



The Backpacker's Badge

By Laura Betteridge



Fleet DivComm <fleetdivcomm@gmail.com>

RE: Backpacker's Badge

1 message

Branding Matters <BrandingMatters@girlguiding.org.uk>
 To: Fleet DivComm <fleetdivcomm@gmail.com>

23 June 2023 at 13:46

Hello Tracy,

Thanks for sharing the badge design for Girlguiding Fleet division, The Backpackers Badge

The badge layout and general design is ok. The Masterbrand Girlguiding Branding has been used correctly to display the Girlguiding Name and Trefoil - White Trefoil and text on the Girlguiding dark blue Pantone® 2766 C . Please note, the min size for the Trefoil is 7mm. Your badge looks to meet this.

The only request, I needed to make was to swop out the older colours and use the Masterbrand colour palette if possible?

[brand-guidelines.pdf](#) ([girlguiding.org.uk](#)) page 24 & 25

We cannot approve the old pantone, previously used In Girlguiding Branding pre March 2023. Please alter colour Pantone 2718C. We have 6 different blues in the Masterbrand colours.

If the colours are updated to the Masterbrand version and Pantone 2718C not used, I can confirm the design will meet our refreshed branding requirements and will be OK to produce. I don't need to see an updated version, so long as the change is made.

Kind Regards

Ruth

From: Fleet DivComm <fleetdivcomm@gmail.com>
Sent: Monday, June 19, 2023 4:26 PM
To: Branding Matters <BrandingMatters@girlguiding.org.uk>
Subject: Backpacker's Badge

Please could you give approval for the below badge. I have also attached the full specification showing the colour chart.

Many thanks,

Tracy Betteridge

**Girlguiding**

17-19 Buckingham Palace Road
 London
 SW1W 0PT

Tel: 020 7834 6242

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Registered charity number: 306016 Registered address: Girlguiding, 17-19 Buckingham Palace Road, SW1W 0PT



Explanation

- This badge was designed by Laura Betteridge to raise funds for her Queen's Guide trip to Our Cabana in July 2015. The badge is now being sold to raise funds for Girlguiding Fleet Division.
- It has been designed for all sections. To achieve this badge the different sections need to complete the following:

Rainbows:	5 activities
Brownies:	6 activities
Guides:	7 activities
Rangers:	8 activities
- To make it easier to plan the badge we have suggested which sections the activities are suitable for by putting the section's trefoil underneath the activity

Activity Sections



Bags and Equipment



Tents



Maps



Fire



Exploring



Food



Survival skills

Bags and Equipment

First aid kits; make your own first aid kit. It should include; scissors, tape, bandages, plasters, antiseptic wipes and safely pins.



Be prepared; In groups discuss what equipment you should take with you on a walk. For Rainbows a short walk, for Brownies a day walk, for Guides a weekend hike and for Rangers/Young Leaders a 3 or 4 day hike.



Memory game; In your unit identify the 12 most important pieces of equipment for backpackers. Write or draw the equipment onto 12 cards and place them on a table. Let the girls come up to the table and study them for a short time before sending them outside the room. While the girls are out of the room, mix the cards around and take away 4. Invite the girls back in in groups and see if they can identify the missing items. The group that remembers the most wins!



Camp gadgets; Make a Buddy Burner or your own washstand. (Instructions for Buddy Burner and washstand are in resource section)



Bags and Equipment

Destination game; Split the girls into groups and give each group one of the countries listed in the resources along with the facts about each country. Then get them to write a list of all the things they think they should pack in their backpack if they were going on a trip to this country.



Best backpack; get the girls to design their ideal backpack. Maybe they could include a secret snack pocket? Or maybe a backpack with heated straps for when it gets cold?



Personal waterproofing; Give the girls some plastic bin bags and split them into groups. The groups should make the perfect waterproof outfit which one person must wear. To test how waterproof the outfit is, throw a bucket of water at the person wearing the outfit and see how wet/dry they are.



Backpack waterproofing; Get the girls to bring a rucksack for a hike including a jumper, some food, a torch and a map. Then give them some plastic bags and ask them to waterproof the contents of their rucksack by wrapping the items in the plastic bags. To test how waterproof the bags are, pour water over their rucksacks.



Tents

Your perfect tent; design your perfect tent or your tent of the future.



Tent Beagle Game; Play the Tent Beagle Game (instructions are in the resource section).



Pass the pillow; Play this game like pass the parcel but each time the music stops the girl with the pillow can get a sweet (or piece of fruit!) from the centre of the circle



Making camp; learn to put up a tent in groups (e.g., Sixes and patrols). Then, if possible, time how long it takes each group with the fastest winning a prize



Tents

Blindfold Building; Get a group of 4 or 6 girls and put them into pairs. Blindfold one girl from each pair. The girls then have to work in their pairs and as a group to pitch a tent. The blindfolded girls are the only ones who can touch the tent meaning the un-blindfolded girls must give them instructions. When taking down the tent get the girls to swap over.



