



Welcome to the World Centres Camp-To-Go

This Camp-To-Go was created by the BC and Fraser Skies Area International Committees in British Columbia to provide Guiding members an opportunity to enjoy and experience the World Association of Girl Guides and Girl Scouts (WAGGGS) World Centres programming at camp. The term PACASACH comes from **P**Ax Lodge, Our **C**Abana, **S**Angam and Our **C**Halet.

PAX Lodge is located in London, England; Our Cabana is located in Cuernavaca, Mexico; Sangam is located in Pune, India; and Our Chalet is located in Adelboden, Switzerland. A fifth world centre "Kusafiri" has not been included in those camp to go. A separate Kusafiri challenge will be available by the spring of 2017.

In this camp package you will find the program outline with a variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides' Own and a kit list. Plan your camp to suit the season, location, age and number of girls and available time. Pick those activities that work the best for you and your girls and remember to be flexible. Feel free to adapt this package and have fun learning about the World Centres

Plan your camp using the most current Safe Guide forms, available on the Girl Guides of Canada [website](#). Your local international, camping and program advisers and your local trainers are available to help you plan any part of your camp or if you have any questions or concerns.

Crests can be ordered using the interactive crest order form available on the [BC web site](#). Crests are \$1.00 each for BC units and \$1.50 for unit outside BC.

An evaluation form has been included for you to complete after your camp and the BC International Committee would greatly appreciate hearing from you. Your suggestions and comments are valuable in creating future camp packages and updating this one. We love receiving pictures, so please send some of those along too!

The most important part of this challenge is having fun! Please be creative and adapt this package to work for your camp. Use your wonderful creativity as required!

Fraser Skies Area and BC International Committees

SUGGESTED PROGRAM OUTLINE

FRIDAY EVENING

- Arrive at camp – bring a bag supper from home
- Set up
- Go over camp boundaries, rules and fire drill, patrol duties
- Divide girls into patrols if you did not do this before camp
- Make name tags, if necessary
- Friday night campfire – song suggestions at the end of this document
- Mug Up – Pico de Gallo with tortilla chips from Mexico, served with hot Chocolate
- Bedtime

SATURDAY

- Breakfast – Delhi Omelet with Toast, Fresh Fruit Tray, and Yoghurt Dip
- Patrol Duties
- Round Robin Activities – from the World Centres – Three activities to rotate through;
- Mexican Sombrero Craft and Game, Mehndi from India, and Don't Look Back, the Fox walks around from Switzerland
- Snack on the run – fruit leather or GORP – Hiking food from Switzerland with Juice or water
- Lunch
- Patrol Duties
- Quiet Time
- Hike with snack
- Afternoon activity – English High Tea Party – with fancy dress, hats, gloves, etc.
- Free Time
- Dinner Prep
- Dinner – Mexican Tortilla Soup with Tortilla Chips, Vegetable Tray, dessert
- Patrol Duties
- Rangoli – craft/activity from India
- Night Game – Kho Kho from India – a tag game
- Mug Up – Swiss Fondue (cheese with bread chunks or chocolate with fruit chunks), with hot apple juice
- Campfire
- Bedtime

SUNDAY

- Breakfast – Full English Breakfast – Fried Eggs, Toast with Jam, Back Bacon, Fried Tomatoes, Baked beans, Tea, Orange juice (no recipes supplied)
- Patrol Duties
- Pack personal gear
- Guide's Own
- Camp Cleanup
- Closing: present crests and take a group photo!
- Parent Pick Up



PROGRAM ACTIVITIES and DETAILS

Choose your activities to suit the time of year, site, number of Guides and your preferences.

Suggestions for Patrol Names:

Our Cabana, Our Chalet, Pax Lodge, Sangam

Round Robin stations (*numbers of participants will help decide how many stations you need*)

Station 1: Mexican Sombrero Craft and Game

This craft will involve working together with another person, but has a great end result. It's great fun for dress up and would go well with the game "Stealing the Sombrero".

Instructions:

- stack several sheets of newspaper together or if using gift wrap or decorative paper be sure to put the coloured sides out.
- Place the stack of paper over a girl's head, wrapping masking tape around the crown of their head several times
- Using scissors, trim the paper to form the brim into a circle.
- Roll up the edge of the brim – use some tape to secure.
- You can paint the sombrero if you wish, a dark colour of paint will cover the newspaper print best.
- You can then punch holes around the brim of the hat and decorate by threading wool or string through the holes. You can also wrap string around the crown for decoration. Use a couple of the holes on opposite sides of the hat to tie a piece of string, ribbon or wool to make ties to secure the hat to their head – tie loosely under their chin.

