

Troop camping is a great way to get outdoors and be together, and it can be done safely by following the guidelines below. Troop camping at Girl Scouts San Diego properties will be available when conditions and resources allow. Troops may also camp at city, county, state, national, or private sites. Encampments are not permitted at any location at this time. Multi-family campouts are discouraged. Visit [What's New](#) for the latest updates.

From the start of this pandemic, Girl Scouts have proven themselves to be strong community members, going above and beyond to keep themselves and others safe. COVID-19 remains an extremely contagious virus that spreads easily in the community. Volunteers should take all reasonable precautions to limit potential exposure for girls, themselves, and families and to prevent additional community transmission.

We recognize that some of these guidelines differ from traditional Girl Scout leadership principles. For example, guidelines may require using disposable items instead of using resources wisely. During this unprecedented time, some compromise is necessary to protect the health of our valued Girl Scout members. When you can make a girl-led, sustainable choice that affords the same protection, please do.

Follow these COVID-19 protection guidelines when your troop is ready to have an overnight camping experience. These guidelines supplement the [Safety Activity Checkpoints for Camping](#), which must also be followed. Reminder: [approval](#) is always required for an overnight.

## PLANNING FOR TROOP OVERNIGHT CAMPING

### MANDATORY

1. Host a thoughtful conversation with troop leaders and families about whether the troop is ready for an overnight experience. Consider the Girl Scouts' developmental readiness to be away from home, as well as family comfort levels with COVID-19 risks. If everyone agrees, let the Girl Scouts take the lead in planning.
2. Send out and collect the [COVID Participation Guidance and Waiver](#) before the event to communicate expectations. If you have already collected the waiver, send the document with instructions to review. Explain the plans you will use to keep the troop safe.
3. Review the cohort guidance in our [in-person hosting guidance](#). Limit the number of adults attending.
4. Consider the available activities at the campsite. Will you be able to maintain COVID-19 protocols? This may impact your decision to camp now or wait.
5. Recruit a first aider to attend.
6. Ensure that you have adults [trained](#) for the types of camping and outdoor cooking that the girls have planned. Reach out to your service unit or [training@sdgirlscouts.org](mailto:training@sdgirlscouts.org) if you need trained helpers.
7. Identify participants with higher risk factors related to COVID-19 and encourage them to take additional precautions while preparing for camp. Remember to keep health information private.
8. Stock up on first aid and health supplies. See the [First Aid Kit Suggested Contents](#). Consider adding an infrared (no touch) thermometer, plus COVID-19 prevention items. Include hand sanitizer (at least 60% alcohol), gloves, tissues, disposable facemasks, and disinfectants.
9. Plan program activities just for your group, separate from other groups.
10. Tell campers what to bring. They must bring their own personal bedding, needed clothing, personal hygiene items, and any other items specified by the camp organizer. These items must be stored with the camper's personal belongings and should not be shared amongst campers.

## STRONGLY RECOMMENDED

1. Participants should monitor themselves for symptoms for one week before the event. If they have any [COVID-19 symptoms](#), including a temperature of higher than 100.4 degrees, they should get tested or not attend.
2. Participants should plan transportation to the campsite with only members of their household in the vehicle, if possible. Consider staggering drop-offs and pick-ups when scheduling your campout, to eliminate the possibility of larger groups gathering.