Tent on a Plate; Using; chocolate fingers as poles, strawberry laces as guy ropes, gingerbread rectangles (or any other rectangular biscuits) as the tent material and glaze icing to hold it together make a tent on a plate. If you want to take it further make figures out of fondant icing and make a campfire biscuit



Overnight; sleep overnight in a tent



Maps

Money for Miles; Find out how many miles it is from one city to another. Give the girls a small pot each to collect coins in. Count the coins every week until you have the same number of coins as you do miles.



Monopoly; Take a local city with good transport links and set up a monopoly circuit to complete. There is already one in London. Then complete the monopoly circuit.



Do you know your Maps?; Using a blank map of the world or a continent with countries marked, ask Guides and Brownies to identify countries and write them onto the map. For Rangers, ask for capital cities too.



Local Area; Look at a map of your local area. What services and facilities do you see? For example, is there a school, a car park, a church or a pub? Use the key on your map to find out!



Maps

Signs and Symbols; Print a list of ordnance survey symbols (<https://www.ordnancesurvey.co.uk/education/teacher-resources>) Then to teach the girls the symbols get them to make a bingo board or cards and play either bingo or snap. To make it harder, give the girls the symbols on the cards but call out the descriptions.



Compass Fun; teach the participants how to use bearings for navigation. Instructions are in the resource pack.



Picture Compass Bearings; Use the picture compass bearings sheet in the resource pack to practise walking on bearings and make a picture at the same time.



Photo trail; Give the girls a list of things to find in their local area. Then send them off in groups with a camera to take photos of each thing e.g. a red car, an old-fashioned lamp post etc. Each item is worth 5 points and a further 5 points can be awarded for the quality of the photo. The group with the most points wins.



Fire

Different fires; Give each group a different type of fire to build from the list below.

Then compare the advantages and disadvantages of the fires when done.

Types of fire; lean to, pyramid, ditch, tepee.

Details of the different fire types can be found at:

<https://www.survivalskills.biz/how-to-build-a-fire>



Edible campfire; Made a campfire that you can eat (see resources section for instructions)



Wish log; Write a wish on a piece of paper and roll it up so that it makes a log. Then at the end of a campfire place your wish log on the fire and burn it.



Make a cardboard oven; Make a cardboard oven that you can cook pizzas in using the instructions in the resources section.



Fire

Wood Wordsearch; “Bad” woods; chestnut, willow, poplar, alder. “Good” woods; oak, beech, birch, maple, sycamore.

Use the wordsearch in the resources section to teach the girls which are which.



Campfire Singing; Have a singalong with your unit using some of the campfire songs in the resources section.



Campfire Skits; In groups create your own campfire skit / short play. Be as funny as possible!



Night lights; Hide 11 tealights in glass jars around some woods or a park. Split your girls into four groups and tell each group to find a different coloured piece of card at each tealight. Write each of the words (“Marshmallow”, “Candlelight”, “Matchsticks” and “Girlguiding”) out onto a different piece of coloured card. Cut the card up so there is one letter per piece and leave a letter from each word by the tealights. The girls, in their groups, should find the tealights and the letters on their colour of card. The girls then have to figure out what their word is. The first to do this wins.



Exploring

Across the globe; Plan a route from one country to another country that starts with the same letter. Guides and Rangers should plan their modes of travel e.g. buses and planes. Brownies and Rainbows just plan which countries they will go through. For example, if you are in “England” you could go to “Egypt”.



Explorers; Ask the girls where they would you go to if they were an explorer and why? They should discuss their ideas in groups.



Trail signs; Using trail signs (examples at <https://www.pinterest.co.uk/pin/549087379539520517/>) put the girls into groups. One of the groups lays a trail for the other to follow. They should then swap round so that each group gets a go.



Penny Hike; go for a walk in your local area. Whenever you come to a junction flip a coin to see which way to go (heads is right, tails is left). Take it further - record your route on a map.



Exploring

Dream trip around the world; Put the girls in groups. Each group has a plane ticket that allows them to visit 5 different countries. Where would they go and why? They should make a poster or a vlog to present their ideas and route back to the group



Sing as you walk; Ask the girls to choose some songs that will keep you going when on a long, tiring hike. Then go for a hike to see if they work!



Postcards; Ask the girls to make a postcard and write about their most recent adventure on it.



Do you know your leaves?; Go on a hike and get the girls to identify as many leaves as possible. A good resource is available at:

<https://www.pinterest.co.uk/pin/367395282085050587/>



Food!

Trangias; (Particularly useful for Guides Rangers who are doing DofE), cook a meal on a trangia in groups of 4-7.



