

LET'S GO OUTDOORS

For an Adventure

SAMPLE PROGRAMS AND IDEAS FOR GUIDES



GIRL GUIDES
AUSTRALIA

LET'S GO OUTDOORS

This booklet is designed to help you out when you are looking for inspiration of what to do in your Guide Unit to help girls learn and develop outdoor skills and an appreciation of our environment, or when you are busy and need some instant programs.

The topic 'Outdoors' is a fundamental of the Australian Guide Program. Getting out and about has been a special focus in Guiding. It is fun to be in a Patrol and do things together that are chosen just for the group, or to learn skills that can only be achieved given time and the chance to practise things learned in a fun way...

A weekly program can be any duration from one hour to two hours depending on the age of girls in a Unit, the time of day you meet and local decisions. All these activities are set out with ideas for a single day or night, or they could be used in small parts for a short time each meeting.

There are likely to be other activities as well as those suggested here in a program. Girls may suggest things they would like to find out about.

- ▶ Girls can choose activities that suit them (Remember the Guide program is chosen by the Guides to suit their interests and needs)
- ▶ The choice of challenges the girls make can be of varying difficulty depending on their developmental stage and where they are in the Patrol cycle
- ▶ If Guides become very involved and interested in a particular program, there is the possibility of extending it and doing more
- ▶ Lots of options means there is a back-up plan if something doesn't work

REFERENCES

Girl Guides Australia www.girlguides.org.au

'Out there' - Outdoor Activity Pack, Girl Guides Australia or as was Guides Australia Inc © 1998

'Leadership in the Outdoors', Girl Guides Australia.
Compiled at (or at the) Guides Australia National Youth Event 2002 © Guides Australia Inc. 2003

There are several challenges and awards that Guides can work towards while completing these programs. They may like to consider

- ▶ Outdoors Achieve-a-Challenge
- ▶ Rope Create-a-Challenge
- ▶ Nature Create-a-Challenge

Themes

The programs are designed with a theme or storyline so that Guides are doing things with a purpose or to achieve a small reward. It is perfectly ok to just pick out things to learn if that is how the Unit likes to work. Many of these adventures work best when girls are doing them as a Patrol. Patrol activities are ones that are most easily achieved if more than one person is involved, so girls have the opportunity to lead their patrol with everyone having a role to play in order to complete tasks. Leader's roles will be to give girls time to improve skills and make timely suggestions.

Have fun!

We acknowledge the contribution of Barbara Harrison who has compiled this publication for use in Guides outdoor activities and the Outdoors Challenge Badge.



GIRL GUIDES
AUSTRALIA

1. Bush critters - Natural Crafts

Opening

Join in a circle with Guides standing with arms linked. Sway left and right together and when the rhythm is going sing an opening song e.g. Hello. Or use the horseshoe ceremony in Guide Handbook 4. Once upon a time a young girl called Charlotte went out and found some special creatures in the bush. We are going to read her story and then explore the bush some more. Explain that we are using some items from the bush to make critters.

Charlotte and the Ants

Read the story of Charlotte and the Ants which is found in the Guide Handbook 1 and 2.

When Charlotte started to notice the bush critters around her, she was amazed and you will be too, I hope. Let's go on an adventure!

Bush Perfumes

Pick up a dried leaf from the ground. Crush it into small bits in your hand and close your hand over the leaf bits and count slowly to 20. Open your hand and smell the perfume you have made. You will get different perfumes depending on the type of leaves crushed and the amount of heat generated by your hands. Gum leaves are a lovely perfume, but watch out for stink bush!

Listen to the trees

Put your ear flat against the smooth trunk of a tree and you should be able to 'hear' a sound which is the tree living. It is a hollow echo type of sound of water slowly moving up the trunk.

Collections

Go on a walk with your Unit or Patrol. Look for things to collect. Remember, of course, not to collect items in National Parks and other places where you must leave things as you find them. You may like to choose smooth, interesting rocks, or seeds, or fallen branches with odd shaped forks, or small flowers, or a set of leaves of different shapes.

Sardines

The more players for this game, the more fun it is.

One player is chosen "it" and goes away to hide while the others count to one hundred. The first person to find "it" - if she's up a tree, for example - has to join "it" and wait for the others to find them. Everybody who finds "it" and friends has to hide with them, until only one person is left.

The first person to have found "it" can be the first to hide for the next round.



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Pet Rocks

A good place to find smooth small rocks is in the bed of a stream or on a beach exposed to the surf. The water rolls and turns the rock until it is made smooth by nature, just ready for a decoration. Paint a face on a smooth rock. Or you could use google eyes. Decorate with shells, beads, feathers or other small objects. Name your pet rock.

Seed mosaics

Collect seeds from old pods. Blackwood pods have nice seeds if you can find them in autumn. Or the easy way to find seeds is to buy some bird seed from a shop. (But its more fun to look outdoors!)

Divide your seeds into different colours or shades. Draw a small picture on a postcard sized paper then 'paint' one colour section with glue and add the seeds. Keep going until you have a masterpiece!



Gumnut babies

Collect some large gumnuts – the larger the better. Ask around about a good place to look for a gum tree with large nuts. You will also need other items to use for arms or legs, a head, something for a cap or hair. Look carefully in the bush for just the right shapes! Add googly eyes or paint them on.

Habitat Hustle Game

You will need 6 hoops or large rope circles, and a bell or a whistle. Place the hoops in different parts of an area of bush. Explain that the hoops represent insect holes. Girls choose an insect or spider or mite to be and practise moving around as that animal would. For example, a grasshopper will jump. On a starting bell, they move around the bush searching for food. Another signal warns that a predator is in the area and they must quickly return to their nest. A Patrol Leader could be the predator and try to catch insects.

Branch Weaving

Find a sturdy forked branch and some awesome decorations. Good examples are feathers, strands of long grass, and leaves with interesting shapes. Tie on some string and weave your collection into the branch frame. Or you may like to fill the branch space with woven wool.



Mushroom spore prints

Cut the stem off a large mushroom and place the cap, gill side down, on a piece of craft paper. Put a jar or bowl over the cap and leave it overnight. In the morning carefully lift up the cap. You will see that the mushroom spores have left a circular pattern. Spray gently with fixative if you want to preserve your pattern.

Safety Note: Never eat a mushroom from the bush and always wash your hands well after handling wild mushrooms.

Pressed flower candles

You can jazz up a plain candle with pressed flowers or leaves. Melt some paraffin. Place the pressed flower on the side of the candle and use a paint brush to paint over the top and make it stick.

The Spider's Web Game

Girls hold hands and stand in a circle, forming a spider's web. One Guide is an insect and stands inside the circle. Another is the spider, prowling around the outside of the web. The insect must escape from the web without being caught by the spider. The web is so strong that that the insect can only escape by running under gaps made by the girls. The spider can move in and out of the web. The game ends when the insect escapes or is 'eaten' by the spider and two new people are up. The web can be made more difficult to escape if 'the wind is blowing' and the girls raise and lower their arms. Or the web can be a sticky web – if the insect touches the web they must go back inside the web and try again.

Closing

Gather in a circle. Finish by asking Guides to list the bush skills they practised. Talk about why knowing about our environment is a good way to learn and develop skills. Sing Taps.

