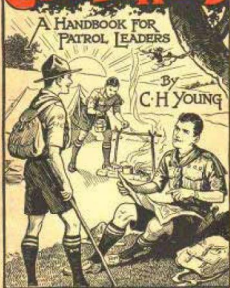


# WEEK-END CAMPS & HIKES

A HANDBOOK FOR  
PATROL LEADERS

By  
C. H. YOUNG



# Week-End Camps and Hikes.

## CHAPTER I.

### WINTER PREPARATIONS.

THERE are few young people to-day who do not love the outdoor life of Scouting. It appeals to those full of adventure and imagination, and gives an outlet for their abundance of energy where they will be of least annoyance to others. Yet, how often one encounters the surprising decrease of enthusiasm in some who have come to discover, through their own fault mainly, that their camping and hiking have not been all that they had hoped for. They were far from comfortable especially when the weather was not too kind to them, and they have abandoned what might have been a most enjoyable adventure with all its abundant opportunities. When one investigates one finds that they had imagined that all you had to do was to procure a certain amount of camping equipment, find a camp site and all would be well.

The game of Scouting is really setting out to follow the aims and ambitions of the old pioneers and backwoodsmen, and that is an outdoor job. Though this may often involve a certain amount of indoor preparation, camping, and camping properly, is the real Scouting in the full sense of the word. The more one camps the more one learns about camping, for experience is the finest teacher in the world. There is never a camper yet that was, or is, too old to learn much more about camping, new gadgets for his comfort, new ideas and new labour-saving devices. My own personal experience is that I have never gone to one camp yet without learning some new idea or a quicker and better way of making some old gadget.

It is my intention to provide my readers of this book with some help in specialised forms of camping, that of the hiker and the week-end camper. While it is obvious that the best advice one can give to the prospective camper is to go and learn for himself by actually getting out under canvas, no doubt a little advice will save him from many snares and pitfalls.

In this form of camping there is much that is different from the standing week camp, and those young fellows whose main camping experience has been limited to such will, I hope, find much to ponder over. It will be those who set off in their two's and three's who will derive most benefit and camping experience, yet there are probably many keen camping Patrols of six or eight who may find something they can introduce in their series of week-end camps.

The growing enthusiasm for this method of spending our summer week-ends has given rise to the question as to whether the best method is to set off on foot or on bicycles to satisfy their open air appetite. It would be well here, therefore, to set down the advantages and disadvantages of both methods and draw our conclusions therefrom.

Your bicycle has a distinct advantage of allowing you to carry more equipment which will provide you with greater comfort in your camp, and, moreover, the greater part of the burden is carried by your machine and not by you. Those of us who have seen so much of our own district often have a natural desire to get farther afield, to see new places, and camp on new soil. This, of course, is simplified by the use of a bicycle. Perhaps it will not be generally realised that different soils play a large part in camping efficiency and comfort, but as this will be discussed later on I will leave it now. A change of soil, however, will give new camping experience.

But even with these distinct advantages the cyclist is open to many limitations. He is often forced to keep to main roads and country lanes. There is also by reason of the

improved road surface of recent years a strong tendency not to get off the main road at all. In this way much of the beauty of the countryside, to say nothing of the enjoyment of the week-end, is lost. With the increase in road traffic, not only does the danger of cycling increase, but this also becomes very real to our animal and bird life of the country. If you really wish to see what Nature has in store for you, you must undoubtedly leave the beaten track for the quiet farm tracks and paths.

On the other hand walking has many advantages for the true hiker. It may be said that he is so slow in covering his ground that he will rarely get much further afield than his own district, but there is no reason why his hike need always start from his own doorstep every time, for he may depend on the train or coach to take him out of his own area. Moreover, he is not encumbered by the bicycle, and he may leave the main track when and as often as he wishes to wend his way through some interesting-looking spinney or deviate in many directions barred to the cyclist. This is the ideal way to see the beauty and enjoy the music of our countryside which compares in those respects with any other country in the world. It may be said that you are limiting yourself to much in the way of necessary equipment, but a little experience in this direction will very soon give you a fair judgment as to what comprises the best for a "minimum" kit.

It should always be the aim of the hiker to keep off the main road and find the byways and tracks. Here the Ordnance map will prove of the greatest service. Maps made from the Ordnance Survey are, of course, correct in every detail but the method of mounting and folding differ. He should spend plenty of time searching the stationers for the one which will be of greatest use to him. First, make sure that your map is up to date. With the rapid change of countryside in recent years it is quite conceivable that maps quickly become out of date and thus useless. Again, it is necessary to find one that will stand usage and all conditions of weather. Here it is advisable to choose one mounted on linen, so that it will not tear with continual folding. Your map should not be so large as to be cumbersome for examination on the journey, but it must be detailed enough to define clearly the smallest of tracks or paths and such necessary places as landmarks. A coloured map has often the advantage of showing the contours plainly which, of course, is important to the cyclist. In your series of journeys you will probably need several maps of different districts, so that when you have chosen your first map it will be of great advantage to purchase the others of the same series. If a case is not sold with the map it would be well to make one to fit, though several maps can now be purchased in cases with celluloid fronts.

Here it would be well to add a warning against purchasing cheap road maps, which are usually made on a smaller scale in order to cover a greater area of country. In these maps the roads are marked more since they are made primarily for the use of motorists and motor cyclists. Hikers and campers, however, need to go off the beaten track and thus need more of the small map signs such as footpaths, bridle paths, post offices and wells, which one cannot expect to find in maps whose scales are small. A map whose scale is 1 inch to the mile is a convenient size.

For short hikes it is often convenient and gives good practice in map making to enlarge the portion of the map to be used. This can be done by ruling on the portion of the map to be enlarged squares of a size, say, 1 inch. Then on the sheet of paper upon which the enlargement is required, rule the same number of squares, making these squares the required number of times the size of those on the original, Then copy the original accurately and carefully, enlarging all the matter in such a way that everything that appears in the smaller map appears within the corresponding square on the enlargement. There would then be room to include further details which could be inserted during the hike.

It would be far more interesting to select journeys that will provide a real change of scenery, provide new ideas and possibly render new methods of camping necessary, since in scenery mostly means change in type of soil.

It would be well among your winter preparations to spend some time mapping out your journeys for the coming season. A map made to scale of the proposed journeys with notes and suggestions will prove invaluable. You might even work out the times you might expect to be at certain places, though it will not be necessarily essential to keep strictly to the time, since you have cut yourself adrift from many human conventions for the week-ends, yet you will find it helpful to give you a guide when on the journey, thus adding to the interest of the map making. Not only will this acquaint you with your own and other surrounding districts, but you will be amazed at the number of details almost at your very door of which you were entirely ignorant although you have lived all your life in the same house.

Such mapped out routes should be catalogued and carefully preserved for future use, preferably in a loose-leaf album, which you can make quite simply for yourself. In this way you will be able to add further interesting notes, sketches and photographs. At the end of one season you will be agreeably surprised on looking back at the amount of knowledge gained. You will have found new things about camping, better ways of packing gear, shorter cuts you had never heard of, and your mind will be broadened by a whole volume of interesting data of Nature lore. Keeping such data as this will help you enormously in your future hikes.

The person who says, "I can easily remember that," is assuredly the one to forget it as soon as he discovers some new and interesting little fact to remember. The note-book should certainly be one of the most important parts of the equipment from which you can add to your loose leaf log-book. This itself would be as well in loose leaf form as in any other. Moreover, it should be so packed in the equipment or in a convenient pocket that it is easily got out or the usefulness of it will be lost. I have known those cycling to have them fixed by a bracket on their handlebars in the centre, with a spring to keep the pages open so that they may make notes while continuing their journey.

Other winter preparations might include the study of Nature lore. It is surprising how little we find that we know of this most interesting study. Further, one can always improve one's camping knowledge from camping publications, spend much valuable time in going over his gear, mending and replacing, and improving its efficiency generally. Much time can be spent with interest and profit in studying place names, their origin and meaning, while much of the varying type of architecture of the district might help you in the coming season. A general study of the local history is often an advantage to help one in compiling his log-book.

The following chapters will deal with the immediate preparations and necessities for the hiker or week-end camper, the preparation and packing, the conduct of the hiker on his journey and in camp, and the care of his equipment in the winter as well as during the week-end.

One must bear in mind that, though many of those suggestions will be helpful to all campers, they are especially intended for those who start off in small numbers for a week-end camp or hike, either on foot, with or without a trek-cart, or on bicycle.

## CHAPTER II.

### PURCHASE AND CARE OF EQUIPMENT.

IN this chapter I propose to deal with the main articles necessary for one's comfort in camp. These, of course, must be cut down to a minimum both in number and bulk. There are several articles which are not absolutely necessary for the camper especially if he has the true backwoodsman's spirit, but they will add to his efficiency and camping comfort. These, of course, need careful selection, and unless he is sure they are really necessary they should be avoided.

**Tents.** – There are several hike tents which may be purchased at quite reasonable prices to-day so that the camper may have much choice in his selection. The popularity of hikers spending summer week-ends under canvas has increased so much in recent years that manufacturers have fitted the supply to the natural demand which has arisen. Whilst I am sure that the perfect tent is yet to be found, those now to be purchased are as near perfection as can possibly be expected. If the intending buyer feels that he has not had enough experience in camping or buying tents he would do well to obtain the assistance of an old hand.

For week-end camps one needs a tent that is light and not bulky when packed, yet which will stand the test of reasonable wear and tear. A small ridge tent with jointed poles is the best type. This packs up into a very small space, rolling the poles up in the tent. Usually the poles are in three pieces in order that the whole tent is quite compact. The best material is Egyptian cloth which is light yet strong enough to stand the test of weather of all descriptions. Several hikers have made successful attempts at making their own tents from Egyptian cloth and even proofed balloon cloth. So long as a good pattern is carefully followed, and a serviceable canvas used, there is no reason why the result should not be successful and so save the maker some of his outlay on camping equipment. A pattern cut to size in paper first, however, is an essential factor.

