

## WELCOME TO

# GUIDING ELEMENTS - FIRE



Welcome to our second Guide “Camp in a Box” Guiding Element – Fire. This is the second of four camps based on the elements earth, fire, air and water. The elements are very dependent on each other - fire requires earth for the source (wood), air for oxygen and water for safety.

Fire is one of the most important highlights of camping for cooking, warmth and memorable campfires.

Included in this package, you will find the program outline and activities, crafts, games, a campfire, Guides Own, menu & recipes, kit list and an order form for the crests. Please refer to your Camping Adviser, Commissioner or the National website for the most current Safe Guide information and forms for your camp.

Zone West has designed our great crest and thanks to BC Council, there is **NO CHARGE** for the crests this year for BC Guides and Guiders! Please forward your order to the address on the form and be sure to print clearly and include all the required information. Please allow a minimum of **4 weeks** for delivery. The artwork for the crest will be posted on the Provincial website in a jpg format which can be downloaded for use with your camp.

We have also included an evaluation form for you to complete following your camp. We would greatly appreciate hearing from you. The suggestions and comments we receive will be helpful in the creation of our subsequent packages. One of the challenges of providing this camp outline is the diversity of regions in the province, time of year that the camps will take place, the number of participants at each camp and the many different sites that will be used! We know we did not think of everything so please, send us your feedback.

The most important thing is flexibility and adapting this package to work for your camp but most of all - to have *FUN* at camp.

Thank you for sharing Guiding Elements – Fire.  
BC Camping Committee

# GUIDING ELEMENTS – FIRE

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# GUIDING ELEMENTS – FIRE

## PROGRAM OUTLINE

### FRIDAY EVENING

**6:00**

-  Arrive at camp (dinner prior to arrival)
-  Set up camp
-  Camp boundaries, rules & fire drill, patrol duties
-  Tin Can Lantern & Edible Fire
-  Sing-a-long
-  Mug Up

**10:00**


-  Bedtime

### SATURDAY



**7:30**

-  Breakfast
-  Patrol Duties

**9:00 – 10:30**

-  Round Robin – working in Patrols
  - a) Making Fire Starters
  - b) Types of Campfires & Campfire building
  - c) Make a Campfire & Cook a Snack

**10:30**

-  Snack
-  Prepare for Hike

**11:00**

-  Hike/Lunch

**1:30**

-  Quiet Time

**2:00 – 2:45**

-  Fun Foam Craft

**3:00**

-  Snack

**4:00**

-  Iron Chef Dessert Challenge

**5:00**

 Prepare Dinner

 Dinner

 Patrol Duties


**7:00**

 Round Robin (in Patrols)

a) Frisbee Golf

b) Nature Treasure Hunt

**8:00**

 Campfire

 Night Game – Flashlight Camouflage

 Mug Up

**10:00**

 Bedtime

## **SUNDAY**


**7:30**

 Breakfast


 Patrol Duties

 Girls Pack up gear

**10:00**

 Guides Own

**10:30**

 Take down tents


**11:15**

 Campsite Cleanup

**12:00**

 Lunch

 Patrol Duties

 Closing – presentation certificates, crests, take a group photo!

**2:00**

 Parent Pick Up

## Program Activities

### **Tin Can Lantern**

**Supplies:** 1 soup can per person (empty, washed & label removed)  
Hammer & nails  
Tea light candle  
8" flexible wire

Recommendation: fill can with water, freeze, then punch holes in a pattern in the sides with the hammer and nails.

Punch 2 small holes close to the top of the can opposite each other. Thread wire through holes to form a handle.

Insert the tea light candle.

### **Fire Starters** (homemade and recycling)

Wax                      Cardboard Egg Cartons                      Newspaper  
String                      Pot & large tin can (this will act like a double boiler)  
Collect small twigs & pine cone

**Melting Wax** – Boil water in a large pot. Place wax in a large tin can and set in the pot of boiling water to melt. Old metal kettles found at flea markets make great vessels to melt wax with a pouring spout.

**Egg Carton Fire Starters** – tear off top of carton and tear into small pieces – in egg holders place twigs, small pinecones and pieces of carton. Pour melted wax over the whole egg carton but not letting the wax pool in the cups. Let the wax cool and hardened and break the eggcups into individual fire starters. Store in a covered metal container or several in a Ziploc bag for hiking.

