

# The G.I.R.L.'s Guide to

# CAMP Handee



## Nature and Property Activities for Troops and Groups



# and so the adventure begins

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Welcome to Camp Hardee! We are so excited that your group is taking a trip to our camp on the banks of the beautiful Pamlico River. The G.I.R.L.'s Guide to Camp Hardee has lots of helpful information for planning your trip, activity suggestions, and helpful reminders. This information is here to help you start planning your trip, so feel free to use it as a starting point and expand on the ideas in the pages to come.

Camp Hardee is the most compact of our four camp properties: sitting on about 100 acres of land, the main camp area uses about 20 acres. The condensed nature of Camp Hardee helps to create a tight-knit family atmosphere, whether it is being used for troops, service units, or summer resident camp. While Camp Hardee is small, it has all the fun activity areas that your group will want to use!

The Pamlico River gives us a wonderful space to explore a variety of watersports, including canoeing, kayaking, paddle boarding, and sailing. You can also fish in the river, as long as you bring your own equipment. Our pool is open from May 15 – September 15, and is a great pool for swimming! Groups can also swim in the river as long as the water temperatures are high enough. Our archery range is perfect for beginning or experienced archers, with moveable targets that can help increase the level of difficulty. There are a variety of hiking trails used to explore the woods surrounding camp. To top it all off, we have grassy areas for games, tetherball poles, and shelters that are perfect for crafts or other activities.

We can't wait for you to come to Camp Hardee and explore all that it has to offer. If you have any questions, please feel free to reach out to us using the contact information below.

Happy Camping!

Camp & Outdoor Program Team  
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# Certification Activities

At Camp Hardee, there are several activities that will require a certified instructor for your girls to participate. This is a brief overview of the certification requirements – please be sure to refer to Safety Activity Checkpoints for full requirements and recommendations. To request activity instructors/facilitators, please submit the following online form: <https://gsnccp.wufoo.com/forms/q111j6uo0txy011/>.

## Outdoor Skills Training:

Each troop staying overnight or cooking outdoors at Camp Hardee must have a volunteer who has completed the Let's Go Camping course, including the online and in-person portions. For day use at Camp Hardee, it is recommended that each troop has a volunteer who has completed the online trainings Let's Go Outside and Let's Go Exploring.

## Watercraft:

The waterfront must be reserved separately for your group to participate in watercraft activities.

- Canoeing – Must have a certified facilitator with American Red Cross Small Craft Safety Canoe/Kayak. Required ratio of certified facilitators to participants is 1:12, plus an additional adult watcher/helper.
- Kayaking - Must have a certified facilitator with American Red Cross Small Craft Safety Canoe/Kayak. Required ratio of certified facilitators to participants is 1:10, plus an additional adult watcher/helper.
- Paddle Boarding - Must have a certified facilitator with American Red Cross Small Craft Safety plus Paddle Boarding experience. Required ratio of certified facilitators to participants is 1:5.
- Sailing: Must have a certified facilitator with American Red Cross Small Craft Safety Sailing. Required ratio of certified facilitators to participants is 1:8, plus an additional adult watcher/helper. You will want to have at least 4 hours for Sailing.

## Fishing:

Fishing can be done from the beach or dock at Camp Hardee.

- Must have a certified instructor with American Red Cross Basic Water Rescue. Required ratio of certified instructors to participants is 1:10.

## Swimming:

The pool or waterfront must be reserved separately for your group to participate in swimming.

- Swimming in the pool at Camp Hardee is available from May 15<sup>th</sup> – September 15<sup>th</sup>. There must be certified lifeguards and watchers that follow the ratio chart below.
- Swimming in the Pamlico River is allowed as long as the water temperature is 70 degrees or higher. There must be certified lifeguards with waterfront certification and watchers to follow the ratio chart below.

Number of Swimmers	Lifeguards	Watchers
1–10	1 adult (see exception for pools above)	1*
11–25	1 adult (see exception for pools above)	2*
26–35	2 persons, at least 1 is an adult; others may be 16 years of age or older.	3*
36–50	2 persons, at least 1 is an adult; others may be 16 years of age or older.	4*

## Archery:

The archery range must be reserved separately for your group to participate in archery.