Fire snack cooking; Cook a campfire snack using the recipes in the resource or your own ideas.



Dehydration hits the nation; try some rehydrated food



Tea light cooking: cook a marshmallow over a tea light and make s'mores.



Food!

Menu planning challenge; The group are going on an expedition (lasting 3 days), They need to devise a menu for the trip. Note they will have no fridge so dairy and some meat products will not last...



Fire cooking; Cook a campfire meal using the recipes attached or your own ideas.



Kebabs; Make some fruit kebabs and eat them.. Maybe with melted chocolate?



Favourite foods ; Ask the girls to make a list of their favourite foods and then see which ones: come in packets, are perishable, need water to be cooked or last a long time. Then decide which foods would be best for a trip of a few hours (for Rainbows), a day (for Brownies), a weekend (for Guides) and a week (for Rangers)



Survival skills

Word search; complete the word search (in the resources section) for survival buzz words



Signalling; For Rainbows and Brownies get them to write their names in Morse code. (See resource sheet). For Guides and Rangers, ask them to send short messages to each other using torches, candles or whistles. For light methods, a short showing of the light is a “dot” and a longer showing is a “dash”. With the whistle a short blow is a “dot” and a longer one is a “dash”.



Survival Kit; Ask each girl to make a small survival kit, this should be in a small bag or tin. It should include as many of the following as possible : string, hair bobbles, matches, high sugar food, water purification tablets, paper , hair clips, flint, small knife, small torch.



Fire: For Rainbows and Brownies teach them how to light a tealight with a match.



Survival skills

Water safety beans; Using the water safety signs available at <http://www.rospa.com/rospaweb/docs/advice-services/leisure-safety/national-watersafety-signs.pdf> teach the girls an action for the signs. Once you have taught them the action play the “bean game”. Get the girls into a group and stand in front of them. Hold up a sign at random and they have to do the action you have taught them. The last one to do it is out.



Weather; For Rainbows and Brownies teach them the rhymes in the resource pack for Guides and Rangers teach them 5 of the cloud types – see resource for details.



Knots: Teach the girls some basic knots: <https://www.pinterest.co.uk/pin/136022851223560095/>



Lashing; Teach the girls to do square lashing and diagonal lashing – instruction videos available at <https://scoutpioneering.com/>. Two pieces of wood and a rope needed per group. You can also use strawberry laces to practice (and provide a fun reward after a successful lashing)!



Orders

Paying by BACS:

Please email your order details to
girlguidingphoenix@gmail.com, including:

- Leader name
- Unit name
- Quantity of badges
- Total paid (including postage)
- Online reference and date

Account name: Girlguiding Fleet Division Badge Ac
Sort Code: 30-96-26
Account number: 84785960

Badge Cost = £1.25

Postage Costs (1st Class):

1-30 Badges - £3.50
31-100 Badges - £4.50
100+ Badges – please request cost

Postage Costs (1st Class):

1-30 Badges - £2.00
31-100 Badges - £2.50
100+ Badges – please request cost

For payment by cheque, please email asking for details.



Badges have a 7.5 cm diameter



The Backpacker's Badge

By Laura Betteridge

Resources

Bags and equipment - Buddy Burner

Materials:

- Plain corrugated cardboard (not printed with bright inks or coated with wax or plastic)
- Empty tuna cans
- Candle wax
- Wick (for candle)

Instructions:

- Cut the cardboard in strips whose width is the **height of the can** -- across the corrugations, so that the holes show. Roll the strips until the cardboard roll fits snugly into the can.
- Melt the wax.
- When the wax is melted, slowly pour it into the buddy burner so that it runs down into the holes and saturates the corrugated cardboard and fill the can to the rim. Place the wick carefully in the centre of the roll of cardboard.
- Let the wax cool and harden.
- To light it, put a lighted match in the middle of the can or light the wick. The flame will spread across the top of the can; that's okay, that's what it's supposed to do.



Photo credit:

https://commons.wikimedia.org/wiki/File:Buddy_Burner.jpg

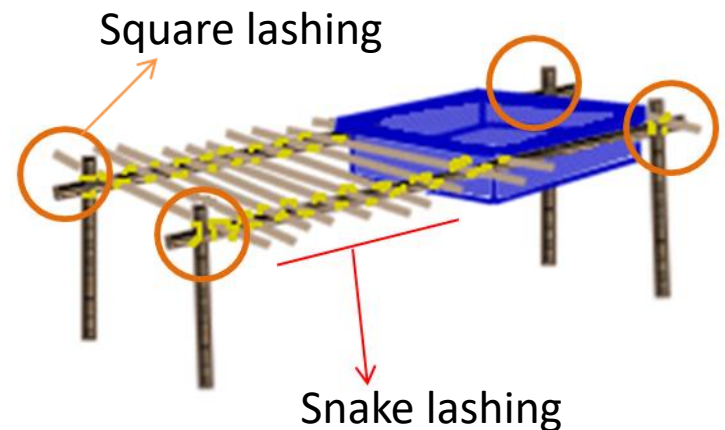
Bags and equipment –Washstands

Instructions:

1. Hammer four broom handles into the ground as the four points of a rectangle.
2. Use square lashing to tie a 4 bamboo canes to the top of the four broom handles to make the sides of the rectangle (see diagram).
3. Then along the two longest bamboo canes attach shorter bamboo canes using snake lashing (this will be the draining board).
4. Leave enough space to put a washing up bucket at the other end.