Supplies for each hat:

- 3 or 4 sheets of newspaper
- two sheets of solid colored gift wrap (same size as the newspaper)
- OR paint
- masking tape
- scissors,
- single hole punch
- wool or string

Game: STEALING THE SOMBRERO (combine with the Mexican Sombrero craft)

Perhaps the most popular traditional Mexican game for younger children is known as “Stealing the Sombrero”. Attach a sombrero to each girl’s back. When the music starts, each girl must try to steal another girl’s sombrero without losing her own. Start and stop the music to signal the beginning and ending of each round. Girls who lose their sombreros must sit out the next rounds, until the last two girls are left who are declared the winners.

You might also want to try to dance the Mexican hat dance – it will require the girls gathering in a circle. Play a Youtube rendering of the Mexican Hat Dance song: <http://www.youtube.com/watch?v=U6c9UZ3OxTw> works well.

To see the dance in action, watch <http://www.youtube.com/watch?v=CzsuFZlIQM> (The girls circle left and right at the times when the line moves):

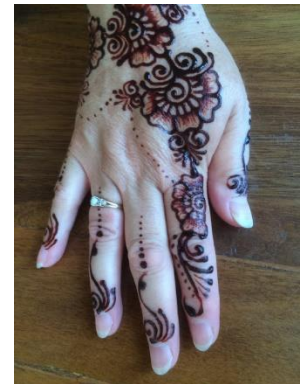
Station 2: Mehndi from India

Henna paste is inexpensive (a \$3 to \$4 tube will cover 8 to 10 girls), but it takes about 10 days to wear off – please check with parents before doing this activity. The girls can be encouraged to make intricate designs. You can find some sample designs at:

www.stylesatlife.com/articles/simple-and-easy-mehndi-designs/

www.stylecraze.com/articles/simple-and-easy-mehndi-designs-that-you-can-do-y-yourself/

If you would prefer not to decorate your own hands with henna, you can make hat crafts instead.



Mehndi Hat Craft

Instructions:

Use a permanent marker to draw mehndi designs on foam hands or feet. Colour in the fingernails. Don't forget to add a tag for swapping if you are making it for swapping.

Supplies:

- Small safety pin – one per girl
- Small foam Hands or feet (can be purchased pre-cut)
- Fine tipped Permanent Markers
- (Optional) Swap Tags

Station 3: Game: Don't Look Back, The Fox Walks Around – from Switzerland



How to Play:

This game can be played by any number of girls who sit in a circle facing each other.

- One girl is chosen to be the fox. The fox walks around the outside of the circle behind the other girls.
- The fox carries a piece of fabric, a small stone, or another object – dropping it behind one of the girls in the circle.
- As soon as that girl knows the object was dropped behind her, she jumps up and tries to catch the fox. The fox runs and tries to get back around the circle and sit in the seat of the girl who was tagged.
- If the fox makes it back to the girl's seat first, the other girl becomes the fox.
- If the fox is tagged she plays the fox again and chooses another girl to tag.
- If the girl who is tagged doesn't know the item was dropped behind her, and the fox can run around the circle before she realizes it, she becomes a "lazy egg" and must sit inside the circle until another girl becomes a lazy egg.

WAGGGS Country Hike

Plan for a 1.5 hour hike in the afternoon. Be sure to take water bottles and a snack along with you. Here are several ideas to make the hike more interesting for the girls:

- Give each patrol the name of a country that is a member of WAGGGS. They must find a particular number (e.g., 10 to 20) of natural objects beginning with the first letter of the name of that country (e.g., **S**witzerland – they could find a **s**lug), or challenge them to find objects for every letter of the name of the country (e.g., **E** for an **E**agle, **N** for **N**ettles, **G** for **G**rass, etc. to spell out **England**).
- Flag Hike – Before you leave for your hike, give each patrol a picture of 3 of 4 flags of WAGGGS member countries. While on the hike, the patrol must find as many things that match their flag colours as possible.

Saturday Afternoon English High Tea

Tea Cups Craft

England is well known for its love of tea. British people love their morning and afternoon tea and tea parties. Purchase some plain white tea cups for each participant to decorate. This can be done using paint or markers, depending on the material the cups are made out of. While the girls are decorating the tea cups, explain to them the tradition of tea in England and its importance to English culture.