**Newspaper Fire Starters** - Roll three double sheets of newspaper into a roll. Tie with string every 4 inches leaving ends untrimmed. Cut with scissors into 4 inch pieces. Holding string dip the pieces into wax and place on newspaper to dry. Store in metal covered container or several in a Ziploc bag for hiking.

## **Edible Campfire** (can be made up in baggies prior to camp)

<b>Supplies</b>	Napkin	FIRE SITE
	Small milk creamer	FIRE BUCKET
	Mini Marshmallows	FIRE RING ROCKS
	Coconut/Frosted Flakes	TINDER
	Pretzel sticks/Hickory Stix	KINDLING
	Cheesies	LOGS
	Red Jube Jubes	EMBERS
	Toothpick	MATCH

Instructions:

**Open Napkin:** Chose a **FIRE SITE**, which will not burn, or damage the ground or surrounding plants and trees. Sand, gravel or a rock base is preferred. Ensure there are no overhanging branches or trees (remember that sparks fly high).

**Cup of Water:** Place a **FIRE BUCKET** of water nearby for quick use in dousing your fire, any escaping embers or sparks or for soothing burns in case of accidents.

**Mini Marshmallows:** A ring of **ROCKS** help confine the fire and keep people at a safe distance.

**Coconut/Frosted Flakes:** **TINDER** is the first layer of the fire bed. It provided a starter for your fire and needs to be very fine and dry. Paper and tiny twigs or finely split wood are good sources of Tinder (was based fire-starters can be added here).

**Pretzels/Hickory Stix:** **KINDLING** is the next layer, laid on loosely to allow air in to feed your fire. Small dry branches or finger-size split wood are good sources of kindling.

**Cheesies:** **LOGS** of increasing size finish off the fire bed. Be sure not to overload your fire. (More logs of this size, can be added as the fire begins to burn down). Once you have a good fire burning, even damp logs will catch fire.

**Toothpick:** Finally you are ready to light your fire. Ensure that you do not have any loose hair or clothing that dangles in the fire. Have all your extra logs near at hand to add as needed. Holding the **MATCH** firmly, strike it forward towards the fire and light the Tinder.

**Jube Jubes:** The yellow flames of a freshly lit fire will blacken and burn but not cook.... be patient. Red glowing **EMBERS** will eventually show in the center and proved the consistent heat necessary for cooking.

