This kit was created to assist you in completing the *Outdoor Skills Challenge Kit* program. Included are facts, stories, crafts, games, recipes and information.
### Detailed Outline

**Page 5:** PATCH REQUIREMENTS is the section of the booklet that details what needs to be accomplished in order to earn each patch.

**Page 6-36:** TEACHING PAGES contain information that can be used to teach the subject being discussed. In this case the topics are:
- Safe Campfires
- Tying Knots
- Star Gazing
- The Moon
- Plants
- Knife Safety
- Animals
- First Aid
- Being Outside
- Canoeing

**Page 37-42:** CRAFT PAGES detail ideas for crafts that pertain to the subject matter. Includes:
- Outdoor Clothing
- Outdoor Items
- Outdoor Art

**Page 43-45:** RECIPE IDEAS give suggestions about what kind of food would go well with the theme. Some recipes included are:
- Campfire Foil Packs
- S’mores
- Trail Mix for a Hike

**Page 46-62:** GAMES AND ACTIVITIES are pages filled with fun events for any Guiding group to do. The mythology games are:

**GAMES**
- Prisoner of War
- Nature Scavenger Hunt
- Kim’s Games
- Hide and Go Seek
- Hot Potato
- Egg Relay Race
- Three Legged Race
- What Time is it Mr. Wolf?
- Water Balloon Toss

**ACTIVITIES**
- Making a First Aid Kit
- Creating a Shelter in Any Season
- How to Build a Two Rope Postmans Bridge
- Star Gazing
- Compass Treasure Hunt
- Songs and Skits

**Page 63-68:** PUZZLE PAGES test your mind’s skill and endurance with:
- Outdoor Word Search
- Scavenger Hunt Checklist
- Constellation Match-Up

**Page 69:** HELPFUL WEBSITES provides additional information on interesting websites.

**Page 70-72:** BIBLIOGRAPHY

**Page 73:** FEEDBACK FORM
**Patch Requirements**

**TO EARN THE PATCH:**
- Sparks (5-6 yrs) need to complete 2 requirements from the list.
- Brownies (7-8 yrs) need to complete 3 requirements from the list.
- Guides (9-11 yrs) need to complete 4 requirements from the list.
- Pathfinders (12-14 yrs) and Rangers (15-17 yrs) need to complete 6 requirements from the list.

**OUTDOOR SKILLS PATCH:**
1. Discover how to safely light and put out a campfire as well as what not to burn.
2. Read about the constellations and complete the worksheet on pages 61-62.
3. Pick 2-4 of your favourite animal tracks and 3-5 of the harmful/helpful plants and see if you can find them around camp.
4. Learn about the different items in a first aid kit and how to make one to take with you when your out camping or on a trip with your family.
5. Practice paddling and take a canoe out on the water after being fitted with the right size life jacket.
6. Make one craft from the Outdoor Clothing, Outdoor Items, and Outdoor Art sections.
7. Prepare two out of the three recipes for a fellow Guiding/Scouting member, parent, or friend.
9. Build a shelter and camp out overnight inside it.
10. Sing three songs and participate in one skit during a campfire at night.
11. Go on a Nature Scavenger Hunt and find all the items on the checklist.
12. Solve the Outdoor Skills word search in the Puzzles section.
Teachings: Safe Campfires

While camping there is nothing better than sitting around a fire singing songs and watching skits. However, having a fire isn’t a right but a privilege and comes with rules and regulations that must be followed in order to keep yourself and others safe.

How to Start a One-Match Campfire

1. Gather dry kindling such as small sticks and newspaper.
2. Ball up newspaper and place in the middle of pit.
3. Place small sticks overtop of newspaper so that they are standing up overtop of it in a triangle.
4. Light a single match and place at corners of newspaper.
5. Let fire ignite newspaper and start to burn small sticks.
6. Stand up large logs in a triangle overtop of burning sticks.
7. Add more firewood as necessary.

Safety Tip: Never leave your fire unattended and always keep it at a manageable size.

How to Put Out a Campfire

1. Allow the fire to burn completely to ash, if possible.
2. Pour lots of water on the fire to ensure all embers are drowned.
3. Continue to pour water on fire until the hissing noise stops.
4. Stir the water and campfire embers/ash with a shovel several times.
5. Ensure the fire is cold to the touch.

What Not to Burn

The following items are things that you should not burn. Ensure always dispose of these properly rather than placing them in your campfire.

- Pressurized Containers such as aerosol cans
- Glass
- Aluminum Cans
- Styrofoam
- Plastic

What to do in Case of a Grease Fire

- Do not place water on the fire.
- Place a cover over the fire such as a pan lid
- Pour baking soda on the fire.
- Use a dry chemical fire extinguisher to put out the fire.
### Teachings: Plants

