

# WELCOME TO GUIDING ELEMENTS - WATER



Welcome to the third Guiding Elements Camp in a Box - Water.

Every living thing on earth depends on water to stay alive. Through Guiding, we can promote a strong sense of stewardship of this limited natural resource. In Canada, we are rich in rivers, streams, lakes and waterways, but there are many parts of the world where water is scarce and needs to be carefully hoarded and monitored. Keeping our own waterways clean and useable is the responsibility of every one of us.

In this camp package, you will find the program outline and a wide variety of activities, games, projects and crafts to choose from. As well, there are menu and recipes suggestions, a campfire, Guides Own and a kit list. Build your camp to suit your season of the year, campsite, number of girls and available time. Pick those activities that work the best for you and your girls and remember to be flexible. Adapt this package to have fun learning about our watery world.

There is an interactive crest order form available on the web site at [bc-girlguides.org](http://bc-girlguides.org) (click resources, click camping tools on left hand side, click order form) and crests are \$1.00 each. We have included an evaluation form to be completed following your camp and would greatly appreciate hearing from you as your suggestions and comments are very useful in the creation of future camp packages. We love receiving pictures, so please send some of those along too!

Most of all - have fun at camp! Thank you for sharing Guiding Elements - Water.

BC Camping Committee  
Spring 2011



Water

# GUIDING ELEMENTS - WATER



## INDEX

Welcome - from BC Camping Committee	page 1
Index	2
Program Outline/Guideline	3
Program - Activities	4
Program - Experiments	6
Program - Definitions & Diagrams	8
Program - Games	10
Menu & Recipes	11
Campfire	13
Guides Own / Graces / Suggestions for Patrol names / Night Games	14
Story of Stone Soup	15
Kit List	16
Evaluation Form	17



## GUIDING ELEMENTS - WATER - PROGRAM OUTLINE



### FRIDAY EVENING:

- 6:00 Arrive at Camp - bag supper
- Set up Camp
- Go over camp boundaries / rules / hold a fire drill
- Divide girls into Patrols if you did not do this before camp
- Make Name Tags - see suggestions for names, page 14
- Introduce the Water Cycle - show diagrams on pages 8-9 and explain the definitions of the main terms, along with a discussion on water use.
- Sing-a-long
- Mug Up
- 10:00 Bedtime

### SATURDAY:

- 7:30 Breakfast / Patrol Duties / Raise the Flag / Opening
- 9 - NOON - Explain about the "Rainbow" craft they will make throughout the day.
- Round Robin of Activities - choose 6 - 10 activities and crafts from the many offered on pages 4 & 5
- Provide a snack for the girls between activities
- 12:00 Lunch / Patrol Duties / Prep Stone Soup & put on to cook for dinner
- 1:30 Quiet Time - "Flat Happy" or "B.O.B" (body on bed)
- 2:00 Games - select several games to suit your site, time of year and group of girls from those offered on page 10
- 3:30 Snack time - while the girls eat their snack, have them set up and watch the "slow melt" on page 6.
- 4:15 Craft time - put your "Rainbow" together / Free time
- 5:00 Dinner Prep / Dinner / Patrol Duties
- 7:00 Have each Patrol set up a water experiment from pages 6-7 and then give a demonstration to the other Patrols
- 8:00 Water Themed Campfire page 13 / Night Game of your choice page 14
- Mug Up
- 10:00 Bedtime

### SUNDAY:

- 8:00 Breakfast / Patrol Duties / Girls pack up gear / Break Camp
- 10:00 Guides Own / Camp Site Clean up / Closing - present certificates, crests, take a group photo!
- 11:00 Parents Pick up



## PROGRAM ACTIVITIES

Choose your activities to suit the time of year, site, number of Guides and your preferences. During the Round Robin, you will have time for 6-10 of these activities. Give each girl a zip lock bag and as the girls complete each station, give them another piece for their "Rainbow" craft.

**A rainbow** is an optical and meteorological phenomenon that causes a spectrum of light to appear in the sky when the sun shines onto droplets of moisture in the earth's atmosphere. Rainbows caused by sunlight always appear in the section of sky directly opposite the sun and right after it slows or stops raining. Rainbows can be caused by many forms of airborne water. These include not only rain, but also mist, spray and airborne dew. You can even create one with a garden hose!



