

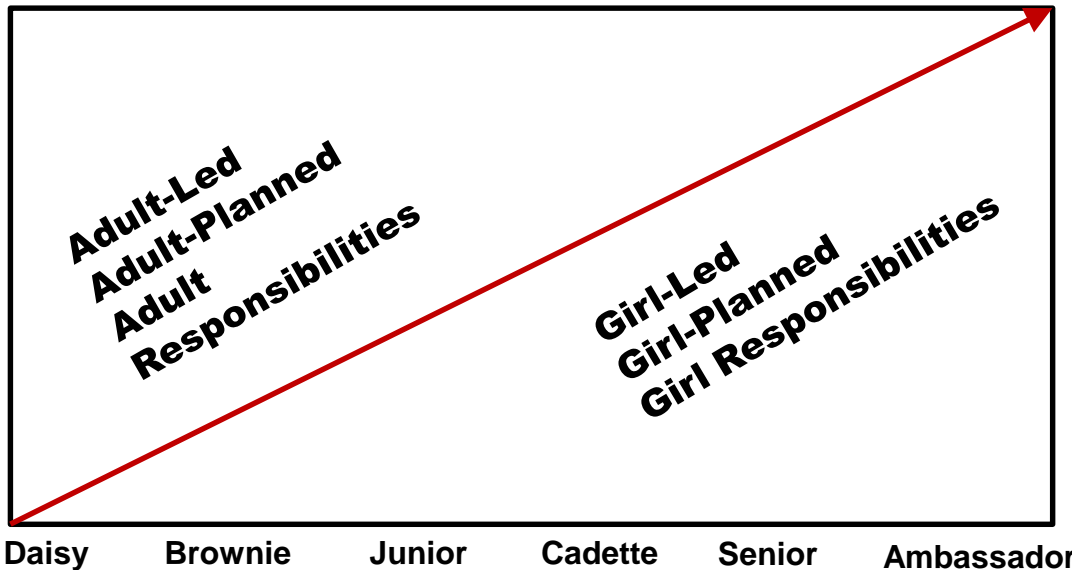
Trip Readiness

Travel Progression Checklist

If your group is thinking about travel, consider first whether the girls are mature enough to handle the trip. Determine a group's readiness for travel by assessing the girls':

- Ability to be away from their parents and their homes
- Ability to adapt to unfamiliar surroundings and situations
- Ability to make decisions well and easily
- Previous cross-cultural experiences
- Ability to get along with each other and handle challenges
- Ability to work well as a team
- Skills, interests, and language skills (*where applicable*)

Progression of Transitioning from Adult-Led to Girl-Led



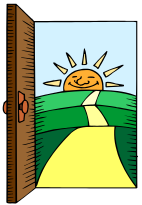
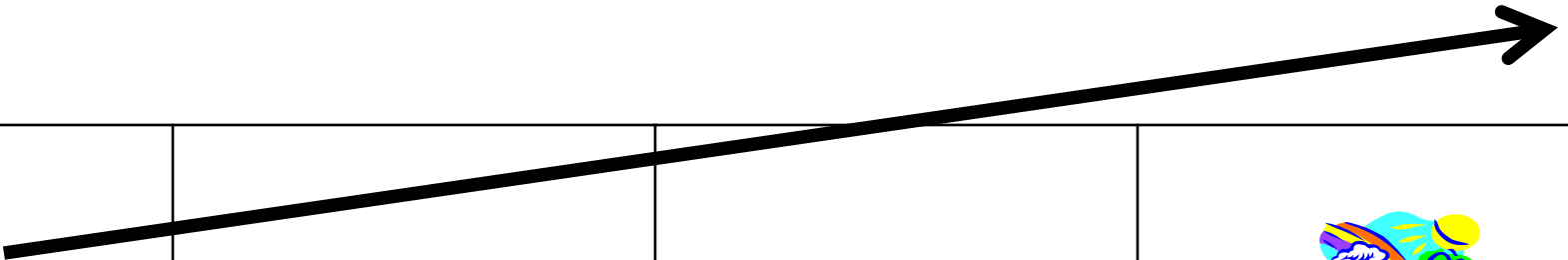
It begins with the first experience away from the troop meeting place and progresses to more advanced camping and trips.

The responsible adult must take the training appropriate for the planned experience.

Allow enough time to teach new skills to the girls prior to the activity.

Outdoor education emphasizes teaching the girls the skills they need to have a positive outdoor experience.

(Progression) It starts slowly...