- Must have an instructor certified by USA Archery with a minimum Level 1 certification. Required ratio of facilitators to participants is 1:10.



# Nature Hike

There are several fun trails at Camp Hardee and you can create an epic hike by connecting a few of them for even more time on the trail! Ask the Camp Ranger for a trail map when you arrive.

Here's one of our favorite routes:

- Start your hike on the Red Trail, which starts behind the Pool (right back corner) and Lowe's Shelter (left back corner).
- You'll come to an area with benches, which is where the Green Trail meets the Red Trail. Turn left onto the Green Trail.
- This will take you to a dirt road. Cross the dirt road, and look for the Yellow/Blue trailhead towards the left.
- Take the Yellow Trail for its entire loop. You will be brought back to the dirt road.
- Turn right and walk down the dirt road.
- Look for a gate on your left (it may have a 'No Trespassing' sign on it). Walk past the gate and continue down the gravel road. This will bring you back into the main area of Camp Hardee, near the archery range.

This total hike will take about 45 minutes. Time estimate can alter greatly depending upon the age of your girls, the number of finds along your way, and stops you make for activities or hydration. If you're looking for something shorter, just pick part of the loop to hike!



## DID YOU KNOW?









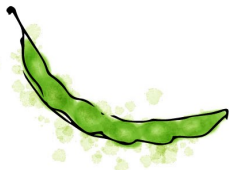







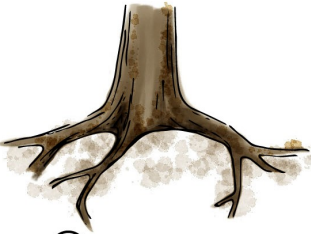



### Bald Eagles live at Camp Hardee

Dolphins are not the only interesting nature sighting at camp! You may just be lucky enough to catch an eagle in flight during your stay. Here are some fun facts about these national emblems:

- 90% of their diet is fish so water health is very important to their survival.
- Eagles mate for life.
- While on the hunt for prey, Eagles can dive up to 100 miles per hour.



# Hiking Scavenger Hunt with **make and takes**

 <input type="radio"/> green leaf	 <input type="radio"/> brown leaf	 <input type="radio"/> pine cone	 <input type="radio"/> mushroom
 <input type="radio"/> log	 <input type="radio"/> animal tracks	 <input type="radio"/> tree stump	 <input type="radio"/> moss
 <input type="radio"/> seed pod	 <input type="radio"/> y-shaped branch	 <input type="radio"/> spider	 <input type="radio"/> rocks
 <input type="radio"/> acorn	 <input type="radio"/> tree hole	 <input type="radio"/> animal hole	 <input type="radio"/> flowers
 <input type="radio"/> tree roots	 <input type="radio"/> insect	 <input type="radio"/> fern	 <input type="radio"/> grass

# Pamlico River Activity

*Camp Hardee is situated on the Pamlico River, which is a brackish water river estuary. These activities will help girls learn about the river's salt content and the way that it is affected. You are encouraged to read through the entire write-up prior to leading these activities, as background information may be helpful in guiding the activities. You may want to simplify many points with younger girls, and share more details with older groups. We invite you and your girls to do further research on this type of ecosystem, and on the bottle-nose dolphins that can often be seen in the Pamlico River.*

**Time:** 30-45 minutes

## Materials:

- 3 cups or containers of similar size
- Water (at least 48 ounces)
- Salt (at least 1.5 Tablespoons)
- Spoon for stirring

## Important Vocabulary:

Brackish water – a mixture of fresh river water and salty sea water.

Salinity – the concentration of dissolved salt in water, usually expressed in parts per thousand by weight.

Estuary – a body of water usually found where the river meets the sea.

An estuary is defined by salinity and is home to unique plant and animal communities that have adapted to brackish water.

## Instructions:

1. Create brackish water, fresh water, and ocean water samples:
2. Fill three cups, bowls, or mason jars with 16oz of water in each
3. Add 1/2 tablespoon of salt to the first container, and stir to dissolve – this is your ocean water, at roughly 35ppt salinity
4. Add 1/2 teaspoon of salt to the second container, stirring to dissolve. This is your brackish water, at roughly 10ppt.
5. Do not add anything to your third container – this is your fresh water.
6. Invite each girl to dip a finger into the fresh water jar and taste the water on her finger. Do the same with the other two solutions, asking the girls to use a different finger each time.

