
Sit-Upon

Part of Girl Scout traditions is the sit-upon. What is a sit upon? It is an insulated and usually waterproof pad, homemade and used to protect the user's backside from the cold and damp when sitting on the ground. A sit upon can be used at Jubilation for:

- Ceremonies
- Program activities
- Eating in your camp sites.

You will find very simple ways to make a sit-upon or for some that choose - ones that are a little more creative, elegant and even conversation starters.



The following are links and resources for making a sit-upon.

http://www.makingfriends.com/scouts/scouts_girls_situpon.htm

<http://www.epilogsys.com/Scoutingweb/Program/CraftsGeneral2.htm#SitUpon>

<http://www.momsminivan.com/extras/situpon.html>