

GUIDING MOSAIC 2016

Guiding Mosaic 2016 is a national camp designed for 1,800 plus Canadian Pathfinders, Rangers and their Guiders. In addition, we anticipate welcoming 100+ International girls.

GM2016 PRE-CAMP TRAINING

BE PREPARED.... It's not just a saying, it's the way we do things.

Welcome to the Guiding Mosaic 2016 Pre-camp Training. In the following pages you will find a description of Camp Woods and a checklist of all the things you need to think about before camp.

You need to know things like:

- ❖ How to pack for Guiding Mosaic 2016
- ❖ Traveling to Alberta
- ❖ Taking care of your tent
- ❖ Taking care of yourself
- ❖ Taking care of your personal gear
- ❖ How to get ready for a day at camp
- ❖ How to be responsible in your words and actions
- ❖ How to use a smart phone at camp

You might have other questions too. Your Guider can help you with that, and if she doesn't know the answer, she can ask others on <https://www.facebook.com/GuidingMosaic2016> or check out the Frequently Asked Questions on <http://www.guidingmosaic.com>



Accompanying this training are a series of YouTube videos called "Doing it the Guiding Way!" On the Guiding Mosaic 2016 YouTube channel, you can learn all of these camp skills and many more.

www.youtube.com/GM2016

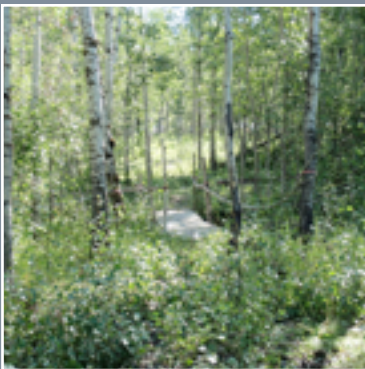
It's always fun to find out how other Girls and Guiders are getting ready for Guiding Mosaic 2016. Check us out on social media, and join the conversation.

guidingmosaic2016.tumblr.com

twitter.com/guidingmosaic16

[instagram.com/guidingmosaic2016/](https://www.instagram.com/guidingmosaic2016/)

CAMP WOODS



GM2016

Camp Woods, the Scouts Canada camp by Sylvan Lake, Alberta, is the setting for GM2016, and it really lives up to its name. The site is a beautiful wooded camp, with gravel roads twisting and turning through the campground, and trails leading through the trees. We will be camping in semi-wilderness by night, giving lots of opportunity to practice your tarp tying skills.

At the bottom of the hill is the waterfront on Sylvan Lake. A quick hike down in one direction brings you to the boats and canoes, and your opportunity to paddle on the lake. A second path to the east of the campsite brings you to our swimming and water-play area.

Trek back up the hill a little way, and you will be able to visit The

Commons, where you will find countless opportunities to meet friends and perhaps trade a crest or ten.

Ramble up to the top of our campsite to find the dining tent and the bus loading area. Every off-site adventure leaves from there, so make sure you give yourself time to walk from your tent village to the waiting area

GM2016 will give you many opportunities to stretch your legs and stretch your skills. The terrain does not allow us to accommodate on-site transportation, but it does give you the chance to enjoy the beauty of being outdoors.

So lace up your walking shoes, pull on your day pack, make sure you have your hat, and grab your hiking stick. We can't wait to see you at Guiding Mosaic 2016.



Packing for Mosaic

Label.....LABEL.....LABEL..... everything! Find out which methods you can use to label your gear. Consider durability, cost and ease of use.

Pack your own belongings; know what you have brought with you. Make sure you can carry your own gear.



Consider having a relay race with your patrol to pack your gear and carry it various distances. Look at different packing methods and see which ones are more efficient.

Conduct an experiment to see which of your camp clothes dry the fastest after getting very wet. Consider taking clothing that dries quickly to camp.

How warm is your sleeping bag? It gets cold at night in Alberta so you need a 3 season bag. How can you stay warm at camp? Toques!

Traveling to Mosaic

What do I need to have to get on the plane?

How is traveling with my friends and Guiders different from traveling with my family?

If you have traveled on a plane before, tell other girls about your experience.

Imagine what it will be like when you land in Calgary or Edmonton. Do you know who will be there to meet you? Make some guesses and ask your Guider if you are correct.

Tent Care

Investigate how to take care of your tent and site under poor weather conditions.

Learn how to storm lash your tent.

Practice opening and airing your tent. Understand why it is important to close your tent up when you leave for the day.

How should your gear be stored when you leave for the day? Why?

What are guy lines and how do you use them?

What ways can you make your tent site safer?

Play "I can store my gear in ____ seconds" to find your patrol camp!



Health & Wellness



Learn how to stay clean at camp. Investigate various ways to get clean without a shower.

Learn how to wash simple items at camp (and how to dry them).

What clothing would wash and dry the best?

How do wipes work? How do you dispose of them?

What is the best way to wash your hair at camp without a shower?

If you shave, try shaving at camp. What do you need to do this comfortably?

Know how to treat simple injuries, such as blisters on the feet and small cuts and scrapes.

Talk about ways to stay healthy at camp:

* Eating well may mean being adventurous as food may not be prepared the same way as it is at home. Don't try to skimp calories as you will be much more active at camp.

* Wash or sanitize your hands after using the facilities and before meals.

* Why do we stress wearing a camp hat and keeping our shoulders covered?

* Hydrate, hydrate, hydrate! Carry a water bottle and use it! 1 litre of water minimum per day.

* Use your sunscreen.

Taking Care of My Gear

- Know the importance of respecting other people's belongings. Have a discussion with your group about privacy and ways you can respect each other as you live together for ten days.
- Practice keeping your gear inside your tent as well as the surroundings tidy.
- Make a lost and found container and try to keep it empty!
- Investigate methods to keep your belongings organized. How creative can you be?
- Learn proper care of your sleeping bag, pillow, liners and/or blankets.



- Investigate the use of a proper bedroll or stuff sack. Do not use garbage bags to pack your sleeping bag.

- Practice airing out your sleeping bag and discuss why this is important.
- Learn when and why it is good practice to roll your bedding every day.
- Learn how to dry wet items at camp.
- What are the best ways to keep dry in the rain?
- How should you store items to stay dry inside a tent?

A Day at Camp

- Know how to pack a day bag for everyday outings. This could include a proper backpack, hat, water bottle, sunscreen, insect repellent, rain gear, camera, paper/pen, socks, mini first aid kit, sit-upon, Ziploc bag or plastic bag, and even a pack of playing cards. Always think ahead to what you will need and be proactive rather than reactive. Make sure you can comfortably carry the bag all day.



- Go on a hike or other outside adventure and bring your packed bag. Compare the contents with other girls.

- Try on each other's daypacks and see what is and isn't comfortable.

Being Responsible

- Why is good communication important at camp? Discuss methods of effective communication with your patrol leaders, your tent mates, village staff and session leaders.
- What is self-regulation? Your parents will not be at camp with you. Why is it important to get enough sleep and quiet time? How will you make sure you can get what sleep you need? What should you do to prevent bullying behavior? What methods help to minimize sadness or home sickness?

- Why is it important to be on time? What tools can you use to be on time (or early) to events?

Smart Phones at Camp

- How do you take care of your smart phone at camp?
- What apps do you think you will use at GM2016?
- Smart phones need to be charged. Brainstorm ways to charge your phone at camp, and plan to bring one solution with you.
- I know how my smart phone works for me, but how can I use my smart phone to help GM2016?

