

Girl Scouts of Kentucky's Wilderness Road

Has completed the requirements to be an official
Camp Naturalist – Hiking Edition

Person certifying that the above has
completed the necessary requirements

Date

Camper Naturalist

Hiking Edition



Contact Us:

If you have any questions or want more information about our camp programs, please contact us at:

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Girl Scouts of Kentucky's Wilderness Road
2277 Executive Drive
Lexington, KY 40505

Discover – Connect – Take Action

Become a Camp Naturalist

Do you love the outdoors and want to learn more about nature and learn some skills that are used in the out-of-doors? A naturalist has lots of different skills. They know how to take care of themselves in the outdoors and they know a little about zoology, biology, ecology, and botany. In this first of the Naturalist series, we'll explore hiking which covers taking care of yourself in the outdoors.

In this booklet, there are activities, games, and information to help you **Discover** more about the outdoors, **Connect** with the outdoors, and **Take Action** to help improve the outdoors or to help others learn about the outdoors.

To earn your certificate and patch, do all the activities without a symbol and all the ones with the symbol for your Girl Scout level or age symbol by them. You can do more if you would like.

Symbols:

Daisy*
Grades:
K-1



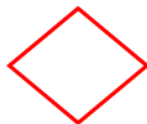
Brownie
Grades:
2-3



Junior
Grades:
4-5



Cadette
Grades:
6-8



*Daisies may need help writing answers or can draw answers if they'd like.

Answers



- 10 Essentials
- Water
- Food
- First Aid
- Jacket
- Rain Gear
- Map & Compass
- Whistle
- Knife
- Flashlight
- Sunblock, sunglasses, hat, bandana,
And/or bug spray

Map activities: 1. CIT, Tower or zipline

2. A filled in square, a triangle

Grid: 1. 41 2. 17

Topo Maps: 1. Billie's Cave

2. Open Fork, Flaxseed Branch, or Cave Run Lake

3. Blueberry

4. Cooks and Lookout Point

5. Lookout Point

Take Action

What can you do to make a difference?

- Pick up trash whenever you are hiking – leave a place better than you found it.
- Go hiking with your family or troop and use or share some of the information you have learned.
- Go hiking with a younger troop.
- See if you can help at camp.
- Find a trail that you really like, think about ways it could be improved. Is there a way you can make this into a Bronze, Silver, or Gold award project? Talk to the owners of the trail about your ideas.
- See if there is a trail maintenance group at a park you like and ask if there are any restrictions such as age. If you are a Scout, check with your council’s camp department and see if they schedule trail maintenance at their camp(s).
- If you would like to do something farther from home, are 15-18, and would like to spend two to four weeks in the woods, check into The Student Conservation Association.
- Careers – Fields include botany, zoology, or parks & recreation
- Do a Take Action Project.
 1. Identify a problem or something that could be improved.
 2. Research information about it.
 3. Brainstorm ideas for action. Pick the one that seems best.
 4. Research the project – Is it realistic? Will it cost money? Is it within safety and funding guidelines? Are there community resources you can use?
 5. Focus on action: establish timelines and a budget, get help if you need it.
 6. Do it!
 7. Evaluate the project and share what you have done.

Discover – Be adventure safe!






As a Camp Naturalist, it is your job to make sure that you are prepared for your adventures and that you are safe while you are out in nature. Be sure to ask permission from landowners before going on other’s property. For example, if you are going to Camp Judy Layne, you need to ask someone at the council for permission. Before you go, let someone who isn’t going with you know where you are going and when you should be back. Be sure to let them know when you are back, so they know you are safely off the trail.

10 Essentials

There are 10 things you should always take with you when going adventuring. These are called essentials and there are 10 of them all though most sources only agree on 8 of them. What do you think you should always have with you? See how many you can name. Answers at the end of the booklet.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Discover – Maps - Basic

-  Another thing you need to be able to do to go adventuring is read a map. There are many kinds of maps.
-  This is a map of Camp Judy Layne. This is a street style map. It shows landmarks and road. Most maps are oriented with North at the top of the page.
- 

Camp Judy Layne Map



Connect – Get outside and take a hike!

There are lots of kinds of hikes you can take. Here are some samples. If you can't take a hike in the woods, do an urban hike around your neighborhood. Be sure to get permission from an adult first.