## DURING TROOP OVERNIGHT CAMPING

### MANDATORY

1. Take the temperature of all participants upon arrival at the meeting place. Have caregivers wait until their Girl Scout has been screened. Note temperatures on a [screening log](#). If a person's temperature is above 100.4, or if they show COVID-19 symptoms, they should go home immediately.
2. Repeat the screening each morning of the campout and record answers in the log. Immediately isolate anyone with a temperature of 100.4 or above, or anyone with COVID-19 symptoms. Call parents to pick up any girl who has been isolated. Report the situation to [accidentreporting@sdgirlscouts.org](mailto:accidentreporting@sdgirlscouts.org) immediately.
3. Maintain 6-foot distance between individuals, including in bathrooms.
4. Wear well-fitting masks, except when eating, drinking, or sleeping. Take extra care to maintain distance while unmasked.
5. Ensure that participants wash their hands or use hand sanitizer hourly—more frequently, if needed. Remind campers that proper hand washing requires washing with soap and water for at least 20 seconds. Remind participants that they should wash:
  - Upon arrival
  - When hands are visibly soiled
  - Before and after any new activity, and after any breaks
  - Before and after eating, serving, or preparing food
  - After coughing, sneezing, or contact with any bodily fluids
  - After using the restroom
  - After cleaning, sanitizing, or using any chemical products
  - Before and after adults administer any medication
  - Prior to departure
6. Clean high-touch surfaces at least once daily, sanitizing as needed. High-touch surfaces include doorknobs, railings, restrooms, etc. and any shared tables, tools, supplies, and equipment. Avoid sharing objects whenever possible. For information on best sanitation practices and products, review [CDC's cleaning and disinfecting guidance](#).
7. Assign participants their own chair and mattress to be used throughout their stay to minimize the potential of spreading germs.
8. Avoid use of any camp communal items, such as board games, magazines, play equipment, etc., that cannot be easily cleaned.
9. Work with any troops or groups camping nearby, to share resources like camp kitchens, playgrounds, and fire rings.

## MEALS AND FOOD

### MANDATORY

1. Cook outdoors as much as possible.
2. Choose one adult to serve food, dispense drinks, or provide utensils to each participant for each meal. Some Girl Scout kaper chart routines may have to wait until the pandemic improves. Self-service is not recommended.
3. Ensure that those handling foods wash their hands thoroughly (even if they will be wearing gloves) prior to any food prep or meals.
4. Bring enough roasting forks or similar items so that participants get their own. Remind campers to use only their own roasting fork.
5. Don't share food, or reach into a bag of food. Instead, have an adult pour from a bag or use a serving spoon or scoop.
6. Follow the Girl Scout dishwashing process carefully for all non-disposable items. Allow dishes to air dry! Only one person should wash dishes at a time.
7. Follow strict 6-foot distancing during mealtimes when members will be unmasked in order to eat.
8. Do not allow communal dishes, shared water coolers, or shared drinking stations.

### RECOMMENDED

1. Plan food that food that will not be touched or prepared by multiple people:
  - Individually packaged food
  - Prepared food from home (sack or box dinners) for individual consumption
  - Prepped meals from home such as foil packet meals that are ready to place on the coals.
  - Low-touch recipes like an omelet in a bag (boiling water will kill germs) or hot dog on a stick (with an adult distributing the hot dogs).
  - Family style meals where one person, wearing clean gloves and a face covering, serves everyone on clean plates.
2. Wear food prep gloves when possible.
3. Bring disposable plates, cutlery, napkins, and tablecloths whenever possible.
4. Try the fun recipes at the end of this guidance.
5. Have an adult take a food-handler's course online that provides information on food safety protocols for various concerns.

## SLEEPING AND BATHROOMS

### MANDATORY

1. Make sleeping arrangements, based on experience level and site considerations:

Best option	For experienced campers only: <ul style="list-style-type: none"><li>• "Under the stars" six feet apart, or</li><li>• Sleep in individual tents (or by household). Tents should be in easy hearing distance of a buddy's tent.</li></ul>
Acceptable option	Cabins with bunks, mattresses, or your own bedding. Sleep 6 feet apart.
Acceptable option	Tent camping. Reduce tent capacity so that campers can sleep 6 feet apart.

2. Arrange campers head-to-toe. This increases distance and reduces the likelihood of huddling to chat in the middle of the night.
3. Remind campers to keep their personal bedding and other items away from each other. Encourage them to keep loose items in their backpack or duffle. Do not let them share personal items with each other.
4. Clean and/or sanitize common areas, at least once a day.

## RECOMMENDED

1. Ease into camping when planning your first campout since the pandemic began. Much will be different than before, and everyone is a bit rusty.
2. Choose campgrounds that have ample bathrooms and low crowds to make it easier to stay distanced from others. Camping on weekdays may be a good option.

## OPTION FOR FAMILY CAMPING

Consider this idea for troops where all families have gear and experience camping:

1. Each family has its own, separate campsite in the campground.
2. Each family sleeps, cooks, and eats together.
3. The troop gathers as a cohort (see [In-Person Guidance](#)) for activities. Family members won't be part of the troop cohort, so offer them ideas for fun that they can enjoy on their own. The entire group should NOT gather together for meals or activities.

