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# 100+ Things to Do at Camp!

The BC Camping Committee hopes that you will never be short of girl-focused camping ideas.

This insert is divided into ten categories with instructions, information and ideas.

Wishing you great camping seasons to come!

BC Camping Committee  
camp@bc-girlguides.org

## First Aid Kits



Category names are shown in the footer on each page

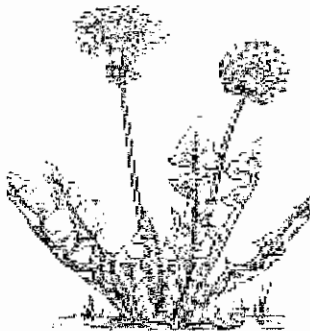
**Games**

- Categories:
- Games
  - Skits
  - Crafts
  - Activities
  - Ceremonies
  - Hikes
  - Scavenger Hunts
  - Cooking Methods & Recipes
  - Songs & Campfires
  - Service Projects



**Campfire**

## Buddy Burner



## Skits at Camp

Skits are great fun at any age. They can be used to highlight, explain and enhance your program or just for fun. It's always best to have the girls in small groups; give them a few choices of topics that lend themselves to what your theme or idea is and set a time limit for them to prepare, with some guidelines for how long and involved their skit can be - otherwise, it could take all night to watch them!

Some ideas for different kinds of skits are:

- 1) Charades - make ideas up to suit the camp theme
- 2) Camp safety Do's and Don'ts
- 3) Paper Bag Skits - hand out paper bags filled with items they have to build a skit around
- 4) Theme skits, specific to your camp - animals, birds etc.
- 5) Guiding History skits - lots of info available on line
- 6) Finish the story skits - you start the story and it passes around the circle with everyone adding a line or two
- 7) Making a machine skit - imagine a small group to be a bicycle!
- 8) Nursery rhyme skits
- 9) Pass it on or What is it skits - an item is handed around and everyone has to come up with a different use for and act it out
- 10) Miming camp activities . . . like cleaning the lats!



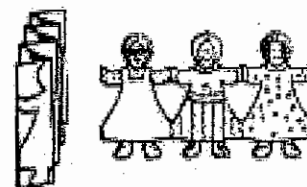
## Crafts at Camp

There is no age group that does not enjoy some kind of crafts at camp. Choose crafts that work with your camp theme and are suitable for the girls you have. Allow enough time for all to enjoy them. There are some fantastic web sites where you might be overwhelmed with the choices available! Remember to keep the crafts simple if your campsite is without power and that the supplies fit your budget.

Two sites to check out are: [www.familyfun.com](http://www.familyfun.com) & [www.becky'scampfire.com](http://www.becky'scampfire.com)

Some Craft Ideas:

- 1) Name tag crafts (to fit your camp theme)
- 2) Place mats (again, they can match your camp theme)
- 3) Film canister crafts - ie - Oscar the Grouch, pocket 1st Aid Kits
- 4) Plastic Canvas crafts - ie - coasters, cutlery containers
- 5) Fleece "no sew" pillows
- 6) Hat Crafts - no end of ideas available . . . fly swatters, toilet rolls, bed rolls, campfires . . .
- 7) Book Marks - make them from almost anything flat!
- 8) Friendship bracelets
- 9) Safety pin bead crafts
- 10) Weather Worms



## Activities for Camp

Along with hiking and making crafts at camp, go the activities that help us learn new skills and hone old ones. They also tie into Program and Badge work for the girls. Here are a few ideas for your next camp.

- 1) Star Gazing - great sites to look at are: [www.spacecentre.ca](http://www.spacecentre.ca) & [www.starfinder.ca](http://www.starfinder.ca)
- 2) Story telling - participation stories & plays

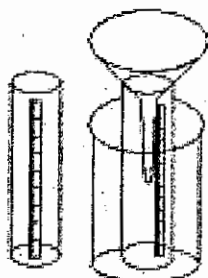


# Activities Cont.



## 6) Making a sundial

## 7) Making a rain gauge



## 9) Fire building

### Tips for Fire Safety

Make sure anything flammable (like your pile of firewood or your clothing) is kept well away from the fire and any sparks.

Tie back long hair to keep it away from the fire.

Be careful of clothing, especially sleeves, when reaching toward the fire.

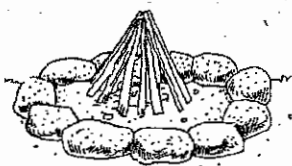
Do not play with the fire.

If you're cooking on the fire, be sure to have plenty of potholders handy.

Do not put grease on the fire, as it could flare and spread the fire unexpectedly.

Make sure everyone knows the "stop, drop and roll" rule.

If you burn yourself, immerse the burn in cold water and leave it there to cool.



### Fire Making Tips

The three types of materials you will need for a fire are tinder (to start it), kindling (to help the firewood catch) and firewood.

