



Girl Scout Council of the Nation's Capital  
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**B224**

**224 CAMP RE-QUALIFICATION or TRANSFER QUALIFICATION**

Outdoor camping skills must be re-qualified every three years. If you have a current qualification gained with another youth group or council, but have not taken outdoor training in this council, you can the transfer qualification.

Complete this skill evaluation and send to:

E-mail: [onlinetraining@gscnc.org](mailto:onlinetraining@gscnc.org)

Fax: 202-274-2161

Mail: Adult Volunteer Development Department. Attn: Administrative Assistant, 4301 Connecticut Ave, N.W Washington D.C. 20008

<b>Troop Number</b>	<b>Assoc</b>	<b>SU</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>First Name</b>	<b>Last Name</b>	<b>Email Address</b>
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<b>Address</b>		<b>Apt. / POB</b>
<input type="text"/>		<input type="text"/>
<b>City</b>	<b>State</b>	<b>ZIP</b>
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<b>Training History</b>	100 A/B	101	200	Previous 224	250 260
Training Dates					
<b>Camping History</b>	Lodge	Glen Shelters	Tents	Encampment	Primitive
List dates in order					
starting with the most					
recent and going					
back three years.					

**Skills Evaluation**

Please answer the following questions to assess your retention of the 200 Cookout/Campout course objectives. You will need *Volunteer Essentials*, *Safety Activity Checkpoints* and the course handout for 200. You may request the 200 handout by e-mailing the ADVAA at [onlinetraining@gscnc.org](mailto:onlinetraining@gscnc.org) or calling 202-534-3776.

**Health and Safety**

1) Under what conditions do you need a **Camping Reservation Eligibility Form (B220)** on file at the council office?

- To reserve a campsite on GSCNC property
- To reserve a campsite in another state
- To leave your meeting site
- To leave the country

2) Where should portable handwash units or washstand be accessible? **Check all that apply.**

- Near program areas  At first aid location  
 Near food preparation area  Near latrines

3) Men may accompany the troop when camping as long as they \_\_\_\_\_. **Check one.**

- Have a daughter in the troop and their own tent.  
 Have a spouse attending and a daughter in the troop.  
 Have separate sleeping quarters and a separate bathroom.  
 Are needed to make the nighttime girl/adult ratio.

4) The leader-in-charge may also be the first aider and the camp qualified adult for a camping trip as long as there are enough parents along to meet girl/adult ratios.

- True  False

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### Leadership and Girl Ownership

(This section is a survey only.) **When do you first introduce the role to your girls?**

5) When packing, a girl gathers the things from the suggested list. Girl and parent work together to pack it. **Check one.**

- First time camper  A few camping trips  Many camping experiences

6) Girls sleep in small patrols or in buddy pairs without adults. **Check one.**

- First time camper  A few camping trips  Many camping experiences

7) Girls gather wood, clean the fire circle and start the fire under constant adult supervision. **Check one.**

- First time camper  A few camping trips  Many camping experiences

8) What should you have considered when deciding the above? **Check all that apply.**

- Readiness of the girls  Level of maturity  
 Readiness of the leaders to let go  Level of training or experience of the girls

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### Site

9) Check **all** the good examples of minimal impact camping procedures.

- Learn and teach the seven Leave No Trace Principles to your girls.  
 Plan whatever cooking methods interest the girls no matter what site you use.  
 Repackage foods to minimize waste.  
 Use existing trails.

- Set up tents wherever you want.
- Use the 3-pan dish washing system with a leaf filter bag.
- Throw things like apple cores and banana peels in the woods to reduce trash to pack out.
- Use existing fire rings.
- Before departure, clean the campsite, including leaves from the paths.
- Store food well away from tents and out of the reach of animals.

**10) Which one of the following are you permitted to dispose of in the latrine? Check all that apply.**

- Tampons
- Cleaning solutions or wipes
- Toilet paper
- Food

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### **Food and Cooking**

**11) What should you consider during food and cooking planning and activities? Check all that apply.**

- Dietary restrictions such as allergies
- Culture differences
- Adults' food preferences
- Distance to McDonalds
- Site restrictions
- Weather

**12) What steps should be used to wash dishes? Chose one.**

- Wipe, wash, rinse
- Scrape, wash, rinse, sanitize, line dry
- Wash, rinse, air dry
- Wash, rinse, sanitize, towel dry

**13) How should food be transported and stored? Check all that apply.**

- Everything in grocery bags to easily carry to store under picnic tables.
- Perishables in coolers and the rest in tightly closed plastic bins or girl-size boxes.
- Food purchased in glass should be transferred into a non-breakable container at home.
- In the tents for easy access.
- In the car until needed.