## IMPORTANT

Be certain that each Girl Scout can be included. Some caregivers may be unable to afford the time or equipment to camp separately, or they may not be comfortable camping. It may be hard for some siblings to sit out on the activities the troop will do. Consider all variables carefully. In short, this option will not work for every troop. It's ok to wait a little longer to camp.

## AFTER TROOP OVERNIGHT CAMPING

### MANDATORY

1. Follow the check-out procedures for the campground.
2. Retain the COVID-19 Attendee [screening log](#) for three months.
3. Contact Girl Scouts San Diego at [accidentreporting@sdgirlscouts.org](mailto:accidentreporting@sdgirlscouts.org) or call 619-298-8391 if you become aware of a positive COVID-19 test result within 14 days of your camping event. If calling after business hours, press two (2) to reach our emergency line. Do not share health information with others. Council staff will notify those potentially exposed in a manner consistent with healthcare privacy laws, in conjunction with county contact tracers.

### RECOMMENDED

Share what you've learned! If you have found a great resource or idea, email [training@sdgirlscouts.org](mailto:training@sdgirlscouts.org).

## Food, Meals and Outdoor Cooking During Covid-19

The American Camp Association, the CDC, GSUSA and health departments agree: the best practices during the COVID-19 pandemic are for people to bring and cook their own foods while camping. This recommendation eliminates most of the risk of asymptomatic COVID-19 spread via food handling.

We recommend that participants bring their own meals for day trips or simple overnights. If you choose to cook outdoors while camping, take steps to minimize risk. Stick cooking and foil packs are ideal. For example, girls can assemble a foil pack at home, keep it in an insulated lunch bag, and cook it at the campfire. Similarly, girls can assemble stick cooking items at home and arrange them on their own roasting fork at camp.

### Meal Prep Guidelines:

- Clean and disinfect cooking and dining areas before and after food prep.
- Use outdoor cooking and seating areas.
- Decrease table occupancy by half. For example, use only four seats of a table that seats eight and seat girls at a distance from each other.
- Assign seats to diners so they occupy the same seat at each meal.
- Do not use buffet style, salad bars, self-service, table, counter food service, and other configurations that require diners to use shared utensils.
- Use “grab-n-go” (individually packaged) and self-prepared meals.
- Assign one person to serve everyone when there is the need to serve individuals. The server should sanitize hands and wear gloves.
- Have diners wash their hands with soap and water prior to eating.
- Leave garbage can lids open while cooking and eating, unless they are equipped with foot pedals.
- Offer condiment packets with meals, if needed. Avoid condiment dispensers.
- Use individual juice or milk containers. Avoid pitchers, jugs, or Igloo-type dispensers.
- Clean and disinfect food contact surfaces
  - Ensure that disinfectants meet [EPA guidance for disinfectant use](#), and are safe for food contact surfaces.
  - Use soap and water to wash food contact surfaces (e.g., dishware, utensils, trays, food preparation surfaces, beverage equipment). Use the Girl Scout dishwashing method.
  - Let dishware and equipment air dry; do not dry with towels. This spreads germs.
  - Clean and disinfect frequently touched non-food contact surfaces (e.g., counters, tables, chairs, coffee pot handles) at least daily.
  - Clean and disinfect the dining area before and after each use.
  - Clean any hard, non-porous surfaces that are visibly dirty with soap and water before disinfecting
  - To make disinfect: Add 1/3 cup of bleach to a gallon of water or 4 teaspoons of bleach to a quart of water. Mix a new bleach-based solution each day, or sooner if the liquid has debris in it. **Important:** Do not use in conjunction with ammonia-based solutions.
  - Remove and dispose of gloves, facemasks, and gowns/aprons (if applicable) immediately after cleaning and disinfecting or when visibly soiled.

## Simple, Self-Prepared Recipes

### Stick cooking Recipes

#### Eggs in an Orange Shell

Orange

Egg

Cut 1/3 of orange off. Scoop out insides and eat them. Break one egg into the larger section. Wash hands after handling raw eggs. Without tipping, stick a roasting fork all the way through the top of the orange. Hold over coals and roast 5-10 minutes until egg is set and not runny.