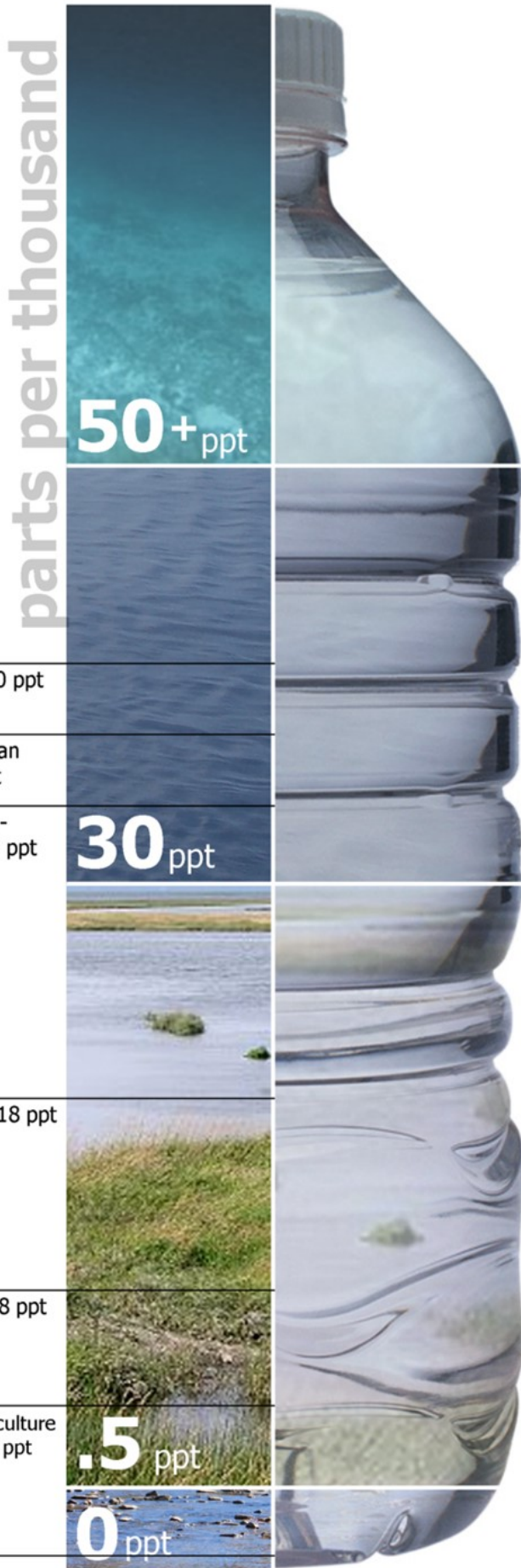
Ask the girls:

- Which container tasted the saltiest?
- Which was least salty?
- Talk to the girls about what the salinity level might mean for living creatures:
- Is the salty water good for us to drink? (no, it dehydrates us)
- Would it be good for all types of water animals and plants to live in? (no).
- Certain types of plants and animals can survive in salt water – whether it's slightly salty brackish water, or very salty ocean water. This means that some of the living things in the Pamlico River may be different than freshwater rivers or lakes. For example, dolphins are often seen at Camp Hardee, because they can survive in salty water.
- Ask the girls if they noticed the salt sink in the containers when it was first poured in (pour some more into one if they missed it). This shows that salt is heavier, or denser, than water. Because of this, there is sometimes more salt in the deeper parts of the river.

## Play salinity tag:

- Create your playing field with a starting line and ending line. The starting line is the surface of the river, and the other line is the bottom.
- Have all the girls stand at the line marking the surface. Have one girl come into the open area between the two lines – she is the wind.
- Have the rest of the girls count off by threes. Numbers 1 and 2 are water molecules, and girls who are number 3 are salt molecules.
- All of the girls at the surface are going to try to get to the bottom of the river without being tagged by the wind and blown away. But remember how salt settled quickly to the bottom of your container because it's heavier? Salt and water move differently, so the girls will too! All of the girls who are salt molecules may run to the other line, while the water molecules must spin in circles to get there.