- Rainbow craft: per girl - 1 rainbow shaped piece of plastic canvas
- Ribbons in the colours of the rainbow: red/orange/yellow/green/blue/indigo & violet - all about 12" long.
  - Variation: add matching coloured beads to the end of each ribbon



### ROUND ROBIN WATER ACTIVITIES



- 1) To show diffusion: Drop a single drop of food colouring into a glass of water. Don't stir or shake, just watch what happens.
- 2)
  - a) Use a medicine dropper to drop water onto a penny, one drop at a time. How many drops will the penny hold before the water spills? (The answer may surprise you!)
  - b) Try the same water experiment as 2a with water that has a little detergent in it.
  - c) Try the same as 2a comparing heads and tails.
- 3) A lump of clay sinks. Change its shape to make it float.
- 4) Dunk sieves and colanders in water. Pour water through funnels. What does the size of the holes have to do with how fast water flows?
- 5) Measure volumes of water using measuring cups and spoons. Weigh measured volumes of water on a diet scale. (Don't forget to subtract the weight of the cup that holds it).
- 6) Simulate erosion by pouring water onto a "mountain" of sand or dirt. Experiment to find out whether some soils resist erosion better than others.
- 7) Test different types of sponges to see which hold more water.
- 8) Float an apple in fresh water. Make it float higher by adding salt to the water.

- 9) An orange floats, but without its peel it sinks. Build an artificial peel that will enable an orange to float.
- 10) Is it easier to move through air or through water? Do an experiment to find out.
- 11) Does sound travel better through air or water? Experiment to find out.
- 12) What happens when salt dissolves in water? Make some salt water, then leave it in a warm place for a few days. What happens? Why?
- 13) Repeat water experiment #12 with a mixture of vinegar and water. Are the results the same?
- 14) Make a chart showing all the ways your family uses water.
- 15) "Paint" abstract water-colour pictures by floating some oil on the surface of water. Add drops of different food colours here and there. Place absorbent paper flat on the surface of the water, then lift. Lay flat to dry. (coffee filters work well)
- 16) Investigate the absorbency of different materials by cutting pieces all the same size, wetting each thoroughly, then measuring the amount of water you can squeeze out.
- 17) Measure the diameter and depth of puddles. Record how long they take to dry up. Does size seem related to drying time?
- 18) Hang swatches of different types of wet fabric on the clothesline. Do some take longer to dry than others? Why?
- 19) Compare the sizes of containers by filling one with water, then predicting whether another will hold more or less. Test your prediction.
- 20) Select some household objects. Predict which will sink and which will float.
- 21) Make a boat from a margarine tub. Predict how many pennies it will hold before it sinks.
- 22) (For safety, this should be an adult demonstration for a child.) Hold a cold surface (such as the bottom of an ice-filled glass) over the spout of a steaming kettle. What collects on the surface? Why? Is this like rain?
- 23) Test foods to see which dissolve in water. Try cornstarch, sugar, butter and nutmeg.
- 24) Stir one cup of cornstarch into 1/2 cup of cold water and mix thoroughly. Will the mixture pour? Will it make a ball? What happens when you press your fingers into it?





## WATER EXPERIMENTS



### **Slow Melt**

"Slow Melt" is an easy water activity where you can watch an ice cube practically saying "I'm m-e-l-t-i-n-g!" Watch time stand still as an ice cube melts in slow motion.

What You'll Need:

- Drinking glass
- Vegetable oil
- Ice cube

How to Do Slow Melt:

Fill a drinking glass with vegetable oil. Now drop an ice cube into the oil.

As the ice melts, you will be able to see the droplets form and fall in slow motion. The droplets fall this way because water has a higher density than oil.

---

### **Liquid Melodies**

Learn how to make water music in Liquid Melodies. You may have noticed all the different sounds that water makes. This activity creates a symphony of water.