#### Hot Dog Sticks

Hot dog, veggie dog, or brat

Refrigerator biscuit (could use bacon instead--or both)

Take a refrigerator biscuit and roll it into a thin rod. Wrap hot dog with the refrigerator biscuit. Skewer hot dog on roasting stick. Toast, turning slowly until biscuit is cooked.

#### Hikers Knapsack

Ham slices (or any other lunch meat slices)

Cheese slices

Pineapple rings (could use pickle slices instead)

Hamburger bun, bread or tortilla.

Wrap ½ pineapple ring and 1 cheese slice in a slice of ham. Spear filled ham slice with roasting fork. Warm over hot coals until cheese begins to melt. Place in bun/bread or tortilla to eat.

#### Toasty Sandwiches

Sturdy, dense bread, like whole grain, sourdough, or rye (thin white bread won't hold up well)

Thickly sliced hard cheese: cheddar, jack, swiss, or aged gouda work well

Thickly sliced deli meat: turkey, ham, pastrami, corned beef

Thickly sliced pickle

Desired condiment packets (mayo, mustard, etc.)

Assemble your sandwich as desired. Cut it into quarters, and skewer or place each one on the end of a marshmallow roasting stick. Toast one quarter at a time over low coals until the cheese begins to melt and the bread is toasted.

#### S'mores

Graham crackers, vanilla wafers, or chocolate chip cookies

Chocolate bars or Reese's cups

Marshmallows

Make a sandwich with a toasted marshmallow, two graham cracker halves, and chocolate bars.

## Taffy Crackers

Caramels

Saltine crackers

Roast a caramel on a stick until it melts slightly. Gently slip the caramel off, between two crackers. Caramel will crack slightly and spread between the two crackers

## Foil Pack Recipes

*To make packets: pull out an extra-long length of heavy aluminum foil and fold it in half so you've got a double layer. Place your ingredients in the center, then align edges together over the food. Fold the long edges at least twice, to seal. Then fold the remaining two edges at least twice. Don't seal the packet too tightly: you want to leave some room for the steam to expand.*



### Breakfast Foil Pack

Frozen or refrigerated hash browns

Precooked breakfast sausage or cooked, crumbled bacon

Grated cheese

Egg

Method 1: Place hash browns on foil, making an indented “cup” for the egg. Place sausages around hash browns. Sprinkle cheese on hash browns. Crack egg and place in hash brown “cup”. Wash hands after handling raw eggs. Fold and seal foil and cook over coals for 15 minutes.

Method 2: Cut breakfast sausages into bite size pieces. Mix sausage, hash browns, cheese and a cracked egg or two altogether. Wash hands after handling raw eggs. Place in foil and seal. Place on grate 4” above medium-hot coals. Heat for 15 minutes, turning every 5 minutes.

### Eggs in an Orange Shell

Orange

Egg

Cut orange in half and scoop out insides (save to eat separately). Break one egg into each half. Wash hands after handling raw eggs. Wrap in foil. Place in coals and bake 5-10 minutes until egg is set and not runny.

### Campfire Pizza

English muffins

Pizza sauce

Mozzarella cheese

Pepperoni (or precooked sausage), onion, black olives, mushrooms, green peppers, etc. to taste

Open up English muffins. Have a designated adult spoon pizza sauce on each half. Spread pizza sauce on each muffin half, then any toppings, then cheese. Put muffin halves together or wrap each half separately. Seal in foil. Place on grate 4 inches above coals. Heat for 8-12 minutes. If halved are together turn at least once until cheese melts. If wrapped singly, do not turn.

### **Chicken and Dumplings**

Pre-cooked chicken tenders (1 per girl)  
Mixed vegetables (optional, 2 tbs. per girl)  
Milk (2 tbs. per girl)  
Refrigerator biscuits (2 per girl)

Place a piece of chicken, veggies, 2 biscuits and 2 tbs. milk on each piece of foil. Seal foil. Cook 20-25 min. over coals.