A type of shelter or bivouac is often to be purchased and is useful usually only in fine weather. Moreover, it takes up as much room in packing as a hike tent and thus one might as well have the comfort that the better shelter a tent affords. The only advantage it appears to have over the tent is that of price. It is, however, useful as extra accommodation or a store.

The best size for a hike tent is 6 ft. by 4 ft. by 3 ft. 6 ins. high. This size provides ample room for one person with his kit and will often prove large enough to accommodate two people. The store added on to the back of the tent, as suggested in a later chapter, would relieve the space given up to kit in the tent.

The length of time a tent lasts depends largely on the way it is treated both in camp and in storage. Tents should not be packed wet. On the day camp is broken up if the weather is likely to be wet a tent should be packed as soon as dry to ensure it does not get wet again. If it is wet it should be left till the last moment in the hopes that it will dry. Never pack a wet tent unless absolutely necessary. If it is at all damp it should be unpacked and hung up as soon as you arrive home. To leave it rolled up damp will entirely ruin it. Further, no tents should be stored in any place which is damp.

During wet weather and at night it is most important to remember to slacken the guys in order to prevent any undue strain upon the canvas. These can be tightened up when the tent has dried out. The life of a tent will most probably be lengthened by the amount of care exercised in packing it after use. The guys should be carefully rolled up and tied with a half hitch. The tent should then be laid out carefully on the ground, flattened out, and then folded in its proper folds before rolling. It should not be forced into its bag. If it does not slip in

easily it should be refolded. The poles usually roll up inside the tent. For the usual hike tent meat skewers form the best pegs. They take up less room than the wooden pegs and are easily driven in or pulled out of the ground. They should, however, be packed separately from the tent.

It is fatal to touch the canvas of a tent when it is raining for the rain will come through. Tents can be reproofed if they show signs of leaking. Any rents or weak places should be mended first. These jobs can be carried out in the winter months.

Simple recipes for the preparation of proofing canvas are as follows: –

(a) Take an ounce of alum and an ounce of sugar of lead and dissolve each separately in a quart of water. Strain each solution separately and then mix them together. Dip the tent or material to be reproofed in the mixture and hang out to dry.

(b) Boil half an ounce of isinglass in a pint of clear rain water, and strain. Then dissolve a quarter of an ounce of white Castile soap in a pint of water, strain, and add to the first solution. Dissolve an ounce of alum in a quart of water, strain, and add to the mixture. These should be well stirred and heated slowly until they simmer and should be applied while hot with a brush to the outer side of the tent, working well into the seams. This amount should be sufficient for about three hike tents. It will be necessary to erect the tents for the purpose. A good windy day in March would be the best day in order that they might dry quickly.

A fly sheet can be made and added to the tent. It can be proofed in the same way. A fly sheet tends to make the tent warmer at night and cooler in the day. It also adds to the assurance of being waterproof though this is not its intended purpose. If a ridge pole is used across the roof of a tent then the main guys may be crossed over in a “storm set.” In this way the fly sheet is protected and also the guys are out of the way and not likely to be tripped over. This should not be done without a fly sheet as the rubbing of the guys on the roof in wet weather may cause a leak.

**Ground-sheets.** – Ground-sheets of course are an absolutely essential part of the hiker’s equipment. If the hiker is contemplating the purchase of a tent, he will usually find that he can purchase a ground-sheet which will cover the entire floor of his tent. This has an advantage over the 6 ft. by 3 ft. size which is only large enough for one person. Not only does it allow one to make a camp bed without any fear of getting the blankets damp from the dew, but his equipment is also kept from coming to any harm. The larger ground-sheet, moreover, will cost very little more and will often save much trouble.

For the hiker the rubber ground-sheet will be found to be much more satisfactory than the “waxed canvas” type. Often the ground-sheet will require cleaning. This will be found to be a fairly simple matter with the rubber ground-sheet, but much more difficulty will be found with the “waxed canvas” type. The rubber ground-sheet will pack up into a smaller space and is lighter in weight which is an important feature. No one should be allowed to walk over ground-sheets with muddy boots, and boots should always be placed upside down inside the tent. Rubber ground-sheets should not be subjected to the fierce heat of the sun or dried by the fire as this will quickly perish the rubber. Any slight rent can be repaired with a patch of rubber put on by means of rubber solution. This should be done before the rents get larger. Rubber ground-sheets are better rolled than folded and should be stored in a cool dry place. They are better if rolled in sacking or hessian for the winter months. Oil is one of the worst enemies of rubber and care should be taken to keep them well apart.

**Cooking Utensils.** – These form some of the very necessary items used in camp and it would be well to spend some thought and care in their selection. A compact set comprising a cup, plate, knife, fork, spoon, billy-can and frying-pan fitted in a canvas carrier can be

purchased for a few shillings. These are made in aluminium, tin, aluminol and other metal alloys. It is necessary to clean these very carefully after use before packing since one fits into the other. If they are cleaned properly every time they are used there is no reason why they should ever be coated in black soot. It is not necessary to use any instrument or substance which will scratch and finally wear away the surface of the metal. This will in time cause food to stick to the cooking utensil and also make it liable to rust. The best and safest cleaner, to say nothing of its cost, is the ordinary wood ash from the camp fire. Wood ash is the softest and finest of all ashes and forms an excellent cleansing powder. Needless to say, to use it with your ordinary kitchen cloths would spell ruin to them. Wet newspaper will serve the purpose much better and it can be burnt later. When the utensils have been rinsed out they will have the appearance of new ones. The great point to remember is to see that they are properly dried afterwards before packing, or rust may be found in them when they are next required. This applies most particularly to the corners. It is a good plan to stand them in the full glare of the sun to dry them thoroughly.

One disadvantage to be found in using aluminium utensils is that no soda can be used in the water they are washed in, or they will turn black. Moreover, with aluminium frying-pans there is a tendency for the food to stick.

While this type of cooking utensil is very useful, being compact, for week-end hikes and camps, it is not much use except where each member of the Patrol is going to be responsible for his own cooking. Though this system may have excellent advantages, the variation of the meals thus prepared is necessarily limited. Where one or more cooks are responsible for the food cooked during the week-end it is better to use larger utensils for the purpose. For this purpose I would recommend the "paint-pot" type of dixie. These are very inexpensive, and as different sizes will be required it will generally be found one will fit into another. Frying-pans can easily be packed if they have no handles, other than an inch or so in which a stick can be readily fixed. Four of these dixies and a frying-pan should be sufficient for a Patrol in a week-end camp. They can, of course, only be carried when taking a trek-cart.

When stored they should be stood upside down on a shelf with their lids on top or hung up.

**Axes (and Knives).** – These are articles which will come into much use in camp. Their efficiency will depend largely on the type used and tempering of the edge. All axes with spikes at the back are dangerous in the hands of boys since they will lead to accidents. The illustrated type is the best, being the miniature form of a felling axe. Cheap axes often have soft edges which soon turn over or notch. It is always a sound proposition to purchase a good axe to begin with that will give satisfactory service. But even the best axe will be spoilt by disrespect and lack of knowledge of how to use it. An axe should never be used except on a chopping block, and when not in use it should be masked in the block or returned to the store. For transport or storage its head should have a case over it for safety and protection, and even then the edge should have a special covering. Often these can be bought with the axe, but they can be made from canvas, or the head can even be wrapped in sacking. A small carborundum stone will soon sharpen the edge enough for the purpose it is required. If the head becomes loose, grease the edge and soak in water, or linseed oil if obtainable. This swells the wood and tightens it. If the wedge is loose it should be driven home first. The haft can be preserved by occasional oiling, which also helps to keep it smooth and free from splinters and also from splitting. When storing the axe the head should be greased to prevent rusting.

Patrol Leaders should teach their Patrols to respect their axes. They are not toys and if used by everyone they soon become useless, and moreover lead to accidents.

Each boy glories in carrying a sheath knife in his belt. These are very useful articles to have ready at hand. They should be made of strong tempered steel with a wide blade which runs right through the handle, thus adding materially to the strength. The handle may be of bone or compressed leather. The back of the blade should be thick and ridged to allow pressure to be exerted without the danger of the hand slipping. The sheath should cover most of the handle as well as the blade or otherwise it will always be slipping out whenever in a stooping position. Most boys delight in making these themselves, incidentally providing an excellent outlet for artistic sense and craftsmanship. Knives should be treated carefully and not used as axes or the edges will soon be spoilt. They are useful in the making of gadgets, carving or splitting wood; cutting grass for grease traps, and a thousand and one uses in camp.

Axes and knives are kept sharper by cutting wood at an angle because then it is being cut partly with the grain. Boys should not be allowed to go about cutting down saplings and “blazing” the bark of trees for fun. A keeper will probably regard it in the same light as any mother would if her boy treated her best room furniture in a like manner.

**Lights.** – Some form of lighting will be required in camp, though elaborate arrangement is not necessary. Oil lamps are usually a nuisance in camp. They often have a nasty habit of smoking, which clouds the glass and very little light is given, or they are apt to be tipped over and spoil ground-sheets. There is always a risk of contact with the food. The best type of oil lamp is the hurricane lantern. To hang one of these in the latrines during the night serves an obvious and useful purpose.

Candles are better if properly fixed so as not to be knocked over easily and thus extinguished. Several types of candlestick can be improvised.