- For tinder, try to find the smallest, driest materials you can. Birch bark is an excellent fire starter, as are shavings from soft wood, like pine or cedar.
- Kindling should be little sticks that will catch fire easily from the tinder.
- For firewood, use large pieces to produce a long-lasting fire.

Whatever arrangement you use to build your fire, be sure that air can get in and around the wood.

Light your match close to the fire. That way, it won't go out in a draft. Insert the match at the bottom of the tinder, as the flame will travel upward and light the materials on top.

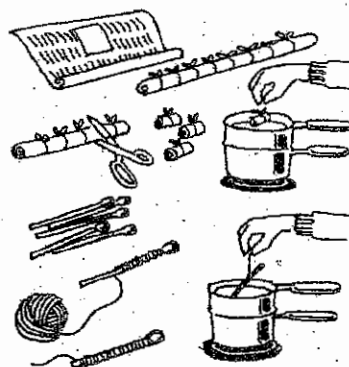
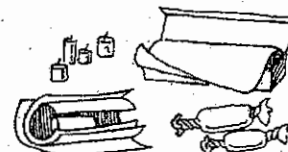
Gently lay bigger and bigger pieces of wood on the fire as the smaller ones burn away. Putting too much wood on the fire can smother it and make it go out.

## 8) Fire starters

Gather lint from a clothes dryer. Place it in a cardboard egg carton. Fill the carton carefully with melted wax adding a bit of string, or leaving a bit of the lint above the wax to act as a wick.



Save small candle stubs. Wrap them in several layers of waxed paper and twist the ends.



Tightly roll up a newspaper. Every two to three inches, tie it with string. Cut the newspaper between the string and dip it into melted wax.

## 10) Making bird feeders

**Coconut Bird Feeder:** Cut a coconut in half and drill a hole in the top of the shell to tie a rope through. Hang it from a tree branch and fill it with birdseed.



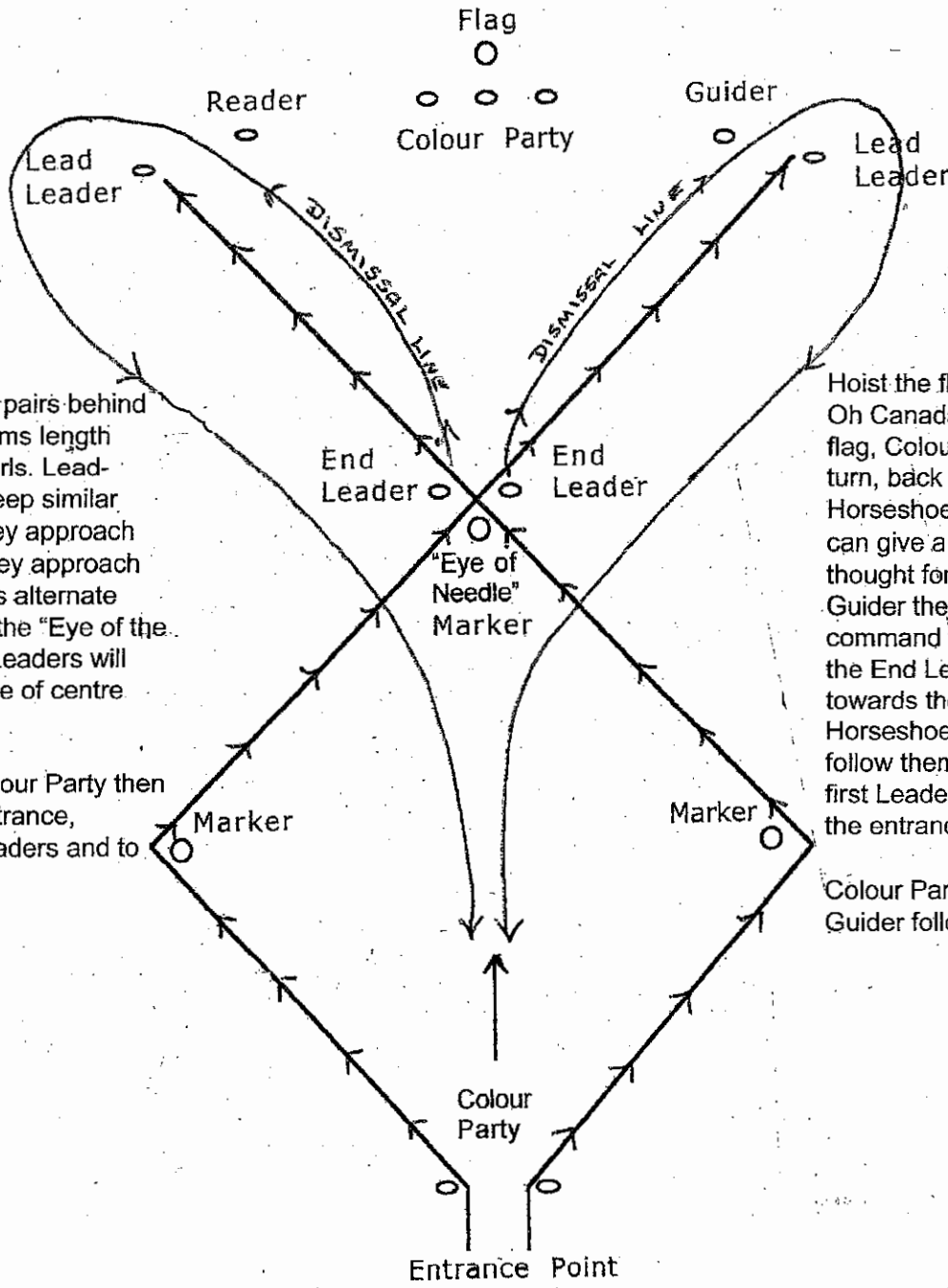
**Milk Carton Bird Feeder:** Cut a rectangle out of one side of the carton. Poke a hole through below the cut out and on the opposite side. Slide a stick through for a perch for the birds and fill with birdseed.