2. Make a Mess!

Opening

Skip into a circle by going through an arch made by 2 Leaders joining hands and lifting up. When the circle is formed, sing a welcome song such as *'The more we get together'*. Explain that we are going to get out and about with water.

Get out and get wet! When it's a warm day, head for the open spaces where a bit of water, or some water based paint are the go, and choose a spot where it won't matter if things get muddy.

GREEN TIP

Play water games over part of the garden that needs watering.

Do you know the Mr Men books? Well, this is a day for Mr Messy. As his book says, "Mr Messy is the messiest person in the world. You can always tell when he has been somewhere because there is always a trail of fingerprints wherever he has been. Messy by name, messy by nature!"



Spray painting

Put some poster paint in a plastic spray bottle and do some "graffiti" on paper or old planks of wood.

You could also try flicking the paint or using other applicators such as paint rollers, sponges, toilet rolls and other household objects.

Why not create a patrol mural?

Cornflakes Blind Eating

At Mr Messy's house there are always spilled cornflakes all over the table. How will you go? Put on a blindfold, one for you and one for a friend. Get her to feed you some breakfast...

Feet and Hand Prints

Cover your feet and hands with paint and make patterns on a large sheet of paper. Your whole Patrol may like to work together on a giant masterpiece.

That Sinking Feeling

Fill a water play tank or trough, or find a small pond, and play boats. Make a boat from a milk carton to your own special design, or maybe you can design a raft using foil. Test the weight and volume of the crafts by seeing how much water they displace. Can you predict which model will work the best? And what happens if you load up your boats with heavy cargo?

Sink the Ships

Everyone will need a floating object such as a sealed milk carton or plastic bottle. These are your ships! Mark them with a number so each Guide knows which is which. Each player has a ball which they throw at the objects, and try to sink or hit the other players' 'ships'

Bucket Relay

Fill up some buckets with water and put at the finishing line. Form into Patrols with one empty bucket and a cup per Patrol. At the signal the first Patrol member must run to the bucket, fill the cup and take the water to the empty bucket. The first team to fill their bucket wins. If you want a harder challenge, put a hole in the cups!

Body Painting

Pour some water-based paint on a large sheet of plastic. Roll around on it making swirls and patterns on your arms and legs. Have a water fight to clean up!

Mr Messy's Water War

Each Patrol will need to make a 'Mr Messy' using a paper bag stuffed with crumpled paper then adding arms, legs and so on. Weigh Mr Messy. Make him a shelter which is open on one side. You will need to agree before you start on what materials can be used for the shelter.

Each Patrol gets a water pistol and set of kitchen sponges plus a bucket of water. The aim is to mess up Mr Messy owned by other Patrols using water. Patrols can defend their own man as well as attack.

At the end of a set time, re-weigh Mr Messy. The one that gained the least weight is the winner.

CROSS THE STREAM

This is a bit like limbo dancing. (Do you know this game where you gradually hold a pole lower and lower and bend under it?) Place two ropes in a straight line parallel to each other about one metre apart. Everyone takes a running jump and has to clear both ropes – to cross the stream. Move one rope a bit further away for each round and keep going until you see how far each person can jump.

You can also play this game by throwing things across the stream – bean bags, ping pong balls, even feathers. Or you can add a 'stepping stone' in the river to land on and jump off.



Mr Messy's Hidden Journey

A Patrol Leader dips her hands in mud, then sets a trail through the bush touching trees, branches and grass as she goes. Her Patrol must follow her after two minutes and find where she is hidden.

Foamy Fun

Give a Guide a new 'hairstyle' by letting her wear a shower cap then covering it with shaving foam. Other Patrol members try to add 'curlers' by tossing foam packing beads or food such as cheezels on to her hair.



Drip-Drip-Splash

Play this game like Duck Duck Goose, but instead of touching the head of girls sitting in a circle, the girl who is up drips water from a cup on each person's head, then tips the whole cup of water on the victim who must chase her.

What's the Time, Blue Whale

In this game, the girl who is Blue Whale has a water pistol. Others creep up, asking 'what's the time' as they go. The Whale answers with a number until she says 'Spray Time' when she turns and sprays someone with the pistol. (Make sure she keeps the spray below shoulder height as it really hurts on the face.) The person who is hit first replaces the Whale.

Closing

Mr Messy has now met up with Mr Neat and Mr Tidy. After the fun of getting wet, we all finish by cleaning up. And the water will have helped our environment by helping things grow.

Finish by singing Taps.

3. Know the Ropes

Opening

(For a Unit of at least 12 Guides) Form a circle, squat down and join hands. A leader breaks the join and starts 'weaving' around the circle, over one link and under the next. Keep going until the leader returns to her place in the circle. Once everyone is tightly woven, stand up and sign an opening song.

Ahoy me hearties! Today's adventure is about a trip on a pirate ship...

Cabin boy games

Prove you have the skills to be a pirate

Captain's Coming

Line up down the centre of the room to start, with a leader calling any of the following. The last person to follow an instruction or reach a spot becomes a 'spotter' and looks for others who are last. Continue until only one person is left.

Captain's Coming

All line up, stand at attention and salute.

Bow

Run to the 'front' of the room.

Stern

Run to the 'back' of the room.

Port

Facing the 'front' of the room, port is the left wall. Run to port.

Starboard

Facing the 'front' of the room, starboard is the right wall. Run to starboard.

Man overboard

Lie on back, swim

Submarines

Lie on back and stick on leg straight up. (the periscope)

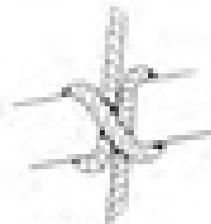
Man the Lifeboats

Find a partner, sit together, and row!

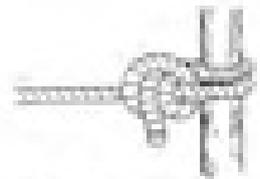
Crocodile!

Lie on tummy, with hands together over head

BASIC KNOTS



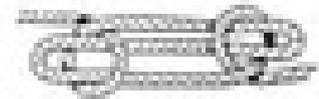
Clove Hitch



Round Turn and Two Half Hitches



Reef Knot



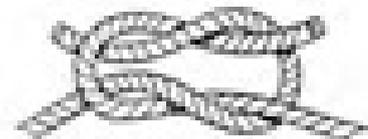
Sheep Shank



Figure of Eight Knot



Bowline



Reef Knot

Knot Me

A relay game for Patrols. Start by practising a knot, any of those shown above are fine. Prepare a set of cards as follows:

- ▶ Eyes closed
- ▶ Behind your back
- ▶ With gloves on
- ▶ With your toes
- ▶ Just as you like
- ▶ Above your head

Patrol members take turns to run across the room, pull one of the cards out of a hat, tie the knot using the method and show it to a leader before returning to tag the next person.



Transport chariots

The wind picks up, and you sail to a town to get fresh food. Unfortunately, a storm damaged the wharf and it is impossible to get off and on the ship except by getting wet. With stores to load, your Patrol is ordered to make a chariot.