What You'll Need:

- Glass bottles, jars, or drinking glasses of different sizes
- Water
- Spoon or stick

How to Make Liquid Melodies:

Go around your house and yard, and see how many different sounds you can make with water. Try the faucets, from barely on to full blast. Listen to the shower, the hose, the sprinkler.

Drop ice cubes into a glass of water. Any other ideas? Now think of water sounds in nature: a soft rain, a hard rain, waves, a waterfall. It's a regular symphony, isn't it?

Speaking of a symphony, here's one way to make music with water. Gather several glass bottles, jars, and/or drinking glasses of different shapes and sizes. (Always be careful when handling glass.)

Put water in them -- a little water or a lot. Use a spoon or a small stick to tap the containers, and see what different notes they make.

Can you arrange the containers from lowest note to highest note? Can you change the level of water in the containers to create new notes? How about making up a song to play on your water instruments?

---

### **Cloud in a Bottle**

Making a cloud in a bottle is an easy water activity that takes two steps. Whether it's a rainy or sunny day, you can bring a part of the sky inside.

What You'll Need:

- Empty soda bottle
- Candle
- Matches

How to Make a Cloud in a Bottle:

**Step 1:** Hold a narrow-mouthed bottle over a candle flame for a few seconds. Then blow out the candle.

**Step 2:** Wipe the rim of the bottle and quickly blow into it. The warm moisture in your breath will condense and turn into a "cloud" in the bottle.

---

### **Feeling Pressured?**

Test the pressure between air and water. You may not feel it, but the air around you has pressure. This activity will help demonstrate its invisible force.

What You'll Need:

- Cup
- Index card

How to do Feeling Pressured?:

**Step 1:** Fill a cup all the way to the top with water. Place an index card over the top of the cup.

**Step 2:** Hold the card in place, and turn the cup upside down. Slowly, carefully, let go of the index card. It should stay in place, held by the pressure of the air beneath it. Be sure to work over a sink in case your cup slips and the water spills.

## **Bottled Waves**

With bottled waves, you can watch the waves without having to leave your home. When you make a "sea-in-a-bottle", you'll have an easy activity that brings the waves to you.

### **What You'll Need:**

- Clear plastic bottle with top
- Blue food colouring
- Water
- Mineral oil

### **How to Make Bottled Waves:**

Many people are soothed by the sight and sound of ocean waves. Here's how to really make waves!

**Step 1:** Fill a large plastic bottle 2/3 full of water. Add blue food colouring to the water and mix it up.

**Step 2:** Fill the rest of the bottle with mineral oil, so there's no room for air. Then put the top on the bottle.

**Step 3:** Lay the bottle on its side. Watch as the mineral oil floats to the top. To make waves in your sea, tilt the bottle back and forth. You can imagine you're at the beach or sailing on the ocean.

---

## **Water Magnifier**

### **What You'll Need:**

- Piece of glass or plastic
- Newspaper
- Eyedropper
- Crayon
- Water

### **How to Make a Water Magnifier:**

**Step 1:** Get a small piece of clear glass or plastic. (A microscope slide is ideal.) Always be careful when handling glass. Put the slide on top of a piece of newspaper that has small print on it.

**Step 2:** Use a crayon to draw a small circle on the slide. Look closely at the print that is within the circle.

**Step 3:** With an eyedropper, carefully put a drop of water in the circle. Now look at the print again. Does it look larger? This is because the water drop bends rays of light, magnifying the image.

---

## **How to See Water in Three States:**

Have an adult on hand to supervise this activity.

To see all three states, put some ice in a pan. Put the pan on the stove and turn on the heat.

First the ice will begin turning to liquid, then the liquid will begin turning to steam. Ice and snow melt at 32 degrees Fahrenheit (0 degrees Celsius) and water turns into steam at 212 degrees Fahrenheit (100 degrees Celsius).

---

## **Sticky Water Tension**

Sticky water tension is for those who have ever wondered how high can you really fill a glass with water. This experiment will demonstrate the power of surface tension, all in one easy activity.

### **What You'll Need:**

- Glass
- Water
- Eyedropper

### **How to do Sticky Water Tension:**

Fill a glass to the very top with water. Then use an eyedropper to add water, very gently, one drop at a time.