**Pine Cone Bird Feeder:** collect cones from a tree. Create a mixture of peanut butter, seeds, suet and nuts and pack the mixture into the spaces of the cones. Add a string and hang up in a tree for the birds.



# "Eye of the Needle" - Outdoor Flag Ceremony

**Forming the Horseshoe:** You need 4 leaders, 2 to lead the lines, and the other 2 are at the end of each line. Take your girls out and explain the procedure and have them help you place the markers and walk through the routine before the actual ceremony.



Girls line up in pairs behind the leaders, arms length between the girls. Leaders watch to keep similar distance as they approach markers. As they approach the centre, girls alternate going through the "Eye of the Needle". End Leaders will be at either side of centre marker.

Horseshoe Colour Party then march from entrance, through end leaders and to the flag pole.

Hoist the flag, sing Oh Canada, facing the flag, Colour Party about turn, back to centre of Horseshoe. The Reader can give a message or thought for the day, the Guider then gives the command to dismiss and the End Leaders swing towards the inside of the Horseshoe and the girls follow them around the first Leaders and back to the entrance.

Colour Party, Reader and Guider follow at the end.

# Camp Cooking - Methods and Recipes

It's a well known fact that a well fed camp is a happy camp.

Knowing how to make camp food and cooking fun, tasty, nutritious and relatively quick and easy, takes preparation and practise. We have included some basic information about cooking styles as well as some tried and true recipes we hope you will try and enjoy.

Buddy Burner



## Buddy Burners

A Buddy Burner is a small home-made stove, that is easily carried on a hike, for you to cook a meal on, for you and your Buddy!

You will need a large can, with one end removed. The 2.84L (100 fl. oz) size is best because it gives you a larger cooking surface and more room for fuel. Remove the label and wash the can. With supervision, use a pair of tin snips to cut a door as illustrated. Punch holes around the top of the sides for air.

You can use wood, charcoal or parafin for fuel. When you use charcoal, set the burner on several thicknesses of foil. Place a charcoal starter (NEVER liquid starter - it's too dangerous) and a pile of charcoal in the can. Light the starter. Within 15 to 20 minutes the charcoal will be glowing with a high, white heat. The top of the can will be very hot and ready to cook your hamburger patty (or whatever you have) very quickly.

You can use wood instead. The pieces must be small and dry. They will burn up quickly and you will need lots of them to keep your stove surface hot.

You can make a "burner" out of a clean tuna tin, with the label removed. Coil box cardboard into a tight circle, enough to fit into the tin. Put a cotton cord wick in the middle. Melt parafin in a pot in hot water and pour over the cardboard. When ready to use, just light the wick - it burns quickly and very hot, so watch your fingers!

What can you cook on a buddy burner? Fried egg, hamburger, wieners, small steak, pancake, toast, grilled sandwiches, or anything that needs a hot fire. Watch your food closely and don't let it burn.

### BE CAREFUL!

- 1) Use oven mitts or pot holders. The Buddy Burner gets very hot.
- 2) Have sand or water nearby to put out the fire. Scatter or bury the ashes.
- 3) Don't touch the can until you are sure it is cold.
- 4) Put the Buddy Burner (when cold) in a plastic bag and carry it home. Wash it so that you can use it again.

### HELPFUL HINTS:

- Use long lighters - Make long lighters by cutting any waxed carton, such as frozen food boxes, into strips. Light the end of a strip with a match. The strip will last much longer than an ordinary match and makes it easier to get kindling alight.
- Self-lighting Charcoal Totes - Fill a waxed milk carton with charcoal - briquettes are best. When you are ready to prepare your meal, tear strips down the sides of the carton. Place it in the Buddy Burner.
- Light the strips with a match. As the carton burns, it will ignite the charcoal. Before you cook, wait until the charcoal is turning white.