## **Fun Foam Campfire Craft** (pattern on page 7)

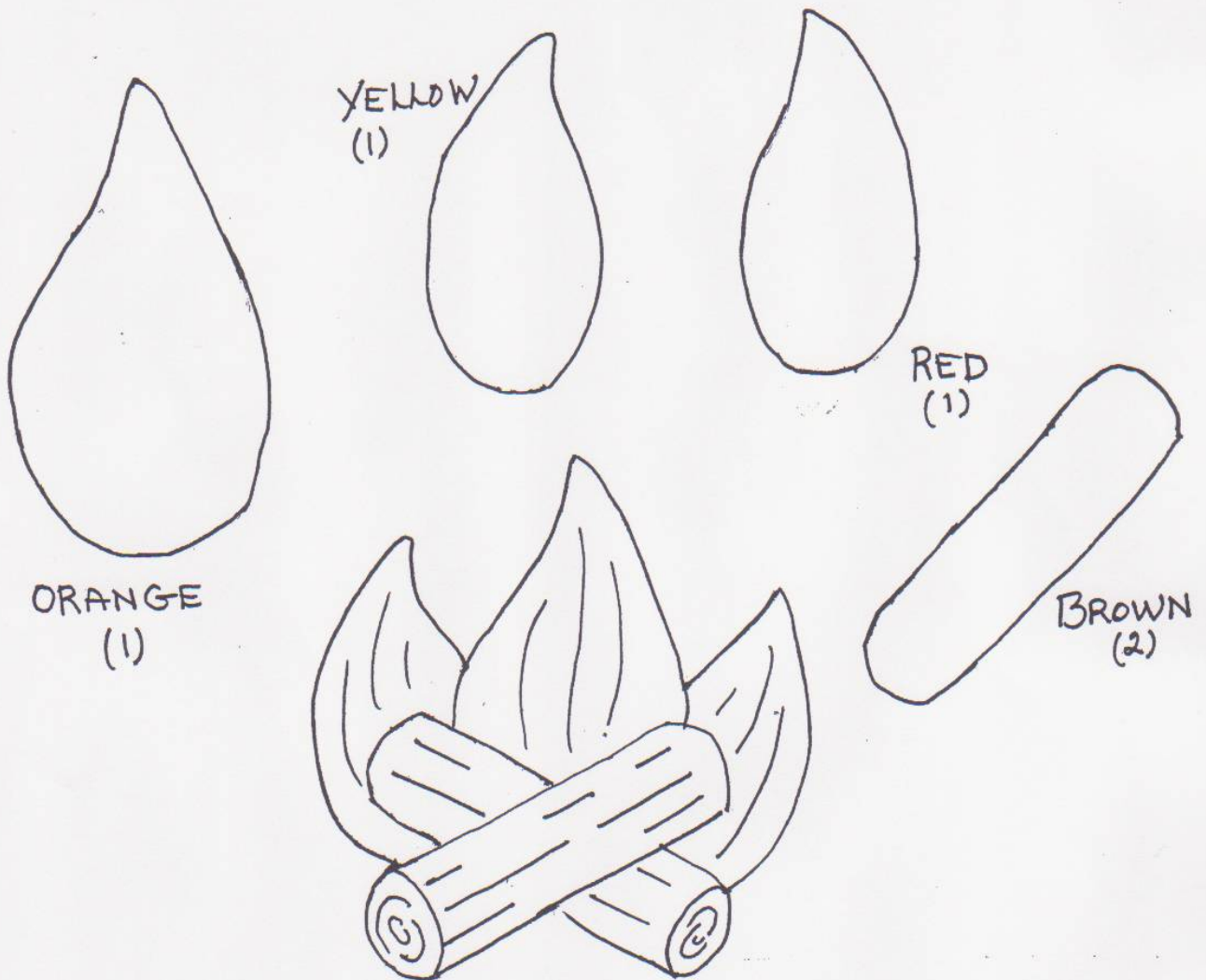
**Supplies:** Red, orange, yellow & brown fun foam  
Campfire patterns  
White Glue  
Safety Pin  
Felt marker

Trace and cut out patterns (can be prepared prior to camp)

Glue as per pattern instructions

Mark camp name/year - on back of flames write three favorite campfire songs

## FUN FOAM CAMPFIRE



### Instructions

1. Glue together  
Parts as shown
2. Draw details on front  
in pen or permanent felt marker
3. Punch hole on top  
flame for hanging OR  
glue bar pin on back

On the front of one of the flames write with permanent marker name of camp and/or date.  
On the back of each flame write the name of your favorite campfire songs.

## **Frisbee Golf**

**Equipment:** 5 poles for markers                      5 pieces of flagging tape  
Frisbee    Scorecard #1 to #5

Poles are numbered 1 to 5. The numbered poles are set out in the woods a distance apart with flagging tape attached to the top. Each girl receives a scorecard and has her own Frisbee. A starting point is indicated with a marker for each pole.

In groups of three or four play a round of Frisbee golf. Each girl takes her turn from the starting point and throws her Frisbee at the pole and counts the number of throws it takes to hit the pole then marks her score.

## **Flashlight Camouflage**

**Equipment:** one flashlight  
large wooded area with designated starting point  
designated spot for flashlight spotter – finish line.

Once flashlight spotter is in place, participants crawl, run, hide behind trees as they sneak up to the finish line. Flashlight spotter faces away from wooded area with closed eyes and counts to 10 to let girls sneak up. At 10, she turns the flashlight on the playing area to spot participants. If spotted, they go back to the starting point. After 1 minute of searching, spotter turns flashlight off and counts 10 more seconds for participants to move forward. Winner is first to cross the finish line and becomes the spotter.

## **Nature Treasure Hunt**

Write the following instructions on separate pieces of paper, one instruction per piece of paper.

- Find five green items
- Find five rough items
- Find five items that each have two or more colors
- Find five smooth items
- Find five items that can be eaten by animals or birds  
(include any other ideas you can think of)

Have the girls work in pairs. Give each pair a paper bag to collect the items, a pencil, a piece of paper and one sheet of instructions. Tell them to draw or describe any items they find that should not be collected. Set a time limit. Have all girls return and display the objects they found on a table or open area. Instruction papers can be traded around if they want to do another search.