You'll see that you can add drops until the water level is actually above the rim of the glass! How is this possible?

Here's the explanation: The water molecules are attracted to one another, but not to air molecules. So, as long as they possibly can, the water molecules will stick together in the glass, rather than falling over the edge of the glass.

This tendency of water molecules to stick together is called "surface tension." A surface tension gives water the appearance of having a "skin" across the top of the glass.

This is also why small droplets of water stay in a round shape rather than spreading out in all directions.

## WATER FACTS AND DEFINITIONS

### The Water Cycle

Run and get a glass of water and put it on the table next to you. Take a good long look at the water. Now -- can you guess how old it is?

The water in your glass may have fallen from the sky as rain just last week, but the water itself has been around pretty much as long as the earth has!

When the first fish crawled out of the ocean onto the land, your glass of water was part of that ocean. When the Brontosaurus walked through lakes feeding on plants, your glass of water was part of those lakes. When kings and princesses, knights and squires took a drink from their wells, your glass of water was part of those wells.

## And you thought your parents were OLD!

The earth has a limited amount of water. That water keeps going around and around and around and around and (**well, you get the idea**) in what we call the "Water Cycle".

This cycle is made up of a few main parts:

- evaporation (and transpiration)
- condensation
- precipitation
- collection

### Evaporation:

Evaporation is when the sun heats up water in rivers or lakes or the ocean and turns it into vapour or steam. The water vapour or steam leaves the river, lake or ocean and goes into the air.

Do plants sweat? Well, sort of.... people perspire (sweat) and plants transpire. Transpiration is the process by which plants lose water out of their leaves. Transpiration gives evaporation a bit of a hand in getting the water vapour back up into the air.

### Condensation:

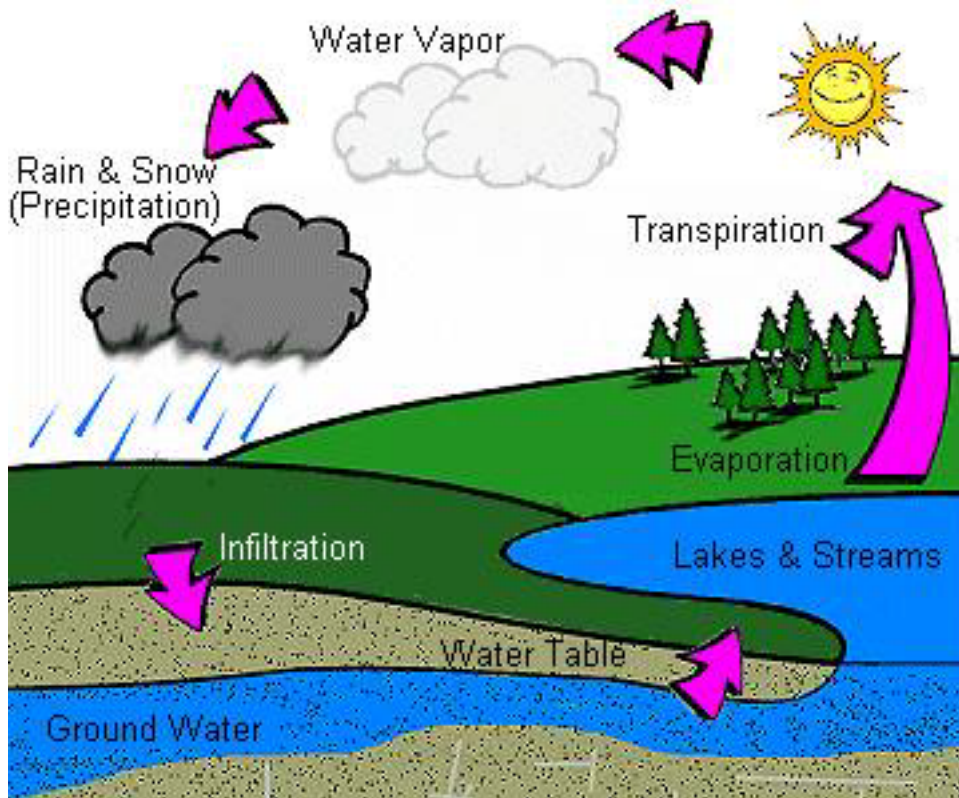
Water vapour in the air gets cold and changes back into liquid, forming clouds. This is called condensation. You can see the same sort of thing at home... pour a glass of cold water on a hot day and watch what happens. Water forms on the outside of the glass. That water didn't somehow leak through the glass! It actually came from the air. Water vapour in the warm air, turns back into liquid when it touches the cold glass.

