The outdoor living skills patch program is a five level program that concentrates on outdoor camping skills and activities. Participants begin with level 1 and continue at their own pace to complete any or all levels.

**Purpose:** To provide a progressive program to help girls learn and become skilled in outdoor skills as they progress through the program levels of Girl Scouting. The program is intended to supplement the already existing Girl Scout program. It is not meant to replace working on Try-its, Badges or Interest Projects.

**For Whom:** Brownie, Junior, Cadette, Senior and Ambassador Girl Scouts. Girls should progress through the program according to their needs and abilities. A general guideline is:

- **Level 1 and 2:** Brownie Girl Scouts
- **Level 2 and 3:** Junior Girl Scouts
- **Level 3 and 4:** Cadette Girl Scouts
- **Level 4 and 5:** Senior & Ambassador Girl Scouts

**However, keep in mind that the preceding level must be completed before work on the next level can begin.**

**LEVEL 1: BEGINNER**

**Complete all requirements.**

1. Learn and practice good outdoor manners in the city and in the country. Practice the buddy system on a short hike.
2. Learn how to dress for the expected weather and what to bring along for the unexpected. (please see www.lnt.org and learn about the Plan Ahead and Prepare principle. This principle is located under Programs > Principles)
3. Learn the overhand knot and the square knot. Explain and demonstrate the use of these two knots. A helpful website for learning knots is: www.iwillknot.com
4. Demonstrate how to open, close, and pass a paper or plastic folding knife. Explain what is meant by the safety zone.
5. Learn simple first aid for cuts, insect bites, and skinned knees. Make an individual mini first aid kit and learn how to use the items in it.
6. Learn what safety precautions to take before starting a fire. Learn how to choose a safe spot to build a fire and learn when a fire is necessary. Should you always
have a fire? Explain why or why not. (please see www.lnt.org and learn about minimizing campfire impacts. This principle is located under Programs>Principles)
7. Prepare a non-cooked meal or snack for your group. Learn how to minimize trash by re-packing the food before you go.
8. Learn and use 4 simple trail signs.
9. Have an understanding of the outdoor dishwashing procedure. (To wash your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.)
10. Do an outdoor program opening such as a poem or a song.
11. Learn what a Kaper chart is and use one during an outdoor activity.

**LEVEL 2: INTERMEDIATE**

**Complete all requirements.**

1. Learn the rules for hiking safely on city streets or country roads. Learn precautions to take to keep from getting lost on a hike. Learn what to do if you become lost or separated from your group.
2. Learn what “dressing in layers means”. Explain why this method of dressing is best for any outdoor activity. (please see www.lnt.org and learn about the Plan Ahead and Prepare principle. This principle is located under Programs > Principles)
3. Review the overhand and square knot and their uses. Learn the clove hitch and demonstrate its use. A helpful website is: www.iwillknot.com
4. Learn how to hank a rope for storage and carrying.
5. Using a clove hitch, make a Gods Eye (Ojo Dio) with yarn or string.
6. Demonstrate how to clean and sharpen a knife and learn why it is safer to use a sharp knife.
7. Learn first aid for burns and blisters and discuss ways to prevent these accidents.
8. Learn how to choose a campsite. (Remember, a good campsite is found not made. Please see www.lnt.org. Travel and Camp on Durable Surfaces. This principle is located in Programs> Principles)
9. Learn how to build a tepee fire, light it and put it out. Learn what is meant by a graduated woodpile.
10. Cook something using stick cookery.
11. Set up a trail using a minimum of 7 trail signs. Learn trail etiquette when following trail signs.
12. Learn how to roll and tie a sleeping bag.
13. Examine habitats of various animals. Find out ways to protect the natural environment and do an outdoor activity that improves the environment.
14. Participate in an outdoor flag ceremony.
**LEVEL 3: Advanced**

Complete all requirements.