Have the girls play one round. Generally, more water molecules will be tagged than salt molecules. You may have started the game with 1/3 of the group being salt, but now the remaining group at the end might be 50% salt. You didn't add any salt, but just because it was a windy day and those salt molecules were heavier, your water now has a higher salinity. This same thing happens in the river – windy days can create lower water levels and higher salinity levels. Sometimes, salinity levels decrease because more water is added. How might that occur naturally in the river? (Rain!) Add raindrops (girls who were tagged during the first round) back into the game and play again!



## briny water

brine pools

50+ ppt

## saline water

seawater, salt lakes

30-50 ppt

## brackish water

estuaries, mangrove swamps, brackish seas and lake, brackish swamps

.5-30 ppt

## fresh water

ponds, lakes, rivers, streams, aquifers

0-.5 ppt

\*traditional ways to express salinity is in "parts per thousand" or ppt

Drinking water - .1 ppt



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## GO PLAY!

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We want to encourage girls to play with nature, not just in nature. Creating opportunities for unstructured play will allow girls direct access to real nature while allowing girl to explore, discover and create their own activity. Check out these ideas for unstructured nature play as well as group games. These ideas are sure to get your girls up, outside, and having fun in the outdoors!

Build shelters, fairy or gnome houses, bridges, castles, mazes, and art pieces out of natural materials

Create your own games, run through fields and grassy areas or lay down and cloud watch

Pretend to be animals and make up stories and acting them out.

We want to be stewards of our environment, so encourage girls to only use nonliving materials found on the ground. Be sure to check areas for safety hazards prior to allowing girls to use the space for free play. Once play is finished, remember to Leave No Trace by returning all materials to their original locations.





# Group & Field Games

## GaGa Ball:

*Gaga Ball is a form of dodgeball that is played in a "pit." The GaGa Ball pit at Camp Hardee can be found in the field between Craft Hut and the parking lot across from the Staff House. You will find a ball in the mailbox near the ring, with rules posted next to the mailbox.*

The game's roots originated in Israel. The word 'Ga' means Hit or Touch, so 'Ga-Ga' means Hit-Hit. There are several variations on exactly how the game is played, but we find these rules to be the most common and fair, while keeping the game competitive and fun:

- To start, everyone in the pit must be touching the wall. Someone tosses the ball in the center of the pit, and it must bounce twice on the ground. As it bounces, everyone can say "Ga" for each bounce. After the second bounce ("Ga-Ga"), the ball is live.
- Slap-hit the ball with your hand, aiming it at another player's leg at the knee or below. If the ball hits or touches anyone at the knee or below, that player is out and must exit the pit. At any time, if a player makes any type of contact with the ball at the knee or below, that player is out.
- Anytime the ball goes out of the pit, the last person the ball touched is out.
- You can only hit the ball one time until it either touches another player or the wall, then you are able to hit it again. You can bounce the ball against the wall to position it if necessary; and, you can move around anywhere inside the pit during the game.
- The game ends when the last person is eliminated or, to speed up the end of the game, the last few players can be given a count-down for a tie game. Once the game is over, everyone else re-enters the pit to start a new game.
- You can add variations to the game such as playing with more than one ball, play in teams, expand the 'hit' area to above the knee, catching the ball to eliminate the person that hit it, and any other variation you can come up with! A suggestion to keep girls engaged is to play rotation instead of elimination. This is done by allowing a certain number of players in the pit, and forming a line for the rest that want to play. Then, as one person gets out, the next person in line goes into the game. This way, everyone that wants to play should get a chance during a short period of time.



## Dragon Tails

Dragon Tails is an action-based game that is like tag, but with a twist! Teams of 4-8 people form “dragons” by linking elbows and attempt to grab the “tail” of another team’s dragon. Last team remaining wins.

Setup for the Dragon Tails Game: You need an area with a lot of space. Form teams of 4-8 people. Make human chains by having team members hold on to each other’s waists or link elbows. Each team of connected people is now a “dragon” with a head and a tail. Place a scarf or bandana hanging in the back pocket of the last person in the chain (the tail of the dragon).

