



USAGSO - Kuwait Spring Campout April 17-19 Campout Information

SUMMARY: The campout is currently scheduled to be a **2 night** event from 4 PM Wednesday afternoon until 8:45 AM Thursday morning. **We MUST be gone from Marble Palace before 9:00 AM Friday.** The LTC will provide only campfire snacks. Camp Doha will provide water. **Your troops are responsible for all other food and beverages** as well as obtaining camping gear from Adrienne. We own almost no cooking gear at this time, so plan to bring your own or borrow. **Your troop should plan its own activities.** If you wish to work with another troop in some way, please contact the leader of that troop and work out the details. The only joint activities we are planning on at this time are: Campfire 7 PM Wednesday, Opening Ceremony 1 PM Thursday, swap session (optional) 4:30 PM Thursday, Campfire 7 PM Thursday, and Closing Ceremony 8:45 AM Friday. Some Cadettes and Seniors may be interested in helping girls with camping skills and/or crafts and/or singing from 1-3 PM on Thursday afternoon. If you would like their help for your troop, please contact Katie.

LOCATION: MARBLE PALACE AT CAMP DOHA

Marble Palace facilities include bathrooms with flush toilets, sinks, showers; 10 Barbecue grills; picnic tables; swimming pool; grass volleyball area; children's playground; grassy areas and beach.

COST: The LTC will pay for a campfire snack for each girl and provide that. Each troop must arrange for and collect any other fees for food and activities.

ATTENDANCE: This event is for all registered Girl Scouts with the Kuwait LTC. Girls should attend with their troops, not individually nor with families, and troops will attend based on how far they've come in terms of "progression" in outdoor activities. Troops may choose to attend for the entire 2 night campout or they may choose to attend for only a few hours during the activities on Thursday. Troops should plan to arrive together, as much as possible, with a leader as the first to arrive and last to leave. It is up to each troop to determine how they will handle requests from girls to arrive late or leave for a few hours to attend sports practices, music lessons, etc. Some troops choose to let the girls do these things while others tell the girls they must either choose the campout or the other activity.

The LTC does encourage you to try to group late arrivals around 9AM Thursday, noon Thursday, and 5 PM Thursday, so that it will not be too difficult for the security at Camp Doha.

You may wish to have some parent volunteers and other adults who would like to donate their time, as well as older brothers and sisters who come to help teach campcraft skills or other activities for your troop. We have no accommodations for "tag-alongs" – younger or "non-teaching" brothers and sisters. No men will be allowed to spend the night with the troop nor will any non-registered brothers and sisters. Your troop may wish to have a few moms or other adult females spend the night with the troop and its registered leaders. Questions about this policy from your parents can be directed to Katie Cox, 395-1391.

CIVIL IDs: Please note: We must provide copies of both front and back of the Kuwait Civil IDs of all people who will attend the campout, drive to the campout to drop someone off or even ride in a car with a parent to the campout. The copies must have both front and back of the ID on the same page and must have the name written in English as well as the nationality of the person written on the copy. The security at Marble Palace will allow nobody through the gate who does not have a Civil ID copy on record at their station. It is better to provide copies of

anyone who might be out there at any time even if they later decide not to come. I've been told that this policy will be strictly followed and that no leader, driver, Girl Scout or even an infant child riding in the car will be allowed past the security gate without their Civil IDs on record. American citizens may provide copies of their passports, rather than Civil IDs, if they wish.

Katie will be taking the initial batch of Civil IDs to Camp Doha sometime the week of March 9th-13th. If there is time and Camp Doha security will allow us to, we may be able to add a few more people early in April, immediately after spring break, but we are not sure of this right now. Nobody from the LTC will call you up and remind you to turn these in to Nancy, so please remember to turn them in yourselves.