For small hike tents, however, I think the night light proves to be the most satisfactory. A small tin lid makes a suitable receptacle, or better still, since it shields the flame, is a potted meat glass jar. They are most economical, easy to carry, and not easily knocked over. An electric torch is, however, a useful and necessary emergency, though it becomes an expensive type of lighting used continuously.

For cycling by night the acetylene lamp is by far the best, cleanest, and least expensive.

## **CHAPTER III.**

### **SELECTING CAMP EQUIPMENT.**

THE equipment required for camp may be divided into two convenient classes, the equipment for the camp to be shared by the boys and the equipment that each boy requires. The former may be called the “Camp Equipment” and the latter the “Personal Equipment.” Below are lists of equipment for the Patrol of six which should form a basis for selection. (This is supposing that a trek cart is being used.) For a cycling camp or walking hike these lists will naturally have to be reduced.

**Week-End Camp Equipment.** – (For trek cart, Patrol of six boys).

Tents (probably three); poles, pegs (meat skewers are best).  
Ground-sheets.  
Axe (in case). Carborundum.  
Matches (put boxes in tin box to prevent damp).  
Hessian and frame for latrine screening.  
Canvas for dining room shelter. (Optional).

Spade and trenching tool.  
Troop flag (if desired) and/or Union Jack.  
Dixies and frying-pans. (Four dixies and one frying-pan usually sufficient).  
Shallow baking tins (if required).  
Tin opener (if required).  
Toilet paper (in tin).  
First aid set (including scissors).  
Compass (in charge of P. L.)  
Swabs and cloths for kitchen.  
Rope or stout cord (plenty of it).  
String for whipping.  
Food in canvas bag, biscuit tin or wooden box.  
Kitchen spoons and forks. Ladle.  
Plenty of butter muslin.  
Washing basins and camp bath (or canvas bucket if preferred).

**Personal Kit.** – (For rucsacs and kitbag).

Two blankets, or sleeping bag or down quilt bed.  
Knife, fork, spoon, mug, two plates.  
Small tea cloth.  
Soap, tooth brush and paste, flannel, towel, hairbrush and comb.  
Small bandage, string.  
Handkerchief, box of matches.  
Extra shoe laces.  
Repair outfit.  
Shoe cleaning material. (This can be shared to alleviate unnecessary weight.)  
Camp slippers, spare stockings, spare shorts and vest or sleeping suit.  
Bathing costume, jacket or sweater (for cool evenings).  
A notebook and pencil.  
An overcoat is really unnecessary. A mackintosh is much more useful and less cumbersome.

**Blankets.** – These may be pinned together in the form of a sleeping bag or even sewn permanently. The disadvantages of sewing them together is the difficulty of ensuring that they are properly aired and ventilated. They may, however, be turned inside out when hung out to air. A very serviceable camp bed may be made by sewing up an old down quilt into the form of a sleeping bag. Here again it would be better pinned with blanket pins for the sake of ventilation.

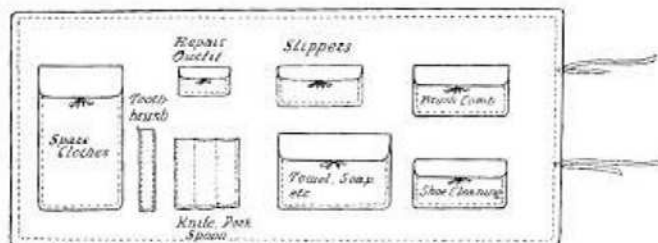
To make a camp bed which will not let in the draught, or which one cannot roll out of, lay out one blanket right open, preferably the larger if not both the same size. Fold the other lengthwise and lay on one half of the open blanket with the edges to the centre. Fold over the other half of the bottom blanket. Turn the bottom of the bed under and roll the top down as if it were a sack. A few blanket pins will then ensure the sleeper's comfort and prevent rolling. A hip hole in the ground made with a mallet is often an asset to comfort in bed.

**Rope.** – Plenty of rope and cord of all lengths and thicknesses are most useful in camp. A Patrol going into camp cannot take too much. Each boy would do well to take a hank of cord of 10 or 15 yards fixed on his belt.

**Repairs Outfit.** – This should consist of safety pins, needles, cotton thread, wool for darning, buttons and tape. One good one should be sufficient for the Patrol.

**Hold-all.** – It is often an advantage to make hold-all cut from calico, containing several pockets which would take all the small articles of the personal equipment, such as the toilet equipment, knife, fork, spoon, bandage, string and shoe laces. This could be rolled and tied

with two tapes fixed on it. Even with this it is essential that everything be marked by some distinctive sign.



*Hold-all to take all small articles*

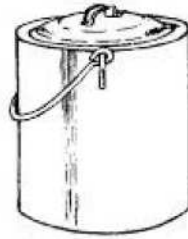
It is best to have at least two members of the Patrol to carry watches, preferably one or both with luminous dials, for use at night. They should synchronise watches before starting.

Cycling camps are ideal ways of spending weekends. Packing up the cycle, however, needs much careful attention or you may find it necessary to dismount often because one bundle or another has jolted down. No bundles should be tied on with string or they will always be slipping and getting in a muddle. First get a good back carrier, preferably one with stays going down to the back wheel hub. Everything should be attached firmly with straps or stout cord. This may sound easy but it will need some practice to do it really well. The handlebars and crossbar can also be utilised for strapping bundles to. Personal kit is best packed in a rucksack. These may cost more than the army pack, but they are much more comfortable to carry on your back and also have the advantage of holding more.



*Patrol off to Camp for the Week-end.*

Packing up the trek cart needs some careful thought and planning. Put in the largest and heaviest bundles first. Take care how the food is put in so that it is not crushed. A trellis work of Scout poles, made by fixing a pole in each corner and then lashing poles diagonally across them, will enable the trek cart to be loaded much higher provided the axle will stand the extra weight. When loaded, the whole should be covered with the canvas and roped down firmly. Over this a ground-sheet should be spread and tied down. This gives it a neat appearance besides hiding much from curious bystanders in villages and towns passed through.



*Paint Pot Dixie.*

When not using a trek cart all kit must be cut down in bulk and weight, more so when walking than when cycling. Two or three lbs. weight will soon tell on a long trek. There is always a tendency to add first one extra thing; and then another, but though they may be small their total weight soon adds up. Often a reduction of weight, even of a few pounds, makes all the difference between a comfortable journey and one of quick fatigue and unpleasant experiences. What to leave out and what to put in must come from personal experience and the resourcefulness of the individual.

Much care should be taken in packing the rucsac.



*Frying Pan with handle  
cut off for packing.*

**Suggested Kit for Hiking. –**

- Spare clothes (thin pair of pyjamas, stockings, shirt and shorts).
- Shoe cleaning material.
- Blankets.
- Tent.
- Camp slippers.
- Axe (masked).
- Ground-sheet.
- Billy or cooking outfit.
- Mug.
- Jersey.
- Food (to eat midday).
- Mackintosh.

**In Rucsac Pockets. –**

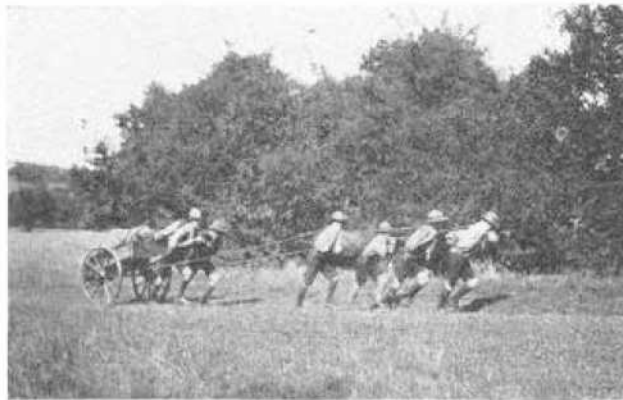
- Washing and shaving material.
- Candle or night-light and matches.
- First aid outfit and repair outfit.
- Cord.
- Handkerchief.
- Butter muslin.
- Camera.
- Notebook and pencil.

This list should provide the hiker with some groundwork upon which to select his kit. It is set down in the order in which it is best to pack, spare clothes going at the bottom. Probably the hiker will think this list insufficient. If so, then let him add his own suggestions and go on a hike. When he arrives home, let him turn out his kit and see what he has not used or used very little and leave it at home next time. It needs a certain amount of courage to do this, but is really the only way of getting down to your own list of minimum kit. It may be at the end that it differs quite a lot from the list above, but that does not matter. You have found the list that suits you and your way of hiking which is really all that matters.

When packing, shake everything to make sure that it does not rattle. There is nothing worse than to go along with something rattling in your kit every step you take.

Your first aid kit will have to be cut down in amount and your repair outfit might be included in the same box. One piece of lint, a small bandage, some iodine and sticking plaster are really all one requires. Perhaps a tin of lanoline may be added.

The camera, of course, is an optional item. Photographs often help to illustrate your log book. Amusing items as well as views should be included. This also applies to the notes made. An alternative to the photograph is sketches. You may not be able to draw, but the sketches need not be elaborate in design and match stick figure pictures are very effective.



A combined effort is necessary on hills, when pulling a loaded trek cart. Keeping in step is the secret of a steady pull.

Boys should be trained to work from a given list when packing their personal kit. In this way there is less possibility of any article being overlooked. I recollect the occasion when one boy found on arrival at a week-end camp that he had forgotten to pack a mug. One mug may seem a small item, but it is surprising how inconvenient its absence can be and how far it can spoil for the owner the enjoyment of a camp. I advocate the advisability, especially at the beginning of the camping season, of boys bringing their packed kits to headquarters on the night previous to departure for camp, in order that all kits may be checked. In this way any oversight may be rectified.