I Spy Hike/ABC Hike – as you hike look for things that start with the letters of the alphabet. Start with A and work your way to Z. You can take turns or see who can find something that starts with a letter the quickest. Or choose a color and see how many things you can find that are that color. Or look for treasures.
Daisy Trail Adventure #2 & #3
Brownie Hiker #5, Outdoor Adventurer #2



Penny hike – as you walk look for things that are smaller than a penny. You can also do this in your backyard or from your porch. Make a list of your findings.



1-10 Hike – As you hike, look for numbers in nature. It might be a branch with 3 limbs coming off it or it might be 2 of the same type of butterfly. Be creative and see what you can find.



While you are hiking, try these activities:

Listening: Stand still or sit down and close your eyes. Listen to nature's sounds. Now try listening like an animal. Think of animals you've seen and what their ears look like. Are they different than ours? Most of them are and it helps them to hear better. Try listening like an animal by cupping your hands around your ears (put your thumbs against your head with your palms around your ears pushing the edge of your ear a little forward. Experiment a little cupping tighter and looser, turn your head a little each way also. Can you hear more?

Quiet walk: See how quietly you can walk.

Sight: Have you noticed how some animals have eyes more on the side of their heads (like deer) than others? Usually animals that are prey have eyes to the sides so they can see more to watch out for predators. Predators (like tigers) have eyes more centered so they can follow prey better. To imitate a deer's sight, put your hands together over and around your nose (thumbs under chin, pointer fingers on cheeks and pinkies together).

Connect – Nature Bingo














Go for a walk or out in your backyard for this game. Mark the blocks as you find the item in them or perform the action. For the shapes, find something in nature that is that shape.



Do a traditional 5 in a row for Bingo.



Do crisscross (X), Red Cross (+), or borders.

 Flower	Find something red. What is it?	 Nut	Find something soft. What is it?	 Leaf
Look at your reflection in a puddle or lake.	 Star	Give the biggest tree you see a hug.	 Square	Make a grass whistle and use it.
 Squirrel	Find a tree stump and stand on it.	 Rock	Make a clover chain and give it to someone.	 Clover
Find something smaller than a penny.	 Triangle	See if you can find a rainbow.	 Circle	Pick up some trash and throw it away.
 Butterfly	Listen to crickets or frogs.	 Bug	Listen to the birds.	 Bird

Discover - Map activities:

1. Find the Dining Hall, what is North of it? What is East of it?
2. What is the symbol for a cabin? What is the symbol for a tent?

Compasses



It is good to also have a compass when hiking. By themselves they can tell you where North, South, East, and West are. With a map, compasses can tell you where you are and where you are going. In the Camp Naturalist Outdoor Skills edition will be more information on how to use a compass.

Other methods for finding directions include: Use the sun – it rises in the East and sets in the West. Stars – find the North star, it is the last star in the handle of the Little Dipper and that direction is North.

Discover - First Aid



It is good to know a few First Aid basics. What kind of accidents do you think happen while hiking? Things like scraps, scratches, cuts, insect bites, and sprains are common. What can you take with you in case of an accident?



Make a first aid kit to take hiking with you. You can use a ziplock bag, plastic soap dish, an altoids tin, or any small waterproof

container.