Equipment:

Bamboo canes
Broom handles (4)
String
Scissors
Mallet



Bags and equipment – Destination Game

France	Egypt	Brazil
Weather; Hot, tropical weather in the south but snowy in the mountains. Temperate in the north. Terrain; Mostly flat with undulating hills but also mountainous terrain. Language; French	Weather; Hot in both summer and winter. Terrain; Desert. There is also the Nile valley and delta. Language; Arabic	Weather; Tropical across most of the country but more temperate in the south. Terrain; Dense rain forest but some flat plains and mountains. Language; Portuguese

China	Australia	South Africa
Weather; Tropical in the south and Sub- Arctic (very cold) in the North. Terrain; Mountains and highland plateaus. There are some hilly areas and deltas. Language; Mandarin	Weather; Hot, tropical in the north but more temperate in the southeast. Terrain; Lowland plateau with desserts. There is some fertile plain in the southeast of the country, Language; English (mostly)	Weather; Reasonably arid climate with sunny days and cool nights. Terrain; Rugged hills, narrow coastal plain and low plateau. Language; Zulu, Afrikanns, IsiXhosa, English and more.

Tents - Tent Beattle Game

The Game

Source images of the items for use in this game.

Numbers on the dice (numbers in brackets represent the quantity of pieces):

- 1 = the pegs (4)
- 2 = the inner tent (1)
- 3 = the outer tent (1)
- 4 = the guy ropes (2)
- 5 = the poles (2)
- 6 = the ground sheet (1)

Instructions

- Each member of the group takes it in turns to throw the dice. They must throw a 6 to be able to start
- Continue taking it in turns to throw the dice. Pick up a piece according to the number you throw. Note: you can only pick up one piece per throw, and if you have picked up all the pieces for that number, you pass the dice onto the next player.
- The group to complete the tent first wins the game.

Maps - Compass Fun

1. Find the two points on a map that you want to travel from and to.
2. Line the side of the compass up between the two points with the arrow outside the circular part of the compass (the arrow of travel) pointing towards the point you want to travel to
3. Then rotate the circular part of the compass so that North lines up with the parallel lines on the grid of the map
4. Read the number that is at the bottom of the arrow of travel, this is your bearing.

For more details and images go to;

<http://mapzone.ordnancesurvey.co.uk/mapzone/PagesHomeworkHelp/docs/mapabilitycompassbearings.pdf>

Maps - Picture Compass Bearings

Instructions

1. Put a tent peg into the ground and attach the end of the string to it. This is your starting point.
2. Follow the instructions below for your chosen picture - put in a peg at each point, pulling the string tight and wrap it round the peg.
3. You can also do this indoors by using masking tape on the floor, rather than tent pegs, and string.
4. The following pictures are in ascending order of difficulty.

Picture 1

20 paces on a bearing of 0° (North)
15 paces on a bearing of 90° (East)
4 paces on a bearing of 180° (South)
11 paces on a bearing of 270° (West)
4 paces on a bearing of 180° (South)
11 paces on a bearing of 90° (East)
4 paces on a bearing of 180° (South)
11 paces on a bearing of 270° (West)
4 paces on a bearing of 180° (South)
11 paces on a bearing of 90° (East)
4 paces on a bearing of 180° (South)
15 paces on a bearing of 270° (West)

Picture 4

3 paces on a bearing of 10°
3 paces on a bearing of 154°
3 paces on a bearing of 298°
3 paces on a bearing of 82°
3 paces on a bearing of 226°

Picture 2

3 paces on a bearing of 0° (North)
6 paces on a bearing of 90° (East)
3 paces on a bearing of 45° (North East)
6 paces on a bearing of 90° (East)
3 paces on a bearing of 180° (South)
3 paces on a bearing of 90° (East)
3 paces on a bearing of 180° (South)
2 paces on a bearing of 270° (West)
1 pace on a bearing of 225° (South West)
2 paces on a bearing of 270° (West)
1 pace on a bearing of 315° (North West)
5 paces on a bearing of 270° (West)
1 pace on a bearing of 225° (South West)
2 paces on a bearing of 270° (West)
1 pace on a bearing of 315° (North West)
3 paces on a bearing of 270° (West)
1 pace on a bearing of 225° (South West)
1 pace on a bearing of 270° (West)
1 pace on a bearing of 0° (North)

