

Woods-N-Water 2009

Program Sheet

Outdoor Challenges For Girl Scouts in Grades 7-12

CAMP T. BRADY SAUNDERS - GOOCHLAND, VA.

October 2-4 , 2009 • \$45 PER GIRL & ADULT BEYOND SAFETY-WISE RATIO,
\$25 PER ADULT FULLFILING SAFETY-WISE RATIO

Participation limited to 400 people

Fees include meals from Saturday morning through Sunday morning, patch, and programs.

Please bring tents, lanterns and flashlights (no mess kit needed).

When packing, be prepared for all types of weather. Wear good sturdy walking shoes.

First-aiders on site.

FULL-DAY ACTIVITIES

BACKPACKING PREP:

For **adults** 18 & over. See Training Schedule for details and registration— Prerequisite: Outdoor Training Level 3. Training prepares you for overnight held (TBA) which is required for completion— for more information, contact Kathleen Winston at Winston@moonstar.com - class limited to 8.

KAYAKING TRIP: All day trip from West view to Maidens for 9th-12th graders. Bring towel, sunscreen, sunglasses, hat and water bottle. Leave the camp after breakfast and return before supper. A bag lunch will be provided for the trip. Participants must be strong swimmers with canoe experience. Bring signed wavier form.



1/2 DAY ACTIVITIES

HORSEBACK RIDING: After instruction, trail ride along the James River (you must have enough riding experience to control a horse on a trail.) English tack will be used. **BRING:** 1. Signed waiver form 2. SEI approved riding helmet 3. Wear long pants and shoes with a 1/2 inch heel. Session is approximately an hour and 20 minutes long. Extra fee of \$20.00 per person. Adults are welcome. *“Riding off site”*

LETTERBOXING: Letterboxing is an intriguing mix of treasure hunting, exploring and sometimes remote place. Make a log-book and use navigation and rubber stamp artistry to participate in a treasure hunt around camp, which includes parts of IPP (morning only)

SOCCER: Bring your shin guards, water bottle, and soccer shoes. Learn and practice your skills before a competitive game. (morning only)

CHAIN MAILLE: (Bring and extra \$20.00 to cover material expenses for this class) Learn how to interlock jumprings to make a Byzantine bracelet. We'll use anodized aluminum and colorful rubber rings. Adults are welcome. (morning only)

1/2 DAY ACTIVITIES con't

GLASS BLOCK ART: (Bring and extra \$20.00 to cover material expenses for this class) Decorate a glass block with glass nuggets and create a bank, bookends, vase, decorative lighting, etc. No lights included. Adults welcome. (afternoon only)

FREE TIME ACTIVITIES

SNAKE, RATTLE AND ROLL: Learn all about the reptiles

WOODCARVING: Learn how to sharpen and use a knife-find art supplies in the woods to make wood slides, walking sticks, and natural still life items.

1/4 DAY ACTIVITIES

ADVENTURE CHALLENGES: Work on team building challenges & trust activities with your troop.

ARCHERY: Participants will receive safety instructions before handling bows and arrows.

BASKET WEAVING: Learn all about how to weave your own rope basket and carry it home with you. Adults welcome!

CANOEING ON THE LAKE: Bring shoes that can get wet, a towel, and a change of clothes. You will be in the sun, so you may want to bring a hat and sun screen.

CAVING: Learn how to get ready to cave in Virginia. Led by a professional RASS member

CREATIVE COOKING: Join us as we create fun foods in the out of doors. Girls will team up and try new cooking techniques and sample the goodies! Need water bottle and hair tie.

DUCT TAPE 101: Creative ways to use Duct Tape! Make a unique creation to take home.

FISHING: Bait your hook and catch the lake's nig one!

GEOCACHING: Learn how to use a GPS. Geocach and mark locations while learning how to navigate to find hidden treasure

KAYAKING ON THE LAKE: Wear shoes and bathing suit or clothes that can get wet. Secure long hair. You will get wet!

LANYARD FUN: Camping and lanyards go hand in hand! Learn the art of lanyards, while making a personal lanyard project (key rings, necklace, bracelets or anything creative) with single or double sided plastic lacing.

LEATHER: Learn about hides and tanning, and the art of leather crafting. Create your own leather craft to take home.

MOUNTAIN BIKING: Travel the 3.1 kilometer bike trail at T Brady Saunders!
BRING you own mountain bike and helmet. Wear long pants and sturdy shoes, and bring a water bottle. You should be in physical condition for this activity.

RAPPELLING & CLIMBING: You need to be in good physical condition for this activity while wearing sturdy shoes and long pants. If you have long hair, please bring a hair tie.

RIFLERY: Participants will take a gun safety class before being allowed to handle the .22 rifles.

SHOTGUN: Participants will take a gun safety class before being allowed to use a shotgun.

SOMETHIN' FROM NOTHIN': Create great crafts from unusual items!

SPACE EXPLORATION: Explore Sun Spots and learn all about the stars. Look though a telescope during the day and night.

SWING DANCE: Learn how to dance with 40's and 50's music. "Final at the fire!"

TILES: Paint a creative tile using under glaze. Tiles will be taken to either Camp Pamunkey or Camp Kittamaqund to use in a special project.

VOLLEYBALL FUN: Learn volleyball skills and play a friendly game. *Great for beginners!*

WILDLIFE SKETCHBOOK: Take a walk and create a nature journal. Also document your outdoor experience. Led by a professional artist (pm only)