## CHAPTER IV.

### FOOD AND COOKING.

ONE might almost say that the success or otherwise of a camp depends upon the food and cooking. Though this statement sounds rather sweeping, it is quite certain that it will kill camping in a boy's mind if he feels that he is not having sufficient or properly cooked food. The food for camp need only be plain but it must be of the best quality, the freshest it is possible to purchase, and sufficient, to supply the larger appetites of growing boys living in the open air. A boy naturally eats more in the open than at home. When plain food is mentioned it does not mean that any form of dainty or appetising dish is to be left out of the menu, especially at week-end camps. I have always regarded Patrol week-end camps as the proper place for experiment in all ways, and in this camp cooking is no exception to the rule. On the question of catering for a week-end camp the Patrol Leader would be well advised to give much careful consideration and consult his Scoutmaster as well as the remainder of his Patrol on the question of the menu. It is no mean responsibility to undertake to feed the Patrol for a week-end. Week-end camps are not places where one makes shift until one arrives back home for a "blow-out." Careful thought, and planning given to the compiling of the week-end menu will soon remove that idea.

Freshness of food will be obtained if such things as milk, eggs, meat and butter are bought on arrival at camp, or at the last village passed before camping down. Fresh milk is infinitely more satisfying and nourishing than any tinned milk, and will be cheaper as well, though a small tin as an emergency will be an advantage. Eggs are not easy to pack with safety but can most likely be bought from the farm where the milk is obtained. Meat does not improve with packing up tightly and where possible fresh meat should be purchased on arrival. It is also usually possible to buy fresh fruit, and vegetables from the same source. This will relieve much anxiety of packing. The general rule may be taken is that what can be packed easily and that which cannot be bought fresher on arrival at camp should be carried. Tinned foods should be barred as far as possible.

A variation of foods should be made in the menu of even a week-end camp. Do not let the Patrol start complaining, "We had that last week-end," A dinner may be made much more appetising in camp by the addition of such delicacies as junket, jellies or trifles, which are really quite simple to make.

#### SUGGESTED MENUS.

**Breakfast.** – Tea, or coffee, alternately as a variation. Porridge, Force, Grape Nuts, Shredded Wheat, and other patent wheat foods form excellent variations but are often in large packets which may be inconvenient to pack except where a trek cart is used. These, however, may be bought on arrival if the village is near enough.

Bacon, eggs, sausages, tomatoes, sardines will supply a suitable variation. A further variation may be found by boiling the sausages for half an hour instead of frying. Potatoes can be boiled as well with the sausages, and might also be used as a dinner dish. Fried tomatoes often help to flavour bacon or fried eggs. Fried bread forms an excellent food.

Bread and butter with marmalade or jam to finish with should complete a satisfying breakfast.

**Dinner.** – This should consist of two good satisfying courses.

*First Course.* – Meat. People soon tire of stews especially in hot weather. Other ways of cooking meat should be found. Here the camp oven will help in providing roasted or grilled

dishes. Fried steaks and chops will form good meals if done slowly. Broiling is an excellent backwoodsman's method of cooking meat. Meat puddings are not difficult to make in camp, but need a lot of cooking.

*Vegetables.* – The Patrol who rely solely on potatoes for a vegetable are not enterprising cooks. Cabbages, peas and beans are all easily cooked and take very little trouble. They are easily obtainable in the country. If some distance from a village or the supply difficult, dried peas and beans form an excellent variation. In very hot weather, cold meat and plenty of fresh vegetable salad is most welcome.

*Second Course.* – There should always be a second course, and its nature should depend on the type of the first course. A heavy meat dish such as stew should be followed by a light second course, while a lighter meat dish should require something of a more substantial nature. Fruit and custard, or blancmange, is an excellent meal and by changing the fruit forms several variations. Bananas are good, in that they are rich in food value, easily-packed, and need no cooking for most dishes, though banana fritters are a welcome change. Jellies and trifles are among the lighter dishes, while various forms of suet puddings form the more substantial class. Of these fig pudding, date pudding, or even a plain suet duff with jam, marmalade or treacle, are all appetising, though not suitable for hot weather.

**Tea.** – Tea, bread and butter, jam or marmalade. Fruit or lettuce make a change. Cakes and buns should be regarded as a luxury. As tea is the last real meal it should not be taken too early.

**Supper.** – Cocoa, biscuits and small portions of cream cheese.

Washing up should be done before camp fire or at any rate the things should be in soak all night.

Remember that at home there is a well-stocked larder and a shop round the corner, while at camp your stores are few and simple. Don't attempt to copy kitchen cooked meals. They may be a guide to camp meals but they won't work out the same. Furthermore, don't put too much reliance on what the village store may stock unless you happen to know, and remember that more often than not *they are not open on Sundays.*

**Table of Amounts.** – Amounts vary according to the type and to the age of the Patrol, and the Patrol Leader will have to use his discretion and experience when planning his menu and making purchases. The following will be found to be a guide. These represent the amounts required for a Patrol of six, for an ordinary week-end, starting Saturday afternoon and finishing on Sunday afternoon. For a longer period, amounts must be increased in proportion.

Tea	-	-	About 3 oz. should be sufficient for two meals.
Coffee	-	-	A small bottle of coffee essence.
Cocoa	-	-	2 oz. tins are sufficient.
Bacon	-	}	Count the number of rashers or sausages to the pound.
Sausages	-	}	
Porridge	-	-	Buy loose oats. A pound will be sufficient.
Sugar	-	-	At least 2 lbs. – 3 lbs. will be better. Do not let each boy sugar his own drink.
Milk	-	-	6 pints. If unobtainable near camp site, take sterilised in bottles.
Bread	-	-	6 lbs. bread. Long square loaves are better to pack and cut, and are less wasteful.
Jam	-	-}	1 lb. jar should be sufficient for one meal.

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## Week-End Camps & Hikes

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Marmalade	-}	When jam is taken with porridge, at least 1 lb. should be added.
Potatoes	-	2 lbs. for one meal if other vegetables are used. More will be required otherwise.
Biscuits	-	½ lb. biscuits. Best bought in packets.
Cheese	-	Small pieces in boxes are best, otherwise ½ lb. will be enough.
Butter	-	½ lb. butter will be plenty.
Tomatoes	-	1 lb. is sufficient either for frying or salad.
Fresh Fruit	-	1 lb. stewed is sufficient for one meal.
Dried Vegetables		Peas or beans. About ¾ lb.
Custard or Jelly		Buy the small packets sufficient to make a pint.
Or Blancmange		
Flour	-	Quart bag (1¾ lbs.) sufficient for dumplings or puddings.
Suet	-	1 lb. to 1¾ lbs. flour is sufficient. More suet will make pudding lighter.
Meat	-	1½ to 2 lbs. for stewing or frying. Chops – buy number required. Small joints – 2½ lbs. is plenty, but remember the fat for roasting or frying.
Salt	-	Small tin.
Pepper	-	Small tin.

**Table of Methods of Cooking.** – This is merely a summary. Scouts should use cookery books or learn at home and practice in camp. Remember that most dishes have slight variations which form a welcome change.

*Tea.* – Tie loosely in bag made of muslin. Water must be boiling. Do not leave tea on fire after it is made. Tea bag should be taken out after five minutes. Milk and sugar.

*Coffee.* – Water must be boiling, but do not boil coffee after it is made or it will turn bitter. Milk and sugar.

*Cocoa.* – Put in cocoa when water is warm, bring to boil and keep simmering for a few minutes. It is not necessary to boil continuously. Milk and sugar.

*Porridge.* – Better begun over-night. Necessary to keep stirring as soon as the porridge thickens. Can be cooked slowly in embers over-night and warmed up in the morning. In this way the porridge is cooked better and time saved in the morning. Remember to stir well before reheating. Stir right from the bottom to prevent burning.

*Meat Stew.* – Put the meat in Dixie and warm through before adding water. Meat should then be covered with water and cooked fairly slowly. Add onions and carrots to flavour. Potatoes added half an hour before dinner and “swimmer” 20 minutes. Salt and pepper.

*Roast.* – Smear the joint with fat. Beef needs roughly 15 minutes cooking to each pound and 15 minutes over. Mutton about the same usually, but rather longer if anything.

*Fry.* – Meat should be cut thin. Plenty of fat is necessary – and fried slowly from 20 minutes to half an hour. Do not attempt to fry onions or other things in with the meat. They will absorb the fat and the meat will be tough in consequence.

*Broil.* – Cut away all excessive fat and toast over hot embers without flame or smoke. You can make your own broiler from green twigs, taking care not to use poisonous twigs (yew and laurel).

*Boil.* – Boiling salt beef, 20 minutes for each pound and 20 minutes over.

*Vegetables (Fresh).* – The safe method to remember is that all vegetables grown above ground are put into boiling water, and all grown underground into cold water. All vegetables need salt.

Green vegetables need a little soda to preserve their colour. A little milk put into the water will do the same thing. Green vegetables need 20 minutes to half-an-hour's cooking after boiling. Potatoes should boil 25 minutes.

*Dried Vegetables and Fruit.* – These need soaking over-night usually in hot water. They need much longer cooking than the fresh variety. They are a very useful standby.

*Suet Puddings.* – Rub 1¼ lb. shredded suet into 1½ lbs. flour. Mix into a fairly stiff dough with water. Raisins, currants, dates or chopped figs may be added when used as a sweet. Boil for 2 hours in a cloth; much longer when in a basin. When divided up into small “swimmers” in stew they only need 20 minutes.

*Eggs.* – Boil for 3½ to 4 minutes. Fry slowly, with plenty of fat. Scramble by adding milk and butter and cook slowly in dixe: an addition of shredded cheese is tasty.

*Fresh Fruit.* – Stew slowly for 15 minutes.