Brownie First Aid #3 and Junior First Aid #3

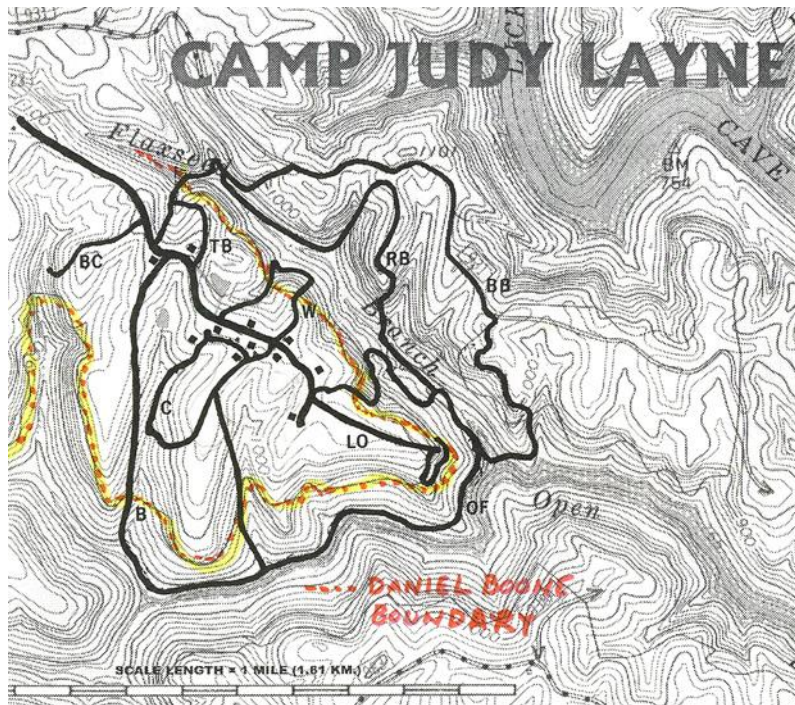


Cadette First Aid #2 – Make the kit, plus know how to use everything. Find out how to prevent outdoor injuries (#3), including shock (#4), and weather-related injuries such as hypothermia, hyperthermia, frostbite, and heatstroke (#5). Write up signs and treatments for these and put it your first aid kit so you know what to do if any of these happen while on your hike.

Discover – Topo Maps

On this map, the trails and road are in bold black. The trails are labeled with 1 or 2 letter abbreviations. The boundary with the Daniel Boone National Forest is yellow with red dots. Traditionally, most maps are printed with North at the top. The squiggly lines are contour lines and when you have the key they can tell you how steep the land is.

- ◇
1. Which trail is farthest North East?
 2. Name one of the three waterways partially on the map.
 3. Which trail follows part of Flaxseed Branch?
4. Which 3 trails are totally on camp property (inside yellow line)?
5. Which is the shortest trail?



- | | |
|----------------------------|--------------------------------------|
| LO = Lookout Point - .25 m | BC = Billies Cave - .28 m |
| C = Cook's Trail - .57 m | B = Bow's Trail - 1.8 m |
| BB = Blueberry - 2.8 m* | RB = Rainbow - 2.2 m* |
| TB = Teaberry - .36 m* | W = Waterfall - .5 m* |
| OF = Open Fork - 1.9 m* | * closed - overgrown & need cleared. |

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Connect – Recipe for a Trail

What does it take to make a good trail? What would you like to see on a trail? Who is the trail for (kids, adults, pets, people in wheelchairs)? Is it a short straight trail accessible to everyone? Or is it a long windy trail to a scenic point or for backpacking? On another sheet of paper (or scrap paper) draw your own trail.



Draw a picture of a trail. Where is the trail (in the woods, near a pond, in the desert)? Be sure to include lots of details in your picture.



Write a recipe for your trail then draw it. Where is your trail? What can you see on it or around it?



Same as Junior, but add points of interest. You can do this by numbering spots, then making a key to tell what each number stands for. Make a legend for things like lakes, streams, or parking.

Connect - Craft - Swap

SWAPS are made to give to a friend. Make some SWAPS to give away next time you see your friends.

Canteen Swap Instructions:



Hot Glue two lids together. Cut an 8" piece of ribbon. You will have plenty left over for another project. Hot glue the ribbon around the glued seam of the "canteen" leaving about half way around unglued. Hot glue a pony bead to the top. Decorate with a sharpie. Add pin.

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Connect - Snack - GORP (trail mix)

It is a good idea to take a snack with you when you hike. You can take things that are individually packaged like granola bars, fruit chews, or peanuts. You can make a sandwich or peanut butter tortilla. Or you can make something called GORP which stands for Good Old Raisins and Peanuts. The good thing about GORP is everyone can make and carry their own. You can leave out things you don't like or that you are allergic to. It is good to have something salty in your Gorp to help replace electrolytes.

Basic Recipe: - Pretzels (can use gluten free), Raisins, Peanuts
- Your favorite cereal (chex, cheerios type cereals work best)
- M&Ms or chocolate chips (not good if it's hot out – they melt)

This link has 10 recipes including some of these ingredients.

