Junior Camper Badge

**STEPS**

1. Start planning your adventure
2. Gain a new camping skill
3. Find your inner camp chef
4. Try a new activity
5. Head out on your trip—and have some

When you’ve earned this badge, you’ll know how to have a great overnight camping trip.
An overnight trip in the great outdoors brings your closer to nature – and your Girl Scout Sisters. In this badge, plan a camping adventure! You might watch a sky full of stars, cook a meal on a stick, or share silly stories around the campfire. And you’ll definitely learn some new outdoor skills as you take part in this favorite Girl Scout tradition.

STEP 1: START PLANNING YOUR ADVENTURE

*Camping is the perfect adventure. You get to spend the night surrounded by the great outdoors and do fun activities like canoeing, hiking, and singing. You might even go to your favorite Girl Scout camp!*

Talk to an experienced camper. This might be a parent, a neighbor, or an older Girl Scout who has been camping in your area.

STEP 2: GAIN A NEW CAMPING SKILL

*Whether you’ll be hiking, boating, or getting to know your friends around the campfire, learn more about special skills that might come in handy at camp. Plan a way to use the skill on your camping trip.*

Learn three new knots:

**Square Knot**
Used to join two cords of the same thickness.

**Clove Hitch**
Used to fasten one end of a rope to a tree or post. Perfect for putting up a clothesline!

![How to tie a square knot diagram](image)

**Bowline**
Used to make a loop that won’t slip. Great for trying down rainflies on tents!

![How to tie a bowline diagram](image)
STEP 3: FIND YOUR INNER CAMP CHEF

First, make sure you know how to pack food to keep it fresh, and how to store it to keep bugs and animals away. Pack all the equipment and ingredients to enjoy it on your trip.

Try making foil packets! Foil Packets are a great way to cook your meal, and have all the girls in your troop get exactly what they want! Have the girls choose some fresh veggies and meat for ingredients.

For veggies we suggest:
- Potatoes
- Onion
- Bell pepper
- Broccoli
- Cauliflower
- Carrots

For meat we suggest:
- Chicken tenders
- Sausage links
- Smoked sausage
- Hamburger patties (this can take a while to cook, and fattier varieties will give off more oils, messy!)

Extra Ingredients you may want:
- Cooking spray
- Seasonings- Garlic salt, seasoning salt, salt and pepper, chili powder, itallian seasonings, etc.
- Butter

Instructions:
Give the girls a chance to cut up all the veggies into bite size pieces and make large sheets of aluminum foil. 2’ x 2’ is ideal. The more food they want the bigger the foil packet will need to be. There needs to be enough foil that it is sealed well because you’re going to need to turn it in the fire.

Allow the girls to create their own packets. Spray the cooking spray over the entire side of the foil the food will go on. Have her add her ingredients, and then fold the foil in half. Once both edges are together, shake the food down so that there are about four inches on each of the three open sides. Fold over a couple times to seal off the edges. Foil packets should be cooked on hot coals, using charcoal is the easiest way to cook. Have the girls place the packets gently onto the coals, and cook for 40 minutes, turning the packets every ten minutes. Take off the fire, and place hot packet on a plate. Open carefully, and enjoy! Be careful these will be hot! Finish the festivities with some s’mores!
STEP 4: TRY A NEW ACTIVITY

Camp is a great place to try new activities and discover your new favorite thing to do.

Learn the principles of Leave No Trace! Good campers should try to leave a campsite looking exactly the same as when they arrived or better! These seven important tips show you how:

Plan Ahead and Prepare
Make sure you always know where you are staying and how you are getting there. Make sure you bring everything you need to make the least amount of impact on the wildlife and vegetation around your camp site.

Travel and Camp on Durable Surfaces
Make sure you are always staying on hiking trails, and camping in designated camping sites. If you are backpacking, you may just have to make sure that the ground is hard and not eroding. You also want to look for a less well-worn spot because if it’s not a designated site, we want it to stay wild!

Dispose of Waste Properly
This is what we call “Pack in, Pack out.” Anything you bring with you needs to leave with you in some way. That includes food from your dishes! By dumping food waste out into the woods, animals start to get the taste of human food and can stop hunting for their own. We don’t want animals getting dependent on us for food!

Leave What You Find
Make sure that you aren’t taking anything from the campsite or hiking trails you go on. What if every person took a pretty rock? Then after a while, there wouldn’t be any pretty rocks to look at! If you pick a flower, then the next person isn’t going to be able to look at that flower, or worse, a bee won’t have nectar to eat and make honey! You never know how you can disrupt the eco-system. The only thing you should be taking out with you that you didn’t take in are pictures!

Minimize Campfire Impacts
Make sure to ALWAYS make campfires in a designated fire ring, and before going to bed make sure your fire is cold. No glowing embers, no warm coals. One of those embers could break off and float up into the trees and create a wildfire!

Respect Wildlife
You are coming into the wildlife’s home. Be respectful, and keep your distance. This keeps you safe, but it also keeps the animals safe!

Be Considerate of Other Visitors
Other people are in the woods to be in nature. Make sure you are being considerate of their wishes. Be friendly and say hello, but don’t do anything that could be too distracting! Don’t wear bright colors that could distract a fellow visitor, and don’t sing too loudly around your campfires at night!

Visit the Girl Scouts of Kentuckiana Program YouTube Channel to learn more about these principles!

STEP 5: HEAD OUT ON YOUR TRIP—AND HAVE SOME NIGHTTIME FUN!

The fund doesn’t end once the sun goes down. When you’re on your trip, after you’ve eaten your delicious meal and used your new camping skill, settle down to enjoy the magic of camp at night.

Gather around a campfire. If you can’t have a fire, place your flashlights in a circle. Tell your favorite stories, gaze at the stars, sing your favorite Girl Scout songs, and play games! You could play a game of flashlight tag, or go on a night hike.