

# Outdoor Skills Weekend 2017

Friday-Sunday,  
Oct. 13-15  
Camps Winacka and  
Whispering Oaks

Join other adults for a weekend of skill-building, making new friends, and rejuvenating. Your weekend getaway includes all meals, beautiful surroundings, and a wide range of activities designed with you in mind.

Outdoor Skills Weekend is an annual tradition that allows you to customize your own adventure. Come alone or bring a buddy — or your troop adults — or the whole service unit team! Select your favorite activities from our trainers' diverse lineup of workshops ... or take a time out (pick "Me Time") to count butterflies. It's your weekend.

Stay in modern lodges or rustic units at Camp Winacka, traditional setting of Outdoor Skills Weekend and home to our more adventure-themed workshops. Or stay in modern cabins at Camp Whispering Oaks, where certification courses (aside from Lifeguarding) and creative workshops will be held. You'll be able to shuttle or walk between camps for different sessions.

**Registration deadline: Friday, Sept. 29, 6 p.m. PST**  
**Register online, by fax or by mail. Space is limited!**  
**Cost: \$60 (includes meals, lodging and event shirt)**  
**Certification courses require an additional fee (see page 4).**

New this year: Take the bus for the full Girl Scout camper experience! Buses will depart from our Balboa Campus and Escondido Program Center. \$25/person, round trip.

Parking at camp is very limited. We ask all Outdoor Skills Weekend attendees to use resources wisely and come up on the bus or arrange a carpool.

The confirmation packet, emailed prior to the event, will include a schedule, directions and a suggested packing list.

**Registration:** [customercare@sdgirlscouts.org](mailto:customercare@sdgirlscouts.org), (619) 610-0821

**Questions:** [training@sdgirlscouts.org](mailto:training@sdgirlscouts.org), (619) 610-0741

girl scouts  
san diego



# Certification courses

## Archery Certification

### *Camp Whispering Oaks, Sessions 1-4*

**Course length:** 8 hours. Prepare to safely teach your girls archery, a beloved part of the outdoor experience, and meet the GS Safety standards. You'll earn a 3-year Archery Instructor's Certification. \$35 additional cost.

## Let's Camp

### *Camp Whispering Oaks, Session 0 (3 p.m. Friday)*

Ready to move beyond overnights and encampments? Here's how to deliver outdoor program, from choosing a site to building troop skills, teamwork ... and memories. You'll be qualified to take girls cabin camping in our mountain properties and at private and public cabins. This Friday afternoon training leaves you free for sessions 1-4. **Prerequisite:** Basic Overnights. No additional cost.

## Let's Have a Campfire

### *Camp Whispering Oaks, Session 0 (6 p.m. Friday)*

Learn safe campfire activities for girls, including building and extinguishing fires, using pocketknives and hatchets, tying knots, campfire programs and reflective debriefing. This training qualifies you for stick cooking (like s'mores), beach or backyard fires, and campfires held while cabin camping. This Friday night training leaves you free for sessions 1-4. **Prerequisites:** Basic Overnights, Let's Camp. \$10 additional cost.

## Let's Cook Out

### *Camp Whispering Oaks, Sessions 1-3*

Trainers will coach you through hands-on outdoor skills you can teach girls: an assortment of cooking methods, Girl Scout-style menu, and proper equipment use. Plan, create and share a meal for a menu challenge. This session runs 9:30 a.m.-4:30 p.m. (sessions 1-3, plus half an hour into session 4). **Prerequisites:** Basic Overnights, Let's Camp and Let's Have A Campfire. \$15 additional cost.

## Let's Tent

### *Camp Whispering Oaks, Session 4-5 (Saturday night-Sunday morning)*

When you are ready for more rugged experiences, explore troop tent camping. Learn about safety issues, environmental considerations, and so much more to have a successful and safe rugged troop camping experience. **Prerequisites:** Basic Overnights, Let's Camp, Let's Have a Campfire and Let's Cook Out courses. \$10 additional cost.

## Wilderness First Aid

### *Camp Whispering Oaks, Sessions 0-6 (4 p.m. Friday-5 p.m. Sunday)*

**Course length:** 16 hours. By completing this Emergency Care & Safety Institute course, you'll meet the requirements for a two-year First Aider Level 2 certification. **Prerequisite:** First Aid/CPR/AED. \$55 additional cost.

