



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Camping

Make a logbook to show the following:

- I. Share your experience in Camp for at least twice and spend two nights and three days under canvas in one occasion, and participate in camp Patrol duties.
- II. Explain the following:
 1. The basic safety in camp and the precaution in bad weather such as wind, rain, thunder, lightning etc.
 2. How to take care of the tent, mat, bed roll in different kinds of weather and the ways of emergency repair of a tent.
 3. How to use cooking stove and to use different kinds of fuel such as wood, charcoal, gas, kerosene, alcohol, wax, etc.
 4. How to choose a site for camp and the direction of the tent.
 5. How to keep all the equipment in camp such as tents, fuel, activity materials, back up materials etc.
 6. Ways of carrying and storing of food.
 7. Ways of disposal of waste.
 8. The importance of hygiene and safety in camp.
- III. Demonstrate the following:
 1. How to pitch, demolish, air and pack up an A-tent, dome tent, store tent and toilet tent.
 2. Use the following lashing to make one or more gadgets:
 - i) Square lashing
 - ii) Tripod lashing
 - iii) Snake lashing
 3. Use firewood to cook a meal out-of-doors showing at least three methods of cooking, e.g. frying, stewing and boiling.

Assessor's Qualifications

Camper's Licence

Remarks

1. An appointed Guider who holds a valid Camper's License may take this badge assessment for her own Unit.
2. The Current Division Camp Consultant may take this badge assessment for Guides from her Division.



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Hong Kong Award for Young People

1. Holders of this badge are qualified for the clauses of camp craft and knowledge of Youth Hostel in the Expedition Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.
2. Candidates who have completed the Expedition Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE can be exempted from the second section, the cooking part of the third section and the one-night-and-two-day camp.