Menu for English High Tea:

Tea (served in tea cups as above)

Cucumber (with mayonnaise and/or cream cheese) or egg salad sandwiches. Cut the crusts off.

Scones (recipe below)

English Shortbread (recipe below)

Scones – makes 8 Scones

Ingredients:

2 cups all purpose flour

1/3 cup sugar

1 teaspoon baking powder

¼ teaspoon baking soda

½ teaspoon salt

8 tablespoons unsalted butter, frozen

½ c. raisins (or dried currants)

½ c. sour cream

1 large egg

Directions:

- 1) preheat oven to 400 degrees F.
- 2) In a medium bowl, mix flour, sugar, baking powder, baking soda and salt. Grate butter and add to flour mixture; using your fingers to work in butter (mixture should resemble coarse meal), then stir in raisins.
- 3) In a small bowl, whisk sour cream and egg until smooth.
- 4) Using a fork, stir sour cream mixture into flour mixture until large dough clump forms. Use your hands to press the dough against the bowl into a ball. (The dough will be sticky in places, and there may not seem to be enough liquid at first, but as you press, the dough will come together.)
- 5) Place on a lightly floured surface and pat into a 7- to 8-inch circle about ¾-inch thick. Use a sharp knife to cut into 8 triangles. Place on a cookie sheet (preferably lined with parchment paper), about 1 inch apart. Bake until golden, about 15 to 17 minutes. Cool for 5 minutes and serve warm or at room temperature.

Options for Scones Recipe

Cranberry-Orange Scones - add a generous tsp of finely grated orange zest to dry ingredients and substitute dried cranberries for the raisins.

Lemon-Blueberry Scones - add a generous tsp of finely grated lemon zest to dry ingredients and substitute dried blueberries for the raisins.

Cherry-Almond Scones – add ½ tsp almond extract to the sour cream mixture and substitute dried cherries for the raisins.

Classic Shortbread

1 cup butter (room temperature)
 ½ cup powdered sugar
 1 tsp Vanilla extract
 ½ c Rice flour
 1 ½ to 1 ¾ cups all purpose flour

In a large bowl, cream butter using wooden spoon. Gradually add sugar and vanilla, beating until light and fluffy. Gradually work in rice flour and all purpose flour until mixture becomes too stiff to work with a spoon. Turn onto floured board and knead lightly, drawing in flour until dough begins to crack. Form into a ball and refrigerate 30 minutes. Roll dough on lightly floured surface to ¼ inch thickness. Cut into rectangles or with cookie cutters. Bake on ungreased baking sheet at 300 F for 15-18 minutes for 2 inch cookies or until slightly golden. Let cool 5 min before removing to cooling rack. Let cool thoroughly before storing in tins. Makes 40 - 2 inch cookies.