Look Out

Wonder what the world is like at our doorstep



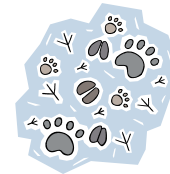
Meet Out

Look outdoors
See trees, birds, buildings

Listen outdoors
Hear nature sounds and city sounds

Feel outdoors
Enjoy games and songs outdoors

Learn ways to protect the environment



Move Out

Plan a walk around the block

Touch a tall tree

Locate a food chain

Watch the sky

Examine a micro-habitat

Trace neighborhood smells

Look for tracks, trails, traces of other living things

Find pollution problems



Explore Out

Walk/hike with a purpose

Rock hike

Gadget hike

Metric hike

Penny hike

Color hike

Shape hike

Compass hike

Day pack

Visit nature centers

Plant a tree

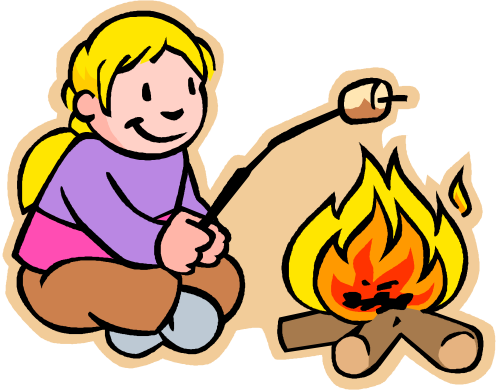
Plant a garden

(Progression) ...and then it soars!



<div data-bbox="254 516 443 643" data-label="Image"> </div> <p style="text-align: center;"><u>Sleep Out</u></p> <p>Prepare for overnight</p> <p>List and prepare equipment</p> <ul style="list-style-type: none"> Bedroll Sit-upon Toiletries <p>Plan menus (NO cooking)</p> <p>Learn knot tying</p> <p>Spend night away from home</p> <p>Learn about <i>Leave No Trace</i></p>	<div data-bbox="663 459 842 597" data-label="Image"> </div> <p style="text-align: center;"><u>Cook Out</u></p> <p>Prepare menus</p> <p>Prepare shopping lists</p> <p>Learn/try cooking</p> <ul style="list-style-type: none"> No-cook meal Nosebag lunch One-pot meal Skillet Stick cooking Foil cooking Charcoal Box oven Propane stove <p>Learn knife safety</p> <p>Learn fire building</p> <p>Learn safety and first aid rules</p>	<p style="text-align: center;"><u>Camp Out</u></p> <p>Prepare packing lists</p> <ul style="list-style-type: none"> • For troops • For individuals <p>Plan activities at camp</p> <p>Budget for troop activities and meals</p> <p>Know safety and first aid rules</p> <p>Prepare shopping lists</p> <p>Shop for menu items</p> <p>Establish campsite</p> <ul style="list-style-type: none"> • Sleeping areas • Latrines • Kitchen areas <p>Pitch and strike a tend</p> <p>Use sound environmental policies</p>	<p style="text-align: center;"><u>Pack Out</u></p> <p>Plan meals, menus, shopping lists</p> <p>Purchase and provide storage of food</p> <p>Plan routes, transportation, travel arrangements</p> <p>Use maps, charts, timetables, compasses</p> <p>Budget trip costs</p> <p>Keep financial records</p> <p>Select and transport minimum personal and group equipment</p> <div data-bbox="1514 1166 1808 1365" data-label="Image"> </div>
---	---	---	---

Progression at GSSEM Camps



Council Sponsored Weekend Camp

Activities are planned and delivered by GSSEM camp staff. Meals provided in dining halls.

Community Sponsored Weekend Camp

Activities are planned by a Community (older girls & adults). At Camp Hawthorn Hollow & Innisfree, meals are provided in dining halls. At Playfair community volunteers & girls cook their meals.

Facility Rental

Camp activities are planned and delivered by the troop/group. The troop/group cooks all their own meals.

Council Sponsored Summer Camp

This is an outdoor experience for an individual girl. A girl chooses activities planned and delivered by GSSEM camp staff and eats meals in the dining hall.

Trip & Camp Readiness

Ask yourself and the girls:

- Are the girls ready for trip camping?
- Are you ready?
- Have you given yourself enough time to prepare/plan?
- Do you have a checklist?
- What is your mode of transportation? Have you practiced yet?
- Are you including your parents/guardians in the planning?



What advance preparation needs to be done to prepare the girls for the activity planned? How long will that take?