## Lifeguarding

### *Camp Winacka, Sessions 0-6, (4 p.m. Friday-8 p.m. Sunday)*

**Course length:** 30 hours. Through videos, discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, first aid, and other skills you need to work as a professional lifeguard. Successful completion earns you a two-year lifeguard certification (first aid, professional-level CPR and AED included). **Prerequisite:** Rigorous swim test. \$125 additional cost.

# Workshops

## Archery Fun

### *Camp Winacka, Session 1, 4*

Build your shooting skills at the archery range. (This session is just for fun and does not count as a training course.)

## Book Club

### *Camp Whispering Oaks, Session 1*

The great outdoors is a wonderful place to relax with your nose in a book! Share one or two of your favorite reads with a group, and bring some you're willing to part ways with for a book swap.

## Calming Behaviors at Camp

### *Camp Whispering Oaks, Session 4*

Camping can intensify behaviors that put a damper on everyone's experience. Get a dose of wisdom and a look at best practices for handling discipline, homesickness, anxiety and other issues.

## Canoeing

### *Camp Winacka, Session 1, 2, 3, 4*

Paddle out on Winacka's Upper Lake to sample basic canoeing techniques. Plus, get a quick description of future program options and how your girls can be involved. No experience required.

## Challenge Course

### *Camp Whispering Oaks, Sessions 1-2, 3-4*

Take on the High Ropes Challenge Course. Our certified staff will lead an action-packed session that engages your group in problem solving, communication and team building activities. This course lasts for two hour-long session periods.

## Compass and Orienteering

### *Camp Winacka, Session 2*

Cover compass use and map-reading as you enjoy the sport of orienteering. Connect with the world around you, finding landmarks and working on your navigation skills. Your troop can find opportunities to compete at orienteering events around San Diego.

## Dehydrating Foods

### *Camp Winacka, Session 1*

Pick up an outdoor trekker's techniques for preserving and dehydrating foods. Not only is this a good troop DIY project, it gives you complete control over your food and its quality, so you don't have to rely on what's available in stores.

## Embroider Your Own Badge

### *Camp Whispering Oaks, Session 4*

Learn basic embroidery stitches while creating cute and funny badges. This project is an entertaining creative outlet for troops with lots of clever ideas.

## Encampment Director Roundtable

### *Camp Winacka, Session 2*

Directing or helping with an encampment this year? Bring your work-in-progress schedule, what-if questions and bright ideas to a roundtable of experienced and newbie directors.

## Explore Outdoors

### *Camp Winacka, Session 2, 4*

Get acquainted with Girl Scouts San Diego's new map of all the trails at camps Winacka and Whispering Oaks. Discuss ways to partner with girls to enjoy the great outdoors at camp and beyond. Practice easy nature activities to introduce your girls to new adventures.

## From Garden to Table

### *Camp Winacka, Session 2*

Interested in healthy gardening? Get tips for a happy, successful season. In our mild California climate, we can grow almost anything.

## Game Sampler

### *Camp Whispering Oaks, Session 1*

Play a variety of games from around the world and for groups of different sizes. Some games help new friends get acquainted; others allow old friends to build teamwork!

## Geocaching

### *Camp Winacka, Session 1, 3*

Engage in a worldwide treasure hunting craze. Use GPS units to find caches at Winacka.

## Guide to the Night Sky

### *Camp Whispering Oaks, Session 3*

Navigate the universe with assistance from handy charts and electronic aids for various devices. Discuss celestial objects of note, such as the Milky Way, constellations, binary stars, clusters and solar systems ... and see how you can teach astronomy to your girls.

## Hike to Lower Lake

### *Camp Winacka, Sessions 1-2*

Take a moderately strenuous, 3-hour, 3-mile hike to Lower Lake, visiting the outer reaches of camp along the way. Bring a day pack with your 10 Essentials. You'll be out for both morning sessions and will receive a sack lunch to eat before heading back.

## Hiking Fundamentals

### *Camp Winacka, Session 4*

Get ready to hit the trail. In this intro to our more extensive hiking and backpacking programs, cover ethics, gear, map reading, trail travel tips and other basics for exploring the wilderness.

