

## Outdoor 1 Patrol Kit

### Recipes:

#### ***No-cook Method:***

##### **Friendship Fruit Salad**

Fruit (about 1 piece per person)

1 small can crushed pineapple in juice

Powdered "red" **Jell-O** (best when you use about ½ of small box per patrol)

Using a paring knife and cutting board, cut fruit into bite-sized pieces and place in a large Zip-Loc bag. Add pineapple with juice and powdered Jell-O. Lightly toss and set aside. In warm weather, return it to a cooler.

#### ***One-pot Method:***

##### **Stir-fry (with or without chicken)**

1/3 stick margarine or ¼ cup veg. oil

6 - 12 oz. canned chicken meat

1 bag pre-cut broccoli, carrots, & other veggies (about 4 cups total)

1 - 2 zucchini or yellow squash

1 small onion or 2 - 3 green onions

1 can mushrooms or fresh mushrooms

1 bell pepper (any color)

1 bag Success rice

Rinse all vegetables. Cut unprepared vegetables. Light propane stove and place a 1 quart pot filled ¾ full of water on a burner and bring to a boil.

Meanwhile, put margarine or oil in a larger pot or fry pan and heat until butter begins to melt or oil warms. Dump all fresh vegetables into saucepan and stir and turn until mostly tender. Add canned vegetables. Retain portion(s) cooked stir-fry in foil or small mess kit dish if needed to serve girls with special needs. Add chicken to remaining mixture and heat through. Cover.

When the pan of water nears a boil, add 1 pouch of Success rice to the pot (in the bag). Cook according to box directions. Serve rice with stir-fry.

#### ***Charcoal Foil Cooking:***

##### **Cheesy Bread**

Foil

1 pack hot dog or hamburger buns, split

Margarine

Cheese, grated

Open buns and place on foil squares. Top with pats of margarine and cheese. Wrap in a "butcher's wrap" and place on coals. Do NOT flip the bread, but move it occasionally to prevent cold spots and burning. On "gray" coals it will only take about 5 minutes to toast and melt cheese. If grill area permits, place the bread on a rack about 1 inch above hot coals.

### Equipment List:

**Participants --** Please indicate if items are missing or need to be replenished. Place this form on top of the propane stove, inside the equipment box. Do NOT pack propane canisters in the tubs. In cool weather, heat water on the propane stove for cocoa, tea, or instant coffee.

Patrols may share:

☐ **Trash bags\***

☐ **Charcoal\* (5-6 lbs. per patrol)**

☐ Fire pits or grill-on-a-stick

☐ Water supply (plumbed or in jugs)

☐ Propane Stove (if necessary)

☐ **Propane Canisters\***

Equipment:

☐ 1 large Zip-Loc for fruit salad\*

☐ 2-3 paring knives

☐ Can opener

☐ Apple Corer/slicer or paring knife

☐ Cutting board/surface protector

☐ Propane stove with **propane cylinder\***

☐ **Kitchen Matches\***

☐ **Fire starters\***

☐ Medium or Large Cooking pot

☐ Pot for heating water for beverages and dishes

☐ Large spoon, ladle

☐ Serving spoon for fruit

☐ **Heavy Duty Foil\***

☐ **Aluminum roaster pan for coals\***

☐ Tongs for fire circle

☐ Chimney (made at course – do not store))

☐ Sprinkle Can (made at course – do not store)

☐ Fire Bucket or other water container

☐ Potholders or mitts

☐ Tablecloth

☐ **Dish soap\***, dishpans, **Clorox wipes\***

☐ **Sponge\***

☐ 2-3 nails

☐ Clothesline

☐ Ropes

☐ Pocket Knives

☐ **Paper Towels\***

☐ Hammer

\*Items in bold plus all food items may need to be purchased before the course – check the kit before going shopping.

Patrol Participants – comments about the kit, notes about items needing repair or replacement, etc.

#### **FOR DISHWASH STATION:** (updated 8/2010)

→ Tub 1 - 2 qts. **Warm water** and **small amount** of biodegradable **dish soap (Joy or Dawn are best)**

→ Tub 2 – 2 qts. **Warm, clear water (change '10)**

→ Tub 3 – **Either** 2qts. Scalding Water and dishes are immersed using tongs **OR 2 Clorox wipes OR 1 cap liquid bleach** (CDC recommends 1 teaspoon / 1 gallon, no more than 1 tablespoon of bleach to 1 gallon of water) **to 2 qts. cool or warm water for disinfection. (Change 2010)** Hang dishes in net bags to drip dry.

## FOR DISHWASH STATION:

(updated 2010 Safety Activity Checkpoints)

### Dishwashing Tips

#### Wash dishes in a prescribed area according to this procedure:

- \*Remove food particles from utensils and dishes.
  - \*Wash dishes in warm, soapy water.
  - \*Rinse dishes in hot, clear water.
  - \*Sanitize dishes by dipping in clear, boiling water or immersing for at least two minutes in a sanitizing solution approved by the local health department. Use long-handled utensil, tongs, or tool to remove sanitized dishes.
  - \*Air dry and store dishes in a clean, covered area.
  - \*Dispose of dishwashing and rinse water according to the campsite regulations.
- In backcountry areas, scatter wastewater on the ground at least 200 feet beyond any water source or trail.