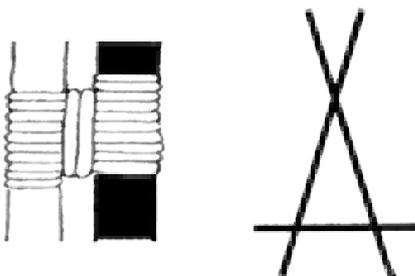
You need:

- ▶ 2 x timber 1.5 - 2 m long
- ▶ 1 x timber 1 m long
- ▶ 3 lashing ropes 2m long
(all lengths are approximate, test timber for strength)

Method:

1. Shear lash two long pieces of timber at about three quarters the distance from the bases of each pole. Make sure the lash is tight.
2. Pull out the base to make a triangle. This will tighten your lashing.
3. Square lash the cross bar onto the frame.
4. Add reins, streamers or any extra bits to improve its performance. Can you add some wheels?

Shear Lashing Instructions



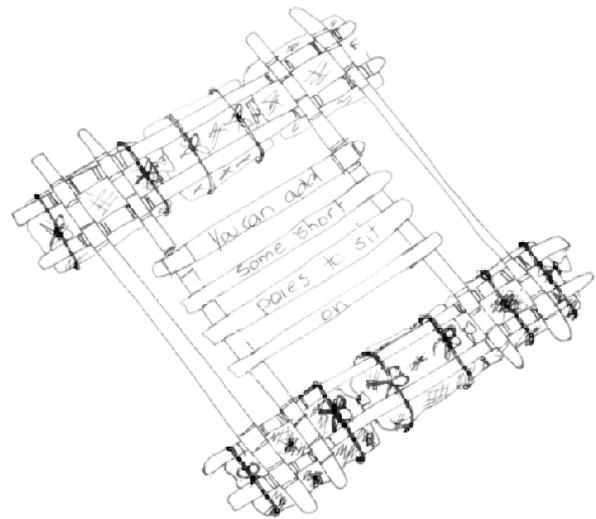
NOTES FOR RIDING

Try to keep a foot in each corner to balance
Going over bumps = a hard ride!

Man Overboard!

Once you are back at sea your Patrol hears that the Captain is going to get rid of sailors by throwing them overboard at sea. You decide to steal some supplies and build a raft so you can escape. Design and make a raft. The design here is an example. You will need 6 floating bags or containers.

Float your raft in quiet water that is shallow (up to chest deep). Celebrate your escape by getting back to shore and dancing a jig.



CHECK!

- Be able to swim 50m
- Wear a PFD
- Have a qualified supervisor

Closing

Form a circle. Finish by asking Guides to list the Patrol skills and knotting skills they practised. Talk about why being part of a small group such as a Patrol is a good way to learn and develop skills. Sing Taps.

4. Bush Secrets

Opening

Start by standing in a large circle spread out as much as possible. Walk in slowly, singing Hello or another opening song as girls walk. Keep going until the girls are in a tight circle. Explain you have been asked to make a special documentary called 'Bush Secrets.' As a Leader, be ready to notice and compliment good spotting skills and Patrol skills.

Let's go for a walk and look for bush secrets.

What types of things do you notice when in the bush?



Have you ever seen a war being fought or a wedding or a family on a picnic?

If you look carefully at the tiny insects living under your feet in the bush, you can see all of these things happening. They are the special secrets of the bush.

Gently move grass, leaves and dirt with a stick and see what creatures you can find. Use a magnifying glass so you can look closely at your discoveries.

How do Aboriginal hunters track wallabies and kangaroos?

Try yourself

Environmental Bingo

Have you ever really thought about how amazing nature is and how everything has its own special shape, texture and smell. Use the Environmental Bingo sheet to find these special different things in the bush.

ENVIRONMENTAL BINGO

RECORD SHEET

Rough	Barbed	Broken	Smooth
Soft	Old	Shiny	Curved
Checked	Smelly	Long	Bumpy

Rubbings Match

Use pencil, charcoal or crayon and a large sheet of paper and do rubbings to show the special patterns in nature to be found in the bush, at your meeting place or at camp. Can you find a pattern to go in each box on the Rubbings Match sheet?



Creature Spotting

The best places to look for animal traces is in soft ground. Be as quiet as possible and keep your senses alert – look, listen, watch and wait.

See if you can follow some bird or animal footprints. This is easiest on damp sandy ground. Where have they been? Where are they going? Do they travel in groups or alone? Can you identify the creature?

What creatures leave the following traces?

- ▶ Scratches on eucalypt trees
- ▶ Roadways through scrub or grassland
- ▶ Dug-up termite or ant nests
- ▶ Funnel-shaped holes in the ground
- ▶ Scratch marks on riverside banks
- ▶ Pellets of undigested bones or feathers

Snails

If you can locate a snail colony, try marking each with a number or mark (use nail polish – it won't hurt the snail). You can return each day and locate your snails. Make a map for each snail you find and try to decide something about the lives and habitats of snails.

Emus

Did you know that you can actually attract emus by waving slowly at them, or lying down and waving an arm or leg in the air? (Be careful – emus can be quite ferocious!)

SNAP!

Practise your outdoor photography skills. You don't need an expensive camera or equipment. A good quality mobile phone or I Pad will take a great shot. Of course, if you have a great camera then use it!

- ▶ Experiment with angles. Take photographs from above and below.
- ▶ Experiment with zoom. Take close-ups of unusual or interesting objects.
- ▶ Take photos of the same spot over and over – on a sunny day, in the rain, during a storm or at sunrise and sunset.
- ▶ Explore filters using coloured cellophane to carefully cover the lens.
- ▶ Make a panorama of your outdoor shots. Take a series of photos across a wide area then match up the prints and paste them on large sheets of coloured cardboard or photography mounts. Or use both!
- ▶ Make a collage. Cut up the prints and construct a new picture. Can you tell a story with photos? Could you make a phot search for another Patrol to follow?
- ▶ Why not have an outdoor photography exhibition?
- ▶ Make a natural frame for your print using sticks lashed together.
- ▶ Make a mobile and hang small prints taken in a special place.

Put Your Documentary on show

As a Unit decide how you want to share your knowledge. Did you find an issue that needs addressing? Perhaps you decide to advocate (educate yourself, speak out, take action).

- ▶ If you have some tech-minded girls they may be ready to combine photos, small movies and commentary to make a real documentary.
- ▶ Or you may decide to hold an art show with all your photos.
- ▶ Or each Patrol may become an expert on particular animals and plants and make a presentation to everyone on the secrets they uncovered.

Do you want to open your show to the public? Perhaps you could raise money for a cause such as the Koala Foundation.

Closing

Form a circle. Each girl holds out her right hand and says "I'll do my best." She holds her left hand out and holds the hand of the girl beside her and says "I'll lend a hand." Everyone lifts their hands and says "We'll be prepared to work together!"

Sing Taps and fall out.



5. Out There

Opening

Join hands in a circle.
Sing *Thunderation* or some other rallying cry.

This outdoor game is an adventure that involves creating a settlement, raiding another Patrol's space, and winning your place back using bushcraft skills.

To play this game, you will need access to a large area covered with light bush with tracks running through it. An example would be a large park, a large campsite or part of a farm. Patrols need to be quite large – you need at least two Patrols with at least eight members each.

THUNDERATION

Thunder thunder
thunderation
We are the Girl Guide
generation
And if we work with
determination
We will create a
SENSATION!