### Precipitation:

Precipitation occurs when so much water has condensed that the air cannot hold it anymore. The clouds get heavy and water falls back to the earth in the form of rain, hail, sleet or snow.

### Collection:

When water falls back to earth as precipitation, it may fall back in the oceans, lakes or rivers or it may end up on land. When it ends up on land, it will either soak into the earth and become part of the "ground water" that plants and animals use to drink or it may run over the soil and collect in the oceans, lakes or rivers where the cycle starts again.



The Water Cycle (also known as the hydrologic cycle) is the journey water takes as it circulates from the land to the sky and back again.

The Sun's heat provides energy to evaporate water from the Earth's surface (oceans, lakes, etc.). Plants also lose water to the air (this is called transpiration). The water vapour eventually condenses, forming tiny droplets in clouds. When the clouds meet cool air over land, precipitation (rain, sleet, or snow) is triggered, and water returns to the land (or sea). Some of the precipitation soaks into the ground. Some of the underground water is trapped between rock or clay layers; this is called groundwater. But most of the water flows downhill as runoff (above ground or underground), eventually returning to the seas as slightly salty water.

## WHY ARE THE OCEANS SALTY?

Oceans cover about 70% of the Earth's surface. The oceans contain roughly 97% of the Earth's water supply. As water flows through rivers, it picks up small amounts of mineral salts from the rocks and soil of the river beds. This very-slightly salty water flows into the oceans and seas. The water in the oceans only leaves by evaporating (and the freezing of polar ice), but the salt remains dissolved in the ocean - it does not evaporate. So the remaining water gets saltier and saltier as time passes.





## GAMES



### **Water Cup Relay**

Place a plastic cup for each team at the finish line. Each player in turn, fills their spoon with water from the bucket at the starting line, runs to the other end and empties it into the cup. They run back, pass the spoon to the next person in line, who fills the spoon and runs to the cup. The first team to fill their cup wins.

### **Sponge Relay**

Divide the campers into two teams and have them line up behind a starting line. Each team gets a small empty bucket and a large sponge. At the finish line, place two larger buckets filled with water. Tell the campers that on the word go, the first person in line must run to her team's water bucket, dunk the sponge in, run back with it and squeeze all the water from the sponge into the team's empty bucket. They then pass the sponge to the next person and so on until one team fills up their empty bucket with water. That team wins.

### **Water Balloon Toss with a Twist**

Make this game for a fraction of the cost of similar products and it will last longer!

You'll Need:

Empty Bleach Bottles

Water Balloons

scissors

Cut the bottoms out of the bottles. Make the opening a bit bigger by cutting a sloped edge so that it resembles a scoop. Take off the bottle top and discard. Toss the water balloon using the scoop instead of hands. Play with as many players as there are jugs/scoops.

### **Cold Potato (good for a hot day)**

Have players stand or sit in a circle outside. A water balloon is passed from player to player. However, the balloon is not passed around the circle as in traditional "hot potato". It is thrown across the circle from player to player. If a player fails to catch the balloon, or it breaks when she attempts to catch it, that player is out.

If a player intentionally throws the balloon hard to make it explode in another's hands, she is called "out". Older kids can spread farther apart if necessary. The game proceeds until there is one dry person left.



