

OUTDOOR SKILLS

CHALLENGE KIT



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



E-Patches & Crests
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OUTDOOR SKILLS CHALLENGE KIT

This kit was created to assist you in completing the *Outdoor Skills Challenge Kit* program. Included are facts, stories, crafts, games, recipes and information that can be copied and distributed to the participants working on this kit.

After completing the kit, you can order the 3" crest/patch through e-patchesandcrests.com. You may place your order in one of the following ways:

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Table of Contents

Detailed Outline of Kit.....	4
Patch Requirements for Outdoor Skills Patch.....	5
Teachings	6-36
Craft Pages.....	37-42
Recipes	43-45
Games and Activities	46-62
Puzzles and Worksheets	63-68
Helpful Websites about Topic	69
Bibliography	70-72
Feedback Form	73



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.
8. Play Prisoner of War, Kim's Games, Hot Potato, and What Time is it Mr. Wolf? games.
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.

Teaching Overview

SAFE CAMPFIRES

- *How to Start a One-Match Campfire*
- *How to Put Out a Campfire*
- *What Not to Burn*
- *What to do in Case of a Grease Fire*

TYING KNOTS

STAR GAZING

THE MOON

- *Moon Facts*
- *Moon Phases*

PLANTS

- *Harmful/Toxic Plants*
- *Helpful Plants*
- *Different Types of Trees*

KNIFE SAFETY

ANIMALS

- *Animal Tracks*
- *Tips for Camping in Bear Country*

FIRST AID

- *Things to Include in a First Aid Kit*
- *Mild First Aid Treatments*

BEING OUTSIDE

- *What to do if Your Lost*
- *What to Wear in Different Climates*
- *Assigning Duties at Camp*

CANOEING

- *Parts of a Paddle*
- *How to Hold a Paddle*
- *Basic Canoe Strokes to Master*
- *Why Wear a Life jacket*
- *What to do if a Canoe Capsizes*

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.

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

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.

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.

If the fire is not cold to the touch, repeat Steps 2-4.

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: Tying Knots

KNOWING YOUR KNOTS

Throughout this kit your group may be asked to tie certain knots in order to complete crafts, activities and games. Review the following knots with everyone so that they can all enjoy completing the tasks outlined in this challenge kit:

Parts of a rope

Before you start tying knots just yet there is some terminology that you have to learn to understand these instructions. A rope can be broken down into three sections: two ends and a standing part. Some knots are formed by two ends (reef knot), some by the end and the standing part (bowline), and some by the standing part alone (sheepshank).

Although some knots may appear difficult they can all be broken down into three basic terms: **bight**, **standing part**, and **free/working end**. A **bight** is any curved section between the ends of the rope. The **standing part** is the section of the rope not involved in the knot and the **free/working end** is the end of the rope that you are using to make the knot.

You also need to know the difference between an **overhand loop** and an **underhand loop**. An **overhand loop** is where the end of the rope comes above the standing part to form a loop and an **underhand loop** has the end of the rope going under the standing part to form a loop.

FAST FACT

OUTDOOR ANIMAL FACTS

There is such a fish that can walk on land! It is called a mudskipper and they use their pectoral fins to hoist themselves up and crawl along the earth, climb roots, and defend their territory. They breathe air through their skin as long as the surface of their skin and the lining of their mouth is moist.