

Discovering The Wilderness

By Kids For Kids, A Girl Scout Gold Award





This program is a way to share wilderness skills that kids have lost. When you ask your grandparents about what they did as kids and how they played, there are huge differences between them and us. Many of the skills they know are being forgotten, and this program is a way that you can learn some of these skills. I created this booklet as part of my Gold Award to be able to teach wilderness skills. My school taught me these skills, and when I joined a larger school I was shocked my classmates did not know what I did. This booklet is my way of sharing these skills with my community. My hope is that you teach them to people to help spread these skills. Please help our society keep wilderness skills alive. It could someday save a life!

When you complete the required parts of this booklet you will earn a new patch for your uniform.

- Daisies - complete at least 5 activities
- Brownies - complete at least 7 activities
- Juniors - complete at least 9 activities

If you need help or are looking for more please visit my website at

<https://samanthak443.wixsite.com/dtwilderness>



You can get this patch from the Girl Scouts of Colorado's shop, at 1485 South Colorado Blvd., Suite 260, Denver, Co 80222 or call (855) 472-7026.

Go Have A Great Adventure!

Perform a skit
demonstrating good
and bad LNT
Principles.



The Seven Principles Of Leave No Trace

Here are the principles or parts of Leave No Trace. We should follow these whenever we are outside.

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

Draw Lines to connect whether each option is LNT or not.

Yes

Know where you are going

Take home a pet rock

Carry garbage out with you

Scream at your family

Slide down between switchbacks

Stay on trail

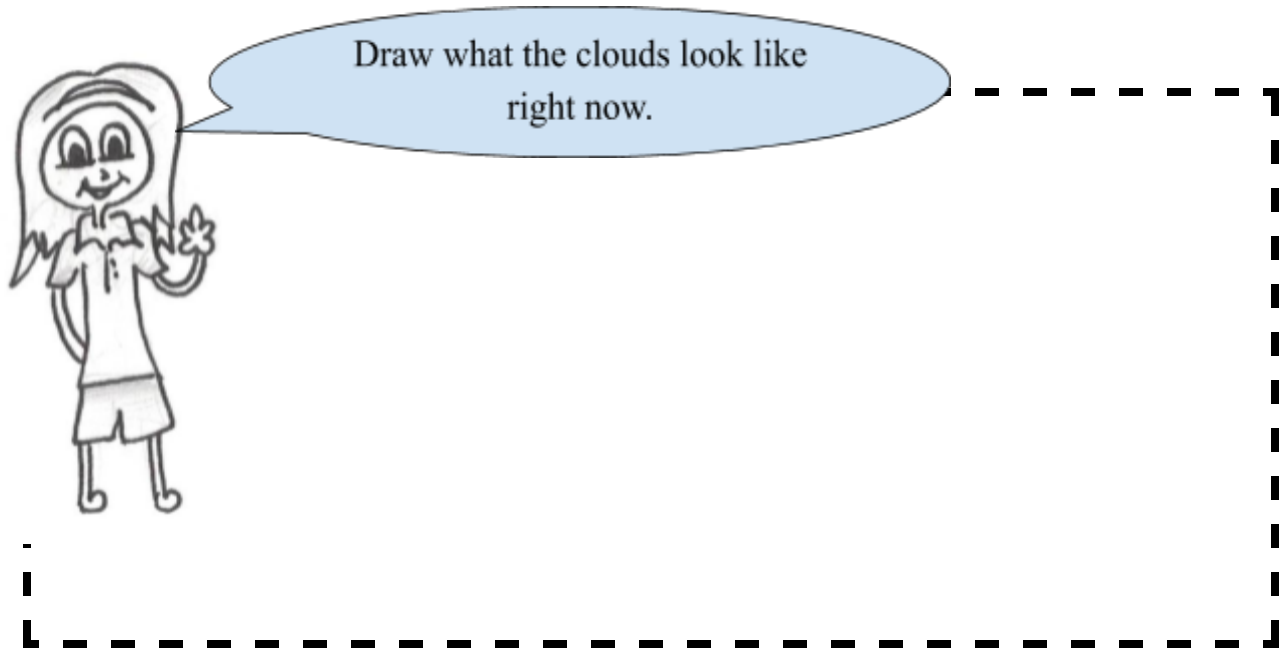
Take photos

Feed the animals

No

Forecasting The Weather

Look up at the sky. Are there any clouds? Have you ever wondered what the clouds could mean? By looking at the clouds you can forecast the weather.



