



GIRL SCOUTS OF CITRUS COUNCIL SURVIVAL SISTERS PATCH PROGRAM



Survival Sisters Patch Program

Introduction:

In March 1912, Juliette Gordon Low began the organization we now know and love. The first Girl Scouts took to trails and redefined what young women can do. True to her legacy, Survival sisters want to learn new skills, push their limits, and experience the Great Outdoors. Join us as we get down and dirty and learn how to survive the wilderness.

Purpose:

This patch program is designed to inspire and encourage a love for the natural world. The Survival Sisters will teach a number of skills necessary for basic and even more complicated excursions. Girls will have an opportunity to explore the outdoors and practice some new and exciting skills.

Cadettes, Seniors, and Ambassadors who earn their Survival Sisters Patch will be well on their way to earning the Trailblazer Pin.



To Begin:

Take the Internet Safety Pledge ([here](#)) and then go to: [Girl Scouts of Citrus on Youtube](#) to watch the Survival Sister Series. Be sure to check back for new episodes!

Cadettes:

Choose two items from Learn it! Watch the corresponding videos and do some more research on your own.

Choose two items from Practice it! Spend some time perfecting the skill.

Choose two items from Do it! Try out what you've learned.

Seniors:

Choose three items from Learn it! Watch the corresponding videos and do some more research on your own.

Choose three items from Practice it! Spend some time perfecting the skill.

Choose two items from Do it! Try out what you've learned.

Ambassadors:

Choose four items from Learn it! Watch the corresponding videos and do some more research on your own.

Choose four items from Practice it! Spend some time perfecting the skill.

Choose three items from Do it! Try out what you've learned.



Learn It!

Spend some time researching some of the topics you heard about in the videos, or something that wasn't mentioned, and make a list of the top 3 most important skills you learned.

1. Fire safety
2. Site selection and set-up
3. Hiking dos and don'ts
4. Ten essentials
5. Packing
6. Leave no trace
7. Knife safety
8. Outdoor cooking
9. Types of camping
10. Weather preparation
11. Safety around wildlife
12. Food storage



Practice It!

Put your new skills to use with a little practice session.

1. Pack your ten essentials and take a walk around the neighborhood.
2. Practice lighting a fire, be sure to have appropriate adult supervision.
3. Look in your yard to find the perfect campsite location.
4. Make a list of everything you may need for your ideal camping trip.
5. Practice safely handling a knife, be sure to have appropriate adult supervision.
6. Practice researching and tracking the weather for somewhere you would like to go – be sure to keep track of the changes that occur over a 48 hr period.
7. Imagine scenarios where you encounter wildlife, what do you do?
8. Attempt to do an orienteering activity.
9. Cook a meal or snack outdoors.
10. Attempt to set up a tent and time yourself.
11. Learn and practice 3 types of knots.
12. Research the different kinds of hikes, then try one!



Do It!

1. Teach a friend Leave no trace.
2. Plan a trip from start to finish.
3. Pack your 10 essentials and go for a hike.
4. Make a daily commitment to walk a little to practice for a hike.
5. Camp out in your backyard.
6. Create a natural shelter for yourself or a stuffed animal.
7. Set a personal goal to improve one or more of your outdoor skills and plan steps to work toward your goal.
8. Submit a request for a new skill for the Survival Sisters to mrouleau@citrus-gs.org *Your idea may be used to create more videos*

