



Step 4

Site and Oversight

Step 5

Food for Thought

for Beaver Scout Colonies

Introduction

Dear Beaver Scouters and Beaver Scouters,

We are delighted to bring you our eight-step 'Camping with the Stars' resources over the next few weeks. These resources aim to help you and your Colony or Pack to have a fun-filled, youth-centred camping experience in May or June 2018 by building your capacity and confidence in camping step-by-step.

Step 1: **First Pitch** January
Plan for camp in small groups; roles for Scouters.

Step 2: **Gearing Up** February
Clothing, layers, personal first aid kit, packing an overnight bag, hygiene.

Step 3: **Out and About** February
Day activity with the correct gear.

Step 4: **Site and Oversight** March
Group gear, Leave No Trace, risk management, site layout.

Step 5: **Food for Thought** March
Overnight with food hygiene and prep in small groups.

Step 6: **Spars and Sparks** April
Tent pitching, gadget construction, fire-lighting.

Step 7: **Adding the Magic** April
Campfire, Scouts' Own, flag ceremony, gear check, revision.

Step 8: **Camping with the Stars** May
Revision, get out and camp, review.



We hope you find these resources helpful and informative. Remember, your Scout section may also benefit from camping resources, which are organised slightly differently than those for Beaver Scouts and Beaver Scouts.

Wishing you and your Colony or Pack the best of success in the months ahead. Happy camping!

Ian Feighery
Programme Commissioner (Beaver Scouts)

Eilís Molamphy
Programme Commissioner (Beaver Scouts)



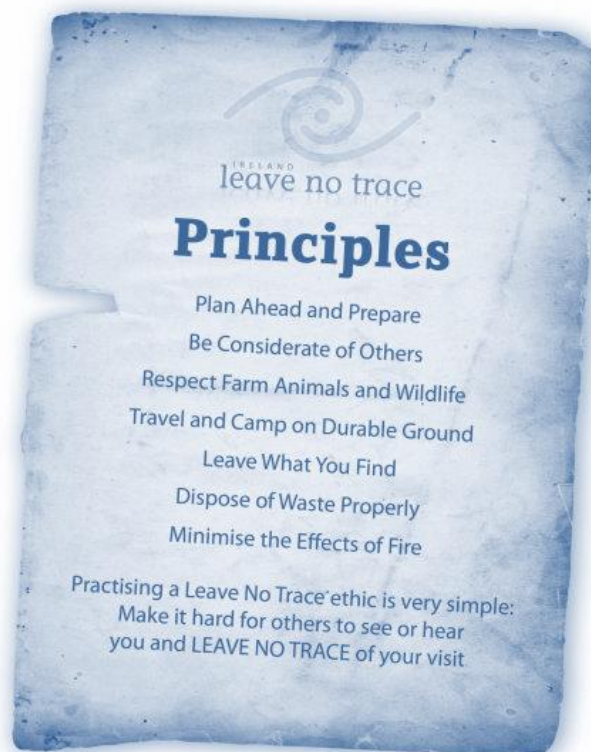
Site and Oversight

Leave No Trace

Knowing how to deal with waste when on camp is critical for cleanliness, environmental responsibility and the opportunity to return to the same site in the future.

Ensure that food debris is not left lying around. Always clean tables before and after use. Take all unused foods back to the store tent and store correctly and safely. All refuse containers must be emptied and cleaned regularly. In particular, all refuse and waste food material must be removed from inside any preparation area at the end of each meal. This is most important at camp to deter vermin.

Why not give each of your Beaver Scouts one of the principles of 'Leave No Trace' (below). When it comes to camp planning, each of the Beaver Scouts will be able to contribute as to how to be as environmentally-friendly as possible, using their principle as a discussion starter.



Site and Oversight

Risk Management

Careful thought must be given to identifying and managing any risks that are associated with camping.

A Scouter who holds a current First Aider certificate must accompany the Beaver Scouts on camp. Your Scouter team may wish to have this person in charge of medicines- ensure medical consent forms are filled out completely.

Always ensure that if the Beaver Scout Colony is undertaking extra programme activities provided by an outside provider, that this activity is covered by Scouting Ireland insurance.

If you are green field camping, make sure that you provide the landowner with a copy of the Scouting Ireland letter of indemnity.

It is a good idea to pre-visit the camping site two weeks before the camp is due to take place. You and your Scouter team should do a 'walk-about' and discuss and note any issues or problems you can foresee. After this site visit, discuss with your Scouters how you might going about tackling each risk or issue. For example, you may realise that the toilets for the Beaver Scouts to use is a quite a trek away- are there any portaloos the campsites have access to that can be put in your field for the weekend?



Site and Oversight

Campsite and Tentage

In a Beaver Scout-only camp, camp features may be at a minimum; perhaps your Colony has an indoor kitchen area, or there are dining areas already on site. If your Colony is camping with your Beaver Scout Colony, your site layout may be different. Beaver Scouts should be made aware of why a site layout is important.