CAMPING: Tent camping. Campsites & meals will be organized by troops. If you need to borrow any tents, please contact Adrienne to reserve and check out the tents. Call early, as the tents will be lent on a "first come, first serve" basis. If your troop wishes to borrow other camping equipment (ice chests, lanterns, etc.) please refer to the list of LTC owned equipment provided by Adrienne in the fall, or look in the Girl Scout closet. (The list is also on our website – <http://usagskuwait.tripod.com>) Call Adrienne as soon as possible to reserve equipment and arrange to pick it up. Again, if you don't call early, there may be no equipment left to borrow!

FIRES and COOKING: We recommend the use of charcoal or propane for cooking at this event. Girl Scouts directs that the use of liquid fuel (kerosene, white gas, etc.) is only for those girls and leaders who are experienced campers.

FOOD: The LTC will provide hot cocoa on Wednesday night and s'mores and hot cocoa for Thursday's campfire. The troops are responsible for arranging all the rest of the food. We suggest that Juniors bring a sack lunch with drink for Thursday, cook dinner as a troop Thursday night, and have a cold breakfast as a troop on Friday morning. We suggest that Cadettes/Seniors bring a sack dinner (or cook very simply) on Wednesday night, cook a simple breakfast Thursday, have a troop no-cook lunch on Thursday, cook dinner as a troop Thursday, and have a cold breakfast as a troop on Friday morning.

WATER: Camp Doha will keep cold bottles of water available in coolers located in a couple of areas outside, which the girls may drink as needed. However, let's not waste the water by leaving it sitting around or dumping it out. (Note: If the campout has to be moved to another location, such as Texaco, water WILL NOT be provided.) You may want to have the girls still bring their own water bottles with carrying straps and just use the Camp Doha bottles to refill their own.

AGENDA SUMMARY:

Wednesday, April 17th

4:00 PM – some troops may arrive with their leaders and set up. As usual, girls will be checked in by parent with leader (whether at the Marble Palace or some designated troop meeting place,) and then the Troop leaders will provide the first aider with all permission slips, health histories, etc.

Dinner and setup is by troop

Campfire - Theme: Song workshop - Each troop should bring brownies, cookies, etc. to share and the LTC will provide hot cocoa.

Thursday, April 18th

9:00 AM - Arrive and settle in, each troop is assigned a designated camping area. As usual, girls will be checked in by parent with leader (whether at the Marble Palace or some designated troop meeting place,) and then the Troop leaders will turn in permission slips and Personal Health Histories to First Aider at First Aid Station. (Don't know exactly where that will be, but somewhere near the back patio of the main building. Need a volunteer to "man" the station.)

12:00 PM - Lunch by troops

1:00 PM - Welcome and Opening Ceremony

1:00-4:30 PM – Each troop continues to do their own activities, as desired. Swimming pool with lifeguard available, possibly miniature golf as well. We will have some balls, jump ropes, frisbees, volleyballs, etc. available, as well as "gimp" (the plastic lacing for making lanyards, etc.)

4:30 PM – Swap session for those who have made swaps and wish to trade.

5:00 PM - Dinner and Troop time - Girls leaving early might want to leave at this time. Each troop cooks own dinner and cleans up. If your girls need experience in outdoor cooking, they will probably use the whole time fixing and cleaning up after dinner, with little or no time for recreation during this time.

7:00 PM - "Campfire" program - Songs, skits, etc. Each troop that wishes to should prepare a skit (or several small ones) to perform at the campfire. Books and ideas for this will be available at the campout and your girls may wish to do all of the planning there. Your troop might also wish to prepare a list of favorite songs you'd like to sing at the campfire and submit it to the troop running the campfire in advance. Hot cocoa and somemores provided by LTC. Any other snacks would be provided by troops.

8:30-9:00 PM - Get ready for bed

9:30 PM - Lights out

10:00 PM Silence!

Friday, April 19th

6:30 AM - Rise and Shine!

