

GIRL READINESS

Before you participate in any activity it is important to make sure the girls are prepared for what they are about to do. Are they ready emotionally, physically, do they have the necessary skills, and the desire to participate? The fact that other leaders are doing something with their troop should not be the reason your troop is about to do an activity.

Not all girls will be ready for the same activity at the same time. On an overnight activity try to go with what the majority of the girls seem to be ready for. The first overnight activity should be close to home, in familiar surroundings, and with adults that the girls know and trust.

Some Readiness Indicators (you may want to add others)

EMOTIONAL READINESS

Is not afraid to be away from home or family overnight.

Parents are also ready to let her go.

She wants to go.

She can eat, sleep, play, and work with all of the girls.

She can cope with unknown things:

Strange noises

Darkness

Spiders, bugs

Can manage with little privacy.

She doesn't always have to have her own way.

PHYSICAL READINESS

Has stamina, does not tire quickly.

Strong enough to manage her own gear.

Strength and coordination necessary to participate in activities and kapers.

IMPORTANT NOTE

No girl should be asked to exceed her own abilities for any Girl Scout activity. Most activities can be modified or adapted so that any girl can participate. Our goal is for each girl to use all of her abilities up to her full potential. Do not create unnecessary barriers to exclude any girl from an activity.

SKILLS AND KNOWLEDGE

Can be involved in planning.

Can read and follow a kaper chart.

Can use the implements necessary for her kapers.

Can operate and handle her own gear.

THE NECESSARY EXPERIENCE

She has participated in the troop planning, and skill building activities.

Has been on a series of day trips.

Follows instructions.

Participated in meetings to practice for this trip.

READINESS INDICATORS FOR PROGRESSION IN OUTDOOR ACTIVITIES

Girl Scout activities and trips are progressive. This piece has been included to provide information to help you decide what type of activities your troop is ready to do. While its purpose is to plan outdoor activities, it also offers insight into expected group behavior for any trip.

Note: Physical and mental disabilities need not prevent girls from participating in most outdoor activities/skills.

To **MOVE OUT** of the meeting place for hikes, field trips

- Can cope with new places without security of parent
- Follows instructions and willing to try new ideas
- Able to accept and carry out small simple tasks
- Able to work with buddy or members of group
- Has used kaper charts & has needed skills appropriate for activity
- Shows proper behavior:
 - knows ground rules
 - can report injuries

To **COOK OUT** over an open fire during a day outing.

- Wants to go
- Is not afraid to be in the out of doors without security of parents.
- Able and willing to work with buddy or small group -- can function as member of group
- Maturity and willingness to learn new skills and try new foods.
- Able to follow directions and carry out simple tasks.
- Doesn't always have to have own way.

Physical readiness

- Has stamina -- does not tire quickly
- Can control body functions.

Has necessary skills/knowledge

- Can help in simple planning.
- Can follow kaper chart
- Can dress for outdoor activities

Has experience/proven ability

- Has satisfactorily followed directions
- Has been on a series of day outings.

To **SLEEP OUT** in a cabin with indoor & outdoor cooking facilities

Emotional readiness

- Is not afraid to be away from home/parents overnight (and parents are prepared to let daughter go!)
- Wants to go.
- Is willing to sleep, eat, play with all girls, not just with best friends.
- Can cope with unknowns:
 - strange places (including bathrooms)
 - woods, and night noises
 - spiders, bugs, worms
- Can cope with latrine
- Can manage with little or no privacy.
- Doesn't always have to have own way; can give in graciously
- Can function as a member of a group.

Physical readiness

- Has stamina; does not tire quickly.
- Strong enough to carry own suitcase, bedroll, bucket of water, pot of food, arm-load of wood, etc.

Has necessary skills/knowledge

- Can plan a simple trip.
- Can read and follow a recipe or a kaper chart.
- Can use kitchen implements: hand operated can opener, grater, peeler, paring knife.
- Can wash dishes, clean up kitchen/cooking area, and store food properly.
- Can collect wood, build a fire.
- Can clean a latrine.

Experience

- Has followed orders/instructions previously -- satisfactorily.
- Has been on a series of day trips or cookouts.
- Has practiced outdoor skills.

To **CAMP OUT** one night or more in a tent

Emotional readiness

- Can be in close proximity with others and away from family for an extended period of time.
- Is able to endure some discomfort.
- Does not rely on having a snug home -- can cope with lightning/thunder, rain, wind, cold, heat, "bugs", night noises.
- Is willing to sleep without adult in close proximity.
- Is willing to try new foods.

Physical readiness

- Can carry troop and personal gear a distance.
- Has strength and coordination for planned activities: put up tents, use hammer or mallet, saw wood, withstand bad weather.

Skills/knowledge

- Handles sharp tools with care.
- Can pack and care for personal gear.
- Knows about, and can pack an appropriate sleeping system.
- Can fill, light and clean a kerosene lantern.

Experience

- Has practiced skills learned from several cookouts and cabin camping.
- Has demonstrated ability to pack and carry a knapsack/duffel bag; roll, tie a sleeping bag or bedroll

To **BACK COUNTRY CAMP** (camp) in a primitive location (no shelter on site).

Primitive camping is for the experienced girl and leader

Emotional readiness

- She wants to go.
- Can live without most comforts of an established campsite.
- Is willing to try new foods.
- Can cope with weather changes, animals and "unknowns".
- Accepts group responsibility and is flexible.
- Can manage with little privacy.

Physical readiness

- Can carry personal and group gear a longer distance.

Skills/knowledge

- Can pack and care for personal equipment showing knowledge of sleeping systems for various weather conditions.
- Demonstrates cooking skills and use of various fire/stoves.
- Can pitch/strike and care for a tent.

Experience

- Has practiced skills learned from campouts.
- Has worked with a buddy and demonstrates shared responsibility.
- Can function as a member of a group.