What kind of cloud is that?

Cumulus: These clouds indicate good weather. They are fun to find shapes in.

Nimbus: These clouds mean a storm is coming, usually a thunderstorm.

Stratus: These clouds mean light weather, they can make the sky seem gray.

Cirrus: These clouds mean that a storm is approaching or has just passed, they are like light brush strokes.

Wilderness Bingo

B	I	N	G	O
Bear	Deer	Clouds	Beaver Dam	Hawk
Lake	Chipmunk	Flower	Mushroom	Butterfly
Animal Made Path	Animal Tracks	Free	Aspen Tree	Hiking Trail
Pine Tree	Squirrel	River	Insect	Snake
Animal Home	Elk	Rabbit	Trash (Throw it Away)	Bird

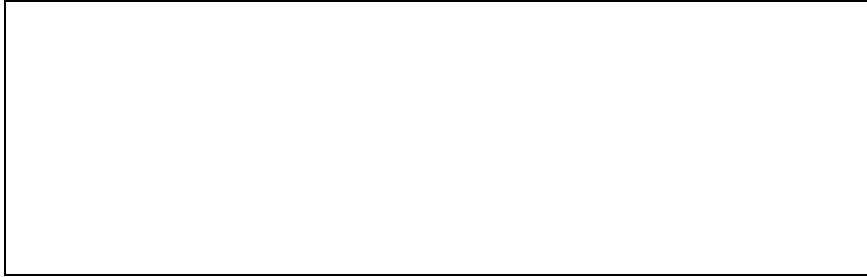
Take a hike and Cross
the animal off when
you see it



Setting Up Your Campsite

Start with finding a flat spot on the ground for your tent. Clear the spot of any obstacles.

Draw the obstacles you found in your tent spot.



Practice setting up a campsite. It can be anywhere, even your backyard.



Doesn't it feel good to have helped set up the campsite? I'm so proud of you!

Help put the tent up and help get the rest of camp set up.

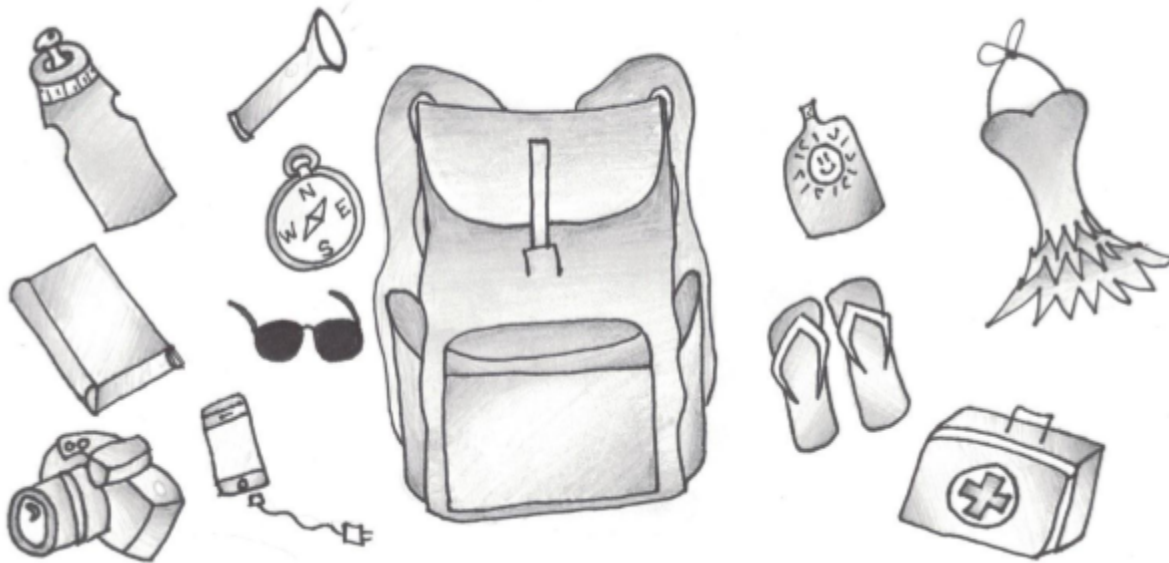
Put your kitchen as far away from your tent as you can, even scraps under your table can attract animals.