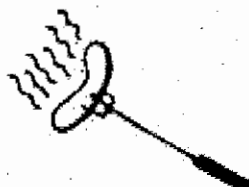


# Cook a Meal!

Try some of these recipes. When you gain experience in cooking, don't be afraid to experiment.  
\* = easy to cook and prepare      \*\* = a little harder      \*\*\* = challenging

## Hot Dogs \*

INGREDIENTS: Wieners, buns, condiments  
UTENSILS: barbecue fork, roasting stick or green tree stick  
FIRE: fairly hot, does not have to last long



DIRECTIONS - Secure a wiener to the utensil. One end of green stick should be peeled and sharpened. (A green stick is one that won't break when you bend it.)  
- Put on an oven mitt or use a pot holder and hold the wiener on the utensil over the fire (not in it). Turn it gradually until it is as brown as you like it.  
- You can heat the bun in the same way.  
- You can also fry wieners in a greased frying pan. Buns can also be heated by wrapping them in heavy foil and placing them in hot coals for a couple of minutes.

## Shish Kebabs \*

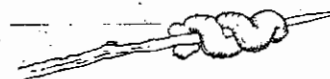
INGREDIENTS: chunks of food of your choice, like wiener, beef, firm tomato, green pepper, squash, kiwi fruit, pineapple, banana, hot dog buns  
UTENSILS: long metal skewer or green stick  
FIRE: hot coals



DIRECTIONS: Push skewer through chunks of food in any order you wish. The meat cooks best if closest to the end. Hold over hot coals and turn slowly so that the food browns and heats. Then slide it carefully off the skewer and into an open bun.

## Twisters \* sometimes called Dampers - very similar to Bannock

INGREDIENTS: tea biscuit mix, water  
UTENSILS: barbecue fork or green stick  
FIRE: hot coals



DIRECTIONS: Combine tea biscuit mix with water using a little less water than the directions state. Twist some dough around the end of fork or stick. Hold over the hot coals of a fire. Rotate slowly until brown on all sides. It's good dipped in honey or jelly.

## Banana Dream Boat \*

INGREDIENTS: banana, a few chocolate chips, a few mini-marshmallow  
UTENSILS: foil, knife, tongs  
FIRE: hot coals

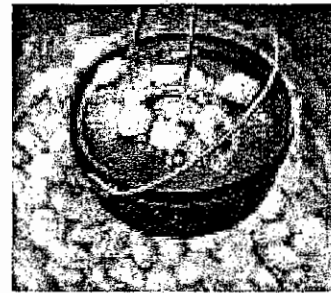


DIRECTIONS: Cut an opening the length of the bananas as shown, leaving the peel attached at one end. Scoop out a little of the fruit and eat it. Fill the cavity you just made with the chocolate chips and marshmallows. Put the peel back in place. Wrap in foil, shiny side in, using sandwich wrap. Place in hot coals for 5 to 10 minutes, long enough to melt the chocolate chips and marshmallows.

## Welsh Cakes \*\*

INGREDIENTS: tea biscuit mix, water,  
125 ml. currants  
UTENSILS: frying pan, egg lifter  
FIRE: medium hot

DIRECTIONS: Combine tea biscuit mix, water and currants. Roll out and cut into circles or squares. Place in dry frying pan on grill over fire. Don't let them burn. Serve with butter and jam.



## Gingerbread & Applesauce \*\*\* serves more than 6

INGREDIENTS: 1 can applesauce, 1 package of gingerbread mix, water and/or eggs as per package instructions.  
UTENSILS: large pot with tight fitting lid, mixing bowl, can opener, spoon  
FIRE: hot coals

DIRECTIONS: Grease the inside of the pot with margarine. Mix the gingerbread batter according to the direction on the package. Open the can of applesauce. Pour the applesauce into the greased pot. Pour the gingerbread batter over it. Put lid on tightly. Place on hot coals of fire or on grate close to the heat. Depending on the heat of the fire, the gingerbread will cook in 20 - 30 minutes.  
The applesauce will rise to the top. Delicious dessert!

## Fruit Curried Rice \*\*\* serves 4

INGREDIENTS: 250 ml rice, 25 ml butter or margarine, 125 ml raisins, 50 ml chopped dried fruit (like apricots & apples), 10 ml curry powder, 25 ml dried onion flakes, 625 ml water  
UTENSILS: pot with a tight fitting lid, spoon  
FIRE: hot at first

DIRECTIONS: Mix all ingredients in the pot. Cover tightly and bring to boil over hot fire. As soon as it boils, remove from hot fire and let it simmer for 20 minutes at the edge of the fire. Don't remove the lid during this time.