#### DIFFERENT TYPES OF TREES

<table>
<thead>
<tr>
<th>Tree</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Balsam Fir</strong></td>
<td>A small to medium-size evergreen tree with flat, dark green needles, around 15 to 30 millimeters long. They are arranged spirally on the shoot, but with the leaf bases twisted to appear in two more-or-less horizontal rows.</td>
</tr>
<tr>
<td><strong>Red Spruce</strong></td>
<td>A coniferous tree with yellow-green needles that are around 12–15 millimeters long, four-sided, curved, with a sharp point, and extend from all sides of the twig.</td>
</tr>
<tr>
<td><strong>Tamarack</strong></td>
<td>A small to medium-size deciduous coniferous tree with 2–3 cm short, light blue-green needles that turn bright yellow before they fall in the autumn. The needles are produced spirally on long shoots and in dense clusters on long woody spur shoots.</td>
</tr>
<tr>
<td><strong>White Birch</strong></td>
<td>A medium-sized deciduous tree with white bark that flakes off and often has small black marks and scars. The leaves are alternate, ovate, 1-5 in. long and 2-4 in. broad, with a doubly serrate margin. The leaf buds are conical and small. They are green-colored with brown edges.</td>
</tr>
</tbody>
</table>
Teachings: Animals

ANIMAL TRACKS

While out on hikes around your campsite you may see some of these tracks on the ground. Help your group identify different types of animals that they are sharing their surroundings with. Also, after identifying the tracks let them know the different types of precautions they should be taking in order to not attract wildlife.

<table>
<thead>
<tr>
<th>TRACK</th>
<th>INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="bear_tracks.png" alt="Bear Tracks" /></td>
<td><strong>Bear</strong> - are large creatures that vary in colour depending on the breed and can be brown, black, or cinnamon. They swim, climb trees, and run fast. They normally hibernate in the winter in dens in sheltered areas such as caves, brush piles, or even sometimes in tree holes. They eat both meat and vegetation such as fish, insects, grasses, roots, and berries.</td>
</tr>
<tr>
<td><img src="beaver_tracks.png" alt="Beaver Tracks" /></td>
<td><strong>Beaver</strong> - the largest rodent in North America and can reach over one metre in length. They are notorious for their orange buck teeth and large, flat tail that is shaped like a paddle. They do not hibernate in the winter and build dams and lodges - large cone shaped piles of branches in the middle of a lake or pond. They are vegetarians and eat such things as shrubs and cattail shoots.</td>
</tr>
<tr>
<td><img src="rabbit_tracks.png" alt="Rabbit Tracks" /></td>
<td><strong>Rabbit</strong> - range in a variety of colours from grey, brown, and white and some even change colours in the winter depending on the breed so they can camouflage in the snow. They do not hibernate in the winter and eat anything leafy, roots, and willows.</td>
</tr>
<tr>
<td><img src="raccoon_tracks.png" alt="Raccoon Tracks" /></td>
<td><strong>Raccoon</strong> - is known for his mischievous black mask. They also have an average of 5-10 bands running across their tail in brown or black. The body of a raccoon can be grey, black, brown, or even albino. They live in a wide range of habitats requiring only a place to drink, food, and somewhere safe to live for their den. They eat a range of food from birds, frogs, fish and fruit.</td>
</tr>
<tr>
<td><img src="squirrel_tracks.png" alt="Squirrel Tracks" /></td>
<td><strong>Squirrel</strong> - make high pitched chirping sounds and most commonly live in trees or nest holes, but certain breeds such as ground squirrels may also burrow into tunnels for their home. They eat nuts, leaves, roots, seeds and also catch and eat insects and caterpillars. Tree squirrels will also eat bark, eggs, and baby birds. They most commonly hibernate in the winter.</td>
</tr>
</tbody>
</table>
Crafts: Outdoor Clothing

TIE DYE T-SHIRTS

MATERIALS
- White t-shirts in various sizes
- Tie Dye Kits
- Elastic Bands
- Rubber Gloves
- Warm Water
- Buckets or large containers
- Newspaper

INSTRUCTIONS

1. Begin by having everyone decide what kind of design they want on their t-shirt out of the choices below:

<table>
<thead>
<tr>
<th>Design</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lines</td>
<td>Wrap t-shirt in a tight roll. Wrap rubber bands around roll about two inches apart.</td>
</tr>
<tr>
<td>Spiral</td>
<td>Pinch t-shirt in the middle and start twisting it into a tight spiral. Wrap rubber bands around the spiral to help it keep its shape.</td>
</tr>
<tr>
<td>Marbled</td>
<td>Scrunch the t-shirt into a tight ball. Wrap 5-10 rubber bands around the t-shirt ball so that there are no more loose ends sticking out.</td>
</tr>
<tr>
<td>Small Circles</td>
<td>Lay the t-shirt out flat. Pinch a small surface of both layers of the t-shirt and secure with a rubber band to form a small bump. Do this several times throughout the t-shirt.</td>
</tr>
</tbody>
</table>

2. Put down newspaper to protect the surface where you will be working.
3. Have everyone put on rubber gloves.
4. Prepare dye according to package directions in bucket.
5. Place garment in dye for 15-20 minutes.
6. If using more than one colour, start with the lightest colour first.
7. Rinse in between colours in cold water.
8. Ring and rinse out garment until water runs clear.
9. Remove rubber bands.
Worksheet
CONSTELLATION MATCH UP

Date: ____________________________
Location: _________________________
Time: _____________________________
Found: ☐ Not Found: ☐
Comments: ________________________
_______________________________
_______________________________

Date: ____________________________
Location: _________________________
Time: _____________________________
Found: ☐ Not Found: ☐
Comments: ________________________
_______________________________
_______________________________

Date: ____________________________
Location: _________________________
Time: _____________________________
Found: ☐ Not Found: ☐
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