If you plan to start a fire and the campsite allows it, help collect different sizes of wood, including tiny twigs, finger size sticks and larger branches and logs. Make sure they are shorter than your fire ring so they don't stick out. Keep the wood five feet away from your fire on all sides.

If you are wanting to start a fire, make it as safe as possible and listen to the adults around you if they tell you to not do something.

Daypack Packing Time!



Circle what
you think you
should be
bringing when
going on a
hike.



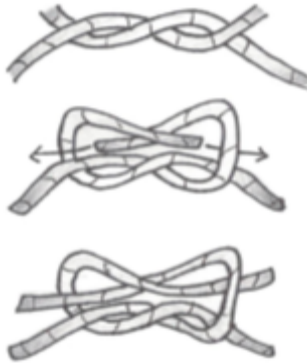
Here are some things I bring on a hike:

- ★ Water
- ★ Snacks
- ★ Compass (because I know how to use one!)
- ★ Map of the area
- ★ Sunscreen
- ★ Sunglasses
- ★ Extra Clothes
- ★ Flash Light
- ★ First Aid Kit
- ★ Camera
- ★ Phone to Get Help if Needed

Knots

Square Knot

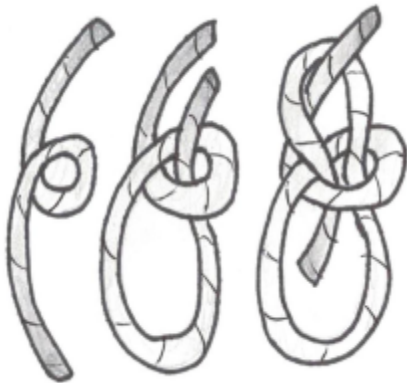
A square knot is used to connect two pieces of rope together. If done right then your knot should slide if you push on the loops.



Daisies tie one knot.
Brownies tie two knots.
Juniors tie all three knots.

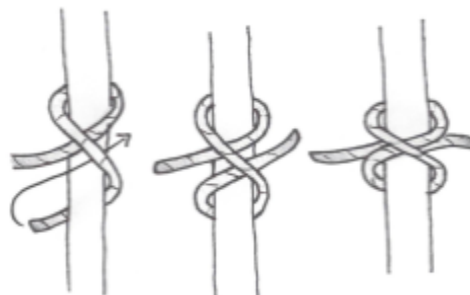
Bowline

A knot to make a loop that can not slide and change sizes. This knot does not slide unlike other knots, making it a good knot to use when pulling someone up a hill without crushing them.