## Cheesy Potatoes \*\*\*

INGREDIENTS: cheddar or processed cheese, cut in cubes, potato, butter, celery, garlic and salt & pepper  
UTENSILS: foil, tongs  
FIRE: hot coals

DIRECTIONS: Slice potato very thinly. Place in single layer, with slices overlapping, on foil. Put cheese on top, then another layer of potato. Add seasonings and dabs of butter. Wrap tightly in foil using sandwich wrap. Place in hot coals, turning occasionally until potatoes are cooked - 15 to 20 minutes.

## Baked Tuna Casserole \*\*\* serves 4

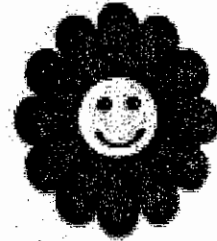
INGREDIENTS: can of tuna, can of mushroom soup, 250 ml frozen peas (thawed), 2 small packages of sour cream and onion potato chips  
UTENSILS: frying pan or pot with lid, can opener, large spoon  
FIRE: fairly hot outdoor oven

DIRECTIONS: Crush the potato chips in their bags. Mix together with tuna, soup, peas most of the crushed potato chips in the pot. Sprinkle the remaining crushed chips on top. Put lid on. Place in outdoor oven and bake for 20 minutes or until heated through.

# Service Projects at Camp

Doing an activity at camp to enhance the site, help with maintenance or beautification or teach the girls a new skill all come under the umbrella of a service project. Make sure what you plan to do has the permission of the parent Camp Committee or Caretaker and have fun while you work! Some ideas could be:

- 1) Raking paths
- 2) Painting (outhouses, benches, signs etc.)
- 3) Clearing underbrush & dead branches
- 4) Stacking firewood
- 5) Washing windows
- 6) Cleaning out gutter or down spouts
- 7) Tree Planting
- 8) "Beautification" projects, such as planting bulbs



and for those rainy days . . .

- 9) Making tray favours for the elderly
- 10) Special Occasion cards for shut ins or Meals on Wheels



## Current resources readily available

- every Unit Program Book
- GGC web-sites - [www.bc-girlguides.org](http://www.bc-girlguides.org)
- [www.girlguides.ca](http://www.girlguides.ca)

## Old books worth hunting for

- Let's Try It - Volumes 1, 2 & 3
- Camp Skills - Set of Three - Fun Outdoors
  - We Can Camp
  - Explore Camping
- Knots & Splices
- The Kids Campfire Book
- Things to do Outdoors



# Games to Play

Having a stock pile of games for sunny outside days or rainy inside days at camp is always a good idea. Take along some board games, puzzles, old decks of cards, frisbees, skipping ropes, balls, badminton racquets or anything else you have lying around that can keep the girls occupied and busy.

In keeping with your camp theme, make up a list of questions and prepare different Bingo cards - there are some good ones easily down loaded from game sites on the web!

You can play: Night Eyes, Flash light tag, Capture the flag, British Bulldog, Tag and other games such as, from Project Wild: "Oh Deer" on page 206 or "Owl and Mice" on page 137, or from the GG Eco Pack: "The Musquito Game" and many other Wide Games or try one of the games included here . . .



## "Defeat the Dragon"

Defeat the Dragon is a wide game about a school of little dragons and people who would like to get rid of them before they get big and fierce. Half the players are Big Dragons, and half are Dragon Slayers. You need a number of balloons for little dragons - long green ones are most dragon-like. The game leaders blow up the balloons and tie a string to each. They place them around the playing area, tying the strings to a branch or putting them under a rock. Strings should be tied loosely so that the know can be untied quickly.

The Big Dragons and Dragon Slayers start as far apart as possible, at opposite ends of the playing area. A small area somewhere between is marked the "Dragon School". The Big Dragons try to find balloons and take them to the Dragon School, while the Dragon Slayers try to find and break the balloons before they are found by the Big Dragons. Once a Big Dragon has a balloon in her hand it may not be broken by a Dragon Slayer. (She's afraid of the Big Dragon!)

If a balloon happens to break while being carried to the Dragon School by a Big Dragon, it is counted as a killed dragon. The game ends when all the little dragons have been found. Who was more successful - the Big Dragons or the Dragon Slayers?

If you play this in a wooded area, you can practise camouflage by placing the balloons where they are hard to spot because they blend in with their surroundings. Make sure no bits of string or balloons are left behind!



## "Tracking the Deer"

Two or more girls are chosen to be deer.

They are given 10 - 15 minutes to lay a trail, using signs or other means. At the end of their trail, they put the "gone home" sign and hide within 15m of the sign. Meanwhile, the rest of the players are divided into groups of three or four. At the end of the agreed time limit the trackers follow the trail and try to find the deer.

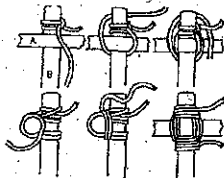


# Activities Cont.

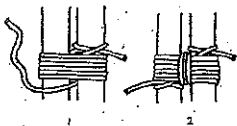
## 3) Knotting and gadget making

Lashing:

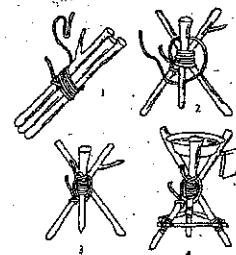
Square lashing - used to tie two poles at right angles to each other. Start and end lashing with a clove hitch.



