

## Juniors Eco Camper Badge:

Whenever you step outdoors you are a guest in nature's home. This is especially true when you go camping outdoors. Whether you have gone camping or not you can use this badge as a guide to protecting nature and have skills for when you do take a trip.

**Step One:** Learn the Leave No Trace Seven Principles – (You did this during the Virtual Badge Break) Use the attached S.W.A.P. (Some Whatchamacallit Affectionately Pinned) template: print out, color, cut, cover in tape to protect and attach to a safety pin. Pin it to a SWAP hat or your Girl Scout Uniform as a reminder of "Leave No Trace" that you were even there. Make for others as well to Take Action and spread the word.

### **Leave No Trace for Daisies, Brownies, and Juniors:**

#### **Know Before You Go.**

*Pack the right gear for your outdoor trip. Know the rules for where you are going.*

#### **Choose The Right Path.**

*Stay on marked trails, don't take shortcuts and trample plants and flowers.*

#### **Trash Your Trash.**

*Make sure to put all trash, including food, in a bag or covered trash can.*

#### **Leave What You Find.**

*Don't pick flowers and plants, hurt trees, or collect anything from the outdoors, like pinecones or seashells.*

#### **Be Careful With Fire.**

*If allowed to build a fire, make sure it's a small one. Follow safety rules. And make sure the fire is completely out before you leave.*

#### **Respect Wildlife.**

*Watch wildlife from a distance.*

#### **Be Kind To Other Visitors.**

*Be nice to others you meet in the outdoors. Try not to make loud noises.*

**Step Two:** Plan meals with the environment in mind – check out how to make a Pizza Box Solar Cooker for your next camping trip. Using the natural resource of the sun's energy to heat your food. Solar cooking is slow cooking. You need to have a lot of sunlight to make it work, and you need to be prepared to leave your food in for a while! Don't try to cook meat, fish or poultry – those are dangerous to eat when undercooked, so you might want to try easier things like nachos, cheese fries or warm up an already prepared meal.

## **Pizza Box Solar Cooker**

Solar cooking is slow cooking. Be prepared to leave your food in for a while!

You will need:

- Cardboard pizza box
- Aluminum foil
- Newspapers
- Plastic wrap
- Clear tape
- Wooden spoon
- Scissors
- Black construction paper



- 1 Have an adult help you cut along three sides to make a flap in the lid of the pizza box.
- 2 Cover the inside of the flap with aluminum foil.
- 3 In the box opening where you cut the flap out of, wrap plastic sheets around it so it looks like a window.
- 4 Inside the box, tape black construction paper along the bottom. Roll up sheet of newspaper to create a border around the cooking area.
- 5 Take your solar pizza box over to a sunny spot.
- 6 Use the wooden spoon to prop open the flap at an angle so it faces direct sunlight.
- 7 Use mittens or a towel when you lift your dish out of your solar cooker.



## Step Three: Prepare a minimal impact campsite



### Minimal Impact Campsite Tips

- ★ Make sure your campsite is 200 feet from any water source and any trails. Reduce the amount of mosquitoes by selecting sites away from water sources.
- ★ Select a campsite that is already established or on a durable surface.
- ★ Choose an area that's flat and likely to stay dry, then clear any sticks or stones before setting up tents. When you clean up, don't dump food, soap, or *anything at all* in lakes or streams.
- ★ If you do make a campfire, use fire rings that are at the campsite. Use small sticks from the ground that you can break by hand. Keep fires small; burn all wood and coals to ash. **Most important: Always extinguish campfires completely.**

**Step Four:** Have fun with Leave No Trace – think of fun things you can do while camping that doesn't need you to bring or use little to nothing... hmm, how about singing songs or playing a game of I-Spy (the caller searches for an item in nature and without letting the guesser know where it is they describe it, for instance, "I-Spy with my little eye something that is red with black dots." Now the guesser might look around and say, "is it that ladybug right there?" Then if the person guessed right then they become the one who looks for an item for others to guess upon and so on.

**Step Five:** Take a conservation hike – conservation means to protect or save so for this Eco Camper badge focus on conserving the campsite and the area around it. First be prepared for the hike with important things like an adult or buddy, proper clothes for the weather, closed toe shoes, water, a snack with little waste like a piece of fruit which doesn't have a wasteful wrapper, a map to guide you. Also be prepared to pick up trash along the trail by having a trash bag. As you are on your hike make sure to look up, look down and all around to enjoy the nature including wildlife that you are helping on your conservation hike and for any clues on anything else you could do to help.

## SWAPS TEMPLATE