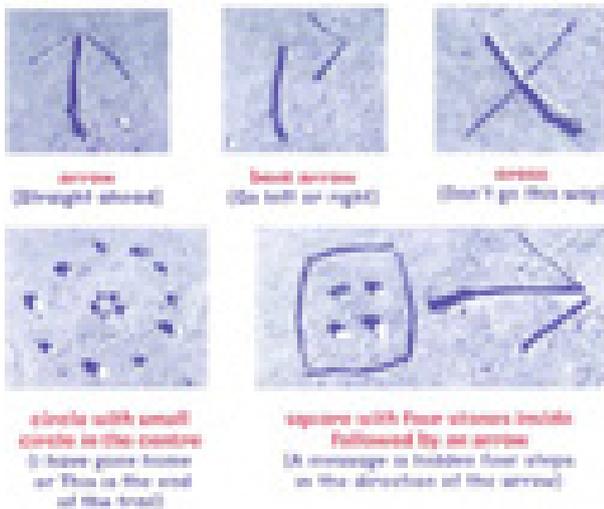
Choose a settlement site

You will need

- ▶ 30m length of twine
- ▶ 4 small tent pegs

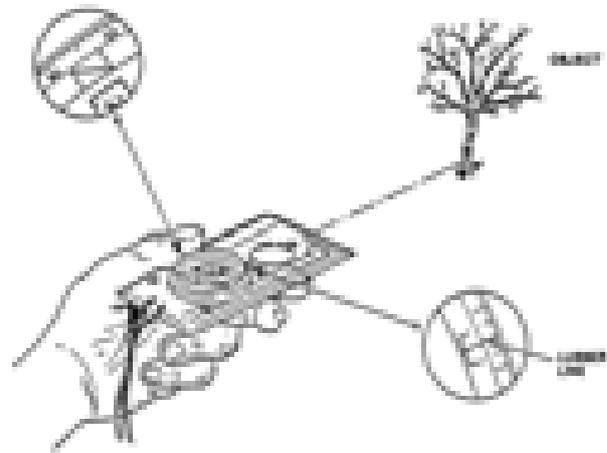
From the home base, travel with your Patrol to look for a suitable place for a new settlement. Discuss what you need – a great view, living close to water, shelter from the wind, on the edge of thick bush, and so on. When you find your ideal site, mark out a rectangle on the ground using your twine and pegs.

Marking the Track



The signs here are standard tracking signs. Use the signs to mark a trail from home base to your new settlement, suitable for other members to follow so they can get there. Make sure the signs are big enough to read and are easy to see. Sticks, stones, shells or pine cones are good choices of natural materials. You might like to bury a message along the way. It is a good rule to make each sign so it can just be seen from the last one.

As a backup, use a compass to work out the bearing (direction) from base to your settlement.



To take a bearing, hold the compass in the position shown above with the arrow pointing to your settlement.

Rotate the compass housing (the top circular bit) until the arrow is directly beneath the North (red) end of the compass needle.

Read the magnetic bearing on the graduated dial where the housing meets the line on the base. To leave a message, you can use a code like the one shown here.



Or you can leave a written message on a piece of paper tucked into a forked branch in a bush.

The message can replace a tracking sign by sending people to a new spot. This makes it harder for someone to follow the trail by accident.

Raid a site

You will need a square of coloured cloth e.g. a tea towel, texas and 4 m twine, Capture envelope

For some reason unknown to your Patrol, you have to move to a new settlement. The Boss gives you a compass bearing of another Patrol and a starting point for their trail. As a Patrol, follow the trail to find the new site. When you get there, find a small fallen branch and use this and the cloth to plant your flag. You will have until a set time to achieve this. At the set time marked on the envelope, open the Capture instructions.

Capture

The general idea is for each Patrol to regain their settlement by capturing the flag of the Patrol who has raided the site. Half the Patrol are Defenders who try to keep the new site and the other half are attackers who must get their settlement back. The attack starts in 5 minutes so get ready!

Defenders should decide on a prison area. They can capture anyone within 20m of their site. Prisoners must perform a stunt such as standing on their head or 100 star jumps in order to get out and re-join the game.

Attackers use stalking skills such as hiding and sneaking, running, creating diversions or storming the border on mass. The game ends when someone captures the flag and gets their settlement back.

Closing

Share a short reading together. Finish by marching out of the meeting space, led by Patrol Leaders carrying your settlement flag.



6. Bush Survival

Opening

Start by standing in a large circle spread out as much as possible. Walk in slowly, singing *Hello* or another opening song as girls walk. Keep going until the girls are in a tight circle.

Plan Well

Before adventuring into the bush, know how to read a map and use a compass. Find out about the type of country and weather conditions to expect and plan your food and water supplies and clothing to suit. Carry an emergency kit with basic First Aid supplies, matches and water purification tablets. Always leave details of your trip, destination and expected return time. If you become lost you will be able to work out how long it will be before someone will be looking for you.

Remember the motto 'Be Prepared' every time you plan a hike or overnight expedition into the bush. Use the checklist below:

YOUR B.P. HIKE KIT and CHECKLIST

HAVE YOU -

1. covered basic First Aid knowledge?
2. researched where you are hiking (maps, terrain, weather)?
3. considered the physical ability of the hiker?
4. planned the expected duration of the hike?
5. notified a responsible person of where you are going and your Estimated Time of Arrival (ETA)?



Your Kit (packed in a backpack)

- ▶ Mini first aid kit
- ▶ Small torch (with new batteries)
- ▶ Suitable clothing for weather conditions
- ▶ Matches (waterproof or in waterproof container)
- ▶ Water for the time you will be hiking
- ▶ Sunscreen and hat
- ▶ Food (lightweight and sustaining)
- ▶ Raincoat
- ▶ Map
- ▶ Just before you leave, check current weather conditions and fire restrictions
- ▶ Notify the person who is your emergency contact of where and for how long you are going out.
- ▶ Check the condition of any other form of transport you are using e.g. canoes, bicycles

What should you do if lost in the bush?

- ▶ Stop and think
- ▶ Keep calm
- ▶ Keep warm
- ▶ Light a fire
- ▶ Find shelter

Attract attention - Smokey fire during day, bright fire at night; mark out 'SOS' or 'HELP' in stones in a cleared area

Stay put - especially at night to prevent becoming even more lost. Conserve your energy and food and water

If you do decide to try to find your way out follow these few rules. Follow a fence line or stick to high ridges. Leave tracking signs as you go. These will help anyone looking for you and help you if you decide to retrace your steps.

Ask a member of the SES to explain how they organise searches.

PATROL HIKE FIRST AID KIT

- ▶ Waterproof container or bag to carry:-
- ▶ 10 Adhesive Strips (Band-aids)
- ▶ 3 Towelettes (KFC or similar) 1 Adhesive Tape
- ▶ Non-Adhesive Dressing
- ▶ Alcohol Swabs
- ▶ 1 Plastic Bag 1 Combine Dressing (large)
- ▶ 1 Crepe Bandage 5cm 2 Crepe 7.5cm
- ▶ 1 Eye Pad - Sterile
- ▶ 1 Sterile Eye Wash Solution - 10ml
- ▶ 1 Sterile Water Ampoule - 10ml
- ▶ 1 Triangular Bandage
- ▶ Gauze Swabs
- ▶ Gloves - Disposable
- ▶ 1 Scissors - blunt ends/sharp 1 Splinter Probe
- ▶ 5 Safety Pins
- ▶ Stingose
- ▶ Panadol (for your own personal use)
- ▶ 1 Thermal Accident Blanket
- ▶ First Aid Pamphlet

SURVIVAL CHALLENGE

Temporary shelter

Use a groundsheet to make a shelter from rain or wind or sun. You may be able to make a natural shelter with a framework of sticks thatched with branches or fern fronds. Remember though that we need to care for the environment and not damage the bush unnecessarily. Wherever possible use material already on the ground.