Saturday Evening Activity 1 - Rangoli

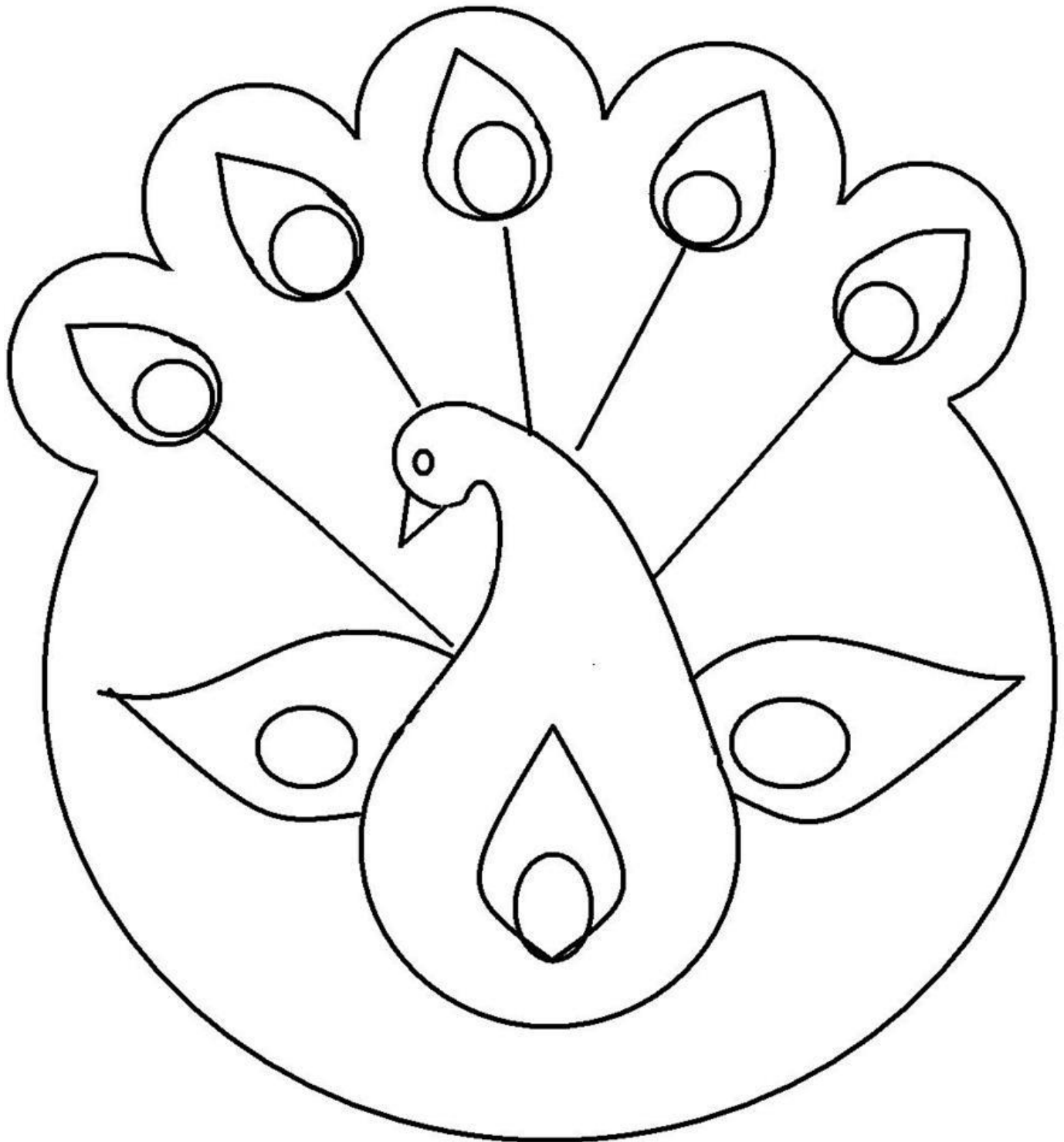
Supplies: Coloured Sand 11 X 17 paper

Rangoli is a decorative art form from India. Designs are decorated using materials such as coloured rice, dry flour, coloured sand or flower petals. They are normally created on the floor in living rooms or courtyards and are made during celebrations such as Diwali, weddings and other similar gatherings. Rangoli designs are thought to bring good luck to the family.

Have the girls create their own design, or you can use the sample on the next page. Several suggestions are available via the internet.

The girls can create their Rangoli individually or in small groups. Give each girl/group a piece of paper – 11 x 17 works well – either with a pre-printed design or blank depending if you want to make this a simple or more challenging activity based on the time you have available and the abilities/ages of the girls .





Saturday Evening Activity 2 – Kho Kho (A tag game from India)

Kho Kho is an [Indian](#) and [Pakistani](#) sport played by teams of twelve players who try to avoid being touched by members of the opposing team.

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- You will need an open space to play this game and the perimeter should be marked with chalk or string. Draw a line down the centre of your playing space.
- Place one stick at either end of the playing space.
- Divide the girls into 2 teams – one group being the chasers and one group being the defenders (they swap after seven minutes)
- Chasers line up on the line down the middle, facing in alternate directions. They can only chase on the side of the playing area they are facing and can only chase one girl at a time
- The defenders enter the field in groups of three and try to avoid being tagged by a chaser – they can run anywhere on the field, but once tagged, they are out.
- The chaser closest to the poles starts and tries to tag a defender – staying on their side of the playing area. If the defender crosses the line to the other side, the chaser must tap the back of one of her teammates, who is sitting, facing the other direction, and shout “Kho!”
- The teammate must then try to tag the defender and the standing chaser sits in the team mates place so only one chaser is chasing at a time.
- Chasers can swap with a teammate every time the defender moves into the opposite side of the playing area, or the chaser can run around one of the poles to get to the other side of the playing area.
- The aim is for the chasers to tag-out the defenders the fastest. Whichever team gets the defenders out the quickest wins.

Supplies:

2 poles/sticks –
about shoulder
height in length
Chalk or string

RECIPES – (For Menu and Program Related Recipes, see the Program Listing)

Alter if necessary to accommodate allergies and/or special dietary needs.