<https://blog.girlscouts.org/2019/08/10-awesome-gorp-recipes.html>

- Freeze-dried apple chips, dried banana chips, dried fruit
- Granola, Craisins, Kettle corn, Coconut flakes (tropical gorp)
- Mixed nuts, Sunflower seeds, Dried chickpeas
- Reese's Pieces, Crumbled GS cookies, Mini marshmallows
- Goldfish or Cheese crackers, Potato sticks

Brownie Hiker #4

Connect - Craft - Swap

Old Fashioned Travel Pack Swap Instructions:



You need a cotton ball, a piece of yarn 8" – 10", a piece of fabric big enough to go around the cotton ball, a safety pin, and a stick. Put the cotton ball in the middle of the fabric and tie it tightly with the yarn in a knot, then tie it around the stick. Break the stick off to a length you like. Stick safety pin through the fabric near the stick.

Discover – Leave No Trace

There are Seven Leave No Trace Principles you should know.



1. Plan and prepare - know before you go. Find out about the place you are going. How long is the trail? What is the weather supposed to be? What should you take? Being prepared helps prevent running into problems.
2. Travel and camp on durable surfaces – try to walk on surfaces like rock or sand if possible. Stay on the path to prevent making a bigger impact.
3. Dispose of waste properly – pack your trash out. If you use toilet paper pack it out also.
4. Leave what you find – take only memories (and photos) leave only footprints.

5. Minimize campfire impacts – use a backpacker stove if possible. If you need a fire, keep it small and gather wood from the ground.
6. Respect wildlife – they need their space, don't get too close and don't feed any wildlife.
7. Be considerate of other visitors – Don't go running around and don't be yelling (unless there is an emergency). Keep pets close or on a leash.

Make a plan to go on a hike. Where do you want to go? When? Who do you want to go with? What will you take? Why go – what will you do?

Leave No Trace is a side bar in a lot of outdoor badges. Here are the ones in which Leave No Trace is mentioned.

Brownie – Hiker – extra info,

Junior – Eco Camper #1, Camper #4 - make a Leave No Trace skit

Cadette – Primitive Camper – extra info

S.T.O.P. – Lost Proofing

When you are hiking be sure to pay attention to where you are and what you see. Look behind you once and a while to see what things look like from the other direction. If you do think you might be lost, STOP. This stands for:



Stop – stay right where you are

Think – think about when you last were sure where you were

Observe – look around you. Do you see a trail or does anything look familiar? Check the sky – what is the weather like/going to be in the near future? Check the time – how much day light do you have? Are you by yourself or with someone? If you are with someone, one person can stay put and the other spiral out in circles looking for signs of the trail. Make sure you keep in sight of one another.

Plan – What needs done first? Does it look like rain? If you have your raincoat, have it ready to put on it if it starts to rain. If it does, see if there is anywhere close that you can keep dry. If there is lightning, stay away from single tall trees and high points. If you need to, to be safe, go downhill a little so you aren't on the highest point. Find a group of trees together and go near a smaller one. If it is getting cooler, put on a jacket if you have one. Do you have water and/or food? Get energized by eating a little, save some for later if you have enough. If you were with a group and got separated from them blow your whistle 3 times then wait a couple minutes and blow 3 times again. Do this a couple times. 3 the signal of distress (SOS). If you don't have a whistle call for help to see if anyone is in hearing distance. Try off and on if you were with a group, they will be looking for you. If it is getting close to dark, look for a place to spend the night, preferably a dry place. You can try to build a small shelter, but this takes a lot of time and energy. You can make a nest of leaves to help insulate yourself. If it's not raining and you have a raincoat or poncho it is a good thing to lie on or cover up with.

A trick to tell if it's getting close to dark: if the sun is near the horizon, hold your hand up parallel to the horizons and see how many fingers are between the sun and the horizon. Each finger = about 15 minutes.

STOP works for any situation, not just hiking. Panicking is the worst thing you can do in most situations and STOP helps you keep calm.

Come up with your own STOP plan and write it down.

Connect – Trail Signs

Trail are marked in several different ways. Some methods depend on the terrain. In areas where there are trees, they are often painted with symbols or with different colors to let you know what trail you are on. In forest areas where there is soil you can often see a path on the ground. In the desert there aren't many trees and the path is on rock so it isn't always clearly visible. Cairns are often used in this terrain. Cairns, also called rock ducks if they are smaller stacks, are stacks of rocks beside the trail used to mark trails.



Below are some trail signs. With your parent's permission, make a trail in your yard or in your house then have someone follow it. If you don't have the materials shown, be creative. Maybe make a trail using blocks in the living room or using socks to lead from your room to the laundry room.

Make a trail for younger children to follow. Show them the trail signs and explain what they mean.

Brownie Hiker #2