# Menu

## Friday

**Evening** Chicken Noodle Soup in a mug  
Crackers & Cheese

## Saturday

**Breakfast** Orange Juice  
Waffles  
Whip Cream  
Strawberries (fresh in season or frozen thawed)

**Snack** Cherry Surprises

**Lunch** Pizza on the Road or Taco Salad on the Go!  
Granola Bar  
Apple  
Juice Box

**Snack** Banana Boat

**Dinner** Caesar Salad  
Shish-Ka-Bobs  
Rice (boil in a bag)  
Veggies & Dip  
Iron Chef Dessert Challenge

**Mug Up** Elephant Ears & Hot chocolate or apple cider

## Sunday

**Breakfast** Fruit Salad (leftover fruit cutup in fruit cocktail or diced pineapple)  
Cereal/Hot Oatmeal  
Muffins  
Milk

**Snack** Cookies & juice

**Lunch** Hot Dogs  
Veggies & Dip  
Juice Box  
S'mores

## Recipes

**Testing Temperature of Outdoor Fires** – hold your palm over your small cooking fire close to where you are going to cook. Holding your hand still, count slowly. “One and two and three.” The length of time you can hold your hand comfortably over your fire indicates the temperature of the fire. Be very careful not to burn yourself.

Count one to two

**very hot fire**

230C (500 F)

Count four to eight

**hot fire**

200-230C (400-500 F)

Count seven to ten

**medium fire**

160-200C (325-400 F)

Count eleven to sixteen

**low fire**

120-160C (250-325 F)

**Charcoal Briquettes** burn 40 F per briquette – 10 briquettes = 200C (400 F)

### Waffles

Frozen waffles – 2 per person

Fresh strawberries (in season) or frozen strawberries thawed

Whip cream (spray can) or Cool Whip

Toast waffles on camp stove or over open fire. Serve with whip cream/cool whip and strawberries.

### Cherry Surprises

2 large oatmeal cookies

Spoonful of cherry pie filling

Tin foil

Spread cherry pie filling on one of the cookies. Top with another cookie. Wrap securely in foil. Heat over warm coals.

### Taco Salad in a Bag

1# ground beef

1 pkg taco seasoning

½ head of lettuce chopped

1 medium tomato diced

3 cup-crushed tortilla chips

1 small onion chopped fine

8 oz shredded cheddar cheese

Catalina or Italian dressing

1 small green pepper chopped fine

10 –12 sandwich Ziploc bags

Brown meat in skillet and drain off fat. Add taco seasoning mix and water as per package instructions and cook. Allow mixture to cool. In a large pot or bowl, toss lettuce, tomatoes, onion and cheese with desired dressing. Add seasoned meat and crushed chips. Divided into Ziploc bags for lunch on the go. **Don't forget your fork!**

## Flaming Pizza

English Muffin                      Pizza sauce  
Cheese, grated                      Slices of pizza meat or ham or precooked meat  
Aluminum Foil                      Waxed Burlap (18" x 18" burlap dipped in wax cooled)  
Tongs or utensil to lift/turn burning packet

*Note – uncooked veggies such as peppers etc will not actually cook, just heated so they will remain crunchy, may not work well for a quick “lunch on the road”*

*Meat – must be precooked – again, we’re only reheating the sandwich, enough to melt the cheese – could work for precooked hot dog*



Process:

Make sandwich & wrap in foil

Wrap foil packet with piece of waxed burlap – just enough to cover the top & bottom

*The piece of waxed burlap relates to the amount of heat produced – too much burlap will burn the sandwich, too little, the cheese will not melt*

Prepare safe place to burn the burlap wrapped sandwich – gravel driveway, rocky surface, or campfire pit. Have safety water nearby

(bottle of water per individual, bucket of water for a group).

*Good idea to place small pebbles under packet for airflow to allow burlap to burn underneath sandwich.*

Light edge of burlap.

*CAUTION Flames may burn quite high – ensure hair is tied back, girls do not walk between burning packets.*

Once the burlap is ash, it is safe to unwrap pizza & enjoy!

Good for backpacking or residential camping experience of cooking outdoors!

Options – Flaming S’mores!!