FRIDAY

Mug up – Mexican Pico de Gallo with Tortilla Chips

2 cups fresh chopped tomatoes;
1/4 cup onion, finely chopped;
4-6 jalapeno or 1-2 bell peppers, diced
salt, garlic powder and cilantro (to taste)

Mix ingredients in a bowl. Refrigerate for 1 hour. Eat with Tortilla Chips

Serve with hot or cold apple juice

SATURDAY

Breakfast

Delhi Omelette

4 eggs
2 Tbsp. water
1/4 cup Double Cheddar Shredded Cheese
1/2 cup chopped onions
2 green chilies, thinly sliced
1/4 cup chopped fresh coriander (cilantro)
1/4 tsp. cumin seed

Beat eggs and water in medium bowl with whisk until well blended. Stir in cheese.

Heat omelette pan or small skillet sprayed with cooking spray on medium-high heat. Add onions, chilies, coriander and cumin seed. Cook and stir 2 min. or until onions are crisp-tender. Add egg mixture. Cook 3 to 4 min. or until set, lifting edge with spatula and tilting pan to allow uncooked portion to flow underneath to cook. When egg mixture is set but top is still slightly moist, slip spatula underneath omelette, tip skillet to loosen and gently fold omelette in half.

SLIDE or flip omelette onto serving plate; cut in half.

DINNER - MEXICAN TORTILLA SOUP

1 Tbsp olive oil
 1 onion, diced
 1 (4 oz) tin chopped green chilies, drained
 1 tsp chili powder
 1 Tbsp ground cumin
 1 garlic clove, minced
 1/2 tsp dried oregano leaves
 1/4 tsp cayenne pepper
 6 c water
 6 beef flavored bouillon cubes
 1 (10 oz) tin tomatoes
 1 lb browned ground beef
 1 c frozen corn
 1/3 c chopped fresh cilantro
 1 1/3 c shredded Monterey Jack or Mozzarella cheese
 Tortilla Chips (optional)

Brown ground beef, drain and add onions and cook till onions are softened. Add chilies, chili powder, cumin, garlic, oregano and cayenne pepper. Cook and stir 1 minute. Stir in water, bouillon cubes and tomatoes. Bring to a boil and simmer for a few minutes. Add corn and simmer 1 minute. Stir in cilantro. Ladle soup into bowls. Sprinkle each bowl with generous amounts of cheese and tortilla chips (if desired).

Mug Up – Swiss Fondue

Enjoy favorite Swiss food and snacks with your girls. Get a Fondue pot and make traditional Swiss Fondue, which uses Emmental cheese. Have the girls use the fondue forks to dip bread into the cheese. If they don't like the taste of the Emmental cheese, you can always use another melting cheese they are familiar with, such as cheddar cheese.

Cheese Fondue

1 pound cheese – suggestions are Swiss, Gruyere, Emmental, Cheddar
 2 cloves of Garlic – peeled and sliced in half
 3 T. All-Purpose Flour
 2 T. Butter
 1 1/2 cups Milk
 1/2 T. Lemon Juice
 1/8 tsp. ground Nutmeg
 Salt and Pepper to taste
 Italian or French bread cut into cubes, sausage or apple slices to dip

- Rub a heavy saucepan with two halves of the garlic for flavoring. Rub the fondue pot with the other two garlic halves.
- Grate cheese and mix with 1 T. of the flour.
- Melt the butter in saucepan over medium-low heat. Add remaining flour. Stir well till smooth. Add about 1/2 cup of milk and stir till smooth. Slowly add the remainder of the milk, stirring constantly until the mixture thickens to about the consistency of light cream.

Add a handful of cheese and keep stirring. Let the cheese melt and then add another handful and stir until it melts. Repeat the process until all the cheese is melted.

- Once all the cheese has been added and the mixture is smooth, stir in the nutmeg, salt and pepper. Finally, add the lemon juice. Stir well till the mixture is smooth once again.
- Add cheese mixture to the fondue pot. Eat immediately! You will want to keep the cheese warm.
- Spear bread, sausage or apple and dunk in fondue and enjoy.