---

>Tub 1 – 2 qts. **Warm water** and small amount of biodegradable **dish soap** (**Joy or Dawn are best**)

>Tub 2 – 2 qts. **Hot, clear water**

>Tub 3 – **Either** 2qts. Scalding Water and dishes are immersed using tongs **OR 2 Clorox wipes or 1 cap liquid bleach** (CDC recommends 1 teaspoon / 1 gallon, no more than 1 tablespoon of bleach to 1 gallon of water) **to 2 qts. cool or warm water for disinfection.**

Hang dishes in net bags to drip dry.

---

### DISPOSING OF DISHWATER

Prepare a filtration bag, aka “Ecology bag”, (a plastic bag or other strainer) to collect the garbage, however small, still in the dishwater while the tubs are being emptied.

- ◆ Use bag appropriate to size of the dishpan
- ◆ Punch several small holes (fork works well) in a bag; with a small amount of leaves / pine needles in it
- ◆ Drain filtered dishwater many feet away from your unit, water source and sleeping areas
- ◆ Ecology bag may be used for more than one meal
- ◆ Put drained ecology bag in the trash when departing camp

### TO CLEAN DISHWASH TUBS:

1. Empty tub #1 (wash) *into* Ecology bag
2. Empty tub #2 (rinse) *into* tub #1; tub #1 *into* Ecology bag
3. Empty tub #3 (sanitize) *into* tub #2; tub #2 *into* tub #1; tub #1 *into* Ecology bag
4. Allow bins to dry before stacking

## Simple Graces

*Saying or singing Grace provides an opportunity to invite troop members to contribute songs and prayers from their own spiritual traditions.*

### Porridge Grace *(spoken)*

Dear Lord  
Keep us from being like porridge  
Slow to boil and hard to stir  
Make us like corn flakes  
Always prepared and ready to serve

~~~~~

### WE KNOW, WE KNOW

Tune: Hi Ho, Hi Ho

We know, we know,  
From whom all blessing flow  
We thank him then  
We say Amen  
We know, we know!  
(We know, We know, We know-- repeat 3x  
or until everybody sings!)

~~~~~

### Alphabet Grace

Tune: Alphabet song  
short version: sing first two lines

A-B-C-D-E-F-G  
Thank you, God, for feeding me.  
Drink and bread and meat I see,  
With the land and grass and tree,  
A-B-C-D-E-F-G  
Thank you, God, for feeding me.

~~~~~

### God Our Father Grace

Tune: Frere Jacques

God our father, God our father  
Once again, once again,  
Thank you for our blessings,  
Thank you for our blessings.  
Amen, amen.

### LOVELY TREAT

Tune: This old man

Bread and jam, Bread and jam,  
I am grateful, yes I am  
I thank God for the food I eat.  
Thank Him for this lovely treat.

~~~~~

### “INDIAN/NATIVE” THANKS *(spoken)*

The eagle give thanks for the mountains.  
*(arms like wings, then become mountain peaks)*  
The fish give thanks for the sea.  
*(hands together like swimming fish, then wave motion)*  
We give thanks for our blessings,  
*(arms raised in front like receiving something being passed down from a height)*  
And for what we're about to receive.  
*(arms lowering, hands like they are holding something)*

~~~~~

### GIRL SCOUT MAMBO

A little bit of breakfast on my plate,  
A little bit of dinner, don't be late,  
A little bit of gorp while we're on our  
hike,  
A little bit of s'mores by firelight,  
A little bit of dough boys on my stick,  
A little bit of pudding, not too thick,  
A little bit of ice cream in the can,  
We thank you, Lord, and say Amen.

~~~~~

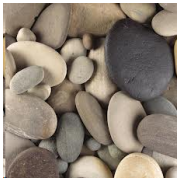



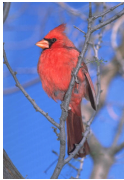


### God Is Great Grace

Tune: London Bridge

God is great and God is good  
God is good, God is good.  
Let us thank him for this food.  
Alleluia!

# Ecology Bingo!

With a buddy, Explore the area around you and see how many items you can find. Don't pick or remove the item – Just explore with your eyes, ears, and nose.

<p><b>something rough</b></p>	<p><b>Evidence that a bird was here</b></p>	 <p><b>smooth rock</b></p>	<p><b>Signs of erosion</b></p>	<p><b>Something that does not belong where you found it</b></p>
 <p><b>A good place to look for worms</b></p>	<p><b>A marshy habitat</b></p>	<p><b>Animal paw prints</b></p>	<p><b>Something colorful</b></p>	<p><b>Something that smells good</b></p>
 <p><b>Listen for a frog</b></p>	<p><b>Pine needles (brown)</b></p>	<p><b>F R E E S P A C E</b></p>	<p><b>Something that fell from a tree</b></p>	 <p><b>Moss</b></p>
<p><b>Mushrooms</b></p>	<p><b>A male bird</b></p> 	<p><b>A female bird</b></p>	<p><b>Somewhere for a small animal to hide</b></p>	<p><b>Tree roots above the ground</b></p>
 <p><b>A bird's nest</b></p>	<p><b>Sand or sandy soil</b></p>	<p><b>An ingredient for composting</b></p>	 <p><b>An oak leaf</b></p>	<p><b>A deciduous tree (loses leaves in winter)</b></p>