

## *Before Camp*

*Advice for Patrols and Troops preparing for summer camp*

The highlight of the Scouting year is the annual summer camp. It is a time when patrols and troops get to spend a while living outdoors as scouts. This resource has some advice for patrols in the weeks leading up to their camp.

### Contents:

- Using programme planners to help organise your adventures during camp
- Menu planning for a balanced diet
- Camp patrol roles to get everyone involved
- Patrol rotas to distribute daily tasks fairly
- Site layout: what goes where and why
- Gadgets: a selection of gadgets for your site
- Leave No Trace: making a positive impact on the environment
- Advice for patrol camps



## Programme Planner

Each day should have space for activities in the morning, afternoon, and evening. The morning and afternoon programme will usually be skills and adventure based, while the evening activity can be more relaxed. Sometimes, you'll have patrol activities and other times troop activities.

Below is a sample Programme Planner. It is a tool for your patrol to record your plans for the camp. Each of the Patrols should have their own planner, which will have common parts which are agreed at the Patrol Leaders Council. You should have planners covering all of your camp programme.

### Patrol Camp Activity Planner

Patrol Name: Ravens

Day/Time	Activity:	What Personal Gear is required?	What Patrol Gear is required?	Who is the Activity Leader?	Crean Award and other badgework covered:	Do we need assistance from Scouters?
Monday Afternoon	Orienteering (Patrol)	None	Maps and compass	Mark (APL) and Emma	Learn a new skills Adventure Skills	No
Monday Evening	Campfire (Troop)	Torches, bivvy bag	Matches, snacks	Laura (PL) and Liam		No
Tuesday All Day	Survival Challenge (Troop)	Overnight kit, sleeping bag, bivvy bag	Supplied by Scouters	PLs and Scouters	Patrol work Adventure Skill	Yes
Wednesday Morning	On-site games (Patrol)		Tennis balls, hurley, sisal, flags	APLs	Patrol Spirit	No

This records what the activity is and whether it is a Patrol or Troop activity. Your camp should have a mixture of both.

The PL and APL will lead most activities, but other scouts will help and can lead if they have specific skills or to complete badgework

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## Menu Planning

You need to plan a full balanced menu for the camp. The menu needs to accommodate the tastes and health of all the scouts and the partialities of the site. The scouts responsible for cooking should have experience of cooking on camp, especially in the way you will be using (eg: on gas or on an open fire).

Things to think about when planning a menu:

- Is it a balanced menu? Do you have enough fruit and vegetables?
- How much will it cost?
- Do any scouts have allergies & intolerances?
- Is there food that scouts won't eat?
- How will the food be stored?
- When will the food be bought? And, how will it be transported?

Sample menu for four days of camp:

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Supper</b>
Day 1		Packed Lunch	Spaghetti Bolognese	Hot Diluted Drinks Fruit
Day 2	Cereal Toast Fruit Juice	Sandwiches Fruit Crisps Yogurt	Chicken Fajitas	Hot Diluted Drinks Biscuits
Day 3	Porridge Scrambled Eggs Fruit Juice	Wraps Salad Crisps Yogurt	Mushroom & potato curry	Hot Diluted Drinks Cake
Day 4	Cereal Toast Fruit Juice	Pancakes Fruit	Chicken Fajitas	Hot Diluted Drinks Fruit

## Camp Patrol Roles and Patrol Rotas

The Patrol System is essential to the running of a successful scout camp. Each patrol is responsible for organising and looking after itself. All duties are done by the patrol working together. To ensure that everything works well, it is important that all patrol members appreciate that there are jobs to be done and everyone shares in doing them. Also, it is crucial that every member understands what the roles are and how they are done. Before camp, have a patrol meeting and discuss all the roles and who will do them. Generally, there are two main types of duties to be done on camp: Full-Camp Roles and Daily Jobs.



### **Full-Camp Roles:**

These are jobs that a scout has for the whole of camp, such as being the Patrol Leader, the First Aider, or the Quartermaster. Scouts perform these roles throughout the camp, during programme and while on-site.

Here are a selection of Full-Camp roles. They are only suggestions; you can adjust them to your patrol and the circumstances of your camp. It is important that everyone has a role in the patrol. In many cases, two scouts can work on the one role together, if required. These roles should be suited to the scout and should help them achieve their Crean Awards and other badges. Before camp, the PL and APL, with the help of the Scouters, should make sure that everyone understands their role.