Clove Hitch

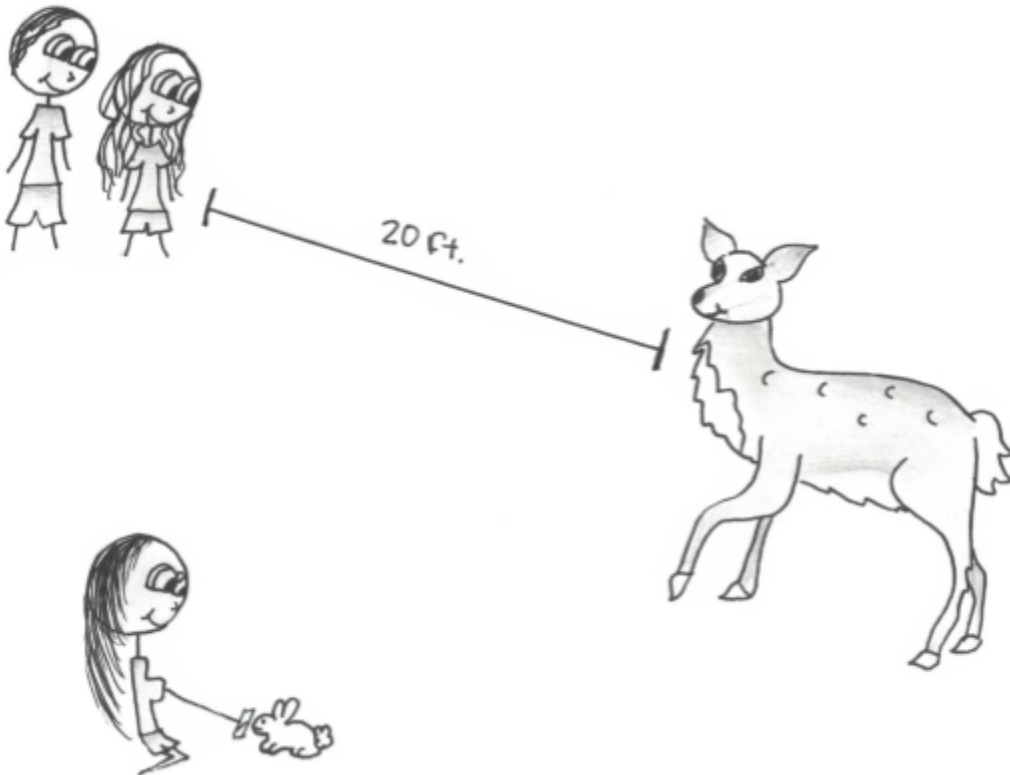
A knot used to create a no more knot around a tree. This knot can be used to hang up a clothesline.

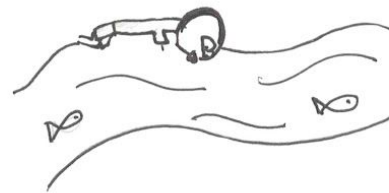
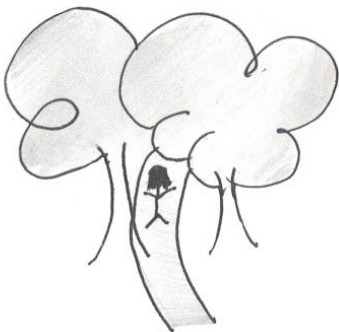
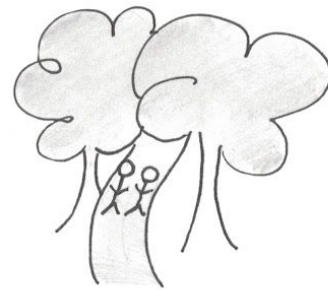
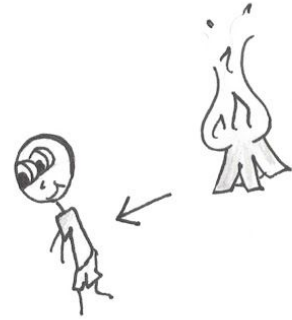
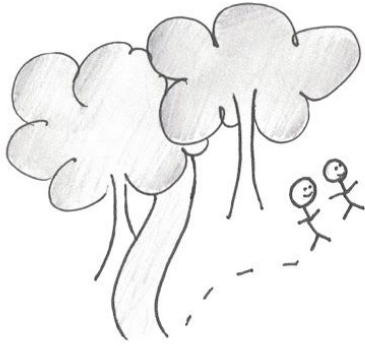


Knots have many uses and each knot has its own use, do your best to tie it and know how to use it.