Rules for the Dragon Tails Game:

- People who are part of a human chain cannot let go and get separated!
- The goal of the game is to have the head of each dragon (the front of the chain) to grab the scarf or bandana off the tail of another team’s dragon while staying linked.
- If any part of a team’s dragon gets separated, the detached tail end cannot move; only the head and the people attached to the head can move.
- You cannot go after another team until you have reconnected your body together. All teams attempt to do this simultaneously.
- When any team loses their flag (i.e., when another team grabs their flag) they join the team that got their flag. The last remaining team is the winner!



## Flashlight Tag

Like the original version of Tag, the game is to evade the tag of the player who is designated “It”. The only catch is that this game is played at night and being tagged means getting lit up by a flashlight. Before playing, be sure to set clear boundaries for the girls. The game begins with a Hide-and-Seek element: one player selected as “It” counts to a predetermined number while the rest of the players hide. Armed with only a flashlight, “It” heads into the dark in search of the hidden players. Players are tagged when the flashlight beams on them, at which point they become “It”, or are simply out until the rest of the players are found.





## Campfire & Songs

No camping trip would be complete without a campfire! Campfires can include songs, skits, poems, performances, ceremonies, or any variety of activities. Of course, don't forget the s'mores!

At Camp Hardee, there are fire circles by each group of cabins. Additionally, there is the Eagle's Perch, our camp wide fire circle located on the Red Trail. At each fire circle, make sure there is a water bucket full of water, a rake or shovel, and an appropriate amount of firewood. These items should be checked in the daylight.

Some campfires have a set flow, while others are free flowing. The most important thing is to give girls the opportunity to participate in some way. With larger groups, it is a good idea to have a sign up for songs and skits to help manage the group, allowing everyone who wants to perform the opportunity to do so. It works well to start with loud, exciting songs and skits at the beginning, and work to quieter songs and skits at the end.

### CHEERING FOR THE GIRL SCOUTS...

(Tune: "If you're Happy and You Know It")

If you're cheering for the Girl Scouts, clap your hands!

If you're cheering for the Girl Scouts, clap your hands!

If you're cheering for the Girl Scouts,

If you're cheering for the Girl Scouts,

If you're cheering for the Girl Scouts, clap your hands!

(2) If you're cheering for the Girl Scouts, stomp your feet!

(3) If you're cheering for the Girl Scouts, shout, "hooray!"

(4) If you're cheering for the Girl Scouts, do all three!

(5) If you're cheering for the Boy Scouts, clap your hands!

-oops, I missed!

(6) If you're cheering for the Boy Scouts, stomp your feet!

-where's the floor?

(7) If you're cheering for the Boy Scouts, shout, "hooray!"

-lost my voice.

(8) If you're cheering for the Boy Scouts, do all three!

(9) -oops, I missed! -where's the floor? -lost my voice.

### GRAND OLD DUKE OF YORK

(Action: stand when it says "up" and sit when it says "down", then sing it again, faster.)

The grand old duke of York,

he had ten thousand men

He marched them up the hill

and marched them down again,

And when you're up, you're up.

And when you're down, you're down.

And when you're only half way up,

you're neither up nor down.

### PINK PAJAMAS

(Tune: Battle Hymn of the Republic)

I wear my pink pajamas

in the summer when it's hot,

And I wear my wooly woolies

in the winter when it's not,

And sometimes in the springtime,

and sometimes in the fall,

I jump between the covers

with nothing on at all.

Glory, glory, hallelujah!

Glory, glory, what's it to ya?

Balmy breezes blowin' through ya

With nothing on at all!



# Flag Ceremony

*The flag pole at Camp Hardee is located to the left of the Rotary Lodge when looking towards the river. There is a bag with a flag and sashes located inside of the lodge.*

There is no one way to do a flag ceremony.

- Things that can be included:
- Pledge of Allegiance
- Girl Scout Promise
- A Girl Scout Song or Poem

## **Flag Ceremony etiquette:**

- Red sashes can be used, but are not necessary. If used, tie on the left side in a square knot.
- Remove items from your hands
- It is not required to remove hats and other head wear
- Girls should make a horseshoe around the flag pole
- Silence is maintained during the ceremony
- Take the flag down before sunset
- Above all, a flag ceremony shows respect for the flag and our country. If you're showing respect, then you are doing it correctly.

