

Girls Cook Out/Girls Sleep Out Training



The Girls Cook Out training is for volunteers whose troops are planning on preparing food using outdoor cooking methods and for troops who are reserving council outdoor cooking equipment.

In this training, you'll learn essential outdoor cooking skills including fire building methods, charcoal and camp stove cooking, outdoor dishwashing and sanitation methods, Leave No Trace Principles, basic knots, and jackknife safety. Once complete, you'll be able to enjoy cooking meals using different fuel sources and equipment safely.

The Girls Sleep Out training is for volunteers whose troops are planning an outdoor overnight activity lasting two to three nights, for troops who are reserving council campsites, or for troops using tents. In this training, you'll learn how to guide girls in planning an overnight adventure of up to two nights and three days sleeping in tents. You will build on the skills from the Girls Sleep In training and gain skills related to program ideas, planning, safety, and addressing environmental concerns related to outdoor tenting. After this training, you will understand what gear is needed for a trip and how to care for and use tents.

When: Saturday, May 18 at 4:00PM through Sunday, May 19 at 12:30PM

Where: Camp Sacajawea campsites, 5121 McAndrews Road, Apple Valley MN 55124

Cost: \$15.00 covers camping, food, and training materials for the weekend. Checks made payable to Eagan Service Unit. Send registration form and check to Jenn Wrightman, 15847 Gooseberry Way, Apple Valley, MN 55124.

bjwrightman@charter.net

Prerequisites: Prior to the weekend, complete Girls Cook In and Girls Sleep In. These two trainings can be completed with an in-person training or through self-studies downloaded from the Girl Scouts River Valleys Volunteer website at

<https://volunteers.girlscoutsrv.org/training/year-round-training/>

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Troop: _____ Program Level and Grade: _____

Bring a completed Health History Form to the training weekend.