Picture 3

5 paces on a bearing of 0° (North)
1 pace on a bearing of 315° (North West)
3 paces on a bearing of 270° (West)
3 paces on a bearing of 0° (North)
3 paces on a bearing of 90° (East)
3 paces on a bearing of 0° (North)
2 paces on a bearing of 90° (East)
2 paces on a bearing of 45° (North East)
5 paces on a bearing of 180° (South)
9 paces on a bearing of 90° (East)
2 paces on a bearing of 45° (North East)
3 paces on a bearing of 180° (South)
2 paces on a bearing of 225° (South West)
6 paces on a bearing of 180° (South)
2 paces on a bearing of 270° (West)
4 paces on a bearing of 0° (North)
8 paces on a bearing of 270° (West)
4 paces on a bearing of 180° (South)
2 paces on a bearing of 270° (West)
1 pace on a bearing of 0° (North)

Solutions: 1) Letter “E”, 2) Car, 3) Dog, 4) Star

Fire - Edible Campfire

- 1 Round biscuit (Digestives or Rich Tea are ideal)
- 1 tsp Butter Cream Icing coloured red/yellow/orange
- 2 Matchmakers
- 3 Flame Coloured Sweets
- 6 Mini Marshmallows

- 1. Take the biscuit and place a blob of butter cream icing in the centre.
- 2. Place the flame coloured sweets on the icing.
- 3. Break each matchmaker into 3 and place on the biscuit so that they look like sticks on a fire.
- 4. Place mini marshmallows around the fire to look like logs.
- 5. Eat and enjoy!

Fire - Cardboard Oven

Items needed:

- Cardboard box
- Pen knife
- Scissors
- Aluminium foil
- Staple gun
- Cooking oil
- Campfire grill

Instructions:

1. Build a campfire and burn the wood until you have a good pile of glowing embers.
2. Remove the flaps from the top of the cardboard box and make sure that the flaps on the other side of the box are sealed.
3. Cut two ventilation holes in two sides of the box near the bottom
4. Cover the box with aluminium foil inside and out. Use staples to attach it if you need to. Make sure the inside of the ventilation holes are covered with foil too.
5. Place the grill on the embers and put the food on it ready to cook.
6. Place the open top of the box over the embers and the grill with the food.
7. Cook your food in your cardboard oven!

Fire - Wood Wordsearch

S	D	I	G	J	U	N	W	P	I	J	G	S	Y	A	R	A
U	I	J	B	E	E	C	H	X	M	W	Q	V	M	Z	H	L
K	P	W	R	G	J	L	N	C	S	A	D	H	K	T	B	Y
N	J	O	L	O	B	T	U	K	J	V	P	C	C	X	D	M
A	S	D	P	G	I	L	Y	R	E	W	T	L	H	Q	R	G
L	U	T	R	L	V	N	K	V	D	E	E	M	E	B	H	M
O	K	O	T	A	A	F	P	L	O	Y	D	C	S	X	Y	U
G	U	K	J	M	G	R	T	Y	X	J	G	Y	T	Z	I	W
C	B	U	P	V	R	E	E	B	R	M	C	I	N	Y	H	F
A	W	E	I	O	F	D	E	S	K	A	U	N	U	L	K	G
B	R	T	N	I	O	N	L	U	M	H	M	W	T	J	X	S
I	R	R	E	D	L	A	J	O	T	Y	K	I	F	D	E	C
N	B	T	D	X	K	G	R	I	T	E	E	N	D	K	Z	B
P	O	B	Y	S	W	E	V	J	L	X	E	M	I	D	Z	B
I	J	B	D	F	G	H	J	E	R	T	Y	P	F	T	Q	I
Y	O	D	W	I	L	L	O	W	S	T	E	R	E	R	V	R
Z	J	H	F	R	B	J	A	X	V	K	L	B	I	E	O	C
X	C	F	H	I	M	N	K	S	A	E	F	S	G	N	H	H
B	J	K	T	Y	F	E	S	W	Q	S	P	R	U	C	E	M
C	F	G	J	K	H	N	R	E	X	B	V	H	P	H	N	N
Q	S	H	S	A	Z	E	G	U	K	P	Y	W	B	F	G	H

Types of Campfire

Altar
Log Cabin
Pyramid
Star
Teepee
Trench

Good Woods

Ash
Beech
Birch
Maple
Oak
Pine
Spruce
Sycamore

Bad Woods

Alder
Chestnut
Poplar
Willow

Wood Wordsearch Solution

												S	T	A	R	
			B	E	E	C	H		M							
	P									A						
		O									P		C			
			P									L	H			
L				L									E			
O					A		P						S			
G						R		Y				Y	T			
C			P						R		C		N			
A			I							A			U			
B			N						M		M		T			
I		R	E	D	L	A		O	T			I				
N							R			E			D			
						E					E					B
												P		T		I
			W	I	L	L	O	W					E	R		R
							A						E			C
							K							N		H
										S	P	R	U	C	E	
														H		
		H	S	A												