Swiss Chocolate Fondue

- 12 ounces sweet German chocolate, semisweet chocolate chips or Toblerone chocolate
- 1 cup light cream or half and half
- 1 tsp. vanilla extract

DIPPERS

- | | |
|----------------------|-----------------------|
| • Banana slices | • Pear slices |
| • Pineapple chunks | • Orange sections |
| • Whole strawberries | • Pound cake pieces |
| • Apple slices | • Marshmallows |
| • Kiwifruit | • Shortbread fingers |
| • Star fruit | • Crusty French bread |

Instructions

1. Before melting the chocolate, prepare the fruit dippers. Wash and hull the strawberries (but leave them whole), slice the apples, peel and slice kiwis and peel and chop the pineapple. Cut the pound cake into cubes and leave the marshmallows whole. Arrange all the fruit, cake and marshmallows on a large platter. Squeeze lemon juice on the apples and bananas to keep them from browning. Cover the platter and set it aside.
2. To prepare the fondue, break the chocolate squares into pieces and drop them into a saucepan. Add the light cream or half and half and melt over low heat, stirring occasionally, until the chocolate is smooth. Add the vanilla extract and stir.
3. Transfer the chocolate sauce to a fondue pot. Use a fondue fork to spear the fruit and sweets, and then dip in the chocolate (use toothpicks if the girls are dipping into a small bowl). TIP: The addition of cream prevents the chocolate sauce from turning lumpy. The chef should stir the chocolate and cream together until smooth.

A note about patrol cooking:

Patrol cooking can take more time than having a camp cook but it is a very worthwhile activity for the girls. In this day and age of fast food and microwaves, some girls have not had the opportunity to do any cooking. Girl Guides offers the opportunity to cook over the fire, on a buddy burner or in a box. Practice ahead of time at unit meetings or on a day hike.

Plan on having one adult per patrol for keeping an eye on things and assisting as needed, but let the girls do as much as possible.

GRACES

Each district should have an “Arts to Go” box that includes a CD with music that may help you with song ideas. Ask your commissioner, camping or program adviser!

Source for non-denominational graces <http://www.scoutsongs.com/lyrics/graces-for-girl-scouts.html>

Mable Lake Morning (Arts to Go Box) ©

*Kate Shirley and Linda Hodgkin
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Tune can be found at this link:

<http://guidingjewels.ca/resources/songs/597-song-a-mabel-lake-morning>

We give thanks for our friends,
We give thanks for our bread.
We give thanks for the blessings
Of the day that lies ahead.

Give Thanks (Arts to Go Box) © *Kate Shirley*

*May be copied by Girl Guides of Canada–
Guides du Canada for use within Guiding*

For tune:

<http://guidingjewels.ca/resources/songs/596-song-give-thanks>

Give thanks! Give thanks!
For friendship, food and fun!
Give thanks! Give thanks!
For the day that's just begun

Simple Blessings (p. 130, Celebrate with Song) *Source: Celebrate With Song published by Girl Guides of Canada-Guides du Canada.*

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For tune:

<http://guidingjewels.ca/resources/songs/570-song-simple->

Bless the food before us now;
Bless the friend who will share it;
Bless the fields and bless the plow,
and Bless the hands the prepare it.

World Hunger Grace reworded (source: "Our Chalet Songbook", Our Chalet Committee, 1981). *May be copied by Girl Guides of Canada–Guides du Canada for use within Guiding*

For tune: <http://tuneguide.e-guiding.com/world-hunger-grace.mp3>

For food in a world where many walk in hunger
For faith in a world where many walk in fear
For friends in a world where many walk alone
We give you humble thanks, this day

Sangam Grace: (from Sangam SongBook)

Tune: <http://tuneguide.e-guiding.com/sangamgrace.mp3>

Bless this house, Bless this food
Help us use it for thy good

Bon Appetit (from Canciones de Nuestra Cabaña)

For tune: <http://tuneguide.e-guiding.com/bonappetit.mp3>

Bon-a, Bon-a, Bon appetit
Bon-a, Bon-a, Bon appetit

For Health and Strength (Jubilee Song Book) *May be copied by Girl Guides of Canada–Guides du Canada for use within Guiding*

For this song in different languages check here:

<http://www.users.ms11.net/~gsong/Graces/words/hralthstr.html>

For health and strength and daily food
We praise thy name Oh Lord

CAMPFIRES

Each evening you might want to have a campfire with songs and stories/poems. Saturday evening can be a more traditional campfire using lanterns that the girls can make using a tea light. Lanterns can be used to illuminate a pathway to the campfire or circle the outside of the fire ring for the evening. The girls can plan their own ceremony based on a fire theme or look at the ceremony at <http://gsleaders.org/files/fire.htm> for ideas.