Before you start, mark one end A and the other end B. I like to wrap the ends in different colored tape.

What is wrong with this picture?





What To Do If You Are Lost

First thing to do when you are lost:

S: Stop, you want to stop moving and stay in one place.

T: Think, do not just panic think about your situation and take note of what materials you have.

O: Observe, look at where you are and what your surroundings are, also make sure you and your partner's are all ok and not majorly injured.

P: Plan, make yourself a plan to survive and be found, keep in mind to use your new wilderness skills to stay safe like watch the clouds to help predict the weather.

Rule of Three's

You can live:

3 minutes without air

3 hours without shelter

3 days without water

3 weeks without food

Make up a game so you can practice. Do not forget to include LNT principles if you are lost.



Strangers

Everyone is taught about stranger danger, and don't forget this while lost in the wilderness. You can tell if the person is real help or just a hiker because search and rescue will call for you by your first and last name and will be wearing special uniforms, usually bright colors like orange and yellow. The uniforms will likely say, Search and Rescue, Fire, Ranger, etc.

Fire Building

Safety First

A safety circle is a circle 5 feet around your campfire. Only your safety equipment should go in your safety circle.

You should have a metal water bucket next to your fire ring for emergencies and to put out your fire at the end.

Put a large stick in your water bucket so you can have a wet stick handy and save a thirsty critters life.

Types Of Fires

Teepee:
Good for heat
Not a great cooker



Log Cabin:
Great cooker
Not best for heat



A-Frame:
Starter fire
Can become log cabin or teepee



Putting out a fire
You want to sprinkle water on by dipping your hand in the water and dumping the water that is in your hand. Use your critter stick to spread all the sticks around getting them separated. You can tell when you are done when there are no more red glowing spots and if you can “float” your hand over the logs and you feel no heat.

Help your troop have a campfire. Do not use a match without supervision.



Wild Animals

Animals live here and it is our job to respect them. You do not want to be in a dangerous situation with an animal. Here are some ways to avoid a bad situation:

- ★ Throw away all food scraps
 - Put food in a bear proof box, tie it up, or throw it away. Food scraps attract predators. Bears can break into cars.
- ★ Clean all dishes to the max
 - Dirty dishes can still have a food smell and will attract wild animals.
- ★ Treat all trash like food
 - Do the same actions that you would do for food with your trash.
 - Don't burn your food trash. It leaves smells that attract animals.
- ★ No food in the tent
 - You want to store your food far from your tent, so that the smell does attract unwanted visitors.
- ★ Keep anything smelly out of the tent
 - It sounds silly, but smelly items, like deodorant, lip balm, and toothpaste are all smelly items. These materials should be kept with your food not in your tent.
- ★ Never feed smaller animals
 - What would happen to you if your mom stopped feeding you? Small animals can forget how to find food for themselves.
- ★ Pet food is food, too
 - Pet food needs to be with the rest of the food.

Teach someone else how to follow these rules on how to respect wildlife.



Wilderness Tips

Now go camping
and enjoy using
your new skills!



Know your Plan
Know Where you
are
Don't Go Alone
Stay Away From Animals
Use You LNT Skills
Be Safe
Have Fun
Enjoy Where You Are
Take Some Photos
Make The Area Better
Know the Rules

I hope this was fun for you, because I had a blast. Now, if you want to learn more you can visit my website and there you can learn tons of new wilderness skills including:



- Fire Building
- Knot Tying
- Basic First Aid
- Using A Compass
- Reading a Map
- Edible Plants
- Poisonous Animals
- Survival Shelters
- Knife Safety
- STOP
- Homemade Compass
- The 10 Essentials
- Your Attitude
- The 7 Priorities
- Water Purification
- Rule of Threes
- Strangers vs. Help.



Produced by Samantha K as part of my Girl Scout Gold Award.