*Milk Puddings.* – All milk puddings such as rice, macaroni, semolina, tapioca, Cream of Wheat and ground rice need cooking slowly, and keeping well stirred. Most of these will have an added flavour if a little shredded cheese is added, especially rice and macaroni.

No camp should be without some form of emergency ration in case of accident. This may take the form of tinned food, but the Patrol Leader who can invent a dish on the spur of the moment that can be made quickly is the better leader for it.

Occasionally luxuries may be tried. They form an excellent scope for experimental cooking. Such examples as these may be tried: – Jelly made with milk, and, if a change is wanted, froth it by beating with a fork before it sets, but it takes a lot of beating to froth it. Ordinary jellies or custards may be improved by the addition of tinned fruits or sliced banana (water lilies). Many a Scout has made a better trifle than he hoped to do when he first started. There is no limit to experimental cooking that might be tried, but do not let the experiment be at the expense of the rest of the Patrol.

Boys should be taught to find ways and means of using up what is left over from a meal. This is not often necessary, but boys should be taught to waste nothing. Vegetables can be fried into “Hubble and Squeak”; cold meat can be cut up in small chunks and made into a “Resurrection Pudding” or “Toad in the Hole,” and in other ways. It's the ingenious cook who thinks them out. Soup is usually a good supper dish made partly from the leavings of dinner.

Finally, one word of caution. Do not try to do too big things at first, but work steadily on from good to better, profiting by your own experience. Remember, cooking is an experienced art; and the best cooks have taken many years to learn their job. Don't be discouraged by occasional failures, and make sure you can make the simpler dishes before you try the more difficult ones.

Before starting off for the week-end great care should be taken in packing the food. Paper bags are useless. Usually they break open before or very soon after arrival in camp and the food is continually being spilt and makes the store untidy. Where possible, dry substances such as flour, sugar, salt, oats, should be packed in tins. If travelling with a trek cart these can be packed in a canvas bag. *To ensure that nothing is forgotten each item should be checked from a list.*

On arrival in camp the boy appointed as quartermaster should immediately take charge of all stores. They should be put in a shady place and above ground until the store is erected. During the camp the Patrol Leader should make regular visits of inspection to

the stores. It is essential that it is kept tidy since it is thus more likely to be free from any form of contamination or attacks from insects.

The quartermaster himself should hand out to the cooks such quantities of food as are required. On no account should the cooks be allowed to go and help themselves. Unless one person alone is entirely responsible the stores are bound to get untidy and short before long.

It cannot be stressed too strongly that it is most important that every possible care should be taken over the care of the food throughout camp, especially perishable food. One cannot be too particular in this respect. Every possible precaution should be taken to prevent foods becoming mixed or being contaminated with grass or dirt. All stores should be covered with muslin to keep out flies and beetles.

Care should be taken to ensure that all food is fresh when purchased. Fresh meat is bright red in colour and tends to get darker as it gets less fresh. Fish is firm when fresh but goes limp as it gets stale and the eyes get dull.

Anything that is likely to be affected by the damp air at night should be stored in tins or jars. Bread is kept moist in hot weather by being wrapped in a damp cloth. Meat, bacon, sausages and suet are kept from flies by being covered with butter muslin. In hot weather a sprinkling of salt or vinegar will help to keep meat fresh. Milk should be stood in cold water in the shade in hot or thundery weather. It is often advisable to scald it. Jam and marmalade form an attraction for flies and wasps. A paper or muslin cover should be tied on immediately after use. It is now possible, however, to purchase celluloid covers for this purpose which are even better and cleaner.

There should always be a supply of drinking water in camp with a mug beside the pail so that boys may be able to have a drink of fresh cool water when they wish. It should be kept in the shade and covered in order to be free from dust.

## **CHAPTER V.**

### **CAMP SITES AND CAMP ARRANGEMENTS.**

**(a) Choosing a Camp Site.** – The actual position of a camp site plays a greater part in the comfort of camp than is generally supposed. It would be well, therefore, to mention at the outset some of the advantages a good camp site should possess. In the first place, it should be fairly high up so that it is dry and well drained. This does not mean, however, that it should be right on top of the hill open to all weathers and the full force of the wind. Shelter, of course, must be taken into consideration; towards the top on the leeward side would have the advantage of drainage and shelter. If the camp site selected is close to water or a river it would be well not to camp right down near the water's edge in order to be near for your morning dip, on account of the mist which invariably rises from the water even on a warm summer's night and also insects are more plentiful and pugnacious near water.

The nature of the soil is a factor not to be over-looked. If it is heavy and clayey it will drain very slowly and remain wet for a long time after rain. This leads to mud all over the camp which does not tend towards camp tidiness or happiness, nor is it conducive towards keeping your camp gear in good condition. The best type of soil is that which contains chalk or light soil which is not too near the surface. An outcrop of chalk on the camp site would possibly lead to much mess and untidiness, which is best avoided where possible. The chalk drains quickly and the ground soon dries. A light soil which is not too sandy

answers the purpose equally well, but if too sandy it will not be binding enough to hold tent pegs.

The site should be as interesting as possible in the way of scenery and general view. This adds to the general enjoyment of the camp. In this the higher position mentioned above would be an advantage. It should not be too public. Nothing could be more irritating to the camper than to have his movements watched by a crowd of curious onlookers. Moreover, it often leads to undesirable people hanging around and endeavouring to force their acquaintance.

The nearness to a drinking water supply is of the utmost importance. To have to travel a long distance for every drop of water is most objectionable, and often takes the gloss off what otherwise would be a most enjoyable camp. This does not mean, however, that if other suitable water is at hand for washing purposes it is always necessary to use the drinking water supply for this. It is also necessary to ascertain the pureness of the water for drinking if it is not from the main supply. Water from streams and springs should be always treated with a certain amount of suspicion. The fact that it is used by local residents is not always an adequate safeguard since they by their long use have probably become immune from diseases and illnesses to which anyone else unused to drinking; such water might easily fall victim.

The supply of firewood is a necessary consideration, though for a week-end camp by a small Patrol it is not necessary for the supply to be large. In any case, firewood should not be wasted. It is only the rawest Tenderfoot who lights a fire in camp long before he requires one and so wastes fuel unnecessarily.

If the camp is close enough to water to allow bathing, it should be ascertained previously whether it is safe before attempting to bathe. Moreover, one cannot stress the advice given to all Scouts of the absolute necessity of taking proper precautions as laid down before allowing any one to enter the water.

The presence of animals in the field you propose to camp in is certainly undesirable though not always unavoidable. The owner of the land will often move them for the time being, a kindness not to be overlooked when you offer him your thanks before leaving the camp. Horses, however, are usually found to be the worst, especially at night when they have a nasty habit of tripping over guy-ropes and causing tents to collapse. The only remedy is to make a fence round your camp with stakes and rope or stakes with cross pieces lashed. This may sound an onerous task, but at any rate, it could be done so as to cut off the part of the field where the parts of the camp are most likely to receive damage. Cows, on the other hand, though very curious, are not so dangerous. They will soon become used to your presence and if not worried will leave you entirely alone – after a time. This, however, must not always be taken for granted. If, however they have to be driven away this should be done quietly. Pigs will be found to be of little trouble except to the storekeeper and his stores and the waste pits. In this case it will be found best to put a strong fencing of fairly high sticks round your waste pit that will not easily knock over, and to store your food well above ground.

It will be found in most cases that the landowner is ready to help and assist in every possible way, provided, of course, you in your turn are prepared to show him that you realise it is by his courtesy alone you are using his land, and behave yourself as you would expect other Scouts to behave on your land were you the landowner. I have often found owners most ready to go out of their way to assist Scouts, and invariably it is because other Scouts have left behind a good name and reputation for a high standard of camping.

An important feature which should not be neglected is to bear in mind the object of your week-end camp. If you have some particular form of training you wish to carry out, the choosing of a camp site should be suitable for that work. That a good camp site is worth looking for and worth going far afield to find is sound wisdom.

**(b) Layout of Camp Site.** – The layout of your camp site is most important for your comfort in camp. Though it is only to last one or two nights, careful consideration should be given to the positions of the various parts of the camp, it should not be too crowded, and on the other hand, not spread out over so great an area as to cause an unnecessary amount of walking. The first and foremost point to observe is the direction of the wind. It will be found necessary to pitch your tent so that the door is not open to the full force of the wind, but rather back to it taking into consideration any possible change of direction. A reasonable amount of shelter from wind and possibly rain must be sought for your tent. This, however, does not mean that the tent should be pitched under or too near a tree or hedge. In the first place, by so doing it would be in a dangerous position in case of a thunderstorm or in the case of rain the water on the tree itself would be dripping on the tent in no small drops for some time after the rain had ceased.

The simplest form of laying out the camp site is to work as far as possible in a straight line along the wind direction. Thus the several parts of the camp would be: – Tent, stores and dining-room, kitchen, waste pits, washing place and latrines. In this way no fear need be had concerning smoke blowing into the tent or any possible interference from the latrines or waste pits. With this arrangement used as a foundation it will now be necessary to apply it to the particular camp site in question. In this of course the camper's own judgment and experience must be exercised, and though it is difficult to lay down any hard and fast rules beyond that already mentioned, much greater comfort and usefulness are gained by a careful planning of a camp site before you attempt to begin to pitch camp.

I have found it a very useful and instructive test to take a party of boys on a ramble on a Saturday afternoon and stop in various spots and give the boys a number of pegs labelled with the various parts of a camp site, *e.g.* tent, kitchen, etc., and allow them a certain time in which to lay out an imaginary camp site. When they have planned their site we all go over it again and point out various improvements that might be made, of course allowing the boys to give reasons for their particular positions. Thus you are able to see the idea underlying their particular arrangement which is often quite good though the composite positions at first did not seem quite what you yourself had planned.

