

## **Outdoor Adult Training Updates!!**

We are excited to be scheduling our Let's Go Camping Trainings for Adult Volunteers to take before going on a camping overnight with their Troop! The Outdoor Facilitators have a variety of dates that are going to be online for you to register with trainings starting in early April 2021! Find out more about how to become an Outdoor Certified Adult [HERE](#). **Make sure to check out the last paragraph for updates regarding Let's Recertify for current Outdoor Certified Adults!**

*The following intended for those who have already taken Let's Go Camping training in which they are a current Outdoor Certified Adult ready to go Camping with their Girl Scouts.*

If your Troop is planning a Camping overnight, please advise of some of the following guidance below in addition to the [In-Person Girl Scout Activity Guidance](#).

- Please consider gathering enough supplies for each girl to use when working on outdoor skills such as pocketknives, compasses, ropes, etc. Make sure to explain to the girls the importance of cleaning shared surfaces and areas while camping!
- Use disposable plates, bowls, and utensils instead of personal mess-kits. If possible, use items that are eco-friendly/compostable!
- Cookware that is used to prepare meals should be sanitized properly in between meals. An adult should be overseeing the 3-Pot Method during clean up.
  - **3-Pot Method Reminder**
    - Rinse, Scrape, or soak all items before washing.
    - Wash items in the first tub in a detergent solution. Use a brush, cloth or scrubber to loosen and remove soil. The water temperature in the first tub should be at least 110°F (use a thermometer to check the water temperature). Replace the detergent solution when the suds are gone or when the water appears dirty.
    - Rinse the washed items in the second tub by either immersing them in clean rinse water. Make sure all traces of food and detergent are removed.
    - To sanitize the washed and rinsed items, immerse them in hot water and bleach solution contained in the third tub. An adult is recommended to help with this using tongs to avoid aggravating sensitive skin. The correct ratio for sanitizing dishes with bleach is to soak for at least 2 minutes in a solution of 2 teaspoons of bleach per 1 gallon of water, or water heated to 170 degrees.
    - All washed, rinsed and sanitized items should be placed on a clean drain board to air dry or hanging in dunk bags on a line to dry.
- When menu planning, think of meals that are individualize or designate ONE person to serve out of a single pot to decrease cross-contamination.
  - Pie-Irons meals such as Pizza Pockets or Grilled Cheeses are easy for Girls to make!
  - Pre-packaged trail mix or snacks are a great grab and go option!
  - When in doubt, MRES or Freeze-Dried Meals are good options to try something new!

**If your Outdoor Certified Adult training is expired or about to expire soon (training is valid for 5 years), you will need to take the online Let's Recertify course located [here](#). You will have a grace period until September 30<sup>th</sup>, 2022 to complete the Recertification of taking the in-person portion. You will need to take the online Let's Recertify course if your training is expired before going on any camping or overnight trips.**