

2020 Stonybrook TAC Activities

How many activities do we get to pick?

- 3 night TAC (Sun. – Wed.) – Up to 10 activities plus 2 troop time activities
- 2 night TAC (Mon – Wed. or Wed. – Fri.) – Up to 7 activities plus 1 troop time activity
- Troops may request blank spaces for troop time – just add “troop time” to your form.

Planning Your Troop’s Activities

1. Explain to the girls that they plan their camp experience by choosing activities from the list below.
2. Use the planning with girl’s tips on page 9 to vote for activities.
3. Complete the Activity Request Form online - The form is due no later than May 22, 2017
4. If the activity requires you to bring any materials (i.e. you must bring your own T-shirt for Tie-Dye), make sure you add the supplies to your Troop Packing List.

Helpful Hints

- Many troops request additional free activity times to relax or work on patches/badges. If you would

Activities are for all age levels unless otherwise noted.

Multi-age level troops should pick activities that ALL group members can participate in. We are unable to split troops into multiple groups for activities.

Arts and Crafts

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| • Bandana Bags: | Use Bandanas to create a cool bag – **each participant needs to bring 2 bandanas. ** |
| • Bead Animals: | Use pony beads to create an animal lanyard of your choosing. |
| • Candles: | Create dip or pour candles using colored waxes. |
| • Classic Camp Crafts: | Spend time making camp classics like friendship bracelets and Gods eyes. |
| • Crayon Art: | Create an awesome piece of art by using a hairdryer to melt crayons. For Cadettes and up |
| • Dream Catchers: | Create an authentic looking Native American craft, while learning about its history and legend. |
| • Duct Tape | Create some amazing projects out of Duct Tape. Girls will decide on what |
| • Creations: | they would like to create! For Juniors and up. |
| • Galaxy T shirts: | Use bleach spray and fabric paint to create your own masterpiece. For Juniors and up ** You must bring your own dark colored shirt. |

- Jewelry: Create bracelets, necklaces, and earrings using various materials and styles (hemp, stretch string, lacing, beads, etc.).
- Nature Art: Create beautiful artwork using materials found in nature.
- Paracord Bracelets: Make paracord survival bracelets. **For Cadettes and up**
- Pottery: Use your hands to mold and sculpt air dry clay into your very own creation.
- Reverse Tie-Dye: Create fabric designs using colored fabrics and spray bleach. **** You must bring your own fabrics** (100 percent cotton, pre-washed T-shirts, pants, socks, etc. any color but white). NOTE: We can schedule Tie Dye and Reverse Tie Dye in one session.
- Sewing Silly Monsters: Learn the basics of sewing in order to make your very own stuffed monster. **For Juniors and up**
- Sit Upon : Create a sit upon using reusable shopping bags and duct tape **** Each participant must bring 1 waterproof reusable shopping bag – Dollar Tree has a great selection.**** camp will provide the filler.
- Tie-Dye: Create fabric designs using colored dyes. **** You must bring your own fabrics.** (100 percent cotton pre-washed T-shirts, pants, and socks.) NOTE: We can schedule Tie Dye and Reverse Tie Dye in one session if you would like to do both at the same time.

Nature

- Creeking: A walk in the creek, exploring the ecosystem, checking out the fossils and visiting the clay wall. ****You must bring shoes and clothing that can get extremely wet and dirty.**
- Early Bird Gets the Worm: Take a short hike before breakfast to do some basic birding!
- Go Green: Save the environment one Girl Scout at a time! Learn about renewable and non-renewable resources, decomposition and the 3 R's (Reduce, reuse and recycle).
- Hiking: Explore the trails of camp and check out everything nature has to offer.
- Sensory Explorer: Have fun learning about the five senses and how they help you and other animals when you're camping.
- Amazing Animals: Learn all about animals, where they live, what they eat and what they do. Play games to find out what it would be like to be an animal.
- Bug Lab: Have eye-popping fun while exploring the world of bugs.
- Plants Galore: Learn to identify plants and try your skills with a nature scavenger hunt.

- Trees: Learn all about trees as you hike around camp working on the Cadette tree badge.

Outdoor Living Skills

- Basic Compass: Learn the basics to using a map and compass by playing some games.
- Orienteering: Put your map and compass skills to the test and try out an orienteering route. ***must have some previous map and compass experience, you will be walking around a lot***
- Knots and Lashing : Learn how to tie knots and lash, if there's time even try building shelters with your new skills.
- Knife Safety: Learn Knife safety, how to use a pocketknife and how to whittle. Younger girls will learn with cardboard knives and plastic knives and soap.
- Shelter Building: Spend the session building a shelter that you can fit under during a rainstorm, girls will be tested with a Nalgene sized water bottle.
- Fire Building: Learn how to safely build and light a fire.
- Leave No Trace: Learn about the 7 Leave no Trace Principles with a variety of hands on activities and games.
- Cooking Methods: Learn various cooking methods and use them to cook your lunch or dinner. ****You must request a pack-out using the Pack-Out Request Form. Counts as one activity plus a mealtime.**
 - Pizza Pie Irons
 - Dutch Oven Pizza Bake
 - Foil Dinner
 - Walking Tacos
- Troop Camp Training: ***Counts as three time slots** **For troops staying in tent units only.** Receive training to be able to rent council tents for your own camp out. Each leader that is present for the full training session will receive certification. You must complete Overnight and Trip Planning and Lodge Camp Training prior to this program (both available as home study manuals at gsw.org). With your troop learn how to set up camp, useful camping knots, knife safety, fire building, cook lunch or dinner over a campfire, and cookout cleanup skills. **Counts as three time slots and a meal.**

STEM

- Egg Drop Engineers: Drop a raw egg from the Swinging Bridge without it breaking using materials to engineer a protective covering.

