

## 10 Reasons to Go Camping With Your Troop

1. **Reconnect with Girls:** Learn things about girls that you didn't know, who they most admire, which teacher drove them nuts, their favorite music and hobbies. Take time to sit around the campfire to talk and sing songs.
2. **Empower Girls:** Encourage girls to try something new. Even if they don't succeed the first time, when they accomplish the task at hand, great things can happen!
3. **Engage Girls:** Make sure all the girls (and adults!) are included in games, cooking and campsite set up. Have the girls assign jobs, and help in picking out a campsite. Take some time to sit back and let the girls take the lead.
4. **Appreciate Nature:** Girl Scouts who get outdoors are twice as likely to connect with and care for the environment.
5. **Make Memories:** Be sure to bring along a camera or have the girls journal about their time camping. Use the photos to create a scrapbook with the girls to share with family members and friends.
6. **Live off the Grid:** Take this time to step away from screens, social media and the demands of work and school. Reset your brain and feel refreshed!
7. **Exercise:** By getting outside, you and the girls can burn off some energy by hiking, fishing, swimming and playing games. The possibilities are endless!
8. **Have Fun Cooking:** Make s'mores, cook hotdogs on sticks or create your favorite meal by cooking it over a campfire. Have the girls take charge in prepping and cooking meals.
9. **Learn Something New:** Learn a new outdoor skill like knot tying, fishing, or learn about the plants and animals around you. Discover a new bird, watch the clouds and identify the constellations.
10. **Have Fun:** Let the girls see the fun side of you. Relax and enjoy your time in nature. See the humor in things that happen. The unexpected can be the most memorable.