**Sample Roles:**

- **PL:** The scout who organises the patrol. They will support other scouts in their roles and make sure the daily rota is working. The PL works closely with the APL, other PLs, and the Scouters.
- **APL:** The scout who helps the PL in their role and deputises for them when required.
- **Quartermaster:** The scout who organises and maintains the Patrol's equipment during, on, and after camp.
- **First Aider/Safety Officer:** The scout who maintains the first aid kits and gives first aid, with the help of scouters. They could also be responsible for safety on site.
- **Treasurer:** The scout who plans the patrol's budget and administers the patrol funds, with the PL.
- **Photographer/Scribe:** The scout who records the activities of patrol for the log.
- **Leave No Trace Officer:** The scout who makes sure the patrol is following the principles of Leave No Trace.
- **Host:** The scout responsible for meeting and providing refreshments to visitors.

***Daily Tasks:***

These are every day duties that must be completed, such as cooking, cleaning, and maintaining the site. To ensure fairness, it is important that these jobs are shared and distributed using a rota. Scouts only do these jobs when they are scheduled to do so.

The everyday tasks on camp are shared amongst the patrol evenly with everyone playing their part. It is a good idea to have the daily tasks shared between two scouts. As well as making the jobs easier, you can pair more experienced scouts on their second or third camps with those on their first. This way the scouts will learn from each other. Here is a possible way of dividing and organising the daily tasks.

Sample Patrol Tasks:

**Cooking:**

Buys/collects food for meals; distributes food; consults with scouters on menu and preparation; cooks and serves dinner.

**Fire Duty:**

Cleans out fire from night before; collects and cuts firewood; makes sure safety equipment is in order; lights and maintains fire; takes pots/pans on and off fire.

**Cleaning/Washing:**

Empties bins, recycling bags and compost bins; disposes of waste correctly; sweeps tents; cleans cooking and eating areas before and after use; puts on hot water for washing; cleans patrol equipment after meals.

**Site Maintenance:**

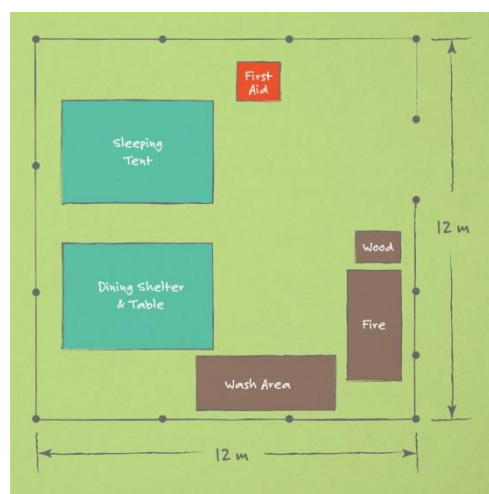
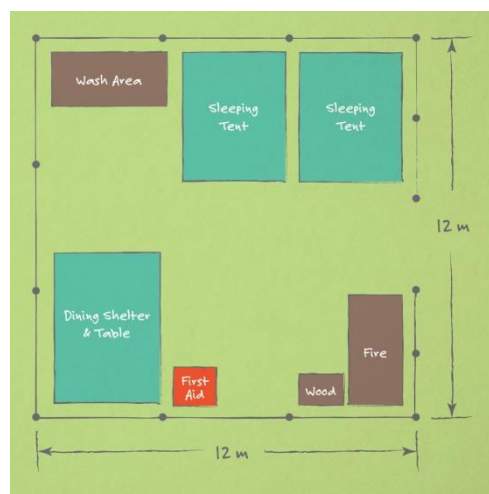
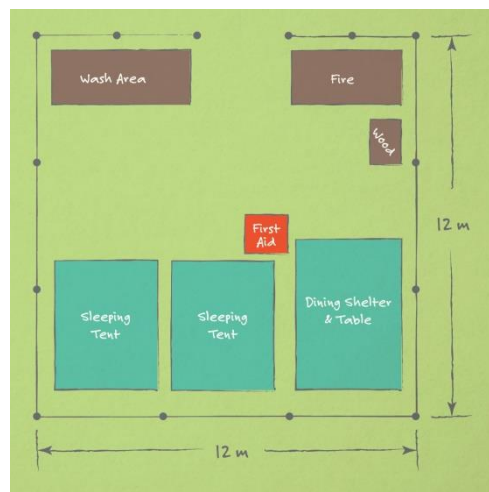
Checks and maintains tents, gadget lashings, boundaries etc; checks safety equipment; fills water containers; helps get equipment ready for programme.