The use of the compass is a valuable asset in this and will often assist you in deciding whether the camp should follow directly along the wind direction or not.

**(c) Pitching Camp.** – We will suppose that you have now decided how your camp is to be laid out and we can now follow out the best method of setting about pitching camp in order to save as much time as possible, and in a most reasonable order of things. First, attention must be given to the unloading of packs, rucsacs or bicycles. Food should be attended to first of all. It should not be laid on the ground in any haphazard way, but put in the shade with some reasonable means of keeping it above ground away from such inquisitive creatures as ants. Hanging in a tree seems as reasonable as any, but I have seen it covered over carefully and lodged in a hedge; or in a case where it has been impossible to sling it up in a tree since the branches are too high, I have seen it resting on poles laid across the kit and then covered over. It is not difficult if you are cycling to fit two cycles together for this purpose under the shade of a tree.

Next, all superfluous clothing, such as hats, scarves, boots and stockings should be removed and camp slippers, which, by the way, should be packed at the top of your kit, put

on. Now it is time for the work of pitching the camp itself to begin. The natural tendency is, of course, to put up the tent first. If it is raining, or likely to rain, this is a reasonable thing to start off with, but not unless weather demands it.

The best plan when unloading is to put everything up into three separate piles, all of course packed on ground-sheets. The personal kit is put in one pile, the camp equipment in the second, and the food and cooking gear into the third. With this done you must spend a short time surveying your camp site and decide exactly where everything is to go, not just pick a spot for your tent and arrange all the rest around it. When you have settled your layout, then take your camp equipment and put it wherever it is wanted on the site, the tent where it is to be pitched, the kitchen utensils in the spot where the kitchen is to be and so on. Now you are actually ready to set about work. One might think all this is a waste of time, but I am convinced that it will be found to save time in the long run. Moreover, no one should be allowed to touch his personal kit – unless it be to get his camp slippers – until all the work is done.

I have found by experience that the quickest and most efficient method of pitching camp is to divide the party into two or three parties. For instance, two campers would separate themselves and do different jobs, while four boys would work as two pairs, and six boys as three pairs, each with definite jobs to do. In this way they are not falling over each other's feet and are likely to get on with the job better. Too long a time spent by one party on one task often takes the glamour off the camp at the start, and not only does the pace of the work slacken but the boy is disinclined to do another job as quickly as he might otherwise have done. The best way is to switch over jobs every 15 minutes. Every boy in this way gets a rest from hard work such as digging pits, and the boy who has been doing a light task is then fit to do a harder one.

(d) **Sanitary Arrangements.** – The digging part of the camp is very important and attention should be concentrated on this. The amount of digging necessary depends of course upon the number of boys in camp and the length of the camp. For two boys in camp the digging necessary should be quite small, but it must be remembered that it must be done for the cleanliness of the camp. It is not good enough to say “it's not worth it for us two for just one night.” That's not the Scout way of looking at things.

The turf in every case should be removed first and placed out of the way in the shade, being either rolled up if it is large enough or lying upside down. Every endeavour should be made to get it off in one piece as it facilitates the work when the time comes for replacing it. The piece of turf to be cut out should be cut round first, and then starting at one end it can be levered up, gradually rolling it as it comes off.

(1) *The Waste Pits.* – These need not be very large if it is remembered that all burnable rubbish is burnt at the first available opportunity. For a party of two or three boys the pits should be about 1 foot square and 9 inches to a foot deep supposing you are only remaining in camp one night. One pit should be kept for dry rubbish, which, of course, is burnt as far as possible. Whenever anything is thrown into this pit a sprinkling of fine earth should be scattered over the top. This will prevent the possibility of any odour or the pit becoming the rendezvous of flies and wasps.

The wet pit should be quite close to the other waste pit. In fact, the sketch shows them joined together. The advantages of this arrangement are that it allows the turf to be taken off in one piece, and enables the pits to be dug cleaner since you have more leverage on the spade. The wet pit of course should be covered with a grease trap. This consists of a number of straight twigs laid side by side over the top; or better, I think, fixed in the ground, with others laid or fixed at right angles to form a number of squares. Over this grass or rushes are laid.

Thus when any water is thrown away, the solid matter is filtered out by the grass. The grass should be removed and burnt fairly frequently. I have often noticed that wet waste pits have been allowed to overflow and the excuse offered is that the ground is heavy and clayey, and will not allow the water to soak away. I think the best remedy for this is to take a stake or thick stick and drive it into the ground at the bottom of the pit in six or eight places, thus making small channels or pipes which give the water a better chance to soak away. Though this may not be an absolute and infallible cure, it will however be found an excellent remedy in many cases. The only other alternative, of course, is to dig another pit and use them alternately, also seeing that you are sparing with your water.

There seems to be a divided opinion as to the definite position of the waste pits. One opinion declares that the waste pit should be some few yards away from the kitchen. This, of course, is very hygienic, but it often causes the cooks and orderlies to walk some distance to throw out their rubbish or pour away dirty water. The other opinion declares that they should be right against the kitchen. This, of course, would save the cooks many steps and should be quite sanitary if they are properly kept covered, since it is to be remembered that the wind is blowing any odour away from the kitchen and not across it. I think the most satisfactory one is the latter, seeing that the pits are not right under the rope but a foot or two outside. This prevents anyone accidentally stepping into one when working in the kitchen, or the rope being fouled by someone not being as careful as he might. In any case they are best surrounded by a small fencing of string, preferably white, or some similar form of protection. Fouling the waste pits should always be treated as a grave offence.

The filling in of the waste pits will be dealt with in the chapter on "Clearing Up."

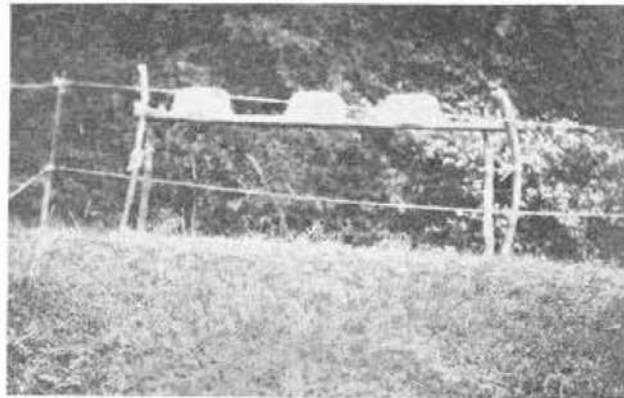
(2) *The Latrines.* – Even in the smallest of camps latrines are an absolute necessity. They need not be large or elaborate for a small camp so long as they are adequate. Some form of screening is necessary obviously; a framework covered with hessian is the simplest device. If jointed poles are used it becomes easier for packing and carriage. For two or three going to camp it is not even necessary to take any framework whatsoever. On arrival at the camp site choose a spot naturally screened by bushes or hedges as far as possible, and then fit up your screening in such a way as to cover the latrines on the remaining sides. Before erecting any screening, however, the pits must be dug first. These consist of two, a wet and a dry pit. Here again the depth and size will depend on the number in camp and the length of its duration. For one night only a depth of 1 foot should suffice and their size should depend largely on the number in camp. No latrine pits should be less than 1 foot deep for sanitary reasons. Their width should be roughly a little wider than an ordinary spade. The length of a dry pit for a patrol of six out for a week-end should be quite 2 feet while the wet pit 1 foot square. The turf should be removed as explained already for the waste pits and carefully put aside. The earth in both cases should be carefully put away from the pits. Some of it might be neatly piled beside the turf. The remainder should be put at the head of the pit and not at the side where it will be trodden upon, and also be in the way when the latrines are used. Whenever the dry pit is used earth should be thrown into the pit. In a standing camp a spade would be used for this purpose and if one is taken to camp, supposing the Patrol of six were taking a trek cart, the latrines would be the place for the spade to find its way on the completion of all digging operations. If, however, only two or three boys are out on foot or cycles the probability is that they will only take a trenching tool with them. This could be used in place of a spade. I have even seen used a large wood chip got from a nearby spot where some felling of trees had been in progress and suitably cut to resemble a butter pat. However, it is the Scout mind which will be ingenious to invent some means of providing a substitute for whatever he has not brought with him to camp.



*Combined dry and wet waste pits built to take off the turf in one piece, showing grease trap.*

In the case of the wet pit all the stones from the digging should be placed in the bottom. On no account should the pits be allowed to be used except for their specific purposes. Paper should be provided and kept above ground. A round cocoa tin containing a partly used toilet roll is as good as any. A hole bored in the top and bottom with a string threaded through the holes and down the centre of the roll allows it to be hung up and also ensures that the lid is not lost nor the paper being left on the ground to become damp and so spoilt by the night air. It is also an advantage to have a lamp burning all night in the latrines though of course not an absolute necessity. This can be hung on a wire stretched across the top of the framework; or perhaps it is easier and much safer to fix it firmly in the heap of earth.

(3) *The Washing Place.* – A definite place should be set aside in the camp as a washing place. Its nature and form depend entirely again on the number in camp and their ingenuity in devising them. The most elaborate arrangement might prove the least efficient. The bowls or whatever are being used for washing should be raised above the ground. A fallen tree trunk has often served this purpose very well though I have seen many much better and more efficient ones built up from poles. The accompanying figure gives some idea of what is necessary. It can be adapted to the needs of the particular camp. A small gully is dug along the front of the framework which allows water to run down into a small pit at the end, covered with a frame of twigs and grass as a waste pit. This will drain off any waste that will undoubtedly be splashed out of the bowls. When the bowls are not in use they should be emptied, rinsed out and turned upside down.

