

Cadette Level Activity Checklist

MONDAY



Songs

- 1. Girl Scout Songs
- 2. Action Songs
- 3. Round Songs
- 4. Quiet Songs
- 5. Create a Songbook



Health & Safety

- 1. Buddy System
- 2. What To Do If You Get Lost
- 3. Emergency Drills
- 4. Camp Safety Rules
- 5. Camp Safety Procedures
- 6. Girl Scout Safety Checkpoints
- 7. Camp Emergency Procedures
- 8. Campsite Weather
- 9. Weather Drills
- 10. Dressing for the Weather
- 11. Camping Equipment
- 12. Natural Hazards
- 13. Avoiding Dangers
- 14. Minor Injuries
- 15. First Aid Kits
- 16. Urgent First Aid
- 17. Camp First Aid Station
- 18. Wilderness First Aid
- 19. Poison Ivy
- 20. Purifying Water

TUESDAY



Tie-Dye

- 1. Prep
- 2-8. Choice of Designs
- 9. Finishing Tie-Dye



Knots

- 1. Overhand Knot
- 2. Square Knot
- 3. Girth Hitch
- 4. Clove Hitch
- 5. Half Hitch
- 6. Taut Line Hitch
- 7. Types of Rope
- 8. Prevent Fraying
- 9. Sheet Bend
- 10. Lashing

WEDNESDAY



Tools

- 1. Blade Safety
- 2. Veggie Peeler
- 3. Knife Safety
- 4. Paring Knife
- 5. Saw Safety
- 6. Bow Saw
- 7. Pocketknife Safety
- 8. Pocketknives
- 9. Tools
- 10. Tool Safety
- 11. Tool Practice



Friendship

- 1. Friendship
- 2. Building Friendships
- 3-6. Choice of Pen Pals
- 7. Growing Friendships
- 8. Play a Friendship Building Game
- 9. Play an Organizational Game
- 10. Play a Field Game
- 11. Play a Cooperative Game
- 12. Play a Competitive Game
- 13. Play a Team-Building Game

THURSDAY



Fire Building

- 1. Camp Fire Rules
- 2. Fire Safety
- 3. Campfire Locations
- 4. Creating a Wood Pile
- 5. Types of Wood
- 6. Environmental Impact
- 7. Fire Building
- 8. Types of Fire
- 9. Fire Building Snack
- 10. Match Safety
- 11. Match Practice
- 12. Match Alternatives
- 13. Fire Practice
- 14. Cook Stove Safety
- 15. Lighting a Cook Stove
- 16. Cook Stove Practice
- 17. Backpacking Cook Stoves
- 18. Charcoal Safety
- 19. Charcoal Fires
- 20. Charcoal Practice
- 21. Putting Out Fires Safely
- 22. Extinguishing Fires Practice



Outdoor Cooking

- 1. Kaper Charts
- 2. Storing Food Safely
- 3. No-Cook Meals
- 4. One-Pot Meals
- 5. Foil Cooking
- 6. Cast-Iron Cookware
- 7. Cast Iron Cooking
- 8. Outdoor Baking
- 9. Backpacking Cooking Techniques
- 10. Backpack Cooking
- 11. Outdoor Cooking Practice
- 12. Dishwashing

FRIDAY



Hiking

- 1. Hiking Safety
- 2. Hiking Etiquette
- 3. Hiking Snacks
- 4. Simple Maps
- 5. Trail Markers
- 6. Trail Signs
- 7. Compasses
- 8. Navigation
- 9. Topographical Maps
- 10. Nature Sound Hike
- 11. Map Hike
- 12. Service Project Hike
- 13. Long Hike
- 14. Navigation Hike



Ceremonies

- 1. Flag Etiquette
- 2. Flag Ceremonies
- 3. Flag Rising Ceremony
- 4. Flag Lowering Ceremony
- 5. Folding the Flag
- 6. Sugar Hollow Day Camp Ceremonies
- 7. Campfire Ceremony
- 8. Scouts' Own
- 9. Award Ceremony

FRIDAY CAMP-IN/ CAMP-OUT

