

Experiences in the out-of-doors are unique. They take place where nature flourishes, resources abound, and beauty and wonder are endless, in a setting created for teaching. The out-of-doors provides a place to develop skills, to explore and to discover, to learn to value, protect and preserve our natural resources. It also offers a place to help girls develop a sense of independence and self-reliance. The look of pride in a Girl Scout's eyes as she surveys a well-built fire, a protected nest of barn swallows, or a wilderness home she created for herself and her troop is easy evidence of the personal growth available in a natural setting.

To encourage leaders and girls in Girl Scouts of Eastern Oklahoma to explore these wonders and benefit from the many experiences there, three awards are available: the Bronze Boot, the Silver Tent and the Gold Knot. Each of these awards gives direction in outdoor program and encourages exploration and skill building. The awards are in the form of patches (see examples on the cover page) and are available through the Girl Scout Store.

On the following pages are the specific requirements for each award. The only extra requirement is that all activities for these awards must be completed in a troop setting. (EXCEPTION: Girls who are registered individually – non-troop affiliated members – may complete the requirements with their families or during Girl Scout group activities.)

As always, girl/adult planning is a primary factor in the success of the program. Each girl must be provided with individual record booklets to track their progress toward these goals. Adults must carefully review the requirements with the girls, determine how best to achieve the goals and assist the girls with record keeping.

Be sure to consult the Safety Activity Checkpoints during planning of any activities. Other planning resources include Girl Scout handbooks for the appropriate level, leader guides, and outdoor training materials.





### BRONZE BOOT

The Bronze Boot is designed to encourage physical fitness through recreation in the out-of-doors. Thirty-five (35) miles of non-motorized travel as a troop are required to earn the Bronze Boot. This includes hiking, canoeing, bicycling, skating, swimming and horseback riding. Marching in a parade as a troop may also be applied. (See “EXCEPTION” on Page 2).

Remember to consult the Safety Activity Checkpoints while planning any activity. Some activities, such as swimming, canoeing and horseback riding, require council approval.



### SILVER TENT

The purpose of the Silver Tent is to encourage exploration of the out-of-doors through the troop camping experience. Twelve (12) nights of troop camping are required in order to earn the Silver Tent. Of these twelve nights, four (4) nights should be in tents or under the stars. You may substitute four nights in the Swannie Yurts or the Camp Wah-Shah-She Yurts or covered wagons.

Activities for this award should not begin until the girls have progressed through other experiences in preparation for overnight activities. Generally, girls are not ready for these activities until second grade or later.

**REMEMBER:** This is a troop award. Only troop camping experiences apply. (See “EXCEPTION” on page 2.) Always consult the Safety Activity Checkpoints when planning an overnight experience and remember that ALL overnights, regardless of location, require council approval.



## GOLD KNOT

The Gold Knot is awarded for proficiency in each of the eight outdoor skills. The purpose of the award is to provide progression in outdoor program.

Girls may begin working toward the Gold Knot at any time. Individual records should be kept and passed on with each girl as she changes levels and/or troops. The award is designed to require a minimum of three (3) years to complete so that proficiency can be achieved. Remember that a girl who has achieved “proficiency” of a skill should be able to teach that skill to others. Girls should be required to demonstrate knowledge during a troop activity of each item in order to receive their award.

Requirements such as rope skills, dress, knife skills and first-aid may be met during regular troop meetings. However, it is important that the girls be able to apply these skills in the outdoors.

The requirements for this award vary from simple knowledge to advanced skills. The eight skills can be completed in any order, but the activities within each skill are arranged with the easiest activities first. Those activities that are suitable for very young girls (Daisy and Brownie levels) are designated by this symbol: 

### REQUIREMENTS FOR THE GOLD KNOT

#### Know and practice good outdoor manners

-  A. Use good hiking manners.
-  B. Respect and preserve property.
-  C. Practice proper disposal of refuse.

#### Practice proper dress in the outdoors

-  A. Be prepared for changing weather (cold to hot or wet to dry).
-  B. Be prepared for inclement weather (rain, snow, and wind).
- C. Be prepared for overnight camping.



## Demonstrate rope skills

- A. Learn to tie, use and release:
  - 1. Square knot
  - 2. Clove hitch
  - 3. Overhand
  - 4. Bowline
  - 5. Half hitch
  - 6. Trucker's Hitch
  - 7. Lark's head
  - 8. Taut-line hitch
  - 9. Sheet bend
- B. Learn to lash:
  - 1. Table
  - 2. Tripod
- C. Learn to properly care for rope.

## Practice proper use of a knife

- A. Learn to clean, sharpen and properly store a knife.
- B. Learn to handle a knife safely.
- C. Make something useful.

## Practice safe fire building

- A. Demonstrate the five steps to building a wood fire.
- B. Use the following wood fires:
  - 1. A-Frame
  - 2. Teepee
  - 3. Trench
  - 4. Criss Cross
- C. Learn to use:
  - 1. Vagabond stove with buddy burner
  - 2. Fire starters
  - 3. Charcoal fire

## Cook in the outdoors

- ☘ A. Select, set up and use an outdoor cooking site.
- ☘ B. Plan, purchase, store and prepare food and learn proper care of equipment for:
  1. Trail meal
  2. Cooked meal
- C. Prepare and serve food using each of these methods of cooking:
  - ☘ 1. One-pot Dutch oven meal
  - ☘ 2. Foil dinner
  - ☘ 3. Solar cooking
  - 4. Stick cooking
  - 5. Reflector or cardboard oven
  - 6. Bean hole

## Know and practice simple first-aid

- ☘ A. Identify and be able to treat:
  1. Poison ivy
  2. Poison oak
  3. Poison sumac
- ☘ B. Equip a first-aid kit for a troop
- ☘ C. Demonstrate treatment for the following:
  1. Simple cuts and scratches
  2. Minor burns
  3. Insect bites
  4. Blisters
  5. Splinters
  6. Sunburn

## Learn to protect and preserve the world around you

- ☘ A. Understand and be able to explain how plants and animals depend on each other.
- ☘ B. Discover ways to protect:
  1. An animal in the wild.
  2. A plant in the wild.
- ☘ C. Do an outdoor “Good Turn”

