Build your stamina

Backpacks



- Selecting your backpack - <https://www.rei.com/learn/expert-advice/backpack.html>
- Packing your backpack - <https://www.rei.com/learn/expert-advice/loading-backpack.html>



Step 2: Choice 1 continued

Hiking boots

- Selecting your boots. <https://www.rei.com/learn/expert-advice/hiking-boots.html>
- Break in your boots. You need to break them in and get your legs used to the extra weight.
<https://www.rei.com/learn/expert-advice/breaking-in-hiking-boots.html>
- Waterproofing your boots. (even if you think you don't need to)
<https://www.rei.com/learn/expert-advice/boots-waterproofing.html>
- Lacing your boots. <https://www.rei.com/learn/expert-advice/lacing-hiking-boots.html>
- Blister prevention and care. <https://www.rei.com/learn/expert-advice/blister-prevention-care.html>





Step 2: Choice 1 continued

Hiking

- Practice carrying your full backpack for 15 minutes a day to build up to an hour or more. Depending on how long your hike is to your destination.
- Challenge yourself – take short hikes but with hills or similar terrain you might encounter. Walking in mud can be very challenging.
- How to train for backpacking <https://www.rei.com/learn/expert-advice/conditioning-backpacking.html>

Step 2: Choice 2

Compare-share-repair with your camping crew


- Since you'll be traveling with a group, make gear a group effort!
- Get together to compare packing lists, see what's missing or what can be shared between girls or whoever you're camping with.
- Clean or repair any items that need some extra love.
- Talk about the challenges you want to try on your trip. Make sure you have the necessary gear, along with backup materials for safety.
- For More FUN: Hold a gear demonstration for younger Girl Scouts. Create a video to share. You could show them how to pack for a camping trip, set up a tent, or how to use first aid supplies.



****For the duration of the NY PAUSE, be creative with meeting digitally!****



Gear you may need

- Trekking poles – great for all terrains, stability and support. <https://www.rei.com/learn/expert-advice/trekking-poles-hiking-staffs.html>
 - Backpacking stove. <https://www.rei.com/learn/expert-advice/backpacking-stove.html>
 - Backpacking tents – much lighter and smaller to carry. Share the weight by giving each person some of the tent pieces to carry. <https://www.rei.com/learn/expert-advice/backpacking-tent.html>
 - Sleeping bags for backpacking – are lighter and compact. <https://www.rei.com/learn/expert-advice/sleeping-bag-backpacking.html>
 - Treating water. <https://www.rei.com/learn/expert-advice/water-treatment-howto.html>
- 
- A photograph showing various pieces of backpacking equipment laid out on a flat surface. The items include a black water filter, a red and black backpacking stove, a black tent pole, a blue tent fly, a black tent body, a black sleeping bag, a black tent footprint, and a black tent stake.





Food Safety, Storage, & Cleaning

Reduce weight and waste by leaving as much packaging at home as possible. You may want to repackage some foods into sealed plastic bags. If possible, try to group foods together by meal and day of trip. You can also print or write out cooking instructions to keep with your meals.

Protect food (and anything else with a smell, like toiletries) from animals. Unless you are carrying food for a hike, never keep any food in your backpack, tent, duffel bags, or elsewhere near your sleeping area. If you're staying at a campsite, store food in a designated rodent-proof area. If this is not available, check to see if food should be hung in trees or stored in a vehicle.

Use three buckets or deep pans for dishwashing. The first is for hot, soapy water; the second holds clean water for rinsing; the third is either for boiling water or cool water with a health department-approved sanitizing solution. Sanitize dishes by placing them in a net bag and immersing in boiling water for one minute, or according to the directions of the sanitizing solution. Hang the net bags to air dry.

Dirty dishwater should be filtered to remove food particles once the water has cooled. If you're staying at a campsite, follow their rules for disposal of your dishwater, or practice the Leave No Trace method of scattering strained dishwater instead of pouring it into the ground.



Step 2: Choice 3

Plan gear for side hikes

- Research your camping area and see what's available nearby for hiking or other excursions.
- With your group, decide what you'd like to do and when, and make sure everyone has the necessary gear.
- Add any additional items to your packing lists.
- Choosing a daypack. <https://www.rei.com/learn/expert-advice/daypack.html>





**Research, planning and practicing are
key elements for a successful
camping trip.**





Ambassador Outdoor Journey

The Ambassador Outdoor Journey consists of three badges: Outdoor Art Master, Water, and Survival Camper. It also includes a Take Action project.

Step One:
Ambassadors
earn the
Outdoor Art
Master
Badge*



Step Two:
Ambassadors
earn the
Water
badge*



Step Three:
Ambassadors
earn the *new*
Survival
Camper
badge



Step Four:
When all three badges are complete, girls plan
and carry out a Take Action project using the
skills they learned, and earn their Take Action
Award which shows they earned their
Outdoor Journey!