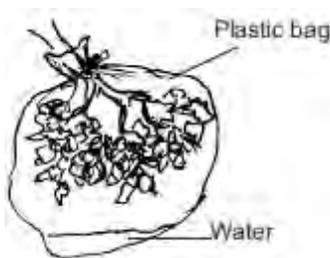
Water collector

WATER: essential for survival!

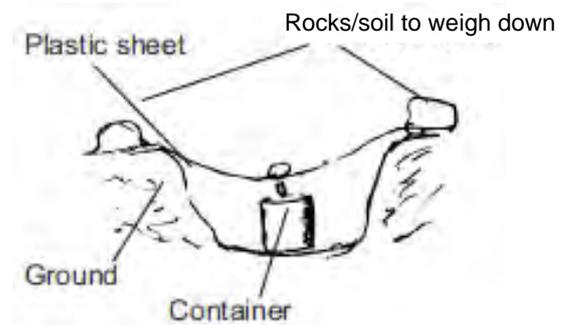
Of the total weight of the human body, about 90% is water. The body requires that volume of water to carry out its normal functions. It obtains about 50% of its requirements through drinking and the remainder from the food we consume. Each day the body will lose 1 - 10 litres of water depending on how active we are and the amount we perspire and through normal body functions and breathing. When lost it is important to be aware of keeping up a water intake.

Look for a water supply:

Are there any animal trails nearby? These will lead you to water, a river, creek, billabong or dam. When you find water, check it is not brackish (salty) and always boil and then cool water before drinking. If you can't find a body of water there are other methods to try.



Tie a plastic bag over a bunch of green leaves early in the morning and in three or four hours you will have water in the bag, caused by the transpiration of the leaves as they pull water up from the ground.



When the soil is damp, Make a hole in the ground and place a container in the bottom. Place a piece of plastic over the hole and weight the edges with soil or rocks. A small stone in the centre of the plastic will direct the condensation that forms on the underneath of the plastic to drip into the container.

Hold a competition to see who can collect the most water...

Get the mud out of muddy water by filtering it. A simple method is to pour water through a coffee percolator filter. Another way is to cut off an old trouser leg or shirt sleeve, tie a cord around the end, fill it with 15cm of sand, charcoal or dirt, and pour water through. The water may look clean, but it still needs to be purified by adding a water purification tablet or being boiled and cooled.



Stay Alive

Use a series of situation cards to practise your skills. You will only have what you would carry with you on a hike, so be prepared.

- ▶ Janey fell and broke her arm
- ▶ You were walking on a very cold day and Casey has hypothermia
- ▶ Kate capsized the canoe...
- ▶ A stampede of sheep knock three girls down...
- ▶ Meg went walking for the first time and now she has blisters...
- ▶ Jo was stung by a bee...



- ▶ After walking through long grass you all have leeches on your ankles...
- ▶ Mary forgot to put on sunscreen and the back of her neck is badly burnt...

Take turns to be patient and first aider.

Bring in some dolls or large soft toys and practise putting on slings, bandages and splints.

Distress Signals

Find out the international distress signals. There are body movements e.g. arm waving a particular way, and letters to make on the ground with special meanings. Practice laying out the messages.

Practise making a smoky signal fire for a rescue plane or helicopter.

Get an EPIRB and find out how it works.

Find North

If you can't see landmarks like hills or streams it can be hard to know how to orientate a map. Use the sun and a stick to tell direction.



If you have a watch, then it can be used to find north. The sun is due east at 6 am, north at 12 pm and west at 6 pm when it is not daylight saving time. Can you figure out how this helps?

Survival Relay

Each patrol starts at one end of an open space with materials for a shelter and first aid kit. One at a time, the gear is raced across and dumped. The patrol must build a shelter and prepare the first aid kit. When all is ready, they receive instructions to go to a 'home' spot.

Closing

Finish with a formal horseshoe and singing Taps.

7. Masterchef Bush Style

Opening

Start by standing in two lines. The front girls meet and shake hands then move to the next girl in the other line. They shake hands, as do the girls behind them. Continue until everyone is shaking hands. Finish by shouting 'Welcome!' all together.



Make Friends with Fire

Try these challenges in your Patrol. Choose ideas that will be suitable for your experience.

- ▶ Light a fire with only two matches
- ▶ Light a fire without using paper
- ▶ Light a fire on the water
- ▶ Light a fire from a metre away
- ▶ Light a smokeless fire
- ▶ Light a fire with wet wood
- ▶ Light a fire that is a special type (pyramid, cobhouse, trench, hunter's)

Can you boil a billy of water over a wood fire? Using only sticks and stones, invent a prop to hold the billy over the coals of a fire. Or...

How long does it take to light a fire and burn a string 30cm above the ground?

Clear the ground around the fire site of all dead leaves, twigs and dry grass for at least 1 metre (check state regulations). Choose a site protected from strong wind and rain, and not under low hanging branches. Remove turf from well grassed spots and store it so it can be replaced when you finish.

Fire Safety

- Dress safely - no loose-flying clothing. Always wear fire, protective footwear.
- Fit back long hair.
- Never play with fire - no joking!
- Avoid flaring fires caused by placing branches of dried leaves on the fire.
- Always have a metal bucket full of water nearby and a spade.
- Never pour water straight on to a fire to put it out - the steam could burn you!
- Put out the fire by gradually adding water from the edges.
- Never put water on burning fat oil - smother with a lid, the spade or soil.
- Use leather gloves or thick pot holders for picking up hot cooking pots. Your spade is useful for carefully moving pots off the main heat of the fire.

MASTERCHEF

Now for the fun of designing a great meal! Provide contestants with basic ingredients then a range of options that will turn plain into perfect.

Damper Designs

Try some variations to make a tasty treat. 'Pups in blankets' are cooked sausages or frankfurts wrapped with a thin piece of damper, the whole thing wrapped in foil and baked on hot coals. 'Cheese critters' are long strips of damper with a run of tomato sauce, covered with grated cheese and doubled over to make a worm shape, the whole thing wrapped in foil and baked.

Or how about nutty banana bread—a triangle of damper spread with Nutella then covered with banana rounds, folded over and sealed shut, wrapped in foil and baked. Remember when cooking damper that the dough will expand as it cooks, so wrap it loosely.

Small cooking fire

1. Make a small platform by placing some medium sized wood on the ground to build your fire on. This keeps the fire up off the ground avoiding dampness and allowing air to circulate under the fire which will assist it to burn. 
2. Place a good handful of loosely packed fuel in the centre of your platform. 
3. Arrange a layer of very fine twigs around the fuel in a pyramid, leaving a small opening on the side from which the wind is blowing. Add gradually thicker twigs to your pyramid and light your fire. Feed your fire with increasingly larger sticks and wood until it is burning well. 
4. Larger wood is needed to produce coals for cooking. - Cooking is better controlled over coals - There is useful for quick heating. 

