

The Eight Basic Outdoor Skills Bracelet

Skill 1: BROWN

Know and practice good outdoor manners in town and in the country.

Discuss how far camp is from home. Look at a map of the camp. Talk about how you will get there and back. Discuss proper traveling behavior. Vote on where to take a walk and then do it.

OUTDOOR MANNERS: Have permission before entering private property. Close gates behind you. Do not litter, show respect for people around you and the property you are on. Discuss rules of the road.

RULES OF THE ROAD: Walk on the left side of the road, facing oncoming traffic. Walk in a single file line along roads. Do not separate to both sides of the road to avoid approaching traffic. Obey traffic signals and walk signs.

SAFETY PRECAUTIONS: Use the buddy system, stay together with your group. Know plans for bad weather or emergencies.

Skill 2: PINK

Know how to dress for the outdoors in your locality, considering weather forecasts.

Discuss the weather and what kinds of clothing are appropriate for camping. Learn to make a bedroll.

What clothing is needed for outdoor activities in each of the 4 seasons? "Be prepared" is important when planning what to wear...be ready for sun, wind and rain. Include sturdy shoes, socks, cap, scarf/hat, jeans or shorts on an outdoor clothing list. Dress in layers - extra clothing can be taken off and tied around the waist.

Skill 3: WHITE

Know how to tie, use, and release a square knot and a clove hitch.

Divide the girls into groups. Give each girl two pieces of rope, each about a foot long. Clothes line or venetian blind cord is best, but any rope is adequate. Line the girls up, back to back. Show one group how to make a square knot. Another person shows the other group how to make a clove hitch. When a girl has mastered her knot, she raises it in one hand. When the girl behind her masters her knot. The "partners" then turn around to face each other and teach their knot to the other.

Brownies: Be able to tie, use and release an overhand and square knot.

Junior, Cadette and Seniors: Be able to tie, use and release an overhand, square knot, and a clove hitch. Be able to whip the end of a rope.

Skill 4: GRAY

Know how to handle and care for a knife.

Discuss some of the important rules of knife-handling use and care to half the troop while half does some other project. When the second half returns to the circle, have the first half explain what they learned to them. Practice opening and closing a knife and whittling a point on a stick. Let each girl try. Practice proper handling by carving a soft bar of soap (try a soap boat with a bar of floating Ivory soap with a toothpick and paper sail).

** The use of knives is not included in the Brownie GS Handbook

*** Brownies should learn the basics of knife use and safety, indicated by the ***. Junior, Cadettes and Seniors should know all of the information below:

Know the parts of a knife. **

Understand the importance of using a safety circle (be an arms length away from anyone else when using a knife. ***

Know how to pass and carry a knife. ***

Know how to safely open and close a knife. ***

Know why a dull knife is unsafe. ***

Know how to clean and oil a knife.

Know how to sharpen a knife.

Know how to whittle safely.

Skill 5: ORANGE**Know how to make, use, and put out a fire for outdoor cooking.**

Learn to waterproof matches. Learn about tinder, kindling, and fuel. Learn about types of wood fires. Demonstrate a foundation fire. Learn the do's and don't of fire building. You may break the girls into groups for this and then have each group do a demonstration.

Understand the conservation of wood resources - build only the size fire you need.

Be able to choose and prepare a fire site.

Know the three sizes of firewood.

Be able to build and maintain a neat woodpile - in an established camp, leave at least enough dry wood for the next group to have a fire.

Know fire safety precautions - including no fire is ever lit unless a bucket of water is nearby.

Be able to light and re-fuel a fire.

Be able to put out a fire safely.

(Katie's note: Make edible campfires for practice!)

Skill 6: YELLOW**Know how to cook something for yourself, something for the patrol or troop.**

Have one lunch or supper meeting for the whole troop. Have one patrol cook, one set the table, and one sing and prepare the beverage. Make s'mores for dessert and share the clean up duties.

Be able to plan a balanced meal.

Know what equipment and utensils are necessary to prepare the meal.

Be able to choose a dining area and plan a grace.

Know how to soap a pan on the outside for easier cleanup.

Be able to clean up all dishes, pots, etc. as well as the dining area

Skill 7: RED

Know simple first aid for cuts, insect bites, skinned knees.

Play "Kim's Game" with first aid kit items. Cover with a cloth before the girls arrive. Pass out paper and pencils. Uncover the items for a minute and give the girls a chance to look them over, then recover. Have the girls silently list all the items they can remember. After five minutes let the girls share their lists and discuss what each item would be used for. Talk about Poison Ivy, personal hygiene, and basic first aid skills.

Use caution during outdoor activities to prevent accidents from happening. Know simple first aid for the following: infections, bites and stings, burns, heat exhaustion, hypothermia, frostbite, blisters, splinters and animal and snake bite precaution.

Skill 8: GREEN

Understand Minimum Impact and know how to protect the natural world.

Discuss what measures should be taken to protect the natural world. Use caution and good judgment when collecting samples for nature study or materials for crafts. Do not pick or damage endangered or protected plants. Collect only dead wood for fires. Do not cut down trees or take live branches. Do not tease or encourage wild animals or intrude on their houses. Conserve water and other resources. Learn to appreciate nature and begin to understand its fragile balance.

Pack it in, pack it out. Do not leave litter, equipment or any other signs that you have been in a natural area. Stay on established paths (prevents erosion and keeps plants from getting trampled).