## **Flag Ceremony Calls:**

### Opening Flag Ceremony

- Girl Scouts, Attention (This signals everyone to stand.)
- Color Guard, Advance (This signals the color guard to advance with the flags.)
- Color Guard, Post the Colors (The Flag Bearer attaches the flag to the rope and quickly hoist the flag; the American flag is raised first.)
- Color Guard, Honor your Colors (The Color Guard salutes the Flag and then returns to attention.)
- Please join me in the Pledge of Allegiance. . .
- Please join me in the Girl Scout Promise. . .
- Color Guard Dismissed (The Color Guard walks away from flagpole.)
- Girl scouts dismissed

### Closing Flag Ceremony

- Girl Scouts, Attention (This signals everyone to stand.)
- Color Guard, Advance (This signals the color bearers and guards to advance to the flags.)
- Color Guard, Honor your Colors (The Color Guard salutes the Flag and then returns to attention.)
- Color Guard, Retrieve the Colors (The Flag Bearer lowers the flag slowly and with dignity. The Color Bearers fold the flag.)
- Color Guard Dismissed (The Color Guard carries the folded flag to an appropriate place.)
- Girl scouts dismissed



# Leaf Print Mandalas

**Time:** 30-60 minutes

**Materials:**

- Cardstock or paper
- Acrylic paint
- Paintbrushes – a soft, wide one is best
- Leaves, sticks, and other items found in nature in assorted shapes and sizes



**Instructions:**

1. Add some color to a leaf using your paint brush (the back of the leaf will give you more defined lines)
2. Press your leaf onto the paper, somewhere near the middle but slightly off-center so you can create a mandala pattern. Rub the top of the leaf with your fingers in order to get a better and more detailed print.
3. Slowly peel the leaf away.
4. Repeat, using different leaves, in a circular and symmetrical mandala pattern.

**Tips:**

- It may help to lay the leaves out in the pattern of your choice before you print it to ensure it fits and works well in the space
- You can use the same leaf multiple times if using the same color

# Clay Turtles



**Time:** 20-45 minutes

**Materials:**

- Clay (you can find clay on the banks of the river, look for grey or reddish brown pieces that look like small flat rocks)
- Ziploc Bag

Paint

**Instructions:**

1. Collect clay from the banks of the Pamlico river (look for grey or reddish brown pieces that look like small, flat rocks. They should be malleable)
2. Knead the clay like bread dough, working out as many of the bubbles as possible. Sometimes hitting it upon a hard, clean surface can help as well.

3. Fire the turtles in your next campfire. Before building the fire, place the turtles on a bed of kindling and tinder. Build and light your fire on top of the animals, creating a large, hot fire. (the goal is to have glowing red hot coals for about an hour.
4. Let the turtles cool completely overnight.
5. Take the turtles out of the ashes the next morning, wiping off ash and soot with a dry cloth.
6. Paint the turtles, if desired, or leave the coloring from the firing visible.

# Soctopuses

**Time:** 20-45 minutes

**Materials (makes 8):**

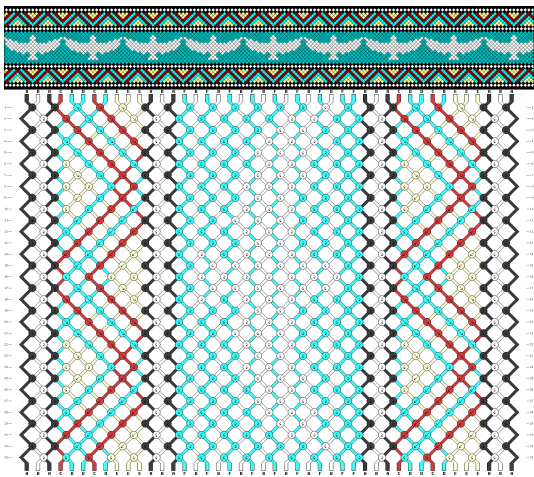
- Socks
- Batting
- Ribbon or Rubber Band
- Googly Eyes
- Scissors
- Hot Glue Gun