Basic Damper

- ▶ 2 cups SR flour
- ▶ ½ teaspoon salt
- ▶ 2 level tablespoons butter
- ▶ 1 cup milk

Mix flour and salt, rub in butter then add milk a little at a time until the mix just holds together.

Noodly Nice

The noodles can be mixed with lots of variations. Use your favourite cooked protein – it could be chopped chicken, beef mince, a can of drained tuna, chopped hard boiled eggs, or chunks of sausage. Add your favourite vegetable – peas, corn, sliced carrot, small pumpkin chunks, sliced mushroom, beans, shredded cabbage, etc.

Now for a flavour boost! Add curry powder/paste, soy sauce, spices or herbs. There are some oldies and goodies that work well. Sweet and sour is made with soy sauce, a tablespoon of vinegar and pineapple pieces. Bolognaise is made with a bottle of passata sauce. Cook the mix in a large frypan or billy.

Noodle Mix

- ▶ 2 packets two minute noodles
- ▶ Meat of choice (400g)
- ▶ 2 x cooked vegetables
- ▶ 2 tablespoons cream cheese spread

Boil up the noodles. Add meat and vegetables, stir in spread then heat.

Carton Capers

The items to put in your carton can be savoury or sweet. Try recipes that make a savoury loaf, or cake. A savoury pie can be made by mixing breadcrumbs, chopped onion and bacon, tomato and grated cheese. A frittata is made by mixing cooked meat and vegetables with beaten egg and grated cheese. Or make up your favourite cake batter – but only half fill the carton.

Cooking in a carton

You will need 2 cartons – 1 L and 2L

Wet the cartons. Put the food mix in the small carton. Put some water in the large carton. Place the small carton in the large one. Seal and place in coals to cook.

Cook on a Stick

There are lots of things you can thread on a skewer or thin green stick! Make your own kebabs with your choice of ingredients.

Vegetables that work well are chunks of zucchini, whole small mushrooms, pre-cooked pumpkin or potato chunks, baby tomatoes, onion quarters, or snow pea pieces.

Add a protein – prawns, mini meatballs, haloumi cheese, stir fry beef chunks, salami or bacon.

While the skewers are cooking, prepare a salad to go with your creations.

Cooking on a stick

You will need long wooden skewers, or straight green sticks, or metal skewers. You will need to place the skewers in a pan to cook, or work out a way to place them over coals to cook without burning your fingers, such as on foil on a grate.

You could also cook damper on a skewer. When cooked, fill the hole where the skewer went through with grated cheese, or your favourite sauce.

A SWEET TREAT TO FINISH

S'Mores

You will need plain biscuits (plain Girl Guide biscuits work fine), thin chocolate wafers or buttons, marshmallows. Toast the marshmallow over coals on a stick. Sandwich the chocolate and the hot marshmallow between two biscuits.

Apple Surprises

Core an apple, sit it on foil, and fill the centre with sweet items (sultanas, Nutella, chocolate, marshmallows, brown sugar and chopped nuts, or... you choose). Wrap the foil all around. Bake one hour.

Chocolate Bananas

Split the skin of a firm banana and insert some chocolate melts. Carefully sit on coals and bake 10 minutes.

Bush Doughnuts

Make jam sandwiches with bread and jam. Cut into four triangles or squares. Mix one cup SR flour, one egg and enough milk to make a stiff batter. Coat the sandwich pieces in batter then fry in a pan, turning to brown both sides. Sprinkle with cinnamon sugar while still hot.

Of course, finish with a mega feast. And shower the cooks with compliments!

Closing

Form a circle. Finish with Taps and fall out.



8. Solar World

Opening

Start by standing in a large circle spread out as much as possible. Walk in slowly, holding hands as girls can reach. Explain to girls that we are going to 'Solar World' to use the sun for lots of activities.

HEAT UP A MEAL USING A SOLAR COOKER

Cereal box toaster

Cut a large window out of one side of a cereal box and line the inside with aluminium foil. Put the cooker in the sun and toast food on a skewer. Try a piece of cheese wrapped with ham. Marshmallows are another good choice.



Pizza box oven

You will need a pizza box, foil, plastic wrap, black poster paper and newspaper, scissors and tape.

1. Cut the lid to make a flap with a thick edge left uncut. Cover the flap with foil on the underside. Open the lid and tape a double layer of plastic wrap on the underside of the lid.
2. Line the base and sides with black poster paper. Roll newspaper and cut it to fit along each side, cover with foil. The black paper and newspaper are to keep the heat in.
3. To set up, sit the pizza box on the ground with the lid catch facing the sun. Lift the lid flap so sunshine hits the foil and bounces into the box. A ruler or stick can be used to prop the flap open.

4. Pizza box cookers will reach about 100 degrees on a sunny day. Make sure the cooker is always facing the sun, the flap is reflecting light through the plastic and that the lid is shut well to keep the heat trapped inside.

This oven is hot enough to heat up a cheese roll (cheese and tomato sauce melted on a tortilla then rolled up), apple dessert (thin apple slices sprinkled with sugar and cinnamon) or a cup of soup (pour the prepared soup into a zip lock bag). It will take about an hour to do this, so set it up and do something else while you wait.

The pizza box oven will cook slow cooker recipes if it is sunny all day – things like a casserole of rice, chicken chunks and vegetables.

Wheelbarrow cooker

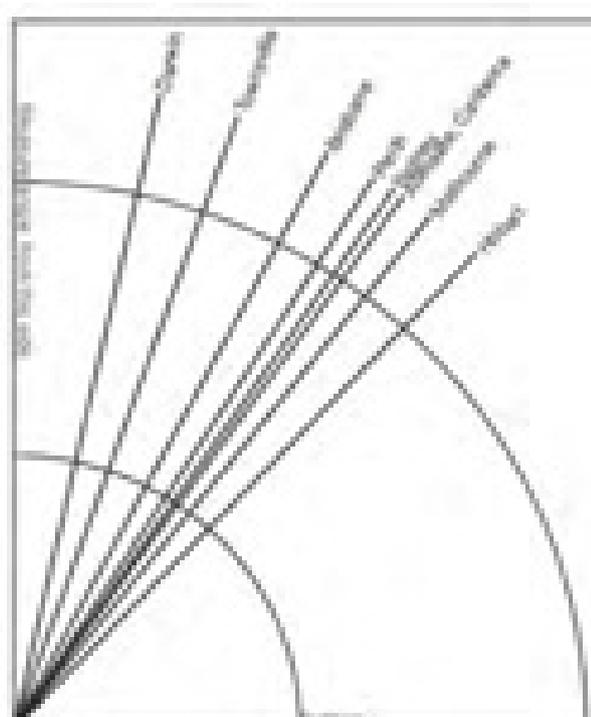
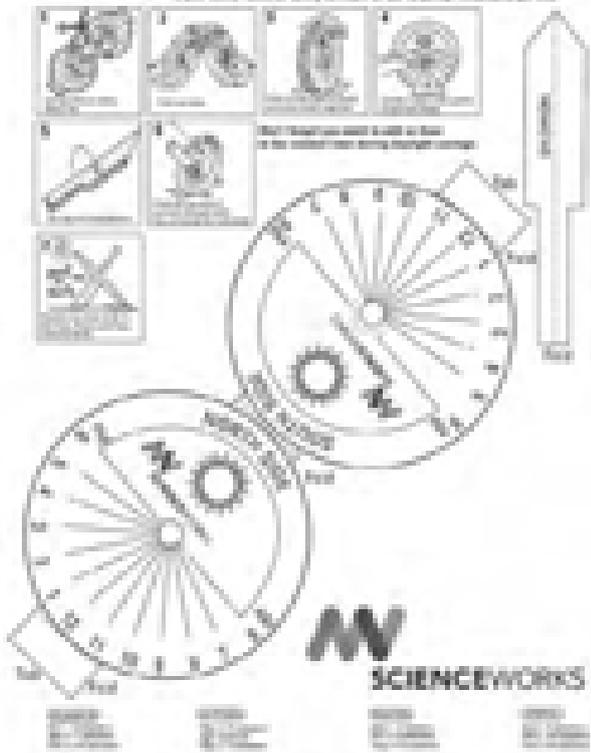
You will need a wheelbarrow (shallow ones work really well), lots of foil, a piece of glass (to cover the top of the wheelbarrow) and a cake rack.