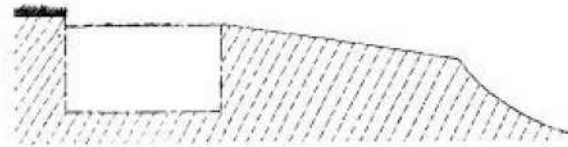


Washing Place.

*Bowls upside down when not in use.*

A pit should be dug in which the water used for washing can be poured down. To throw it out on the grass leaves a greasy mess and will flatten down the grass which will not rise again in a hurry. This pit should be fairly deep, staked as in the case of the wet waste pit, and covered to filter as before. This will probably overflow on account of the amount of water used but in

this case the difficulty can be fairly overcome. The water in this case is not so dirty or greasy as the water thrown into the waste pit, and so can be drained away in the following manner. You will probably have built up your washing place near a hedge or some other screened position. Thus it is possible to cut a sloping channel down which the overflowing water can run and soak away under the hedge, or whatever out-of-the-way place you have guided it with your channel.



*washing place pit with overflow channel leading to ditch  
or under hedge, with grease trap*

Several people take collapsible baths made of canvas which are fixed on frames. Should you be unfortunate enough not to possess one, a bath can be made by digging a shallow hole and lining it with a ground-sheet, suitably pegged down.

A screening is an obvious advantage though not an absolute necessity for the washing place. This, of course, can be erected overnight for the early morning, removed after everyone has had their tub and used for any other purpose in the camp.

Where the washing place is not conveniently near enough to the latrines, suitable arrangements should be made just outside the latter to allow people to wash their hands.

A towel line should be rigged up close to the washing place. This can easily be made by a length of cord and poles. If the line is too long it will sag right down when full of towels. To prevent this, a further pole may be fitted in the centre which will keep the towels from trailing in the grass at every gust of wind and so getting dirty. This line becomes a very conspicuous part of the camp to the onlooker, and nothing looks more wretched in camp than to see a sagging towel line with a few straggling towels hanging on, some half off and others blown down by the wind. This may be avoided by the use of small spring pegs which can be bought very cheaply at any general stores and take up very little space in packing. Further tidiness in this part of the camp may be acquired by the use of a smaller line nearer the basins for the use of face flannels. These should, of course, be well rinsed out before hanging out on the line. The towel line may also be used on which to hang clothing when washing instead of leaving it about on the dew-soaked grass.

An old funnel, a piece of hose, and a disused cullender have all been brought into use in camps for rigging up shower baths. This should not, however, be carried to excess unless sufficient preparation be made beforehand to drain away the water. Instead of being used for its legitimate purpose, it tends, if allowed, to become a splendid game where much water is wasted and a large area of ground soaked with water. On one occasion, however, a Scout Patrol in camp were given permission to use a disused stable which had proper drains fixed. One wet afternoon was passed by them fixing up and using a shower bath in one of the compartments. Being tiled all round no harm could be done, and besides thoroughly enjoying an afternoon's sport, they succeeded in unintentionally cleaning that stable better than it had been done for many a day!

**(e) The Kitchen.** – The kitchen forms the most important part of the camp with regard to the comfort of its occupants so it behoves one to spend a great deal of time and trouble in its erection.



Wood Shelter and Dixie Rack.

Note small twigs separated from thicker wood. Cooking utensils upside down when not in use.

For a week-end camp the kitchen need not be large, though to have to cook in a cramped space may lead to accidents and a spoilt meal. A spot should be chosen that affords shelter from wind and shade from the burning rays of the sun, as cooks have often to be attending to the food and cooking for long periods at a stretch. The kitchen should be fenced off with stakes and rope. A single strand is usually sufficient, but a double round often ensures that the railing remains stable. A doorway should be left at one corner, preferably the one nearest the store tent. The kitchen should be on the leeward side of the camp to prevent smoke blowing into the tent or stores. A special place should be set aside in the kitchen for the cooking utensils, so that they can be kept together tidily and always to hand. A special rack on which they can be placed in order to keep out grass and creatures crawling in the grass should be made. It need not be elaborate, so long as it serves its purpose. A similar rack of a smaller pattern at the side of the fire would serve to prevent cooking forks and spoons being used and then laid on the ground and so becoming contaminated with foreign bodies by reason of the sticky food still on them. A space in the corner should be kept for chopped wood. Small wood and thicker pieces should be separated. This can be done quite simply by small stakes driven into the ground, which will also serve to keep the wood together. No chopping of wood should be done in the kitchen. Not only is it dangerous, but also tends to make the kitchen untidy. A special spot should be found, preferably a spot where there is little or no grass so that the chips can easily be swept up. These often serve to keep the fire in when not wanted at once, and so are easily disposed of. A simple camp broom can be made similar to that used by a gardener.

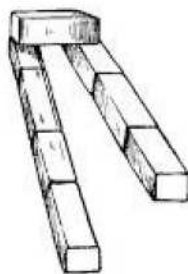


*Type of Hand Axe most useful for camp*

Where possible, a table is a useful piece of furniture in camp or something used as a substitute. Often trek carts are so made as to be adapted for this purpose. Water especially required for drinking might be placed under the shade of this table so that it is easily accessible from the outside of the kitchen.

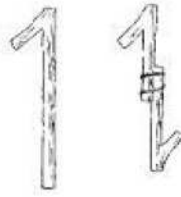
**(f) Fireplaces.** – In every form of camp fire it is necessary to remove the turf first, otherwise a bare unsightly black patch will be left and it will be a long time before grass grows again. To prevent the fire spreading it will be necessary to dig a little below the turf.

For week-end camps there will not be time to make elaborate fireplaces of fantastic design, and it will therefore suffice to mention those types of fires which will prove the strongest and most satisfactory. Week-end camps, however, offer the Scout ample opportunity to experiment in this direction. Let us first see what is required of a fire and then apply it to the more common types of fireplaces generally used. The essential is to have sufficient draught to keep the fire going. Often food is undercooked or even spoilt by being allowed to go “off the boil” for long periods. A roaring fire that needs too much replenishing with fuel is equally bad, for in this case fuel and heat are wasted alike. Then again it must be so constructed as to allow the cooking utensils to be placed over it with complete safety and not have a nasty and disagreeable habit of tilting over, putting the fire out, and covering the cooks with a hail of wood ash; again, it should not be necessary to have to remove the pots when you wish to refuel the fire.



*Hunter's Fire showing additions of bricks in case of slight change of wind direction*

The trench or hunter's fire is the one generally adopted for boiling and frying in camp. It is most economical in its use of fuel and is one of the coolest types of fire at which to cook. Unless logs (or better) bricks are used, the sides are inclined to crumble in after a time. Stones may even be used for this provided they are not flints which have a nasty habit of splitting suddenly, blowing small chipped flints in all directions. It is, however, one of the cleanest and tidiest forms of fire. The difficulty often arises when the direction of the wind changes and the loss of draught is experienced. The only remedy is not to have the fire too deep and endeavour to direct the draught along the fire by extending the number of bricks on one side and building a reflector at the end to reflect the heat back on to the cooking utensils. More draught will be obtained if the fire is made to get slightly narrower at one end. Across the bricks can be lodged iron bars on which to rest your cooking utensils. Another method that can be adopted, though not so satisfactory usually, is to drive in a forked stake at each end of the fire and a bar placed in the forks over the fire. It will be necessary to have a number of pot hooks on which to hang the handles of the cooking utensils. These can be cut from the hedge, or better still, made from stout wire. The forked stakes at each end should not be Y-shaped, since they will split on being driven into the ground, but rather a straight stake with a branch coming out at the side. It often helps also to sprinkle the ground round the fire with water occasionally to prevent the grass becoming too dry and turning brown.



*Pot Hooks*



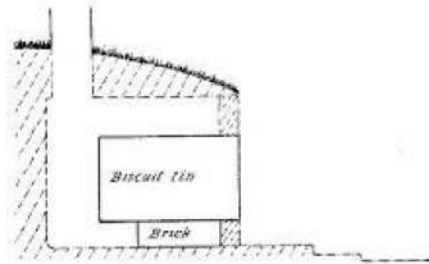
Camp Oven. Built in the side of a Bank.

Another form of fire which proves most useful in camp is the “reflector” fire, though its uses are somewhat specialized. In this case a series of logs are built up at the back of the fire so as to reflect back the heat. This form may be used for roasting small joints and baking cakes by placing them directly in front of the fire.



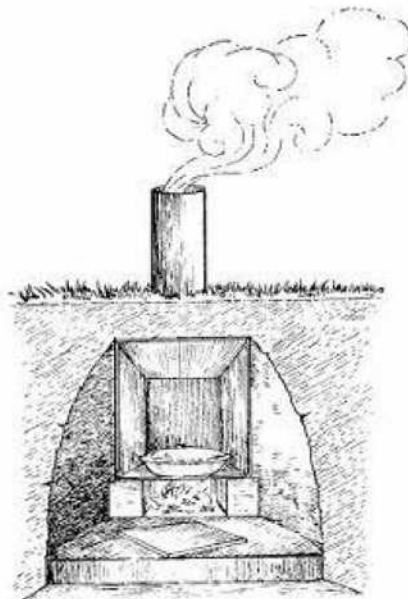
*Reflector Fire*

It is most important to remember not to start a fire until you want it in order to save fuel and to get into the habit of using the right type of fire for your cooking. For instance, to bring dioxies to the boil you need flames, but very hot ashes will keep them boiling, while frying needs only hot embers. To use a flaming fire will often prove disastrous and lose for the cook what might have been a most enjoyable meal, for the fire will soon be in the pan.