**Instructions:**

- Stuff the sock with a good amount of batting (about the size of a baseball, may vary depending on your socks)
- Tie off with ribbon or a rubber band (or both!)
- Cut the bottom of the sock into 8 strips, for the tentacles.
- Glue on googly eyes
- Add any other embellishments you desire



# Eagle Friendship Bracelets



**Time:** Varied

**Materials:**

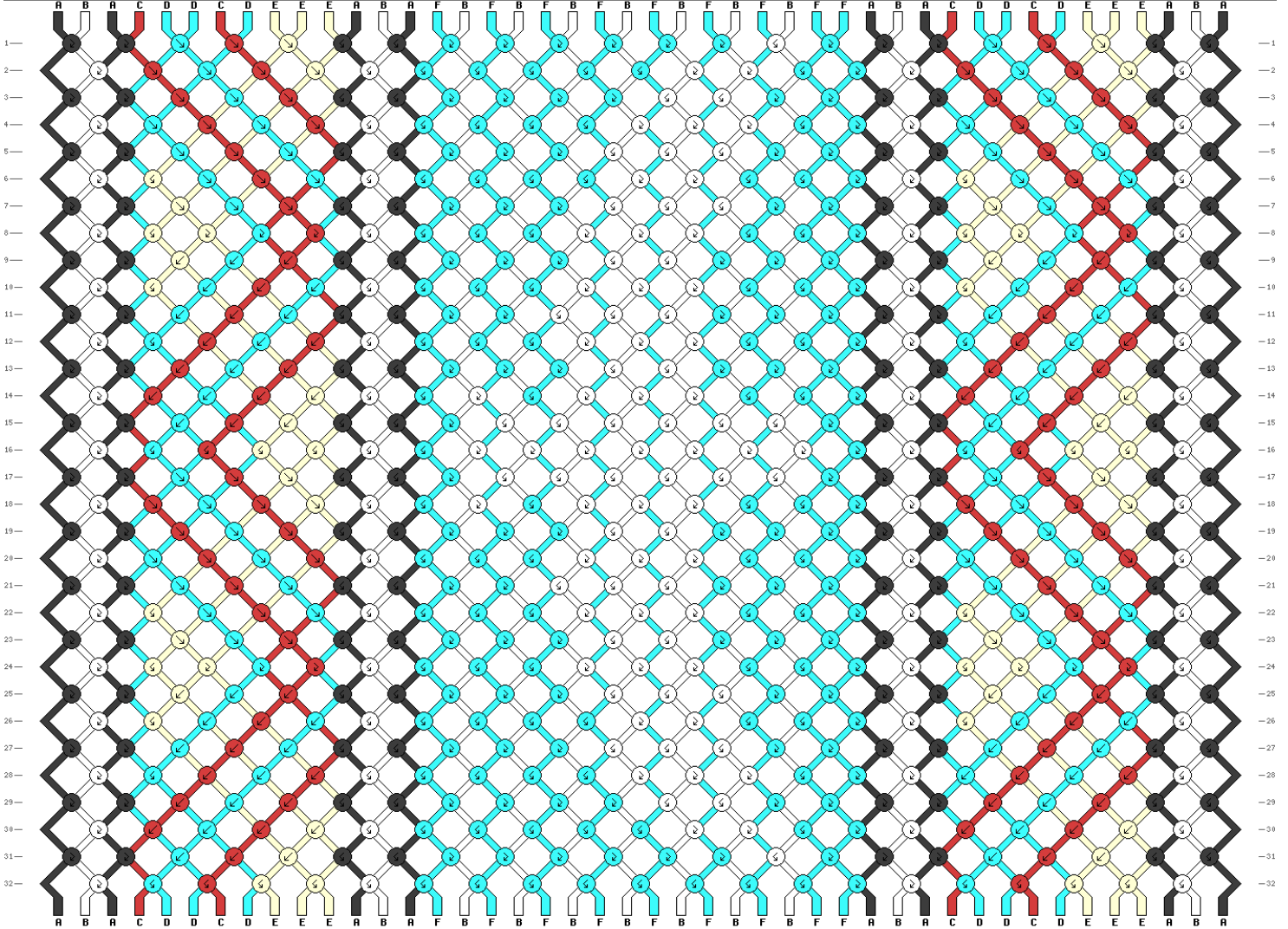
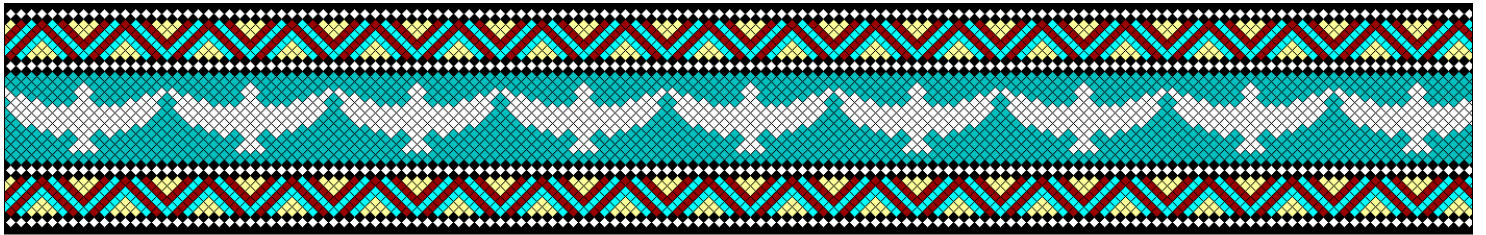
- Embroidery floss
- Tape
- Clipboard (optional)
- Scissors