**14)** When using a box oven to cook: **Check all that apply.**

- Six to seven charcoal briquettes will give you about 350 degrees.
- Charcoal briquettes soaked in lighter fluid can be put directly into box oven and lit.
- Start a charcoal fire in a charcoal chimney in the fire circle, then use tongs to transfer coals to the box oven.

**15)** While using basic stick cooking, girls should practice handling and blowing out marshmallows.

- True  False

**16)** One pot meals can be cooked over a wood fire, charcoal embers or on a cookstove.

- True  False

**17)** The variety of meals you can plan with skillet cooking is unlimited since the grease may be buried on site.

- True  False

**18)** When using a jackknife or kitchen knife, girls should use a safety bubble of at least arm's length around and above them.

- True  False

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### Fires and Stoves

**19)** What is needed to store charcoal? **Check one.**

- Charcoal starter chimney
- Long tongs
- Weather proof container
- Air tight container

**20)** When you extinguish a wood fire: **Check all that apply.**

- Remove ashes from fire scar.
- Dump the entire bucket of water on all at once.
- Use a sprinkle can
- Pass your hand a few inches above the ashes to check for hot spots.

**21)** If the propane tank is leaking after you have used it and tried to reseal it several times without success, you should: **Chose one.**

- Throw the tank out as it is no longer any good.
- Set the propane tank in well ventilated area. Allow to drain. Dispose in accordance with local laws.
- Put it back on the stove so that it stops leaking and take it home attached to the stove.
- Take it to a warm places in hopes that the ring will reseal and stop leaking.

22) Girl Scouts require you to follow the manufacturer's instructions to operate a white gas stove.

True

False

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### Tools and Equipment

23) No \_\_\_\_\_ should be around an open flame: **Check all that apply.**

- Bandannas hooked to pants or belt loops       Loose or hanging clothing or hair  
 Girls       Loose plastic rain poncho

24) Where do you look for a recommended list of personal and troop gear to bring on a camping trip? **Check one.**

- Volunteer Essentials*       200 Cookout Campout Reference Handout

25) What packing ideas are appropriate for girls for camping trips? **Check all that apply.**

- Use ziploc bags to store each days' worth of clothes.  
 Make sure the parents do the packing.  
 Girls pack personal gear in one large pack to keep leader's trips from the car to a minimum.  
 Make sure girls understand the concept of layering.

26) What are the four parts of a good sleep system: **Check one.**

- Waterproof ground cloth, insulation, sleeping bag or bedroll, and appropriate sleepwear for the weather.  
 Waterproof ground cloth, sleeping bag or bedroll, sleepwear and stuffed buddy.  
 Waterproof ground cloth, insulation, sleeping bag and sleepwear. Bedrolls are no longer necessary.  
 Waterproof ground cloth, insulation, sleeping bag or bedroll, and one piece sleepwear.

27) What can you use to stay warm while sleeping outdoors? **Check all that apply.**

- Blanket or emergency blanket  
 Newspaper under or over the sleeping bag  
 Another Girl Scout in the same bag  
 Changing your clothes and underclothes before crawling into the sleeping bag

**28) Where can a propane or gas lantern be used? Check all that apply.**

- In a lodge  Outside  
 In a tent  In a glen shelter

**29) What should you do before transporting propane or gas lanterns? Check all that apply.**

- Fill with fuel so you don't have to take a fuel can  Wrap globe in newspaper or bubble wrap.  
 Replace mantle or wick.  Clean and empty unused fuel into original container.

**30) Only adults should use a sharp bow saw in a roped off sawing area.**

- True  False

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### Do you have questions?

If you would like an outdoor trainer to contact you to go over any questions you might have about camping, please check yes below. Asking for clarification on any outdoor topic in and of itself does not mean failure to pass the 224 requalification.

- Yes  No

I have questions about: **Check all that apply.**

- Kaper Charts  Graces  
 GSCNC Campsites  Campfire Programs  
 Flag Ceremonies or Girl Scout's Own  224 test content. Please explain.  
 Other. Please explain.

Signature

Date

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I have reviewed the above information, found it to be correct and give my approval for this volunteer to lead camping activities.

Adult Development Specialist Signature

Email Address

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