Types of Campfire

Altar
Log Cabin
Pyramid
Star
Teepee
Trench

Good Woods

Ash
Beech
Birch
Maple
Oak
Pine
Spruce
Sycamore

Bad Woods

Alder
Chestnut
Poplar
Willow

Fire - Campfire Singing

Campfires Burning

Campfires burning, campfires burning
Draw nearer, draw nearer
In the glowing, in the glowing
Come sing and be merry

Campfires burning, campfires burning
Draw nearer, draw nearer
In the glowing, in the glowing
Come sing and be merry

Campfires burning, campfires burning
Draw nearer, draw nearer
In the glowing, in the glowing
Come sing and be merry

Campfires burning, campfires burning
Draw nearer, draw nearer
In the glowing, in the glowing
Come sing and be merry

Campfires burning, campfires burning
Draw nearer, draw nearer
In the glowing, in the glowing
Come sing and be merry

Thunderation

Thunder, thunder, thunderation
We are the Girl Guide Association
When we work with determination
We create a sensation

Bananas of the World

Bananas of the world unit!
Peel bananas, peel, peel, bananas
Peel bananas, peel, peel, bananas

Shake bananas, shake, shake, bananas
Shake bananas, shake, shake, bananas
Go bananas, go, go, bananas
Go bananas, go, go, bananas
Bananas of the world unit!
Peel to the left
Peel to the right
Peel down the middle
Take a big bit munch

Kookaburra

Kookaburra sits in the old gum tree,
Merry, merry king of the bush is he,
Laugh, kookaburra laugh,
Kookaburra, gay you life must be.

Kookaburra sits in the old gum tree,
Eating all the gum that he can see,
Stop, kookaburra stop,
Kookaburra, leave some gum for me.

Kookaburra sits on the electric wire,
Jumping up and down with his pants
on fire
Laugh, Kookaburra laugh,
Kookaburra burnt you bum must be

Boom Chickaboom

I said a –boom
I said a – boom chickaboom
I said a – boom chicka rocka chicka rocka
chickaboom
Ah – ha
Oh yeah
One more time
..... Style
e.g
Louder
Quieter
Squeaky
Lower
Faster
Slower
Under water
Boy Scout style

Candy Land

There is a place called candy land
Where candy floss grows
(Par par)
Mini marsh mellows hang from the trees
And lolly pops grow from the ground
What?
Lolly pops grow from the ground
Yes

Food - Eggs two different ways

Serves 1

- 1 large orange or potato
- 1 egg

EGG IN AN ORANGE

1. Cut off the top third of an orange and eat or discard.
2. Carefully scoop out the orange flesh, (and eat) until there is only the shell of the orange left.
3. Crack an egg into the shell and place amongst in the fire embers (face up!).
4. Then wait until you see your egg cooked the way you like it. Enjoy!

EGG IN A POTATO

1. Wash the potato and cut off about a third from the thinnest end (don't throw away the top).
2. Scoop out the potato, making sure not to pierce the outer skin.
3. Crack an egg into the scooped out potato and replace the top.
4. Cover potato in two layers of tin foil and place directly in the fire embers for about 30 minutes.

Food - Burgers with a Twist

Serves 4 – 6

FOR THE DOUGH

- 500g plain flour
- 60g of butter margarine
- A pinch of salt
- 50ml water.

FOR THE BURGER MIX

- 1 egg, beaten
- 500g minced beef or chicken
- ½ onion, grated
- 25g of breadcrumbs
- Salt and pepper

Instructions:

1. Mix the flour, margarine, water and salt to make a dough, and then stretch into a sausage shape.
2. Then take a piece and wind it in a spiral round the stick or skewer, leaving gaps for the burger mix.
3. Now, make the burger. Mix the egg, minced beef or chicken, grated onion and breadcrumbs together and season well with the salt and pepper.
4. Then make the meat into a sausage and wrap around the sticks, filling in the gaps in between the dough.
5. Either wrap the twist in foil and leave to cook in the fire embers or hold over the fire turning regularly for about 15 – 20 minutes.

Food - Honey Bears Delight

Makes 1 Pouch

Ingredients:

- 1 Apple
- 50g raisins
- 25g chopped nuts
- 3 marshmallows
- 1 teaspoon butter
- 1 tablespoon honey or syrup

Instructions:

1. Put the apples, raisins, chopped nuts, marshmallows and butter on a piece of tin foil 12cm².
2. Drizzle the honey or syrup on top and fold the foil into a pouch.
3. Cook for around 10 minutes in the fire embers and enjoy.
4. If you don't like any of the ingredients or want to try something different, then go ahead! Get creative with your cooking!