## **Banana Boat** (per person)

1 banana  
Handful of chocolate chips  
Small utility knife to slice banana

handful of mini marshmallows  
tin foil large enough to wrap the banana twice

Slice the banana lengthwise (do not peel), being careful not to slice all the way through to peel on the bottom. Carefully open the slice and insert marshmallows and chocolate chips. Wrap the banana in the tin foil, making sure there are no leaks. Double wrap to make sure. Place over hot coals or in an oven for 10 to 15 minutes, or until the marshmallows and chocolate chips are melted. Open it all up and enjoy.

## **Iron Chef Dessert Patrol Challenge**

Set up a table with apples, oranges, raisins, mini marshmallows, chocolate chips, pita bread, tortilla wraps, oatmeal and tinfoil. The patrol must work together in creating a dessert to be cooked over the campfire or milk box charcoal grill.

## **Shish Kebobs** (per Patrol)

1 ½ # cubed beef, chicken or pork  
1 can pineapple chunks  
½ # mushrooms  
12 cherry tomatoes  
long bamboo skewers (soaked in water ½ day) or metal skewers  
2 milk carton stove (instructions page13)  
2 rocks – set at each end of milk carton to hold skewers

1 onion cut into chunks  
1 green/red pepper cut into chunks  
salt & pepper  
Italian dressing  
charcoal briquettes

Alternate pieces of vegetables and meat on 8 long skewers – brush with dressing. Cook over hot coals until done 20 minutes depending on the type of meat used – turn frequently. Serve over rice! **Note:** to ensure meat is cooked can be pre boiled/cooked

## **Elephant Ears**

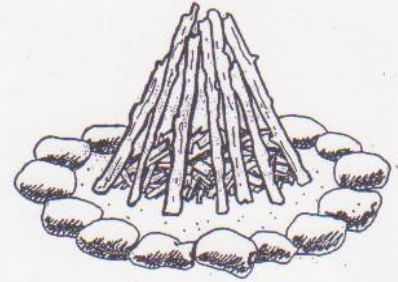
Egg roll wrappers  
Cooking oil  
Paper towels

icing sugar  
deep fry pan  
slotted lifter or spoon

Cut egg roll wrappers in half to form triangles. Pre heat oil in fry pan and slide cut wrappers into hot oil – turn over (they brown very quickly). Remove with lifter and place on paper towels, sprinkle with icing sugar and serve.

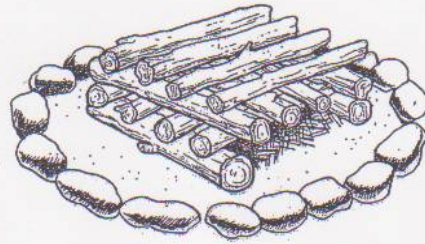
## Types of Campfires

**Teepee Fire:** Easy and quick to lay and the basis for most fires. It will need to be built as it burns.



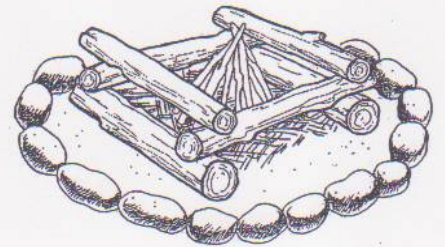
Teepee Fire

**Criss-cross Fire:** This fire is also used in some of the more elaborate lays. This fire can produce a good bed of coals.



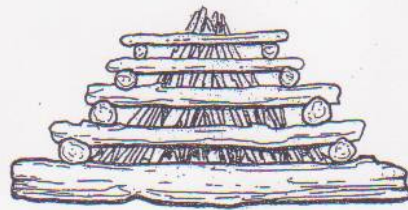
Criss-cross Fire

**Log Cabin Fire:** This fire burns for a long time. It is the basis for pyramid and altar fires.



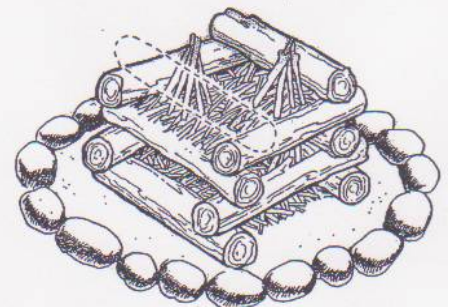
Log Cabin Fire

**Pyramid Fire:** An excellent fire that last a long Time and requires little tending. It works for a long program and acts as a chimney with smoke being carried upwards. The logs fall inward as they burn adding coals to the fire.



Pyramid Fire

**Altar Fires:** This fire takes time and care in construction (for experienced fire builders). This fire burns up, by igniting it from the top.