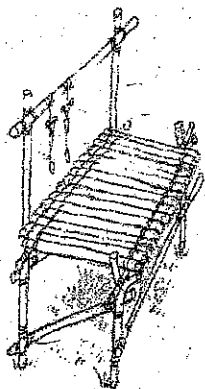
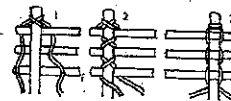
Sheer lashing - used to tie two or more poles parallel to each other.



tripod lashing - used to tie three poles together to make a tripod stand



continuous lashing - used to join sticks together to make a flat surface



Kitchen work table



Hanger towel rack



Luggage or shoe drying racks



Shoe scraper from tent peg



Fuzz stick

## 4) Laying a trail

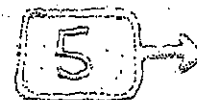
|                    | Rocks | Pebbles | Sticks | Long Grass |
|--------------------|-------|---------|--------|------------|
| Straight ahead     |       |         |        |            |
| Turn right         |       |         |        |            |
| Turn left          |       |         |        |            |
| Do not go this way |       |         |        |            |

## Trail signs

I have gone home



Number of paces in direction indicated



## 5) Weather watching & clouds



Beaufort Scale of Wind Force

# Ceremonies at Camp

Camp is a fantastic environment in which to keep some of Guidings' best traditions alive and growing.

**Openings** - set the tone for the camp and should be in keeping with your camp theme.

**Closings** - bring everyone together to conclude your experiences.

**Guides Own** - is a time of reflection and thoughts to be shared by all.

**Enrolments** - are a special way to bring new girls into your group.

**Advancements** - see the girls towards their next Guiding journey.

**Badge and Crest Presentations** - when held towards the end of a camp, they let the girls know right away what they have accomplished or earned, while it is still fresh in their memory.

**Graces** - allow everyone to be grateful for shelter, good food and company.

**Star and a Wish** - a way for everyone to think about what they did at camp and what they might like to see or do at another camp.

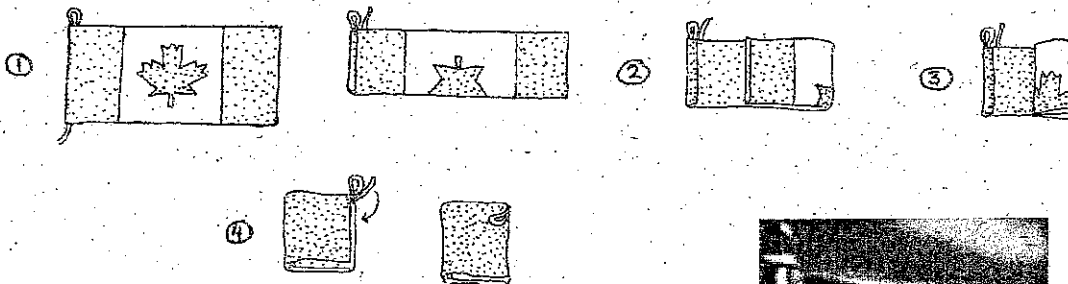
**Campfire** - a wonderful way for every day to end, whether it be a true campfire, or just a sing-a-long

**Flags** - the proper raising of the flag is a bit of a lost art and camp is a great place to practise with the girls. Opposite, is a diagram of a flag procession, a challenge for any group to perform!



## Folding the Flag for Hoisting

- 1) Holding the flag flat, one person with the hoist (the end that goes up the pole) and one with the fly (the end that flies freely), fold it in half, taking the bottom to the top.
- 2) Fold the fly to meet the edge of the red stripe nearest the hoist.
- 3) Fold the flag again to meet the same red stripe.
- 4) Fold the flag's red stripe over the folded flag. Tuck the rope into the fold. Leave the toggle on top of the folded flag.



## Ceremony for Raising the Flag

The flag is often raised when the Guides are in the Horseshoe formation. The colour party is made up of three Guides.

The flag should be folded ready to raise, usually held by the centre girl of the colour party.

Once in the Horseshoe, the colour party girls "fall out" on a command from their Guider, going to the apex of the Horseshoe, or they may already be in this place. They march up to the flag pole, each girl helps to tie one knot and they remain there while the flag is raised. They then return to their spot in the Horseshoe.

# Hiking Ideas

Hiking just for the sake of getting from point "A" to point "B", while being a worthwhile exercise, can be made much more interesting if you give the girls something to look for or do along the way. Set aside enough of your day to give everyone the time it takes to enjoy their time on the hike - that way, they will want to do another! Again, have reference books on hand to let the girls discover the names to what they have found.

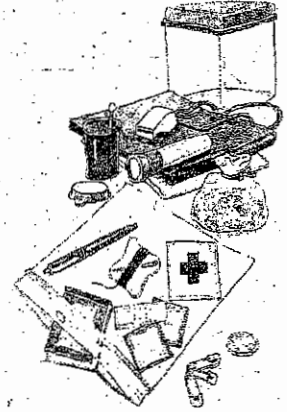
**Get the girls to:**

- look for colours / identify trees / listen for sounds / find wild flowers / look at insects / do compass work
- find unnatural things that don't belong / bird watch follow trail signs / use a GPS and go geocaching



**What to Carry on a Hike:**

- a First Aid Kit
- a lighter or matches in a waterproof container
- a flashlight
- a whistle on a lanyard or string worn around your neck
- a large garbage bag (preferably orange or yellow)
- a space blanket
- extra warm clothes
- a high energy snack
- fresh water



# Scavenger Hunts

Scavenger Hunts are a great way to get the girls active and looking at the world around them. Whether in a camp ground, by a sea shore, in a park or at a residential camp, you can look and find things of interest. Remember never to harm nature, and where picking or moving items are not permitted, encourage the girls to draw or take pictures of their finds.

Give the girls ample time, keeping in mind the age you are working with, and choose the number of items to find that makes sense for your environment. Girls can work by themselves or in groups. Have reference books on hand to identify what is found.

**Some ideas for hunts:**

- different flowers / rocks of different colours / leaves / plant seeds / types of bark / sea shells
- unnatural items or litter . . . or any combination of the above.

Or - try a hunt for sounds! Have the girls sit still, eyes closed and see how many different things they can hear.  
Or - have them lie on their backs on a sunny day and see what they can find in the clouds!

Use your imagination and make it fun for all!

**Suggestions for Reference Materials:**

- Plants of Coastal BC (Pojar & MacKinnon)
- Leader's Nature Guide
- Sharing Nature with Children
- Tree Book (BC Government Ed.)
- The Audubon Society Field Guides
- From Sidewalk to Seashore
- Rocks
- Project Wild
- Peterson's Field Guides
- Bird Wise & Plant Wise



# Outdoor Ovens

Would you like to bake muffins or a birthday cake outside? Your favourite casserole? You can if you make an oven. An oven reflects heat from all sides; that's how food bakes.

## REFLECTOR OVEN:

Attach three shallow aluminium foil trays together with wire, as pictured in the diagram. Set them up behind a good wood fire built under a grate. Place the pan of food to be baked on the grate.

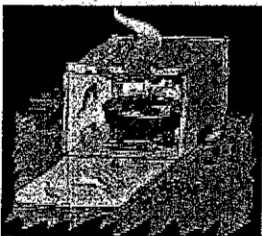


## BOX OVEN:

Use this oven only on a fireproof surface such as sand or gravel.

You need: heavy corrugated cardboard carton, heavy aluminium foil, small foil pan, piece of cord, screw eye, and 4 tin cans of the same height.

- 1) Cut one side of the carton to make a door.
- 2) Line the carton completely, including the door, with foil having the shiny side exposed.
- 3) Put cord through two holes at top of door as shown. Put screw eye on top of oven.
- 4) Using tongs, place hot charcoal briquets in foil pan on the bottom of the carton.
- 5) Support your muffin tin, cake pan, pie plate etc. on the four tin cans.
- 6) Close the door and fasten it by looping the cord over the screw eye.
- 7) If the briquets are very hot, the food will cook in the same length of time as in an ordinary oven.
- 8) Make sure that you have oven mitts - the pan will be very hot.



# Campfire Cooking

You can cook almost anything on an outdoor fire if you know how. Cooking is providing enough heat for long enough to make the food edible and safe to eat.

## How to Test the Heat of an Outdoor Fire:

Hold your palm over your small cooking fire close to where you are going to cook. Hold your hand still and count slowly, saying "one - and" between the numbers. The length of time you can hold your hand comfortably over the fire, shows the heat of the fire. Be careful not to burn yourself!

|                        |                       |
|------------------------|-----------------------|
| Very hot fire - 1 to 2 | 230C (500F)           |
| Hot fire - 4 to 8      | 200-230C (400 - 500F) |
| Medium fire - 7 to 10  | 130-200C (225-400F)   |
| Slow fire - 11 to 16   | 20-160C (250-325F)    |



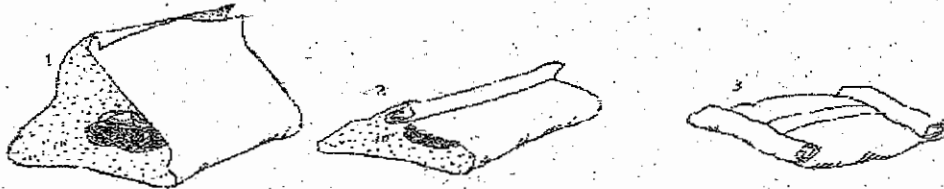
## Notes About Fires:

- Keep all fires as small as possible. Think of the burner on a kitchen stove. It's as big around as the bottom of a cooking pot.
- Observe all fire safety precautions.

## Grilled Cheese Sandwich \*



- INGREDIENTS:** 2 Slices bread, cheese slices, margarine or butter  
**UTENSILS:** aluminium foil and tongs or frying pan & egg lifter  
**FIRE:** fairly hot, does not have to be long lasting  
**DIRECTIONS:** Put cheese slice between two pieces of bread. Spread marg or butter on outside of the sandwich. Wrap in foil using sandwich wrap. Place in hot coals of fire, turning once with tongs. It will take about 3 minutes on each side.  
 OR Put sandwich in a frying pan and cook on both sides until toasted and the cheese melts.  
 OR Cook on top of a Buddy Burner.  
**VARIATIONS:** Add slice of ham or tomato. Some people like peanut butter sandwiches grilled this way!



## Steakette/Chicken Breast Foil Dinner \*\*

- INGREDIENTS:** 1 steakette or chicken breast, 1 raw potato sliced very thinly, other veggies if desired like thinly sliced carrot, celery, onion, green pepper. seasoning to taste (salt/pepper/soy sauce/etc.)  
**UTENSILS:** Heavy aluminium foil, tongs  
**FIRE:** hot fire that has burned long enough to leave hot ashes.  
**DIRECTIONS:** Place a steakette or chicken breast on a piece of foil (double thickness is best. The shiny side should be on the inside. Spread the sliced veggies on top. Sprinkle with seasonings. Close package as shown, using sandwich wrap. Bake in hot coals of fire for about 15 minutes. Turn it over once or twice with the tongs. If the fire is very hot it may cook in less time.  
 Use the tongs to remove it from the fire. You can eat straight from the foil!

## Sloppy Joes \*\*

- INGREDIENTS:** .5 kg. lean ground beef, 1 can tomato or soup of your choice, 25 ml. ketchup  
 10 ml prepared mustard, hamburger buns.  
**UTENSILS:** frying pan, long-handled mixing spoon or egg lifter, can opener  
**FIRE:** medium heat to last 20 minutes  
**DIRECTIONS:** Brown the ground beef in frying pan. Stir in the soup, ketchup and mustard. Heat through. Remove from fire. Serve on split hamburger buns.



## Pizza Baby \*\*

- INGREDIENTS:** 500 ml. tea biscuit mix, water, 1/2 can tomato soup, salami slices, oregano, parmesan cheese, chopped green pepper (or your choice!)  
**UTENSILS:** foil, spoon, tongs  
**FIRE:** hot coals  
**DIRECTIONS:** Combine tea biscuit mix with amount of water specified on box. Shape thin dough into a shallow dish shape about 1.5 cm. thick. Spread soup on this "dish" and arrange toppings on top. Sprinkle with cheese & oregano. Place on a double thickness of foil, shiny side in, and close with sandwich wrap. Cook on hot coals, for about 10 minutes . . . **do not** turn over!

# Songs and Campfires

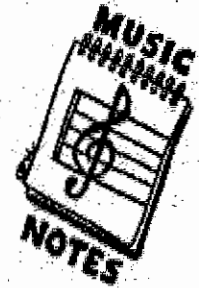


The difference between a sing-a-long and a campfire is really just the amount of organizing that goes into sitting around the campfire to enjoy singing. A sing-a-long is when everyone suggests songs, in no particular order, for the enjoyment of singing.

A campfire is an evening "event", usually planned by 1-3 people, with a theme that ties in with your camp and songs, stories and skits put into an order to open, build, have fun, quiet down and close the evening. There are lots of Guiding song books to make selections from.

All of the songs below can be found in the red and white, Jubilee song book, an all time favourite source.

- |  |         |
|--|---------|
| 1) Australian Campfire Opening or Fire's Burning | page 5  |
| 2) Farewell to Nova Scotia                       | page 13 |
| 3) Land of the Silver Birch                      | page 15 |
| 4) The Happy Wanderer                            | page 23 |
| 5) Donkey Riding                                 | page 27 |
| 6) Tongo   | page 36 |
| 7) The Frogs or The Cuckoo                       | page 39 |
| 8) Auntie Monica                                 | page 46 |
| 9) Merry-Go-Round                                | page 47 |
| 10) Barges                                       | page 56 |



**Girl Guide song books to look for:**

- Cancianones De Nuestra Cabana
- Diamond Jubilee Songbook
- Girl Guides of Canada - Campfire Activities
- Musical Fun With the Brownie Pack
- Our Chalet Songbook - I & II
- Sing a Song for Brownies and Sparks
- Sing For Joy
- The Canadian Girl Guides Songbook