1. Cover the inside of the wheelbarrow with foil.
2. Sit the rack on the foil floor.
3. Place food on the rack (things like the suggestions above).
4. Place the glass on top.
5. Sit the wheelbarrow so the maximum heat hits it from the sun.



SUNDIAL

Make your own sundial.
Tell the time anywhere around Melbourne!



Sundial

A sundial uses the sun to tell the time. It is based on the fact that the sun is east at 6am, is north at 12pm and west at 6pm.

The angle of the sun depends on how far you live from the equator, so you will need to tilt your sundial at an angle depending on where you live. In this pattern, the gnomon is the right length for Melbourne. You will need to make the thick part shorter or longer depending on where you live.

Signalling

On a sunny day, a mirror can be used to flash light across an open space. Set up one person on the southern side of a field holding a mirror. A second person stands to the north. The mirror is tilted so it faces away from the second person then back their way. This will make a flash of light. Practise until the light flashes are about equal each time.

The flashes can be used to send Morse code messages. How about the distress signal S.O.S? Or can you send your name?

Morse

A . -	J . - - -	S
B - . . .	K - - -	T -
C - . - .	L . - . .	U . . -
D - . .	M - -	V . . . -
E .	N - .	W . - -
F . . - .	O - - -	X - . . -
G - - .	P . - . .	Y - - - -
H . . .	Q - - . -	Z - - . .
I . .	R . - .	

Solar Hot Water

You will need a long plastic pipe that is a dark colour (black is best but dark green garden hose also works well). You will also need a hose tap and some way of filling the hose with water. Fill the hose then close the tap. Leave the water-filled hose in the sun. After a few hours the pipe will be full of hot water.



SUN AND GAMES AT 'SOLAR WORLD'

Here are some things to do while you are waiting for your solar cooker to do its job.

Ice Blocking

A warm sunny day is an ideal time to use a block of ice for some fun!

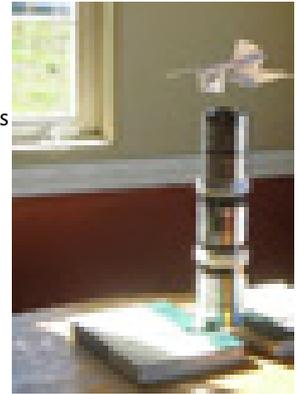
You will need a grassy slope, a large block of ice (freeze water in a large ice cream container) and a large bag or a square of carpet the same size as the ice (ask a carpet shop for a sample).

Magnifier Fire

Hold a race to use magnifying glasses to light a piece of paper. Can you char the paper to draw an image such as a sun shape? Remember to have a bucket of water close by in case the fire gets out of hand.

Solar Windmills

1. Find three metal cans, take off the labels and use a can opener to remove both ends on each one.
2. Tape the cans together to make a tower.
3. Fold a loop of wire (a large paperclip opened up works well) and tape it on top of the tower.
4. Tape a thumb tack to the wire, pointy end up.
5. Fold a paper pinwheel and balance it on the pin.
6. Sit the tower in the sun and the heated air inside the cans will rise and make the paper spin.



Shadow Puppets

Make some black outlines of creatures and tape them onto icy pole sticks. There are also shapes you can make by holding your hand in certain ways e.g. a rabbit.

Find a light coloured wall and make shadows on its surface. Invent a play using your puppets.



Closing

Stand in a circle and sing 'This Little Guiding Light'. Finish with Taps.

9. After Dark

Opening

Sunrise - Ask each girl to curl up on the ground 'asleep'. A leader describes the land and the sky as the sun rises and a new day dawns. Girls gradually stretch, stand up and move to gather in a circle. Add a reading about celebrating a new day.

What will you do when the sun goes down?

- ▶ Play music?
- ▶ Sing songs?
- ▶ Toast marshmallows?
- ▶ Play a night lantern game?
- ▶ Tell ghost stories?
- ▶ Have a 'twice hunt'?
- ▶ Play moonlight walking?

Torchlight Hide and Seek

Hide in full view, but in out of the way places, six small objects. Each Guide has a torch. Tell them what they are looking for e.g. six shells. Girls all go out together to find the objects. After a set time, they all return and describe where the objects are hidden.

Night Attack

Girls in one Patrol each have a torch and are blindfolded. They spread out in a line along a bush track. Start with everyone else at the beginning of the track. The other Patrols, one at a time, have to creep past. If the sentry patrol hears a noise they turn on their torch. If a direct hit is scored, the player falls back to the start. Leaders act as umpires.

Harbour Boom

Tie a rope between two trees and tie six torches and a lantern (mines) to the rope with the torches off. One Patrol has to creep in and set off the mines by turning on the torches or lighting the lantern. All other patrols have the job of defending the boom by staying about 10–15m from the rope.

Spies in Camp

One patrol is the Spy Patrol. Their job is to make the campfire flare bright.

Start with the Spy Patrol wearing white armbands, carrying a piece of firewood each and standing an agreed distance from a campfire that is burning well.

All other girls take up positions at least 50m from the fire. The spies must creep into camp and put wood on the fire. If they succeed, they stay around the fire. Anyone who is caught loses their wood.

Swap over so each patrol gets a turn. By the end, you will have a brightly burning campfire (we hope!)

Campfire

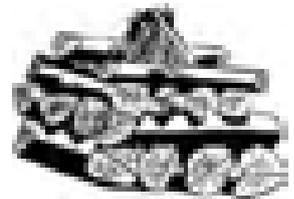
Having a campfire is a great way to finish a day with friends, fun and fellowship. There are a few things that will make a campfire a really great experience.

- ▶ A well-built fire
- ▶ Risk management – fire safety
- ▶ Memorable moments
- ▶ Enthusiastic participants
- ▶ A skilled leader
- ▶ A varied and balanced program



Set up a wood campfire

Prepare the site so it is safe. Lay large dry logs as a base and set a fire on top. As it burns, keep the logs together for a brighter flame.



You may like to have some larger wood nearby to add later if your fire is going to burn for a long time.

Equipment you'll need:

- ▶ A spade
- ▶ Matches
- ▶ Metal bucket for water
- ▶ Wood
- ▶ Food
- ▶ Utensils
- ▶ Leather gloves/thick pot holder

Set up a mock campfire

Place a series of electronic candles in a circle about 50cm across, or in a star shape. Tealight candles that are multi-coloured look very effective. Inside the circle, place a torch surrounded by a piece of red cellophane then covered with some small twigs.