*Section of Biscuit Tin Oven built in bank*

Roasting can be made possible by means of a biscuit tin oven. This can be built on the ground or in a bank. In the case of building one in a bank, which of course is not available in every camp, a large square hole is dug in the side of the bank. This should be much larger than the biscuit tin. First a fire should be made inside in order to begin the drying out process, otherwise cracks form in the sides which allow smoke to leak out. In the bottom two bricks are placed with enough space between to make a small fire. On these the tin is placed on its side. There should be plenty of air space round the tin, especially at the back. A chimney is, of course, required for draught. This may be made by driving a thick stake down from the top of the bank into the hole and then pulled out again. If it is required higher to increase the draught an old piece of iron drain pipe can be used, or a very effective chimney can be made with clay. Around the front of the tin the space must be filled with clay or earth to prevent the returns of smoke and ensure the required draught. In the absence of a bank the biscuit tin oven may be built on the ground by digging a trench for the fire and making your own bank over the tin with earth and clay, but this must be arranged so that there is air space all around the tin.



*Front view of Biscuit Tin Oven*

Before leaving the question of fires and cooking it is well to remember that the cooks should be scrupulously clean in themselves when handling food as well as the utensils they use. Clean hands and nails are most important. For this purpose a bowl of water, soap and towel should be handy and hands well rinsed and dried before touching food.

Now we come to the important task of lighting a fire. The great thing to remember is the necessity of having plenty of wood collected beforehand. Often a little wood is collected, a fire started and all the wood is used up. While more is being collected the fire goes out.

The next point to bear in mind is to start small and gradually build up. Too much preparation cannot be made before you start your fire. It is not necessary to have paper. Hay and thin dry twigs are usually much better. The twigs should be built up in the form of a pyramid round the hay. It will even be sufficient to light the fire without any such material as hay. The fire is lighted on the windward side so that the wind blows the flames into the fire. For this purpose birch bark is the best wood but any thin dry twigs will do. When the pyramid is fairly well alight, then more sticks can be added one by one and then gradually the sticks should become thicker, but it must be remembered that they must all be stood against the fire and not laid on it, so that the flames may run up the sticks. All wood must be added carefully, in order that the fire is not knocked down and also to let the air get to the fire so that the flames can feed on the new fuel. Remember flames need something to burn up. In the early stages it must be remembered that all the wood must be dry dead wood. Green or damp wood merely smoulders with plenty of smoke. Moreover, never should a fire be too large. It only wastes fuel, burns up everything – and probably those who are cooking, as well as getting out of hand and setting light to the grass around.

When lighting a match in a wind it is necessary to face the wind and point the head of the match towards the wind, shielding it with the hands in the form of a cup. In wet weather it may be necessary sometimes to start your fire in a tent or under the shelter of a tree in a frying pan or old tin, but it should be taken out in the open as soon as possible. It can be sufficiently shielded for cooks to be safe from getting wet through or the rain putting the fire out. This is not likely when covered with pots and carefully fed.

Occasionally fires need blowing or fanning to bring them to flames. Whichever method is adopted it must be a steady draft of wind. It is the rawest of Tenderfoot who blows sparks and ashes all over the place and then complains he has smoke in his eyes. The sensible boy will blow steadily on the right side of the fire with his eyes shut.

The best woods for kindling a fire are birch bark, holly, elder, pine and fir. Cones are useful to give body to the fire and keep it in, while their ash makes good embers for frying. Most woods of English trees are useful for camp fires provided they are dry and not green, except elm and poplar, which are difficult to light and will not burn well.

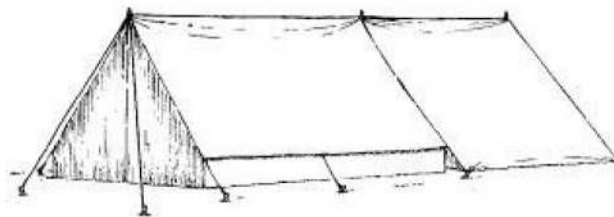
**(g) The Stores.** – On a large week's camp it is necessary to have a tent especially set apart for the keeping of food, but on a week-end this is not always possible and so other means have to be devised. It is a most unhealthy practice to keep food in the sleeping tent and the odour of food about throughout the night is far from being pleasant.

There are several methods that one can adopt for keeping food in camp, and later a few will be outlined, but let us first see what is required in the way of food storage. First it needs shade from the heat of the direct rays of the sun, but this does not mean that it is to be kept away from the air. Fresh cool air is absolutely essential. Again, it is necessary to keep the food dry. For this it must have shelter above it and preferably be off the ground. Among the worst of pests which will attack the food, especially sugar, is the ant, and earwigs and beetles will soon follow in its trail. This is another important reason for keeping food covered and

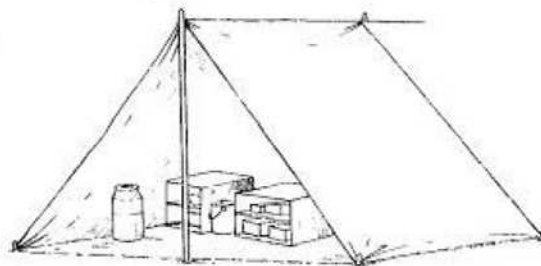
above the ground. Wasps will also become a serious menace especially toward the end of the season. To be sure that none of these creatures attack your food it is necessary first to leave nothing lying about which will attract them. This includes such improvised traps as dirty jam jars full of water for wasps or tin lids sprinkled with sugar for ants.



Combined Dining Room and Food Store with Canvas Shelter which forms a Shade from the Sun or Shelter against Rain.



*Tent with Store fixed at back*



*View of Interior of Store*

One very excellent method that has been adopted is to make an extension on to the back of the tent by means of an extra pole and a piece of canvas fixed so as to be the same height and slope as the tent itself. Two pieces of muslin cut to shape would form an excellent doorway, keep out the flies, and at the same time give plenty of air. An old piece of ground-sheet cut to size should cover the ground. The food which will most likely be attacked by insects should be hung from the ridge. This may be done by means of some ordinary butter muslin and a board. Boxes are also very useful but they must be covered completely with muslin and stood above the ground. This can be done by making a small rack a few inches above the ground. Several stores now sell a muslin gauze which is cylindrical and moreover will stretch over quite a large box. If you are

spending just a weekend in camp, of course, you will not perhaps want to take a box with you, unless you take a trek cart, but undoubtedly the village grocer will lend you one for such a short time. This form of muslin gauze is also suitable for making a store slung in a tree. A piece is cut and one end tied to form a kind of sack, in the bottom of which a board is placed. The food can be placed on the board and the other end tied up. This can be hauled up in the tree to any height required. This has the advantage of being out of the reach of flies but the disadvantage of not being waterproof. More has been said about the actual care of food in storage in the chapter on "Food". A suggested method of combining a food store and dining shelter will be discussed later on. Another method may be found by digging a pit, lined with stones or bricks and suitably covered. This is an excellent method during very hot weather.

**(h) The Dining Room.** – A definite space should be set apart in which the meals can be eaten. Obviously it must be near the kitchen so that the food will not have to be carried a long way and so get cold before it is served out. This should be covered so that the meals may be eaten in the shade and not in the boiling sun during hot weather and also in the dry during wet weather. On no account should food be eaten in the tent in which one sleeps. This is unhealthy as well as making the tent untidy. Nor should food be eaten in the kitchen. This rather leads to slovenliness in camp. A definite place tends towards meals being eaten with proper manners and a sense of orderliness. The moral of the story of the white administrator, who was stationed hundreds of miles away from his fellow-countrymen and yet put on a dress suit every night for dinner to keep up his self-respect, is quite applicable even to quite small week-end camps.

Following a meal, everyone should wash up his own plates, knife, fork and spoon, and replace them and the place tidied up straight away. It is here that the various gadgets described elsewhere will prove a boon. Particles of food should not be left about. They not only make the place untidy but attract the flies.



Collapsible Camp Table and forms for Dining Room. Table top is made from laths of wood strung together like a Venetian blind.

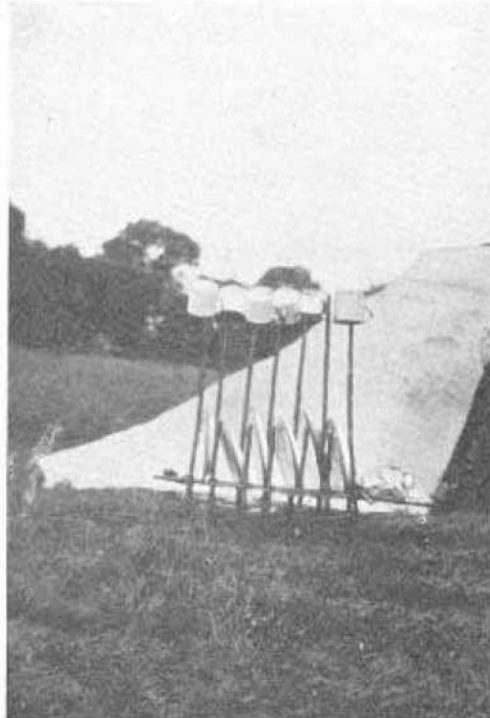
The dining room should contain in it or near it such gadgets as the knife rack, plate rack and mug rack. The covering of the dining room should be so constructed as to be able to be altered in case of the sun's movement to ensure shadow throughout the day, and for keeping out driving rain. Here the canvas previously used for the washing place in the early morning, no longer being required there, might be taken down and re-erected as a covering for the dining room. In some cases it is possible to use such a covered

space as a combined dining room and store, provided every part of the food is covered with muslin and shielded all day from the sun.

**(i) Washing Up.** – Immediately after every meal the food should be cleared away in order not to attract flies or other would-be friendly insects. