

Girls Cook Out/Girls Sleep Out Training

Required for Girl Scouts to cook outdoors, and stay overnight at Girl Scout properties, county and state parks, and individual backyards and cabins. This training is very beneficial for attending Encampments, Troop Camps, and other troop overnights.



When: Saturday, May 19, 4:00pm to Sunday, May 20, 12:30pm

Where: Camp Sacajawea, 5121 McAndrews Road, Apple Valley

Cost: \$15.00 covers cost of camp sites, food, and training materials for the weekend. Checks made payable to Eagan Service Unit.

Facilitators: River Valleys Outdoor Champions - Volunteers specifically trained to promote, teach, mentor, and support Girl Scout volunteers in providing nature-based activities and outdoor skills to girls - a big part of the Girl Scout Leadership Experience.

Girls Cook Out Training – For volunteers whose troops are planning on preparing food using outdoor cooking methods and equipment. You'll learn:

- Essential outdoor cooking skills including fire building, charcoal, and camp stove cooking
- Outdoor dishwashing and sanitation methods
- Basic knots and jackknife safety
- Leave No Trace principles

Girls Sleep Out Training – For volunteers whose troops are planning an outdoor overnight activity lasting two to three nights, utilizing camps and/or using tents. You'll learn:

- Skills related to program ideas, planning, safety, and addressing environmental concerns related to outdoor camping
- How to guide girls in planning an overnight adventure
- What gear is needed
- How to care for and use tents

Prerequisites: Prior to the weekend, complete Girls Cook In and Girls Sleep In training self-studies at <https://volunteers.girlscoutsrv.org/training/year-round-training>.

Name _____

Address _____

Email Address _____

Phone Number _____ Service Unit _____

Troop No. _____ Program Level and Grade _____

Registration due by Monday, April 30.

Send registration form and check to:

Jenn Wrightman, 15847 Gooseberry Way, Apple Valley, MN 55124