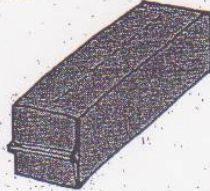


# Milk Box Stoves

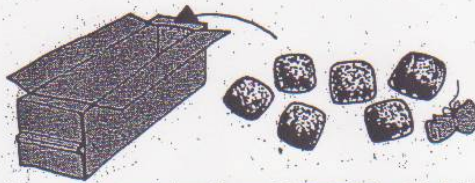
Want a fun and easy stove to take on a day hike? Here's one you can make ahead of time at home.

## Directions

1. Use a one-litre milk carton. Press the top in flat and slit down the side as shown:

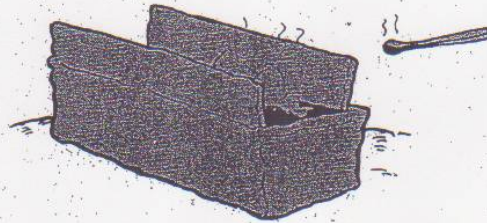


2. Place six briquettes and a homemade firestarter inside.

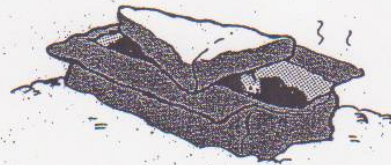


3. Wrap the entire carton and briquettes with foil, folding around flaps on top. The foil contains the briquettes after they are lit. Carry the stove in a bag so that charcoal dust will not fall into your daypack.

4. When you are ready for lunch, open the package and fold the foil back to make a wind screen. Light the milk carton, which acts as an additional firestarter.



5. When the coals are grey, place your food (possibly a foil dinner or a foil-wrapped grilled cheese sandwich lunch) on top of them to cook.



6. Let the coals burn out or put them out with water. Fold up the entire package once again.

7. Take your milk box home for disposal.

# CAMPFIRE

We suggested having a Sing Along Friday evening with the girls planning the songs. Saturday evening is a more ceremonial campfire with the lanterns the girls have made with a burning tea light leading a pathway to the campfire or circling the outside of the fire ring for the evening. The girls can plan their own ceremony based on the Fire Theme or look at the ceremony at <http://gsleaders.org/files/fire.htm> for ideas.

## **Opening** (one or two of the following):

*Tall Trees* (Songs for Canadian Girl Guides)  
*Australian Campfire Opening* (Jubilee Song Book)  
*Fire's Burning* (Jubilee Song Book)  
*Light the Wood* (Jubilee Song Book)

## **Rounds** (choose one or two):

*One Bottle Pop* (Great Rounds Songbook)  
*Black Socks* (Great Rounds Songbook)  
*Kookaburra* (Canciones de Nuestra Cabana)

## **Light Hearted** (choose one or two):

*Ging Gang Gooli* (Campfire Activities)  
*Horsey Horsey* (Jubilee Song Book)

## **Action Songs** (choose one or two):

*Zulu Warrior* (Jubilee Song Book)  
*Auntie Monica* (Jubilee Song Book)  
*The Window* (Campfire Activities)  
*Swimming Hole* (Campfire Activities)

## **Campfire Spelling Bee** (instructions page 16)

## **Light Hearted** (choose one or two):

*Suitors* (Jubilee Song Book)  
*Cuckoo* (Jubilee Song Book)  
*Tongo* (Jubilee Song Book)

## **Quiet Songs** (choose one or two):

*Ira Congo* (Jubilee Song Book)  
*Linger* (Campfire Activities)  
*Land of the Silver Birch* (Jubilee Song Book)

## **Vespers:**

*Softly Falls* (Jubilee Song Book)

## **Taps**

## Campfire Spelling Bee

Two teams with 10 players each (leaders can help make up the numbers). Make 10 large cards for each team with the following letters. A reader tells the story, and as she comes to the capitalized words she pauses so that the teams may spell the words. Holding the cards in front of them the girls spell the word ie: CAMP. The first team to spell each word is the winner and scores a point.

**A G S N C I E R P M**

It was the middle of summer and the Guides and Pathfinders CAME to CAMP. The weather was beautiful. It did not RAIN at all. The Guides were CAMPING NEAR the PINE trees. The Pathfinders were CAMPING by the fresh water SPRING. All went well until little GRACE had a SCARE when she found MICE in her sleeping bag. One bit her ARM and she let out a SCREAM.