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Dave & Sarah	Cook	Site	Wash	Fire	Patrol Day Trip
Jen & Pete (APL)	Fire	Cook	Site	Wash	
Mick & Claire	Wash	Fire	Cook	Site	
Ruth (PL) & Joe	Site	Wash	Fire	Cook	

## Site Layout

Your site design should be based on being practical and safe. Here are things to think about when planning your site:

- Try keep all the sleeping tents close together, on one side of the site perhaps. This will help create a natural divide between sleeping and eating areas on site.
- Put the personal wash area close to the sleeping tents to help create a more hygienic and home like feel to the site.
- Place the fire and woodpile next to each other.
- As a safety precaution where possible, all tents should be at the furthest point from the fire; this includes an awareness of other patrols tents.
- If you have a kitchen / utensil wash area, put it near to the table area.
- You should have a first aid / emergency point which is easily accessed
- The possible site layouts on the right include some of the basic gadgets; but you can have more to meet your needs.



## Site Gadgets

Your gadgets should meet the needs of the patrol for the duration of your camp. They allow you to make a living space in just a few hours!

- **Table and Seating:** all the patrol should be able to fit comfortably at the table.
- **Dining Shelter:** It should provide ample shelter to cover the entire patrol, and should be easy to enter and exit.
- **Fire:** The most important thing about a fire is that it needs to be safe. Have a secure structure, a fire tray, and all spars around fire tray must be protected from the heat with mud/tinfoil.
- **Woodpile:** This should segregate your firewood and keep it dry.
- **Emergency Point:** This should include a first aid kit and fire safety equipment.
- **Waste Disposal:** This should allow for recycling, organic/food waste, and rubbish.
- **Wash Area:** Personal washing and equipment washing should be separate.
- **Storage:** You should have a gadget or patrol box to store equipment and utensils.



## Leave No Trace

### Plan Ahead and Prepare

- When planning your menu consider the environmental impact of what you buy such as the amount of packaging and possible waste.
- Have the appropriate equipment for the camp and activities planned.

### Be Considerate of Others

- Be friendly and respectful to those sharing the campsite
- Take care not to damage property, especially walls, fences and crops.

### Respect Farm Animals and Wildlife

- Keep your distance from wildlife and farm animals.

### Travel and Camp on Durable Ground

- Camp at scout campsites or centres
- Protect water quality by camping at least 30m from lakes and streams.
- Leave your campsite as you found it, or better.

### Leave What You Find

- Conserve the present: leave rocks, flowers, plants, animals and all natural habitats as you find them
- Preserve the past: look at, but don't interfere with archaeological structures, old walls and heritage artefacts

### Dispose of Waste Properly

- Segregate your waste according to the system used on the campsite.
- Take all your waste away with you, if there are not appropriate disposal facilities.

### Minimise the Effects of Fire

- Light fires in your fire tray or in provided areas.
- Keep fires small and do not use growing vegetation for use as firewood.

## Patrol Camps

Here is a selection of points to remember when organising a patrol camp.

- The welfare of each Scout is very important.
- Attention to safety is also very important.
- Scout camps are organised in patrols by PLs and APLS, with the guidance of the Scouters Team.
- The Camp Leader should coordinate with the other patrols.
- It's a good idea to camp on Scouting Ireland campsites, with wardens, and to avoid caravan sites, holiday or entertainment centres.
- Each Scout participating needs to use the relevant Scouting Ireland Activity Consent & Medical Advice Forms.
- All families are informed and a contact system has been set up
- Separate sleeping, toilet and washing accommodation should be available for males and females.
- The Activity Leader must hold a Level 5 Camping Adventure Skills Badge.
- A qualified (over 16) First Aider should be available at the location of the overnight.
- Everyone should know who to call in case of emergency
- Have a detailed camp timetable, including main parts of the programme and a wet weather plan
- Have a fully planned balanced menu for the camp, which suits the conditions and activities
- Practicing using all the tents and equipment you will have on your camp
- Have suitable personal and troop equipment for the camp
- Scout Law and Promise.
- Follow the principles of Leave No Trace.
- Make a positive impact on the environment