Most of these songs can be found on the internet but are also found in the following songbooks:

Jubilee Song Book
Celebrate with Song
Campfire Activities
Songs for Canadian Girl Guides

Friday Evening Campfire – focus on England and Mexico

Opening:

Fire's Burning (p. 5 Jubilee Song Book)
Everywhere Around the World (p. 8 Celebrate with Song)

Rounds:

Music Shall Live (p. 15 Celebrate with Song)
White Sands and Grey Sands (p.123 Campfire Activities)

Song from England:

PAX Lodge Song – <https://www.wagggg.org/en/our-world/world-centres/pax-lodge/about-pax-lodge/pax-lodge-song/>

Action Songs:

My Bonnie Lies Over Ocean (p. 118 Campfire Activities)

Light Hearted:

Cuckoo (p. 39 Jubilee Song Book) - the cuckoo is a British bird

Mexican Song:

Our Cabana Song (p. 33 Jubilee Song Book)

Quiet Songs

Linger (p. 146 Campfire Activities)

Vespers:

Softly Falls (p. 127 Campfire Activities)
Irish Blessing (p. 111 Celebrate with Song)

Closing:

Taps



Saturday Evening Campfire – focus on Switzerland and India

Opening:

Tall Trees (p. 41 Songs for Canadian Girl Guides)

International song

Our Chalet Song (p. 5 Songs for Canadian Girl Guides)

Rounds:

I Like the Flowers (p. 54 – Celebrate with Song).– introduction to visiting Switzerland's high meadows

Light Hearted:

Happy Wanderer (p 23 Jubilee Song Book) – to sing as we go singing in the Swiss Alps

Golden Day at Our Chalet (p. 14 Our Chalet Song Book 2

Sing For Joy (p. 82 Our Chalet Songbook) *source*

Ging Gang Gooli – (p. 140 Campfire Activities)

Quiet Songs:

Sangam Song (p. 3 Our Chalet Songbook or p. 13 Songs for Canadian Girl Guides)

Linger (p. 146 Campfire Activities)

Vespers:

Softly Falls (p. 127 Campfire Activities)

Irish Blessing (p. 111 Celebrate with Song)

To close one of your campfires, you may wish to use 'wishing powder'. Put white granulated sugar or powdered coffee whitener in a pouch or cool container and at the end of campfire stand around the fire and pass it around letting everyone take a small handful. Have them hang onto it until everyone is ready. Have everyone make a wish and all at once throw the 'powder' into the fire. It creates beautiful sparks for a couple of seconds, to show the magic at work. Just make sure everyone's standing back from the fire when you toss it!

Taps



GUIDES OWN/REFLECTIONS

A Guides' Own is a very special type of ceremony and can be held the night before closing camp or the morning before leaving camp. A Guides' Own is not a replacement for a church service or other religious ceremony and is a time for reflection and being thankful. A Guides' Own can be held in a camp's chapel or the girls may select a special area at camp.

Song: This little Guiding Light (*Source: Our Chalet Song Book II*
No copyright information given. Assume public domain.)

Camp Reflections: Participants share their favourite parts of the camping weekend and/or what they are thankful for from the weekend.

Songs: Let There Be Peace On Earth (Our Chalet Song Book p. 46, *source: "Songs For Tomorrow", Girl Guides Association, 1984.*)

Conclude with **Daylight Taps** (if appropriate)

Kit List

Please amend for the time of year and whether you are sleeping indoors or out!

Everyone should always wear uniform to and from camp.

Remember to LABEL everything clearly – or you may lose it! If it's precious and irreplaceable – **don't bring it.**

All things should fit in one duffel bag or similar, and one bedroll or stuff sac (two pieces – NO garbage bags!)

Remember that your daughter should help pack her gear or she will not know where to find her things when she is at camp.

<p>Clothing</p> <p>warm pajamas (tracksuit works well) pants (1 pair) (NO blue jeans) t-shirts (2) sweatshirt or pullover (1) (not the one to sleep in) socks (3) extra socks to wear to bed (1) underwear (3) sturdy shoes for walking/hiking (NO open-toed shoes) warm jacket with hood raingear including boots camp hat plastic bag for dirty laundry inside shoes or slippers (must have hard soles) toque and gloves or mitts</p>	<p>Gear</p> <p>sleeping bag (suitable for time of year) Note: theme-styled bags tend to be thin do not provide adequate insulation. extra blanket sleeping mat (NO blow-up air mattresses; closed-cell foam or self-inflating Therm-a-Rest® type mats only, please) ground sheet (an old shower curtain, piece of tarp or any kind of plastic big enough for the sleeping mat to fit on) small pillow (optional) sleeping buddy (small, optional)</p>
<p>Dishes</p> <p>Unbreakable plate, mug, cup, bowl, fork, knife, spoon, in a mesh bag (because the dishes hang to drip dry) All dishes should be marked with nail polish or permanent marker with the girl's name or initials. Tape will fall off when washed. Make sure the permanent marker is permanent!</p>	<p>Personal Items</p> <p>hand towel, face cloth, soap, tooth brush and paste, etc. hair brush and ties (long hair must be tied back at all times) small Kleenex package</p>