1. Learn how to pack a day pack for a hike. List what equipment each person needs on a day hike and what items are needed by the whole group. What are the 10 essentials? Take a 2-5 mile hike.
2. Review the square knot and clove hitch; learn the bowline and tautline or sheet bend knots. Explain and demonstrate the uses for all of the above knots. A helpful website is: [www.iwillknot.com](http://www.iwillknot.com)
3. Learn how to whip a rope on the ends.
4. Learn square lashing and make something using square lashing.
5. Working a safe distance from others, carve or whittle something; i.e., plaster or soap sculpture, fuzz stick, point stick for cooking etc.
6. Practice tying a triangle bandage for an arm sling and for a scalp/forehead injury. Learn first aid to stop bleeding.
7. Learn the laws regulating open fires in your area and what permits are needed. (Please see [www.lnt.org](http://www.lnt.org) and learn about the Minimizing Campfires principle. This principle is located under Programs > Principles)
8. Learn how to build a mound fire. (Please see [www.lnt.org](http://www.lnt.org) and learn about minimizing campfire impacts. This principle is located under Programs>Principles)
9. Demonstrate how to cook a 1 pot meal and a foil wrapped meal.
10. Learn how to read and use a compass. Learn how to site and take a reading on a landmark, follow a direction, and know what is meant by boxing a compass.
11. Learn how to put up two different types of tents and demonstrate how to set up an organized camp area. (Please see [www.lnt.org](http://www.lnt.org), Travel and Camp on Durable Surfaces. This principle is located in Programs>Principles)
12. Participate in a predator-prey activity to understand the survival of animals in the wilderness and why they do or don’t survive. (Please see [www.lnt.org](http://www.lnt.org) Respect Wildlife principle located under Programs>Principles)
13. Plan or participate in a candle lantern program with your group.

**LEVEL 4: Apprentice**

Complete all requirements.

1. List personal equipment and group equipment needed for a two-night campout. Plan and carry out a 5-10 mile hike. (Please see [www.lnt.org](http://www.lnt.org) and learn about the Plan Ahead and Prepare principle. This principle is located under Programs > Principles)
2. Using 3 blankets and a ground cloth, make a bedroll and tie it securely.
3. Demonstrate how to tie and put to use eight different knots including square, clove, bowline, and tautline. A helpful website is: [www.iwillknot.com](http://www.iwillknot.com)
4. Make something using 3 types of lashing (square, sheer, triangular, continuous, cross).
5. Learn how to hold, carry and pass a hand axe safely. Learn how to sharpen a hand axe.
6. Learn the first aid procedures for fainting, severe sunburn and hypothermia. Discuss ways to prevent these conditions.
7. Learn how to build a mound fire and when it is appropriate to have a fire. Please see [www.lnt.org](http://www.lnt.org) and learn about minimizing campfire impacts. This principle is located under Programs>Principles.
8. Use at least 3 of the following cooking methods: reflector oven, Dutch oven, bean hole, planking, paper bag cooking, orange shell on coals, coffee can cooking, solar cooking, or box oven.
9. Learn the difference between a step and a pace. Determine the length of your pace (distance you cover while walking).
10. Learn how to set up and follow a compass course. Demonstrate how to orient a compass to a map. Draw a sketch map using landmarks.
11. Demonstrate how to rig a simple shelter.
12. Plan and participate in an outdoor service project.
13. Plan and participate in a “Scouts Own” program.

**LEVEL 5: MASTER**

**Complete all requirements.**

1. Teach a group how to dress for a hike, how to pack a day pack, and nutritional snacks to take on a hike. (please see [www.lnt.org](http://www.lnt.org) and learn about the Plan Ahead and Prepare principle. This principle is located under Programs > Principles)
2. Build a knot board with a minimum of 15 knots for display and use in teaching. Label each knot. A helpful website is: [www.iwillknot.com](http://www.iwillknot.com)
3. Build a lashing display showing examples of 4 types of lashing.
4. Learn how to teach cooking by all of the following methods; Dutch oven, bean hole, orange shell on coal, coffee can cooking, solar cooking and box oven.
5. Assemble a first aid kit for at least 15 people going on a two-night campout.
6. Build a trail sign board with a minimum of 15 trail signs. Label each sign.
7. Set up a nature course incorporating trail signs and compass to move people through the course.
8. Know the appropriate Safety Wise/Safety Checkpoints guidelines relating to supervision and camping activities.
9. Take a first aid class. Try to take a CPR class if available.
10. Take a Leave No Trace Workshop or Facilitator course.
11. Conduct a Leave No Trace Workshop or participate in a council event using your newly acquired skills.

Journeys this program relates to are:

It’s your world-Change it!
It’s your planet-Save it!