The earlier in the day that the Beaver Scouts reach the campsite, the easier it will be to set up the camp and settle in. The practice of sending an advance party to pitch the tents is not to be encouraged, as the Beaver Scouts lose out on valuable camping adventure skills training.

Tentage should be placed towards the outer edge of the site if possible (not in the middle of the field!). Do not place tents right next to trees (especially solitary trees that will attract any lightning!), and be sure to look above as well as around on the ground. Common sense says that no tentage should be placed near the campfire/ chopping area/ toilets.

Scouter's tents should be positioned fairly near to Beaver Scouts. The Scouter's tents should be pointed out to Beaver Scouts during daylight hours so that Beaver Scouts know where to go if there is a problem in the middle of the night.

Beaver Scouts' tents should be at least 2 metres apart. Where possible, pitch with the back/ tail end pointing into the prevailing wind.

Also during the day, if you have room and the weather permits, pull your groundsheet out of Icelandic tents and store to one side to let your tent air, and the ground 'recover'.

Care should be taken in the relative positions of the tents. No tents should be placed immediately next to the site entrance or exit.



Food for Thought



Menu

The Beaver Scouts can assist with planning a balanced menu by using print-outs of the Food Pyramid.

It is important when developing a menu to remember programme so that meals fit into the time available. Cooked breakfasts alongside familiar cereals are a great way to ensure the Beaver Scouts have a good start to the day and helps in avoiding snacking.

While healthy eating is very important and using the food pyramid to plan menus, remember that the Beaver Scouts will be outside all day, moving about and active for longer days than they would be at home, so the combination of fresh air and exercise will make for increased appetites.

Meals

Menu planning should be done as part of Lodge Discussions/ Log Chews as the tastes and food intolerances or allergies change from year to year in the Colony.

Menus should be drawn up by Scouters using the suggestions and ideas of the Beaver Scouts.

Simple one pot wonders i.e. spaghetti Bolognese, curry, sweet-and-sour chicken or stew are usually main course favourites with this age range and a simple recipe should be provided so that Lodges can participate where possible and where appropriate.



Food for Thought

Ideas and Suggestions...

The following is a list of easy-to-make food suggestions that your Colony may like to use to inspire your planning! Don't forget that often Beaver Scouts will taste food and dishes for the very first time on camp.

Breakfast

French toast

Porridge (try making it with chocolate milk for something different!)

Pancakes

Fruit salad

Lunch

Falafels in pitta

Bread twists (backwoods-style!)

Hot dogs

Homemade soup

Quiche (you can buy premade pastry cases)

Healthy sandwiches (prepared individually in Lodges from a 'salad bar' of ingredients)

Dinner

'One-pot wonders': stew, curry, sweet-and-sour, Bolognese, etc.

Pasta carbonara

Pizza with homemade garlic bread

BBQ

Baked potatoes with various toppings

Beef nachos

Burritos/ fajitas/ tacos (easy to prepare with lots of jobs for Beaver Scouts)

Suggestion: for dessert, why not give each Lodge the same set of mysterious ingredients. Award a prize to the Lodge who come up with the most creative, best-presented and most delicious dishes!



Food for Thought

Sample Recipe: Pancakes

Here is a very simple recipe for pancakes as an example of what your Colony may be able to do on camp. Remember, keep everything as simple as possible- quantities do not have to be 100% accurate in most recipes, for example.

The internet can be a great source of recipes, but again, make sure they are as simplified as possible for Beaver Scouts

A Scouter should be involved with cooking with each Lodge, but should avoid taking over too much!

THE WORLD'S BEST PANCAKES

You will need: a cup or two of flour, 2 large eggs, a cup of milk, a pinch of salt, a piece of kitchen roll with oil on it, and your favourite fillings (bananas, lemon wedges, strawberries, etc.)

1. Put the flour, eggs, milk and a pinch of salt into a bowl, then pass this around the Lodge- each member has twenty seconds to whisk as fast as they can!
2. Put the frying pan over a medium flame on your hob and carefully wipe it with some oiled kitchen paper (get your Scouter to do this!).
3. When this is hot, cook your pancakes for about one minute on each side until golden. Can any of the Lodge flip the pancake successfully?!
4. Make sure a member of the Lodge is preparing the fillings as the pancakes are being cooked.
5. When there are enough pancakes made, dig in as a Lodge and enjoy! Give any leftovers to your Scouters... if they are behaving themselves!



Food for Thought



Involving Beaver Scouts front-and-centre

You Scouter team may be wary of getting the Beaver Scouts involved in cooking on camp, but remember this is where some of the best camp fun can be had! Here are some 'jobs' your Beaver Scouts may enjoy doing- don't forget to challenge the Conn!

Washing the vegetables

Laying out the ingredients for preparation

Preparing the different chopping boards

Acting as the 'hygiene inspector', making sure everyone has washed their hands

Peeling and/or chopping fruits and vegetables with suitable utensils

Watching and stirring the pots

Stirring-in the sauces

Setting places on the table

Dishing out food onto plates

Lining up the members of the Lodge to receive the food

Washing up and drying