## MENU AND RECIPES

### **Menu** - some recipes were chosen because they make good use of water!

Breakfasts: Oatmeal / toast / fruit (oatmeal expands into the water as it cooks)  
Eggs / sausage or bacon / toast / fruit (all animals need water to live)

Lunch: Bunwiches - sliced meat / cheese / lettuce / tomato / pickles (you will likely wash your lettuce and tomatoes in clean water before using)

Dinner: Stone Soup / buns (If you have large appetites in your group, you may need to add extra protein with the addition of chicken kebabs or meatballs)  
Soup Tin Fondue

Snacks: Fruit leather (dried fruit, so the water has been dehydrated out)  
Fresh fruit (all fruit trees require water to grow - fruit does not develop well otherwise)  
crackers and cheese (cheese uses the evaporation process to remove excess water)  
veggies & dip (all those veggies needed water to grow)  
cookies (*your choice & if making them, try to find a recipe using water!*)

Beverages: herbal teas (infusions using boiling water)  
fruit juices (back to grown with water and often concentrates with water)

Mug Up: Hot Chocolate Instant chicken noodle soup Hot Apple Cider  
(all made with water, of course)

### **Recipes:**

Oatmeal - is a standard camp breakfast. Use the instant packages or the basic of one cup dry oats to 2 cups water - serves 3-4 campers. Add raisins, apple, dried fruit to taste. Serve with brown sugar and milk.

Eggs - cook as you like! Add what your girls will enjoy eating.

Stone Soup - You can plan to do this as a group activity right after lunch on Saturday, so your dinner is ready and waiting after playing all afternoon. Remember to tell the story of Stone Soup as you add each ingredient.

1 medium sized stone (well washed!)	1 tbsp. butter or vegetable oil
1 medium onion chopped	2 stalks of celery, chopped
1 large carrot, cut into coins	3 medium potatoes, peeled and cut into chunks
1-2 sweet peppers (orange/red or yellow for colour)	
1 large clove of garlic, minced	1 medium zucchini, cut into chunks
1L of chicken broth (or Veggie broth if you have vegetarians in your group)	
1 medium yellow squash, cut into chunks	2 cups of pasta of your choice
Salt and pepper to taste.	Grated parmesan and cheese Croutons

In a large soup pot, melt butter or oil and sauté the onion, celery, carrots, potatoes and red pepper for 6 – 8 minutes. Add garlic and sauté. Then add the broth. Add the stone at this point. Add the rest of the vegetables and simmer slowly until dinner time. Season with salt and pepper. Ladle into bowls and sprinkle on the cheese and croutons. Serves 6 – 8.

## Soup Can Fondue

Materials - (for each girl or pair of girls):

- 1 empty, clean soup can - bottom still on
- 1 can piercer
- 1 tea light candle
- 1 large foil tart shell
- wooden skewers
- chocolate chips
- small pieces of fruit (nuts, cookie etc.) for fonduing

To Make: Pierce a ring of holes on the sides, just up from the bottom and just down from the top of the soup can - to allow air in and out.

Set the tea light in the bottom of the can, lightable with a long match or long lighter. Or place the tin over the lit candle, with the bottom up.

Place the tart shell over the open top end of the soup can, once the candle is lit, or on the flat bottom of the upturned can.

Put a few chocolate chips into the shell to start melting with the heat coming up from the candle. Add more until there is a nice "puddle" of chocolate.

Put pieces of fruit, nuts, cookie or whatever you would like, onto a skewer and dip into your chocolate fondue. Enjoy!

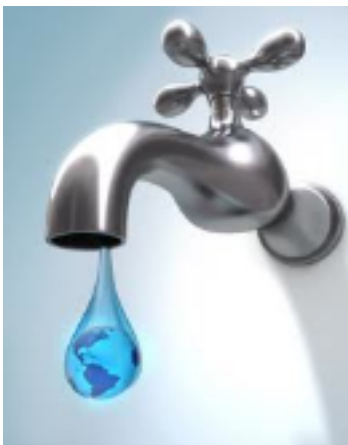
## Shish Kebabs

Ingredients: chunks of food of your choice, like wiener, beef, firm tomato, green pepper, chicken

Utensils: long metal skewer or green stick

Fire: hot coals

Directions: Push skewer through chunks of food in any order you wish. The meat cooks best if closest to the end. Hold over hot coals and turn slowly so that the food browns and heats. Then slide it carefully off the skewer and into an open bun or onto your plate.



## GUIDING ELEMENTS - WATER - CAMPFIRE

**Campfire** - Of course, the theme of our campfire is WATER and we have a list of suggested songs and campfire activities for you to work with - feel free to mix them up or add your own choices.