The leader PAM let her rest in the tent, and gave her some GRAPES until the PAIN went away. Soon she had a GRIN on her face again.

In the afternoon there were GAMES, RACES, and making butter from CREAM.  
In the evening everyone sat in a RING and SANG. I felt tingles going down my SPINE!  
The only GRIM memory of the CAMP was GRACE'S SCARE!

The story can be adjusted for your camp's theme or revised for another camp.

## ***GUIDES OWN***

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

Readings/Poems/Short Story

Songs – Make New Friends

Kum-By-Yah

Say Why

Zulu Farewell

Sharing of camp highlights or being thankful

## **It's What's Inside that Counts** by Wendy Baker

Materials needed (per person): small square of fabric, elastic band, small rock, shell and feather.

Hand out square of material (about the size of your palm).

The world we live in is a material world. But it is not the things we buy, or wear or what we look like that counts. It's what is on the inside that matters most.

Hand out the rocks.

The rock represents the earth. In our busy lives, whether at school or work with our friends, or in our families, we need a solid base to build on. As Guides and girls, we help to give each other this solid base.

Hand out the shells.

The shell represents the water. All living things need water, all things on land, all things in the air, and all things in the water. Through Guiding and in other parts of our lives, we explore the flowing currents of our faith.

Hand out the feathers.

The feathers represent the air. What we do and say can build up or hurt others. Our words are like the wind ... you do not see them but you see their effects

Now wrap these things inside the material and tie it with the elastic.

*Remember – IT'S WHAT INSIDE THAT COUNTS!*

# GUIDING ELEMENTS – FIRE

## KIT LIST

**Please keep in mind that certain items may need to be added or deleted, depending on the time of year and the area of British Columbia where your camp is being held!**

Sleeping Bag  
Blanket  
Pillow                      Bedroll all packed together and wrapped!  
Ensolite or Mattress  
Ground Sheet

Warm Jacket  
Rain Gear  
Toque & Gloves  
Hat (a must)  
Boots & Runners  
Pants (2 pair)  
Shorts (1 pair)  
T-shirts (2)  
Sweatshirt (1)  
Sweat Pants (1)  
Underwear & Socks (3 pair)  
2 piece p.j.'s (1 pair)  
Towel, facecloth, soap, toothpaste, toothbrush, hair ties, brush, sunscreen

Hammer  
Soup can (emptied, washed & label removed)  
Frisbee  
Sit Upon  
Camp Blanket  
Flashlight  
Day Pack and Water Bottle  
Book for quiet time and a small stuffed friend

All personal belongings must fit in one bag and be **clearly labeled** with the Guide's name! All bedroll items must be labeled as well.

Please do not bring money, candy/food, personal electronic systems or any other valuables to camp.

Any required medication should be in their original containers, clearly labeled with your name and placed in a zip-lock bag to be handed to the Camp First Aider upon arrival.

# GUIDING ELEMENTS – FIRE

## Order Form for Crests

BC Girls and Guiders only

**Please PRINT clearly:**

**Name of Guide Unit:** \_\_\_\_\_

**Unit Contact Guider:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

\_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Telephone #: Daytime** \_\_\_\_\_ **Evening** \_\_\_\_\_

**# of Crests:** \_\_\_\_\_

**Please allow 4 weeks for delivery!**

**Please forward your order to:**

BC Camping Committee  
1476 West 8th Ave.  
Vancouver, BC V6H 1E1

**Or e-mail to:** [camp@bc-girlguides.org](mailto:camp@bc-girlguides.org)

Be sure to include all of the above information in your e-mail.

Please send a few pictures to the above address – email or snail mail.

# GUIDING ELEMENTS – FIRE

## EVALUATION FORM

Please share with us what you liked about “Camp in a Box” and anything that we could improve on for next time! Thanks for your input!

### WHAT DID YOU LIKE BEST?

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### WHAT WORKED / DIDN'T WORK FOR YOU?

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### WHAT COULD WE IMPROVE ON FOR NEXT TIME?

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### COMMENTS!

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

or e-mail to:  
[camp@bc-girlguides.org](mailto:camp@bc-girlguides.org)

Fax: 604-714-6645

Please include a few pictures with your evaluate form. Ensure all members shown in pictures have completed image release forms.