## Just Desserts

### *Camp Winacka, Session 4*

From simple no-cook desserts Brownies can make to masterpieces of the Dutch oven, discover some new culinary delights for campouts.

## Kumihimo (Japanese Braiding)

### *Camp Whispering Oaks, Session 3*

Learn a relaxing — and slightly addicting — braiding technique for making durable and pretty ropes for bracelets, keychains or camp and outdoor use. Kumihimo is both a survival skill and a soothing craft.

## Letterboxing

### *Camp Winacka, Session 2, 4*

Letterboxing is the ultimate scavenger hunt. Follow clues to find carefully hidden boxes around camp, and create your own stamps, boxes, swag and clues. Girls of all ages love this little adventure; Brownies can earn the Letterboxing badge.

## Me Time

### *Camp Whispering Oaks and Camp Winacka Sessions 0-6*

Take a break! Relax, unwind, wander the campground or journey into Julian. If you leave camp, you must check out at the lodge and check in when you return.

## Nature Games and Activities

### *Camp Whispering Oaks, Session 2*

Enjoy nature through informal games and activities that teach animal characteristics, habitats and ecology.

## Observatory Care

### *Camp Whispering Oaks, Session 4*

Set yourself up with the fundamental knowledge you'll need to study the stars with your troop. The camp observatory is a wonderful asset; learn general maintenance of its components and systems, as well as procedures for setting up a session.

## Outdoor Adventure Networking

### *Camp Winacka, Session 1*

Discover a wide range of outdoor experiences to connect your girls with their environment, invite healthy risk-taking, and help shape independent leaders. From archery to zip lines, there's an adventure awaiting your troop. Network with like-minded volunteers you can partner with back home.

## Outdoor Badges

### *Camp Winacka, Session 3*

Girls across the US voted on topics, designs and activities to develop and create the Girls' Choice Outdoor badges. Sample activities to help your troop get into nature.

## Outdoor Photography

### *Camp Whispering Oaks, Session 2*

Discover #gsoutdoors and be part of the largest Girl Scout photo collage in the world. See how you can optimize your photography using tools you already have (like your phone) combined with proper light capture, framing and editing.

## Paper Magic

### *Camp Whispering Oaks, Session 4*

Recycle old magazines for crafts. With these and an ordinary straw, you'll turn paper triangles into a beautiful basket or a woven mat.

## Sing Some Songs

### *Camp Winacka, Session 4*

The song leaders are at it again: Let them teach you tunes and fill the forest with music. Practice a new song to lead at the Saturday night campfire.

## STEM in the Outdoors

### *Camp Winacka, Session 3*

Camping holds surprising opportunities for exploring science. Inspire your girls to find, engineer, analyze and explore in an outdoor environment.

## Stick Cooking

### *Camp Winacka, Session 3*

Try your hand at stick cooking over the campfire. Your girls will love making these savory and sweet snacks on trips and outings.

## Storytelling

### *Camp Whispering Oaks, Session 2*

Embrace the magic of campfire storytelling. Focus on imagination, creativity and artistry, find the best tips and tricks for telling engaging stories, and plan to host the campfire program for the evening.

## Stuffed Animals

### *Camp Whispering Oaks, Session 2*

Using easy techniques for beginners, sew and stuff a cozy mascot friend who can accompany you into the woods.

## SWAPS

### *Camp Winacka, Session 4*

SWAPs are cute, inexpensive pins girls can make and trade at Girl Scout events like encampments, summer camp and Thinking Day gatherings. These tricks of the trade will help you make your own starter set to share with your troop.

## Throwback Skills

### *Camp Winacka, Session 4*

Go old school! Since 1912, Girl Scouts have found creative ways to practice outdoor skills and use resources wisely. Learn lashing, engineer handy structures with different knots, and design creative items for your campsite.

## Trashy Cooking

### *Camp Winacka, Session 2*

Cooking in a trash can? Find out how, and take other novel approaches to camp cooking for more advanced troops. With the class, you'll prepare a separate lunch at Shady Glen.

## White Elephant Camp Gear

### *Camp Winacka, Session 2*

In this twist on the popular white elephant gift exchange, vie to walk away with the camp gear that catches your eye. To participate, bring a gift-wrapped piece of gear worth \$15.

