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...

<table>
<thead>
<tr>
<th>Look Out</th>
<th>Meet Out</th>
<th>Move Out</th>
<th>Explore Out</th>
</tr>
</thead>
</table>
| Wonder what the world is like at our doorstep | 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 | 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 | 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!

### Sleep Out
- Prepare for overnight
- List and prepare equipment
  - Bedroll
  - Sit-upon
  - Toiletries
- Plan menus (NO cooking)
- Learn knot tying
- Spend night away from home
- Learn about *Leave No Trace*

### Cook Out
- Prepare menus
- Prepare shopping lists
- Learn/try cooking
  - No-cook meal
  - Nosebag lunch
  - One-pot meal
  - Skillet
  - Stick cooking
  - Foil cooking
  - Charcoal
  - Box oven
  - Propane stove
- Learn knife safety
- Learn fire building
- Learn safety and first aid rules

### Camp Out
- Prepare packing lists
  - For troops
  - For individuals
- Plan activities at camp
- Budget for troop activities and meals
- Know safety and first aid rules
- Prepare shopping lists
- Shop for menu items
- Establish campsite
  - Sleeping areas
  - Latrines
  - Kitchen areas
- Pitch and strike a tent
- Use sound environmental policies

### Pack Out
- Plan meals, menus, shopping lists
- Purchase and provide storage of food
- Plan routes, transportation, travel arrangements
- Use maps, charts, timetables, compasses
- Budget trip costs
- Keep financial records
- Select and transport minimum personal and group equipment
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?