### **Hamburger or Cheeseburger in Foil**

Precooked meat patty  
Cheese  
Bun

Place meat patty on foil and seal. Heat meat patty over coals for 10-15 minutes until thoroughly cooked. While cooking, place cheese on bun and add condiments as desired. Unwrap cooked patty and place on bun with cheese.

### **Peppy Potatoes**

Frozen tater tots  
Shake 'n Bake seasoning mix, chicken flavor or any favorite seasoning  
Butter or margarine

Place tater tots a on piece of foil. Season and put a couple of pats of butter on top. Seal foil. Place on grate 4" above medium-hot coals. Heat for 15 minutes, turning every 5 minutes.

### **Quesadilla or Burrito**

Tortilla  
Refried beans  
Cooked, chopped chicken or other protein (optional)  
Cheese  
Tomatoes, onion, black olives, etc. (optional)

Put beans, cheese and any other toppings on the tortilla. If girls are making a quesadilla, put another tortilla on top. If girls are making a burrito fold bottom up and then roll. Place in foil and seal. Heat over coals for 10-15 minutes until hot.

### **Toasted Sandwiches**

Assemble the sandwich of your choice. If you want the crust toasted, butter the outside. Wrap it in foil. Heat it in coals for 8-12 minutes until cheese melts or it is hot. Note breads used can vary--pita pockets, bagels, English muffins, tortillas, etc. Take bread thickness into account when toasting.

### **Zip Packs**

Precooked meat (your choice: hamburger, ham, turkey, chicken)

Tater tots or hash browns

Frozen or canned veggies

Tomato juice

Seasoning

Place meat, potatoes and veggies in center of foil. Sprinkle some tomato juice over for flavoring and moisture. Add your seasoning. Seal in foil. Cook 20-25 min. over coals.

### **Baked Peaches**

Fresh peaches (can also use apples, pear, etc.)

Brown sugar

Butter

Cinnamon or pumpkin pie spice

Wash peach and cut in half. Remove pit. Place peach half on foil center. Sprinkle with brown sugar, butter and seasoning. Seal in foil. Place on grate 4 inches above coals. Heat for 10-15 min. Do not turn. Note: If girl wants entire peach, put halves together after filling and wrap in foil that way.

### **Banana Boats**

Banana

Chocolate chips

Mini-marshmallows

Slice halfway through the long, inner center of a banana. Widen the cut to make a boat shape. Fill with chocolate chips and marshmallows. Replace the peel. Seal in foil. Heat for 5-10 min., turning every 2-3 minutes.

## **Novelty Cooking**

### **Bacon and Eggs in a Paper Bag**

Bacon

Eggs

Paper lunch bag

Cut bacon in half. Place two slices of bacon in the bottom of the bag. Break egg into bag over bacon. Wash hands after handling raw eggs. Close the bag by folding top down about 1½ inches. Make a second fold about the same size. Pierce the bag in the center with roasting fork. Hold bag about 1 inch above hot coals. Cook for about 15 minutes or until eggs are firm and bacon is cooked. Eat right from bag.

### **Campfire Hard Boiled Eggs in a Paper Cup**

Egg

Paper cup (unwaxed) 7 oz size.

Water

Fill cup half full with water. Put egg (still in shell) in cup. Wash hands after handling raw eggs. Place cups at the edge of the campfire. Surround cup with hot coals. The water will begin to boil. As the water evaporates, the top of the cup will begin to burn. When the cup burns down below the level of the egg, use tongs to remove the cup from heat. This should take 8-10 minutes. Let egg cool slightly, remove shell and eat.

### **Omelet in a Baggie**

Eggs (1-2 per person)

Quart-size *freezer* zip bag

Cooked breakfast meat, chopped veggies, etc.

Shredded cheese

Salsa, optional

Large flour tortilla, optional

Place all ingredients except salsa and tortilla in bag. Wash hands after handling raw eggs. Press the air out and seal carefully. Using tongs, place the bag in a pot of boiling water. Do not drape the tops of baggies over the edge of the pot. Squeeze bag occasionally with tongs to "stir" the eggs. Boil 5-10 minutes until eggs are firm. Turn the omelet into a burrito by placing it in a tortilla with salsa. Or, just eat from the bag!

Girl Scouts may bring their meat, veggies, and cheese from home (in the zip bag, stored in an insulated container) to reduce prep at camp.

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