## Winacka Tour

### *Camp Winacka, Session 1*

Bring your hiking shoes and explore the whole camp with a Winacka historian. Discover archaeological secrets, fascinating flora and fauna — and the magic of Girl Scout camp!

## Yoga

### *Camp Winacka, Session 3*

Gently awaken your mind, body and spirit through guided meditation and soft movements. For all levels; some experience is helpful. Bring your own yoga mat and wear comfortable clothing.

## Yoga Nidra

### *Camp Winacka, Session 4*

Unwind and let go in yoga nidra, or yogic sleep — a state of consciousness between waking and sleeping. Wear comfortable clothing and bring the following necessary items: an eye pillow or dry washcloth, a yoga mat or towel, and, in addition to your mat, a blanket so you stay relaxed as you cool off. No experience required.



# Outdoor Skills Weekend 2017

Friday, Oct. 13, 5 p.m. – Sunday, October 15, noon

## Individual Adult Registration Form

Registration deadline: Friday, Sept. 29, 6 p.m. PST • Cost: \$60 per person/\$85 non-members

STORE HOURS: Saturday, October 14 • Open 8 a.m.- 8 p.m.

**REGISTER**

To register online: [www.sdgirlscouts.org/osw](http://www.sdgirlscouts.org/osw)  
 To register by mail: Girl Scouts, 1231 Upas St., San Diego, CA 92103  
 For general information: [training@sdgirlscouts.org](mailto:training@sdgirlscouts.org)  
 Registration help: [customer-care@sdgirlscouts.org](mailto:customer-care@sdgirlscouts.org)

**PERSONAL INFORMATION**

Name \_\_\_\_\_ # of years as adult Girl Scout \_\_\_\_\_ Troop # \_\_\_\_\_  
 Mailing Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone (day) (\_\_\_\_\_) \_\_\_\_\_ Phone (evening) (\_\_\_\_\_) \_\_\_\_\_  
 I give my permission to have photographs and/or video taken for publicity purposes.  
 Special dietary needs or special accommodations \_\_\_\_\_  
 Include me in the carpool email list.

**MEALS**

Check all meals that you will attend:  
 All meals (Bring your own dinner Friday night)     Saturday \_\_\_Breakfast \_\_\_Lunch \_\_\_Dinner     Sunday \_\_\_Breakfast

**TRAINING CLASSES**

Place a number beside 1st, 2nd and 3rd choice for sessions 1, 2, 3, 4 (capacities are limited). See online registration for descriptions.