- Stomp Rockets: Design rockets using cardstock and paper and launch them into the air by stomping on the soda bottle air reservoir.
- Complicated Contraptions: Rube Goldberg designed inventions that made simple tasks more complicated.
- Messy Science: Create oobleck, inflate a balloon with a chemical reaction and experiment with different ingredients to pop the top off a film canister, flubber, secret messages
- Ice Cream Making: Make ice cream using Zip-lock bags, ice, salt, and other ingredients.
- Balloon Car Challenge : Create a balloon car as part of the JR. Engineering badge **For Juniors and up.**
- Leap Bot : Create a leap bot as part of the BR. Mechanical Engineering badge **For Brownies and up.**
- Model Car Design: Create a model car and test it on different surfaces as part of the Daisy Mechanical Engineering badge. **For Daisies and up.**
- CSI: Discover the science of investigation, learn about finger prints, and how to extract DNA from fruit.
- Wind Tunnel: Explore the effect moving air has on an object by designing an object to float in the tube.

Sports & Games

- Archery: Learn how to safely shoot arrows at a target, more experienced girls will review the basics then work on challenges. **For Juniors and up.**
- Geocaching: Find geocaches hidden around camp using handheld GPS devices **For Juniors and up.**
- Letterboxing: Create your own letterboxing stamp, and then go on a hunt for “treasure” around camp by following the clues.
- Low Challenge Course: The challenge course is a series of mental and physical obstacles, which your troop must solve by working together. Each challenge helps your troop explore and develop teamwork, communication styles, leadership skills and problem-solving strategies. In addition, girls gain confidence, self-esteem, a feeling of accomplishment and a better understanding of how they work with others. **For Juniors and up.**
 *Counts as two time slots
- Paintball Slingshots: Take aim at our new paintball slingshot course.
- Parachute Games: Learn new parachute and noodle games to play.

- Sand Volleyball: Play volleyball on the sand volleyball court.
- Tomahawk Throwing: Throw tomahawks at the tomahawk range. **For Cadettes and up.**
- Water balloon volleyball Use sheets to launch water balloons across the net, if you don't catch it with your sheet you're sure to get splashed.
- Water Games: Play a bunch of water games that get you really wet. ** You must wear clothing, socks, and shoes that can be soaked with water.

Evening Activities, (you can pick 1, these happen in the troop time slot)

- Night Hiking: Learn how to safely take a nighttime hike and then explore camp under the stars.
- Sleeping Out: Sleep under the stars on the tennis courts at camp.
- Star Gazing: Look at the stars, learn how to use star charts, listen to nighttime sounds, and tell fun stories.
- Campfire Desert: Make brown bears, fruit pies, or dump cake in your unit.

Off Site Adventure Trips

Have you been to TAC several times? Do you have a lot of camping experience? If so, think about enhancing your TAC experience with an Adventure Trip.

Note: Adventure Trips may cost extra and require your troop to provide its own off-site transportation. If you schedule an Adventure Trip, be sure to note it on your Activity Request Form. Whenever possible, schedule your Adventure Trip on Day 2 (morning or afternoon) or Day 3 (morning). If you will miss a meal in the dining hall, you are responsible for requesting a pack-out using the Pack-out Request Form.

High Challenge Course (Camp Whip Poor Will) (Cadettes and up)

- Description: Climb the cargo net then work your way across the five high elements before exiting the course on the zip line.
- Time(s): This will take 3 activity slots, typically between breakfast and lunch – limited spaces available
- Location: Camp Whip Poor Will (about 20 minute drive away)
- Register: Simply mark your activity request form and camp staff will schedule your trip.

Rivers Edge Canoeing (www.riversedgeoutfitters.com) **(Juniors and Up)**

Description: Take a canoe or rafting trip on the Scenic Little Miami River. *canoe livery may send you out in rafts if the water is up a bit, trips will be cancelled if the river is too high. **All participants must participate in a “Tip-Test” before the trip.**

Cost: \$10 per participant

Time(s): This will take 3 activity slots, typically between breakfast and lunch

Location: Waynesville, OH

Register: Simply mark your activity request form and camp staff will schedule your trip.

Ozone Zip-line Canopy Tour (www.campkern.org/ozone/) **(Cadettes and Up)**

Description: Spend up to two and a half hours zipping through the canopy at Camp Kern

Cost: Varies, prices start at \$65 per participant

Time(s): Hourly—during daylight hours

Location: Waynesville, OH

Register: www.campkern.org/ozone/