Many campfires start with a ceremony to light the fire. You may like to do this to set the atmosphere, or use the Spies in Camp game to get the fire alight.

C **Campfire Leader** – know the program and songs well. Be confident and organised. Have a fun and smooth approach. Keep things moving at a steady pace

A **Atmosphere** – marvel at the night, the sky, the glow of the fire, special effects. Choose language, voice modulation and flexibility to help everyone contribute.

M **Memories and melodies** – Introduce magical moments. Use melodies that are easy to memorise or familiar to the group. There could be special sounds, sparkles or touches.

P **Program and participants** – structure the program to grow and fall just like a fire grows and then falls. Choose a good opening, work towards a high point with songs, actions, skits.

F **Fun and friendship** – sing together to break the ice and foster friendship. Add fun with actions, skits and yarns. Sway or laugh together or include international songs.

I **Interest and imagination** – make things special, more than just a singalong. Create drama, use lighting or sound for special effects.

R **Repertoire and repetition** – include songs girls know plus new ones that are easy to follow. Place good singers around the circle to help keep tunes going. Have a few extra ideas.

E **Etiquette** – it is usual to sit up in a part circle (leave a gap for smoke). Torches face towards girls, not peoples' eyes. The leader sets the speed and version of songs.

Laying the Ghosts

Tell a story about a romance, a man sees a girl with another, strangles her and then drowns himself. Each year on that night the ghosts return. Set up two leaders who are a distance from the starting point who moan softly every minute. Everyone else must find one of the ghosts, get into a circle around them and close in till all hold hands. This way the ghosts will be at rest.

Yowie Hunt

Place some 'Yowies' of different colours in a bush some distance from the start. Patrols go out with torches to find the Yowies in a given time. Each colour has a score e.g. Black = 5, Green = 4, Red = 3, Blue = 2, White = 1.

Closing

Sunset - Come together. Sing 'Taps' and as you do, gradually raise your arms, cross them and lie your head on your arms to sleep.



Build Your Own Adventure

Planning Time

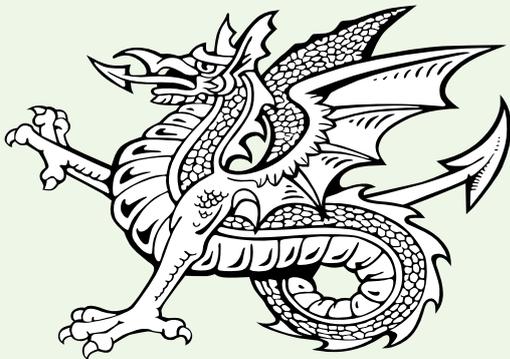
- ▶ Choose a theme or storyline for the adventure. You could aim to run things as a wide game or make something less structured. A wide game is a game usually played in the outdoors over a wide area. It involves a variety of skills and activities and is based on a story. Follow clues and enjoy intrigue, suspense and adventure.
- ▶ Themes can be a current event, myths and legends, a movie you enjoy, a popular book.
- ▶ For the players to remain interested, they need to have things to do so that they can be active participants in the story. These activities are usually set out over the trail and can involve anything from singing on a street corner to deciphering codes to building time machines. Within the story, ANYTHING GOES!!!
- ▶ Decide the area in which the adventure will take place. This may determine what clues/checkpoints/activities are possible or will work best. Consider how much time you have.

- ▶ Compose the details of the story and the clues you will use to get around the area.
 - Be imaginative...
 - Write the story in rhyme
 - Write clues in code...
 - Include songs or picture clues
- ▶ Think about the skills of the participants. What will be a challenge for them to complete? Is there a particular skill someone wants to learn or practise?

Storyline Ideas

Different themes tend to fit different kinds of skills so the story you choose may be partly a result of what you will do. Water activities are often about Sailors or Pirates for example.

IDEA ONE



Save the Princess from the Dragon

HELP!! An evil Dragon has kidnapped the land's fair Princess only days before she is to be married. Her parents are devastated and the town's people are in despair. They need your help. Send forth the King's army, for whoever can find the Princess and rescue her from the Dragon will be rewarded.

IDEA TWO



Aliens have landed

WHAT'S THIS!? An Alien spaceship has crashed and it has passengers - friendly ones of course - who are desperate to get home. It's up to NASA's secret intelligence teams to find out how to repair the spaceship and send these visitors on their way.

N.B. Injured aliens make an interesting way of practicing First Aid skills

Themes:

- ▶ Candles and light
- ▶ Living things
- ▶ Camping fun
- ▶ Walking, rowing, cycling, riding
- ▶ Building things
- ▶ Find your way
- ▶ Surviving a crisis
- ▶ Creativity

There are lots of options so choose what sounds interesting and challenging:

Sailing	Climbing	Gadgets
Campcraft	Drama	Emergencies
Science	Beach activities	Technology
Regatta	Pioneers	Bush lore
Singing	Afloat	Environment

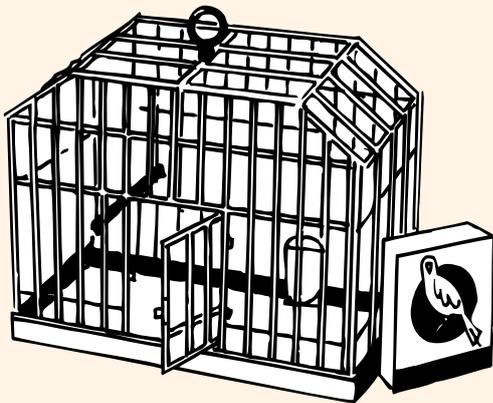
Take Action:

- ▶ Lead a group to share with your Unit or Patrol
- ▶ Book a session with an expert who can help you gain skills
- ▶ Run a day for younger girls to share your skills
- ▶ Practise and then take part in a competition

HOW DID WE GO?

- ▶ We tried:
- ▶ We liked most:
- ▶ Why we liked them:
- ▶ We didn't like:
- ▶ Why we didn't like them:
- ▶ Something really good that happened was:
- ▶ Next time we would change:
- ▶ We would like more:

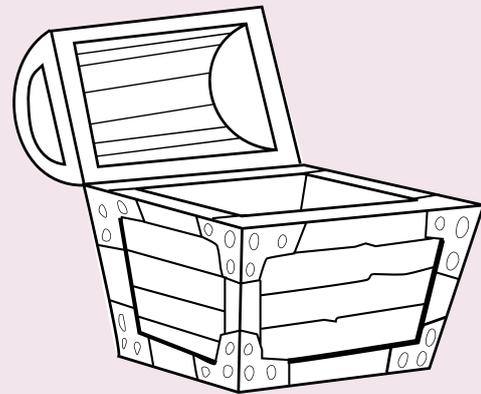
IDEA THREE



Tweety's Escaped

OH NO! Poor Tweety! Someone has let Tweety out of his cage and now the race is on. Who will find him first? Sweet Granny or Sylvester?

IDEA FOUR



Buried Treasure

WOW! Our Guide Leaders have found an ancient treasure map, made centuries ago by Captain Blue Beard. The first Patrol to follow the map correctly will claim the lost treasure - to share with our Guide Leaders of course.

N.B. Fun way to practice map reading.