

Outdoor Basics Hybrid Training is required for any outdoor cooking, fire building, or use of tents by the Girl Scouts in our council.

- Complete Prerequisite online training completed before attending In Person Skills Session.
- In Person Skills Session Held on a weekend day from 9:00 am to 1:00 pm in one of our two camps in Spring and Fall (additional days can be scheduled by any guaranteed group of at least ten adults subject to trainer and location availability)
- Food fee of \$10 covers a full, cooked lunch using multiple cooking methods
- Must have access to *Outdoor Education in Girl Scouting*, sold for additional \$10

Outdoor Basics is experiential training focused on how to train girls in outdoor skills. This course will prepare you to take the girls for any outdoor experience from a simple cookout to an overnight in a tent. You will learn by cooking on charcoal, a campfire, and with a propane stove. Hands on lessons include how to teach the safe handling and use of knives; basic knots; and sanitation for hands and dishes. Participants will learn how to plan for camping, including how to help girls choose menus, and how to pack clothes, personal gear, and group gear. You will learn about our GSJS facilities and receive valuable packing lists. All volunteers, not just troop leaders, who work with girls are welcome to attend.

Outdoor Basics: 9 am to 1 pm, Sunday, September 12, 2021, Camp Sacajawea, Farmingdale

Outdoor Basics: 9 am to 1 pm, Saturday, September 25, 2021, Camp Amity Acres, Barnegat

Outdoor Basics: 9 am to 1 pm, Saturday, April 9, 2022, Camp Sacajawea, Farmingdale

Outdoor Basics: 9 am to 1 pm, Sunday, May 1, 2022, Camp Amity Acres, Barnegat

Overnight Option **LIMITED AVAILABILITY is for those who wish additional information and to experience an overnight. (May be taken at same time as Outdoor Basics or separately at a later date.)**

- Held overnight from 5:00 pm to 9:00 am, either before or after Outdoor Basics
- Food fee of \$5 covers evening snack and breakfast
- Participants must bring their own gear, including a sack supper, using a list that we will provide

This optional course allows volunteers to continue experiential training by experiencing an overnight with volunteer trainers in one of our camps. This can be taken on the same weekend with Outdoor Basics or separately at a later date following completion of an Outdoor Basics training. Actually experiencing an overnight will help you to prepare your girls. Trainers will offer time-tested techniques for adult volunteers to guide the girls to a successful outing. As part of our overnight experience, we share outdoor program ideas of songs, games, outdoor flag ceremony, and an evening campfire.

Advanced Outdoor Training is for those who want to progress to the next level of camping including pitched tents and additional skills and techniques for the out-of-doors.

MUST have already attended Outdoor Basics PLUS either the Overnight Option or had experience in tents/platform tents after Outdoor Basics

- Held on a weekend from Saturday 9:00 am to Sunday noon
- Preparatory meeting held on a weekday evening can be attended in-person or remotely
- Fee of \$40 includes meals and use of camping area in either a state or county park
- Participants will help in planning the meals and developing the list of activities to be covered.

This course provides additional practical and fun training that takes camping to the next level. Participants pitch tents in a local state or county park. During the weekend, advanced techniques will include a deeper understanding of Leave No Trace, more outdoor cooking techniques, and additional songs and games. Participants will help design the course by choosing from options such as lashing to make a table, compass and orienteering, additional knots, introduction to wilderness first aid, water purification, alternative methods of starting a fire, properties of fabric and their uses, flag disposal ceremony, and creating and following trail markers. **No session scheduled at this time. Will be scheduled when sufficient interest is indicated.**

Girl Scouts of the Jersey Shore's Adult Outdoor Training FAQ

When should I take Outdoor Training?

When your girls have expressed interest in doing outdoor activities, it's a good time to have the training. An ideal time is when your girls are second year Daisies or first year Brownies. But any level leader or designated volunteer can take the training. Just remember if you want to have a fire with your Girl Scout troop you need to be outdoor trained. This includes a backyard charcoal BBQ.

How long does the training last?

Outdoor Basics starts at 9:00 am and ends at 1:00 pm on the same day. We have a full agenda and are moving the whole time. A cooked lunch is included. The Overnight Option **when available** is the night either immediately before or after Outdoor Basics from 5:00 pm to 9:00 am.

What is the Overnight Option? Is it required? Why should I take it?

Many of our attendees in the past have felt that they would like to experience an overnight with experienced volunteer trainers before going out with their girls overnight. While it is not 'required', it is strongly recommended, especially if you have never camped. We, also, cover topics that we don't have time for during Outdoor Basics that will add to your knowledge such as outdoor games, campfire songs and skits, and ceremonies.

How often do you hold the trainings?

Our classes are held spring and fall each year when the weather is the most pleasant. We hold them rain or shine so please dress in layers appropriate to the weather. In addition, we will schedule additional trainings for a group of 10 or more adults as long as we have trainers available for your date and an appropriate location.

Is Outdoor Training only for leaders?

No, any registered adult can take Outdoor Training. Having a parent as the outdoor trained person is a great way for the leader to share the responsibilities of running a troop. There can also be multiple outdoor trained people in one troop. In fact, it is a good idea in case the trained volunteer is not available for a specific date.

I've been camping for many years; do I still need to take Outdoor Training?

Yes, the focus on Outdoor Training is not only to teach you outdoor skills but to teach you how to teach the girls. We go over different teaching methods and present different activities. Many of our attendees have prior experience and come away with new techniques and ideas.

How many times must I take this course? Just once, as an adult, assuming that you complete the course. However, you may repeat the course, if desired!

There is a \$10 fee for Outdoor Basics and a \$5 fee for the Overnight Option. Why? What other costs are involved?

The small fees that are charged are for the food that you consume at the training and appropriate supplies. We also require that you bring the Outdoor Education handbook. This is available for an additional \$10 or you can borrow a copy from a friend.

Financial assistance is available, please contact dmayo@jerseyshoregirlscouts.org.

I have a special diet. Should I bring my own food?

Usually, no. Part of the training is learning new methods of cooking and eating together what is created. We ask for any dietary restrictions or allergies on the registration form so that our trainers can accommodate your special needs. In the past we have accommodated gluten and nut allergies, as well as, vegetarians and diabetics. While we cannot cook strict kosher or halal with our equipment and suppliers, we will avoid dietary conflicts such as pork, if requested. We do need planning time so please register in advance before we do our shopping. We will contact you to discuss your needs, if necessary.

How do I register?

Online at our council website jerseyshoregirlscouts.org under the Activities tab.

Have another question? Please e-mail Linda Klose, lkklose@comcast.net