Friday Night	Session 1	Session 2	Session 3	Session 4	Sunday Morning
<input type="checkbox"/> Let's Camp (3-5:30 p.m.)	<input type="checkbox"/> Archery Certification	<input type="checkbox"/> Archery Certification (Continued)	<input type="checkbox"/> Archery Certification (Continued)	<input type="checkbox"/> Archery Certification (Continued)	<input type="checkbox"/> Let's Tent (Continued)
<input type="checkbox"/> Let's Have a Campfire (6- 9 p.m.)	<input type="checkbox"/> Archery Fun	<input type="checkbox"/> Canoeing	<input type="checkbox"/> Canoeing	<input type="checkbox"/> Archery Fun	<input type="checkbox"/> Lifeguarding (Continued)
<input type="checkbox"/> Lifeguarding (4:00 p.m.)	<input type="checkbox"/> Book Club	<input type="checkbox"/> Challenge Course (Continued)	<input type="checkbox"/> Challenge Course	<input type="checkbox"/> Calming Behaviors at Camp	<input type="checkbox"/> Wilderness First Aid (Continued)
<input type="checkbox"/> Wilderness First Aid (4:00 p.m.)	<input type="checkbox"/> Canoeing	<input type="checkbox"/> Compass and Orienteering	<input type="checkbox"/> Geocaching	<input type="checkbox"/> Canoeing	
	<input type="checkbox"/> Challenge Course	<input type="checkbox"/> Encampment Director	<input type="checkbox"/> Guide to the Night Sky	<input type="checkbox"/> Challenge Course (Continued)	
	<input type="checkbox"/> Dehydrating Foods	<input type="checkbox"/> Roundtable	<input type="checkbox"/> Kumihimo (Japanese Braiding)	<input type="checkbox"/> Embroider Your Own Badge	
	<input type="checkbox"/> Geocaching	<input type="checkbox"/> Explore Outdoors	<input type="checkbox"/> Let's Cook Out (Continued)	<input type="checkbox"/> Explore Outdoors	
	<input type="checkbox"/> Hike to Lower Lake	<input type="checkbox"/> From Garden to Table	<input type="checkbox"/> Lifeguarding (Continued)	<input type="checkbox"/> Hiking Fundamentals	
	<input type="checkbox"/> Let's Cook Out (Continued)	<input type="checkbox"/> Hike to Lower Lake (Continued)	<input type="checkbox"/> Me Time	<input type="checkbox"/> Just Desserts	
	<input type="checkbox"/> Lifeguarding (Continued)	<input type="checkbox"/> Let's Cook Out (Continued)	<input type="checkbox"/> Outdoor Badges	<input type="checkbox"/> Let's Tent	
	<input type="checkbox"/> Me Time	<input type="checkbox"/> Letterboxing	<input type="checkbox"/> STEM in the Outdoors	<input type="checkbox"/> Letterboxing	
	<input type="checkbox"/> Outdoor Adventure Networking	<input type="checkbox"/> Lifeguarding (Continued)	<input type="checkbox"/> Stick Cooking	<input type="checkbox"/> Lifeguarding (Continued)	
	<input type="checkbox"/> Wilderness First Aid (Continued)	<input type="checkbox"/> Me Time	<input type="checkbox"/> Wilderness First Aid (Continued)	<input type="checkbox"/> Me Time	
	<input type="checkbox"/> Winacka Tour	<input type="checkbox"/> Nature Games and Activities	<input type="checkbox"/> Yoga	<input type="checkbox"/> Observatory Care	
		<input type="checkbox"/> Outdoor Photography		<input type="checkbox"/> Paper Magic	
		<input type="checkbox"/> Storytelling		<input type="checkbox"/> Sing Some Songs	
		<input type="checkbox"/> Stuffed Animals		<input type="checkbox"/> SWAPS	
		<input type="checkbox"/> Trashy Cooking		<input type="checkbox"/> Throwback Skills	
		<input type="checkbox"/> White Elephant Camp Gear		<input type="checkbox"/> Wilderness First Aid (Continued)	
		<input type="checkbox"/> Wilderness First Aid (Continued)		<input type="checkbox"/> Yoga Nidra	

**PAYMENT**

I am requesting financial assistance. Include 50% of fee with registration.  
 Please make checks payable to Girl Scouts.  
 If paying by credit card, complete the following:  
 American Express     Visa     MasterCard     Discover

Credit Card Number \_\_\_\_\_  
 Exp. Date \_\_\_\_\_  
 Print Name \_\_\_\_\_  
 Signature \_\_\_\_\_

**Amount**  
 \$ 60 member  
 \$ 85 non member  
 \$ 10 Let's Have a Campfire  
 \$ 15 Let's Cook Out  
 \$ 10 Let's Tent  
 \$ 35 Archery Certification  
 \$ 55 Wilderness First Aid  
 \$125 Lifeguard Certification  
 \$ 25 Bus  
 I don't want a shirt but will donate to camperships

\$ \_\_\_\_\_ TOTAL AMOUNT TO BE CHARGED

**OSW 2017 Event**

PLEASE SELECT

Men's crew neck:  
 S    M    L    XL    2XL    3XL

Women's V neck:  
 S    M    L    XL    2XL

Pick up at registration



**SUBMIT**

Return completed form and payment REGISTRATION ONLINE <a href="http://www.sdgirlscouts.org/osw">www.sdgirlscouts.org/osw</a> EMAIL FORM OR QUESTIONS: <a href="mailto:customer-care@sdgirlscouts.org">customer-care@sdgirlscouts.org</a>	DELIVER/DROP-OFF GSSD Headquarters office Attn: Customer Care 1231 Upas Street, San Diego, CA 92103	MAIL Girl Scouts San Diego Attn: Customer Care 1231 Upas Street, San Diego, CA 92103
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