7:00 AM - Breakfast by troops

7:15 AM - Scout's Own - Some girls from your troop might want to sign up for this to fulfil a **requirement for a badge. Contact Katie to sign up for this.**

7:30 AM - Pack up and Camp Kapers - Each troop will be assigned a job for cleaning up - there will be "inspection." "Packing up" includes packing all tents, equipment, food into cars, not just packing up sleeping bags and duffels. No girls are able to leave early until they have helped their troop with kapers. Will have "early kapers" for any girls who must leave on Thursday as well. Troop leaders must fill out evaluation with their girls and turn in to Katie before having Kaper area inspected. (Troop leaders must have Kaper area inspected and approved before allowed to check out their troop.)

8:00 AM - Wide Game for all troops who are done with Kapers and packing up. (Capture the Flag, Predator & Prey, or something similar) This game will be omitted if we are running very late.

8:45 AM - Closing Ceremony followed by check out with First Aid Station by troops.

Girls must be signed out by parent (or other adult) with the troop leader and Troop leaders must pick up permission slips and medical forms from first aider before leaving.

9:00 AM - All girls and leaders must vacate Marble Palace area.

CAMPOUT ORGANIZATION

The most important rule is for our Girl Scouts to have fun, safely.

Supervision of Children – This campout is an event for troops to enjoy together. Leaders, please "buddy-up" with another leader or parent in your troop, and take turns with one of you staying close to your girls whenever the other has to tend to other things. No girls should be left unattended. The session teachers are not responsible for supervision of girls at this campout; the leaders are. Girls are not to wander about Marble Palace nor stray from the campground unattended. It is especially important to watch your girls near the pool. The girls should even buddy up to go swimming or to the toilets.

Family Participation – Parents and other interested adults are welcome to participate in this event by helping with the activities. Older siblings may also enjoy helping your or assisting the LTC with various activities. Let us know if any older siblings would like to help us out. (There may be Boy Scout badge potential here!)

Campsites – Campsites will be organized by troops. We realize that some families have 2 girls in different troops and may wish to camp together. We're flexible. Just ask if you'd like a particular tenting setup.

Food: Lunch – Your troop might want to consider having girls provide their own sack lunch from home. Remember that the LTC will not have extra ice chests along to store lunches or the leftovers. If you'd like to have one available, arrange for someone in your troop to bring an ice chest to share.

Snacks – Many of the Girl Scouts will get hungry between lunch and dinner. If girls or troops wish to bring snacks, please, no candy bars or soda pop! Granola bars, nuts, raisins, pretzels, trail mix and fruit (orange slices are particularly good) are all good snacks.

Dinner – Each troop will cook dinner as their own group. The girls of your troop should help the leaders plan, purchase and cook their own food.

Breakfast – We suggest a basic cold breakfast for your troop as we will not have much time to pack up and leave on Friday morning. Cold cereal, juice, fruit and milk are quick. Your troop will have to get up quite early if you decide to cook a more substantial breakfast.

Each girl should bring her own cup or water bottle and carry it with her during the campout. At daycamps and many other Girl Scout events girls carry their cups this way so they can easily get a drink. Cups can be easily attached to belt loops with shower curtain rings. You might have your troop buy a package to keep just for this purpose. Remember, if the campout ends up not being at Camp Doha, no water will be provided and your troop will have to bring its own.

Girl Scout Kapers and Camping Chores - We encourage the girls to participate in the setting up of campsites, cooking, cleanup, etc. Please help your girls to learn to handle these chores as well as the fun activities and games associated with camping.

Late Arrival and Early Departure - If you plan to attend events only during the day, arrive late, or depart early, let us know. We need to make special arrangements for you and it is important that the campout leaders know who is in camp, in case of emergency. Anyone leaving earlier than the scheduled departure time of 8:45 - 9:00 AM Friday **must check out with either the first aider or Katie Cox**. This also applies to unplanned departures such as due to sudden illness or bad weather.

Campout Questions???? Call Katie Cox 395-1391.

TROOP SUGGESTIONS

Cooking: We will be organizing cooking by troops. Each troop's families may wish to meet and plan who will bring equipment to share, such as propane stoves, ice chests, cooking equipment, etc. People who have no camping equipment might be able to contribute charcoal, a bundle of firewood, or cooking utensils and buckets. Each troop should plan a menu for Thursday dinner and possibly for a hot Friday breakfast (However, a cold breakfast is recommended.) You could divide up the food items to bring among families or all contribute money for someone to shop for everyone. Split up the work and the cost!