Tall Trees - we all know that trees need lots of water to survive

Land of the Silver Birch - pg. 15 of Jubilee Songbook - our first nations and early settlers built their homes near waterways to have a source of drinking water always at hand and for travel

The Frogs - pg. 39 of Jubilee Songbook - who hasn't heard the spring songs of frogs in their neighbourhood pond?

Chinese Fan - pg. 44 of Jubilee Songbook - boats sail all over the world on our oceans

Story - "The Happy Raindrop" from *Water For Tomorrow* booklet - pg. 11

Tell the story of a raindrop that falls from the clouds and have the girls describe all the things they think that drop will see and do as it makes its way through the water cycle. (E.G. - if it falls as snow in the mountains, someone might ski over it; as it moves from there in surface runoff, it might be taken into a tree and transpired back into the atmosphere again. Or it might percolate through the water table and become part of the ground water piped into someone's house for drinking, or move directly into the ocean where the fish live and be evaporated again into the atmosphere.

Canoe Song - pg. 24 of Songs for Girl Guides - slicing through the clear still water with a paddle is fantastic!

Farewell to Nova Scotia - pg. 13 of Jubilee Songbook - we have many Provinces along the eastern seaboard of Canada that have made their living from the sea for a long time.

Rain - make a rainstorm with your hands and feet

Game - See how many girls can find a type of waterway that begins with the same letter as their name, or rhymes with their name.

Row, Row, Row your boat - what better water song?!?

Barges - pg. 56 of Jubilee Songbook - a lovely Guiding traditional song that again has water as a central part of it.

Taps - What do we sing about in taps???



## One version of the story of Stone Soup - embellish as you wish!



One day a man went to a village and all the people were hiding. There was a farmer that came and the man asked the farmer why everyone was hiding. The farmer said that all the people of village were hungry and the children were weak.

The man went to the lake and filled a pot with water. He added a stone to the pot full of water and brought it to the village. He put it on a fire to cook.

The farmer asked him what he was making. The man told him it was Stone Soup. The farmer said that he had never heard of Stone Soup and asked if he could have some. The man said only if you give me a vegetable, so the farmer gave him a potato.

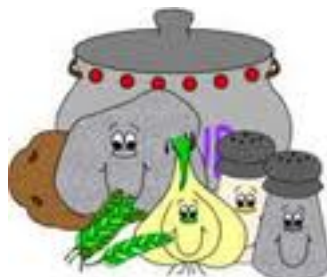
Along came another villager and he asked the man what he was making. The man said it was Stone Soup. The villager said that he had never heard of Stone Soup and asked if he could have some. The man said only if he would give him a vegetable. The villager added a carrot to the soup.

A woman came along and asked what the man was making. He said he was making Stone Soup. The woman asked if she could have some. The man said only if she would give him a vegetable, so she added her onion to the soup.

All the people in the village started to smell the stone soup and came to see what the man was cooking. They all added their vegetables to the soup. After a while, the soup pot was filled with many wonderful flavours and the entire village had a feast.

Everybody thanked the stranger and he was there for many days to feed them the Stone Soup.

After the stranger left, the village people decided to try the same thing and they worked together to make many feasts.



# GUIDING ELEMENTS – WATER

## 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  
Ensolite or Mattress  
Ground Sheet

Bedroll all packed together and wrapped to stay dry

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,  
Sanitary items as needed

Soup can (emptied, washed & label removed) & can piercer  
Sit Upon  
Dishes - plate/cup/bowl/spoon/fork/knife - all in a mesh bag  
Water Bottle  
Camp Blanket  
Flashlight  
Day Pack  
Book for quiet time and a small stuffed friend

All personal belongings must fit in one bag and be clearly labelled with the Guide's name! All bedroll items must be labelled 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 labelled with your name and placed in a zip-lock bag to be handed to the Camp First Aider upon arrival.

## 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?

---

---

---

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

---

---

---

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

---

---

---

### COMMENTS!

---

---

---

**Please send your pictures to us at our e-mail site - listed below.**

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)