Friendship bracelets are a great craft to do at camp because they don't require a lot of materials and can be done anywhere! Whether it's a basic pattern or this more elaborate bird pattern, girls of all ages enjoy making these fun, sharable crafts. A full version of this pattern can be found on the next page.

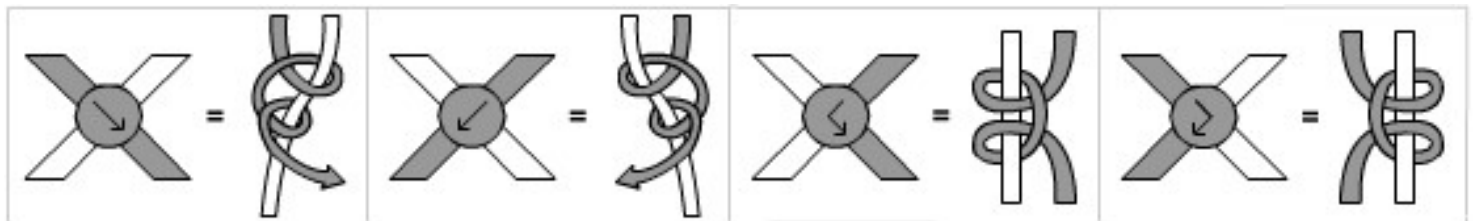
**Basic Steps to Make a Friendship Bracelet**

- To begin, three strands of embroidery floss 60 inches long are needed. The floss strands are held lengthwise and folded in half. A knot is made at the looped end, leaving a loop about one-half inch at that end of the bracelet. This loop may be taped to a table or chair or pinned to a craft pillow while the bracelet is knotted.
- The piece of floss on the far left is brought up over the second string so it resembles the shape of the number four and is then pulled back around the second string through the opening of the four.
- This sequence is repeated in the same manner with the same two pieces of string to form two identical knots. Working in this same manner, the first string is used to tie knots on the third string, and then each successive string until the end of the row is reached.
- The process is continued with the new string on the farthest left, which is now used to tie knots on each successive string. Rows are added until the bracelet reaches the desired length. At this point, the strands are separated into two separate groups, and each group of three strands is braided until it is at least four inches long and then knotted. The ends of strands are then trimmed.

Now the bracelet is ready to be tied on the wrist of a friend. One of the two braided ends is pulled through the loop, and the two braided ends are tied together.



FRIENDSHIP-BRACELETS.NET/57596



<http://friendship-bracelets.net/pattern.php?id=57596>



## Questions and Assistance

For questions or assistance with the resources provided in this guide, please email the Camp Program and Outdoor Education Team at [outdoorprogram@nccoastalpines.org](mailto:outdoorprogram@nccoastalpines.org). We hope that you enjoy your time in the outdoors at Camp Hardee!