Troops are free to choose their own menus. If your troop has little experience camping you'll probably want to choose a fairly simple menu. Your Girl Scouts may have some good suggestions. Hot dogs, hamburgers, and "pigs in blankets" (hot dogs wrapped with Bisquick dough or Pillsbury crescent rolls and cooked over the fire on sticks), for example, are pretty easy for dinner.

If your troop is more experienced you may wish to try more exotic fare! Some troops have cooked such things as "Silver Turtles" (ground beef, potato slices, and carrots double wrapped in foil and cooked in the hot coals – this meal needs no plates and has no pots to wash, by the way....), apple crisp in a Dutch oven, Mexican taco/burro/salad smorgasbord, ribs, "spitted" chickens, and various kabobs (steak, onions, tomatoes, peppers, bacon, ham, pineapple and teriyaki style chicken are some of the ingredients that have been speared on sticks and seared over the coals) for dinner. For breakfast some troops may decide to cook scrambled eggs (pans are messy, though – might want to take those home to wash!), pancakes, fried bananas, or eggs on a stick. Talk to other parents and Troop Leaders for ideas and recipes.

Food Storage: All troop food should be kept in closed ice chests, closed plastic bins or in vehicles between meals. It is especially important that **no food be taken into the tents and that all food be well stored during the night.**

Stoves and Fires: There are enough cooking grills at the Marble Palace for everyone to be able to cook simple dinners on the grills. In fact, there will probably be 2 small grills for each troop. **You may wish to also bring your own camp stoves (remember, propane fuelled is recommended) or "Weber" type kettle BBQs** to cook larger or more complicated dinners and heat dishwashing water. If you are going to cook over a wood fire (for a dutch oven dish, for example) be sure to bring all of your own wood. There will be no wood available at Marble Palace.

Note: Charcoal lighter fluid is not recommended at Girl Scout activities. To start a fire in your BBQ easier you may wish to buy charcoal which has been pretreated to start easily or make "fire starters" at home or a troop meeting. One type of fire starter can be made by placing charcoal briquettes in an egg carton and pouring hot paraffin over the briquettes. When ready to start the fire, one or more sections of egg carton can be cut off and used. Some people also like "fire starters" made from rolled up newspaper tied in a knot and dipped in hot paraffin (also done at home and brought along). Other Girl Scouts swear by dryer lint (start saving it up in a Ziplock on top of your dryer!) combined with small twigs. These other ways of starting a fire are safer than using liquid fuels and are the methods endorsed by USA Girl Scouts.

TROOP SUGGESTIONS (continued)

Washing Dishes: Marble Palace is not designed for heavy camping use. Therefore, the traditional camping method of washing dishes in buckets and throwing the water in the desert (or on the beach) is not appropriate at this facility. Burying food debris, throwing out wash water, etc. attracts animals and insects and detracts from the nice landscaping at this well-used site. Food waste and wash water should not be dumped in the toilets as the debris could clog the them.

A better way to handle food debris in this camp is to do the following:

Scrape easily removed food into your troop's trash bag.

Squirt some liquid dishwashing detergent directly onto dish or pot.

Scrub with scratch pad or sponge. (Don't use water at this point.)

Wipe out the pot or dish with paper towels, getting out all of the food debris and most of the soap.

Then, wash the dishes using the traditional "three bucket method", **disposing of the DEBRIS-FREE water in the bathroom sinks**. It is important to be sure that the water has no food or other debris in it as these items can plug up the drains and pipes. Strain the water, if necessary before pouring down the drain.

