



## Short & Snappy Express Train

### Station 5: Ten Reasons to Go Camping

1. **Connect with the girls.** Find out details you might not know, like who they admire, which teacher drove them nuts, what's their favorite music, what hobbies do they have, etc. Take time to sit around the campfire, chat and sing silly songs.
2. **De-stress.** Allow yourself to unwind, sit in your favorite camp chair and enjoy the sounds of nature. Plan time for relaxing and chatting into your campout. Use that Kaper Chart so the work is shared by everyone and not just you.
3. **Make Memories.** Take a camera and capture moments to share with family members and friends by creating a scrapbook. The girls will enjoy the pictures and remember the camping adventure for a lifetime.
4. **Have fun.** Make S'mores or banana boats, take a hike, bird watch, create nature collages, or make plaster casts of animal prints, etc. Let the girls see the fun side of you. See the humor in things that happen. Unexpected things can be the most memorable.
5. **Empower the girls.** Encourage them to show off skills they have learned by letting them build a fire (with supervision) or demonstrate their expertise at preparing a one-pot meal.
6. **Involve everyone.** While you may take the lead on planning this outing, give everyone a job and involve them in decisions. Let the girls make decisions.
7. **Honor group time.** Celebrate this time of being together as a group and having uninterrupted quality time. Take along board games or grab the Frisbee. Enjoy each others' company.
8. **Meet new people.** Walk around the camping area and get to know your fellow campers. You'll find you have much in common and can develop life-long camping friendships.
9. **Try new skills.** Let the girls try new ways of outdoor cooking, or lash together your campsite towel rack. There are many fun skills you can use while camping. Search the internet for inspiration.
10. **It's an adventure.** There's no time like the present to plan a camping trip they'll never forget. Start out by pitching a tent in the backyard, then progressing to an organized camping area. Campsites are safe; many have facilities and are affordable. Take advantage of what you pay taxes for.



Remember: GSCCS requires each camping Troop to have at least one adult who has completed Outdoor Training. That adult must be on the camping trip and be involved in the planning process with the Troop. The Troop must meet the Safety Activity Checkpoint's adult to girl ratio and have a Troop First Aider. A Trip and High Risk Activity Application must be submitted 30 days prior to the camping trip.

Excerpts taken from Girl Scouts of Northern California