Food - Cosy Caves

(Pouch) Serves 3

Ingredients:

- 500g minced beef
- 1 egg
- Dash of salt and pepper
- 3 large onions, peeled

Instructions:

1. Put the beef, egg, salt and pepper into a sealable plastic bag and seal.
2. Squeeze the mixture until it is mixed, then set aside.
3. With a knife, cut the onions in half, and scoop out the insides, leaving a shell about ½ inch thick.
4. Fill three of the onion shells to form a mound (not a flat fill).
5. Place the other shell over the top and wrap in a pouch.
6. Cook in the campfire embers for about 15 minutes and then turn over and cook for 15 minutes more. Enjoy!

Food -“Take a Hike”Snack

Makes 1

Ingredients:

- One apple
- Ingredients for
- Filling

Filling suggestions:

- Peanut Butter and Raisins
- Cottage cheese, raisins and nuts
- Marshmallows
- Chocolate
- Honey
- Sweets
- Anything that you fancy

Instructions:

1. Take an apple and core it.
2. In the core put anything you want.

Food - Banana Boats

Makes 1

Ingredients:

- 1 banana, unpeeled
- Chocolate chips
- Mini marshmallows

Instructions:

1. Cut out two pieces of tin foil that are large enough to cover the whole banana and place the banana in the middle.
2. Slit the skin from top to bottom on one side, so that you can access the banana inside.
3. Cut the banana every cm or so, and stuff chocolate and mini marshmallows in the cracks.
4. Close the tin foil tightly around the banana and place in the campfire to cook for about ten minutes.
5. Remove from the fire after the ten minutes and open the tin foil carefully, the contents will be **HOT!**
6. Grab a spoon and dig in!

Food – Camp Doughnuts

Makes 8

Ingredients:

- 8 slices of bread
- Jam / chocolate spread
- 1 egg, beaten
- 6 tablespoons of milk
- 6 tablespoons of flour
- 5-6 tablespoons of vegetable oil
- Caster sugar for coating

Instructions:

1. Spread filling on three slices of bread and stack them on top of each other.
2. Use a plain one to put on the top. Then repeat this so you have two stacks.
3. Trim the crusts off and cut into quarters to make 8 squares.
4. Mix together in a large bowl the milk, flour and egg to make a batter. Cover each of the doughnuts in it.
5. Put a little of the oil in a frying pan and fry the doughnuts until they are crispy. Cover the doughnuts in the caster sugar while they are still warm. Serve immediately. Enjoy!

Food - Toffee Apples

Makes 4

Ingredients:

- 4 Eating apples
- 200g of caster sugar
- 1 tablespoon of cinnamon or nutmeg

Instructions:

1. Make sure apples are washed and dried.
2. Put the apple on a green stick or a wooden skewer.
3. Place apple over the fire and scorch but don't burn.
4. Take off the fire and peel off the rest of the skin.
5. Mix together the sugar and the cinnamon or nutmeg and coat apples until they are completely covered.
6. Hold over the fire until the sugar has melted and formed a glaze.
7. Then place on tin foil until cooled and set.

Food - Dampers

Ingredients:

- Flour
- Eggs
- Water
- Jam
- Chocolate spread
- Sticks

Instructions:

1. Make a dough by mixing the flour, eggs and water until a dough has been made
2. Take a small amount of dough and roll it until it makes a sausage shape
3. Twist the dough around the stick
4. Hold the stick over the fire and rotate the damper slowly until the dough becomes firm
5. Then put jam or chocolate spread over the damper and eat it!

Food – S'mores

Ingredients:

- Marshmallows
- Chocolate digestives
- Sticks

Instructions:

1. Put 1 or 2 marshmallows on a stick
2. Hold them over the campfire until they are warm or cooked
3. Place the marshmallows on the stick between two chocolate digestives
4. Using the two chocolate digestives to hold the marshmallows in place remove the stick
5. Enjoy!