"Three Bucket Method" – Washing dishes for lots of people on a campout is best done with three buckets (any large tub or really big pot will do as well). One must be METAL to boil lots of water; the other two can be plastic or metal. While fixing dinner, boil a batch of hot water and pour it and some cold water in to the plastic buckets (to make warm water), and start boiling a second batch of hot water while you eat dinner. Then use the buckets as follows:

First bucket (plastic)

Rinse food off dishes

Second bucket (plastic)

Warm soapy water for washing dishes

Third bucket (METAL)

Hot rinse with a teaspoon of bleach.

We do encourage the use of washable dishes rather than paper plates, however, on this campout, we will understand if you choose to avoid the hassle of the elaborate dishwashing routine described and cook foil dinners or use paper plates and plastic tableware and throw them away! You also may decide to place your cooking pans in plastic bags and take them home to wash.

PERSONAL EQUIPMENT SUGGESTIONS

If you don't have the actual piece of equipment you need, don't run out and buy it! You can borrow from friends or make do with items you have around the house. Tents can be borrowed. If you do decide to buy some camping gear, some of the stores in our area that carry camping equipment are listed in the section on tents.

Tents

These can be borrowed from the Adrienne. If you would like to borrow one, please contact Adrienne as soon as possible. She will arrange for these on a "first to ask" basis. We may run out, so ask quickly if you want one. Inexpensive tents are usually fine for winter and spring weather in our area and some are available nearby at Ace Hardware, True Value Hardware and at several other stores.

Sleeping Pad

To keep you warmer at night you should have something under your sleeping bag to keep the ground's cold and moisture away from you. Some ideas for protection if you don't have an insulated pad made for this purpose: Lightweight plastic air mattress, old shower curtain or piece of heavy plastic under a folded blanket or quilt or a foam rubber pad.

Sleeping Bag

Girl Scouts in Kuwait don't need fancy mummy bags, which are warm down to 0°! Any inexpensive sleeping bag will probably work well and if you are worried that it won't be warm enough, throw in an extra blanket. If you don't have a sleeping bag make a bedroll. You need 2 or 3 blankets and a sheet. Lay the blankets flat on the floor with the sheet on top. Fold in half lengthwise and then roll up tight and tie with a piece of rope. You can roll up your sleeping pad, pillow, or clothes with the bedroll if you want.

Mess Kit

Any fork, knife and spoon are fine, but it's best to use old stuff that isn't Mom's favorite. Plastic tableware is OK if it's sturdy enough to last through washing all weekend.

Bring a plate, bowl and cup that are unbreakable and easy to clean. Plastic is usually the best, or metal. Some suggestions: Plate: a plastic dinner plate or a sturdy foil pie pan. Bowl: a plastic margarine tub or Tupperware container. For a cup, something with a handle is definitely best, like a plastic mug, the top to a thermos or a plastic measuring cup.

Pack or Duffel Bag

You will need a bag or sack into which you can stuff your clothes, mess kit and toiletries. Any large book pack or daypack will do (or a smaller one if you can put your clothes in you bedroll), or an old laundry bag. Or you can make a bag out of some sturdy cloth (from old denim jeans, for example).

Canteen or Water Bottle

The container you use for drinking water should be unbreakable and free of leaks. You could use bottled water or there are many food products and soaps that come in good containers for this purpose. Just wash them well and turn them upside down when full of water to check for leaks. Containers with pop off or easily dislodged lids are not a good idea (milk bottles, dish soap bottles with pull up "squirt" lids, liquid detergent bottles for automatic dishwashers, etc.) and containers which held chemicals should not be used either. Some good choices: plastic 1 liter soda pop bottles with plastic lids, 1 quart plastic juice bottles with screw on lids and refill type bottles for liquid dish soap.

Lost Kids – Hug a Tree

As we've mentioned before, all children should be under the constant supervision of their leaders. However, please teach your children to "Hug a Tree" should they become separated from you. In other words, a girl who discovers she is not with you should stay right where she is and not attempt to find her way back to you. Young children should be taught to "sit down and put your arms around the tree" and "sing to the tree or tell it a story". It's important for lost children to stay put and talking/singing to the tree can alleviate her anxiety.

Tip: Mark family equipment with a permanent marker to avoid mix-ups.