



Castle Session – Outdoor Living

GOAL

Adults and girls will learn the basic outdoor living skills needed for the event.

MATERIALS AND RESOURCES

- 1 to 2 Tents and Directions
- Sleeping Bags (2 – 3 depending on group size)
- Additional Equipment you will be bringing (EZ Up, propane stove, gas BBQ)
- Review [Outdoor Dunk Bags and Washing Basics](#)

FACILITATION OF CASTLE SESSION

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| Core Activity
Est. 1 Hour | <ul style="list-style-type: none">▪ Practice set up and use of all equipment you will be bringing to Jubilation.▪ Ensure all equipment is in good working condition.▪ Review Dunk Bag vs Paper Products and decide what will be used for your group.▪ Discuss how a Girl Scout always leaves a place better than when she found it. |
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NOTE: Age is not a guarantee of expertise. A Brownie might be experienced and an Ambassador might not have any experience in outdoor living.

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| Extra Activities | <ul style="list-style-type: none">▪ Play Games –<ul style="list-style-type: none">○ Play the Sleeping Bag Relay Game.○ Play the Tent Relay Game.○ Play the Dunk Bag Relay Game. |
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| Advanced Activities | <ul style="list-style-type: none">▪ Host an outdoor education day for younger girls.▪ Find and teach other outdoor education games.▪ Create an outdoor education game and share with a younger group. |
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CASTLE SESSION NOTES:

Dunk Bags vs. Paper Products

What will you use? All disposable paper products or dunk bags, or combination. Discuss with your group the options and decide what is best for you.



What is a Dunk Bag?

A dunk bag is an individual net or mesh bag that is used as a "knapsack" for eating utensils. Dunk bags are simple to make. It is called a dunk bag because after the dishes are washed, they can be placed in the dunk bag and dipped into the sterilizing solution. Then the bag with dishes inside can hang on the clothesline to dry.

A dunk bag can be made out of many inexpensive items – Here are a few items for suggestions:

- ✓ A onion Bag
- ✓ Two wash clothes or netting sewn together with a draw string
- ✓ Small laundry bag with zipper
- ✓ Mesh bag with a drawstring

Place inside the bag your personal table setting. No glass but any plastic or metal will work.

- ✓ Fork, spoon or spork
- ✓ Bowl
- ✓ Plate
- ✓ Cup

How to Wash Dishes with a Dunk Bag

What you will need:

- ✓ Garbage Bag to scrape leftovers into
- ✓ Tub with Warm Soapy Water and a scour pad for wash rag
- ✓ Tub with Hot Rinse Water
- ✓ Tub with Cold Bleach water (1 tsp bleach per gallon of water)
- ✓ Tongs – to help with rinsing and draining cups and bowls
- ✓ Clothes Line and close pins to hang bags

Steps to wash dishes:

1. Scrape leftovers into garbage bag
2. Wash all items in warm soapy water with wash rag and place items into bag
3. Dunk bag and items in Hot Rinse Water – use tongs to help if needed – Make sure water is drained
4. Dunk bag and items in Cold Bleach Water – use tongs to help if needed – Make sure water is drained
5. Hang bag on clothes line using a close pin and let dry until next meal

Outdoor Education Games

Some members of your group may have a lot of experience with camping and others may not have any. Age is not a guarantee that girls or adults have the knowledge and experience. These games can be taught by experienced members of the group.

Sleeping Bag Relay Game

This game is a great way to have fun and learn how to roll sleeping bags. This is a critical skill for girls to have when camping. Leaders do not want to spend the morning rolling bags while the girls run around. This is a great activity for girls to work on before a meeting starts or while waiting for parents to pick up.

- 2 – 3 sleeping bags
- Demonstrate how to roll the sleeping bag
- Divide into teams
 - First in line run to designated area and unrolls the sleeping bag.
 - Climb into the bag and Sleep (make sure we hear you snore)
 - Wake up (Stretch and Yawn)
 - Roll Up the sleeping bag
 - Run back to next girl – Repeat thru the line

Tent Setup Game

This game is a great way to have fun and learn how to set up tents. This is a critical skill for girls to have when camping. Leaders do not want to be setting up all the tents at camp. Teaching the girls this skill will make for a less stressful set up and take down during the event.

- 1 to 2 tents (preferably ones you will be using at Jubilation)
- Demonstrate and show the different parts to the tent. (poles, stakes, tent)
- Have the leader or one girl read the directions to the tent for the girls to follow.
- Ensure every girl has a job in the set up
 - (This is a great way to see who is experienced and who the natural leaders of the group)
 - Based on how well the set up went – you can continue to practice making sure you also fit the tent back into the bag it came in
 - Make it a challenge – 2 tents and teams to see who is fastest
 - Practice with a hammer to put stakes into the ground
 - Watch to identify jobs the girls can do on their own and what jobs will need assistance
 - Practice several times with girls helping in different roles
 - For older girls – Can they set up a tent with some girls blind folded and others giving directions?
 - Create your own game with setup of the tent

Dunk Bag Relay Game

- Needed - Set up 3 separate dunk bag stations, using the 3 tub method (soapy water, rinse water and hot clear water) for the game it can all be plain water
- 2 or 3 complete dunk bags – divide into even teams
- Explain and demonstrate to the girls how to wash dishes using the dunk method
- The girls start about 10-15 feet back. The first girl in line has the dunk bag
- At go - the front girls run to the station and must wipe off the dishes, wash them, rinse them and then put them in the dunk bag and dunk into the hot clear water. She then runs back to the line and give it to the next girl in line
- Continue until all girls have washed dishes