Survival Skills - Wordsearch – Guides and Rangers

M C V Q P S H H C W T I D Q W Z N N S J H L S E H
W A W D F I E D O O N T F E F O O A F Y W L G J C
F I T K S W K H E M S V L N K O N W J Q S I E L R
M C R C N B K X T D O O F I J I R W O N P A B W O
F C P E H U T S U O F C D I T P Z N M R Q R H A T
A M B P K E D Z H D L S I A W H I S T L E T T T L
F I R E E C S U K T O C T G P I H R R S E O M E V
P R X R U H R R C R U I Q N Y U N E I F B U R R P
F O O R P R E T A W O N I T P U M T I A J O A B Z
V I A V S M H M H N S S A P M O C A X J K Q W O V
S F B L V M R R L N O F A H X P S W V K K X W T R
K N E G J A U G R N M A Z V A D O E Y V S M F T N
D Y B V W E W N W B N B W N I F C Z H X C L S L Q
M W V B U P K A L W Q F A A K O K F X N M Y M E Q
T S A Y H O X V G Y D T T S Q H S D E N O U W U W
O S V C H R O I I T Y S W H W C M A I E D S U O U
L Q A T R U N G T Q R J M E Y A N J P L K J Q K R
M R I Y T E E A O I T Y V L V J V D H X P B H E G
W F J D H W X T F H P W E T X Z F V C E N O E K W
S K T U F J T I O V C E R E N Y C T G J G G X A R
C L H I Y M T O N A V G U R E N W Y C D L M V Y D
A O A P J I R N T Z C Y N M S B R W H K O K B D L
V Y I A N R I Q P Z F W P D L E R A M G J M X V Z
T X N M J R F R W N Y V M P I E I T U E L K H T O
M X O M B Q J J T N W P W X V R H C C I A E L C U

CLOTHES
COMPASS
FIRE
FIRSTAID
FOOD
MAP
MATCHES
NAVIGATION
ROPE
SANITATION
SHELTER
SOCKS
TORCH
TRAIL
WARM
WARMTH
WATER
WATERBOTTLE
WATERPROOF
WHISTLE

Survival Skills Wordsearch – Guides and Rangers Solution

[illegible]

Survival Skills Wordsearch – Rainbows and Brownies

W L O N E T M F Q S D D F R S
L A G A O A I M C H U E V X E
G G R R E R F M P E R W O I H
P A C M S M T A G L W A R C C
J H J T C S O P R T D T P H T
R Z A B G L W D X E D E O D A
M I C Q E C O A Q R O R Y D M
D S E G T N O T T H O P P U H
W H I S T L E M H E F R L Z L
K A P X B D G C P E R O I C M
L U R G X H U A I A S O A R Q
E Q S X B W I F D I S F J F D
K C H E Q P S N C Z J S O K F
P G K C K R T J U W F H N U N
E S X J M J K S A L K F H R U

COMPASS
FIRSTAID
FOOD
MATCHES
SHELTER
TORCH
WARMCLOTHES
WATER
WATERPROOF
WHISTLE

Survival Skills Wordsearch – Rainbows and Brownies

Solution

[illegible]

Survival Skills - Signalling

Morse Code

A	.-	J	.-.-.-	S	...	1	.-.-.-.-
B	-....	K	-.-	T	-	2	..-.-.-
C	-....	L		U	..-	3	...-.-
D	-...	M	--	V	...-	4	-
E	.	N	-.	W	.-.-	5	
F	...-	O	---	X	-....	6	-.....
G	---.	P		Y	-.-.-	7	-....
H		Q	-.-.-	Z	-....	8	-.-.-.
I	..	R	...	0	-.-.-.-	9	-.-.-.-.

Survival Skills - Weather Watching

Weather

Rhymes for Rainbows and Brownies

Red sky at night, shepherd's delight. Red sky in the morning, shepherd's warning; If there is a red sky at night this often suggests that the weather the next day will be fine. However, if there is a red sky in the morning this means there is likely to be moisture in the air meaning bad weather.

Rain before seven, fine before eleven; Most showers do not last more than four hours unless there is a slow wind or weather front.

Cloud types;

Pictures of clouds can be found at <http://www.metoffice.gov.uk/learning/clouds/cloud-spotting-guide>

- Cirrus**; thin, white and wispy that are high in the sky. They indicate fine weather but can be an early sign of bad weather.
- Cirrocumulus**; patchy sheets of clouds that indicate good weather
- Cirrostratus**; thin sheets of clouds that cover the sky (sun + moon can be seen through it). They indicate weather worsening.
- Altostratus**; these are blobs of fluffy clouds that can be in layers or patches. These indicate the coming of rain or snow.
- Altostratus**; flat grey layer of cloud that covers the sky. Sun can be seen. Brings rain or snow.
- Stratocumulus**; Rounded rolls of clouds that in clumps with some gaps. They are often white. They can cause; dullness, light rain and snow. Also appear at the front or end of bad weather.
- Nimbostratus**; dark grey cloud in a thick layer that covers the sun. Brings moderate/ heavy rain or snow.
- Cumulus**; these are white fluffy clumps of cloud that are separated. Sometimes with grey shading. They can clump together. When scattered they indicated good weather but if accumulated can create rain showers.
- Cumulonimbus**; These are thunder clouds! They are large, dark and make columns. They bring thunder storms, rain or snow and are the tallest clouds.
- Stratus**; These are low, flat and grey clouds that can cover the tops of hills, tall buildings of can be fog. Can sometimes create light rain or snow.