<p>Miscellaneous</p> <p>flashlight with new batteries, plus a spare set sit-upon whistle personal first aid kit sunscreen (no spray) bug lotion (no spray) folding camp chair day pack water bottle</p>	<p>Medications – All medications whether prescription or over the counter, are to be placed in a Ziploc® style plastic bag and given to the first aider upon arrival at camp</p> <p>Must be in original containers and clearly labelled with dispensing instructions.</p>
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Please leave at home:

- all sleeveless tops (spaghetti-strap tops, tank tops, etc.)
- all open-toe shoes
- all electronic devices, including cell phones

World Centres Camp To Go Program Connections

Sparks	<p>World Around Me Keeper</p> <ul style="list-style-type: none"> • About WAGGGS • WAGGGS Crafts <p>Going Camping Keeper (Campfire)</p> <p>Exploring and Experimenting Keeper (Musical Instruments)</p>
Brownies	<p>Key to the Arts</p> <ol style="list-style-type: none"> 3. Art by Hand 4. Crafts from Afar 5. Around the World in Song and Dance <p>Key to Camping</p> <ol style="list-style-type: none"> 2. Camping Know How 5. Sing and Shout <p>Key to Girl Guides</p> <ol style="list-style-type: none"> 2. Thinking Day and Guide-Scout Week (Learns about WAGGGS) <p>Related interest badges:</p> <p>Share Your Talent for Music</p> <p>Happy Hiking</p> <p>Going Camping</p>
Guides	<p>You in Guiding: Learn about WAGGGS</p> <ol style="list-style-type: none"> 1. Play a game or learn a song from a WAGGGS country. 2. Learn about the World Centres <p>You and Others: Build Skills in Communication</p> <ol style="list-style-type: none"> 5. Explore music as a way to communicate. <p>Discovering You: Discover Your Creativity</p> <ol style="list-style-type: none"> 5. Explore performing arts with music. <p>Beyond You:</p> <ul style="list-style-type: none"> • Discover Your Community <ol style="list-style-type: none"> 1. Learn about customs and heritage of a cultural group. <ul style="list-style-type: none"> • Explore the Outdoors and Nature <ol style="list-style-type: none"> 1. Participate in an outdoor activity 2. Hold a cookout and practice using a camp stove or try cooking over a fire. 3. Practice your outdoor skills. <p>Camp Out, Basic Camper and Experienced Camper Badges</p> <p>Related interest badges:</p> <ul style="list-style-type: none"> • Campfire Leading • Cultural Awareness • Folklore • World Guiding • Singing • Hiking • Outdoor Cooking • Outdoor Adventures

<p>Pathfinders</p>	<p>Creating Your Future: Be a Model Citizen</p> <ul style="list-style-type: none"> • Multiculturalism: be a cultural explorer <p>Finding the Path: Broaden Your Horizons Learn about WAGGS A World to Discover: Girl Guides International</p> <p>3. Culture of a twinning country (or any WAGGS country). A World to Discover: What's Up Around the World?</p> <p>2. International crafts. 11. Present the kind of world you want through song.</p> <p>A World to Discover: Around the World at Home 4. Music from other countries. 7. International evening. My Music, My Movies and More</p> <p>Let's Take it Outside: Camping ,Here We Come Let's Take it Outside: Out on the Trails</p>
<p>Rangers</p>	<p>Celebrate Guiding 3. Guiding Around the World</p> <p>Global Awareness 11. Food Awareness 18. CWFF 21. International Days</p> <p>Leadership and Management 2. Leading Children (if teaching a younger branch)</p> <p>Explore Your Creativity 30. Your Interests</p> <p>Environment, Outdoors and Camping 15. Camping Skills 19. Love the Outdoors 29. Mmmmm Dinner</p>

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EVALUATION FORM

Please share with us what you liked about this camp-in-a-box and anything that we could improve on for next time! Thanks for your input!

WHAT DID YOU LIKE BEST?

WHAT WORKED / DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS!

Please send your pictures to the email address listed below.

Please return to:
BC International Committee
1476 West 8th Ave.
Vancouver, BC V6H 1E1

or email to:
international@bc-girlguides.org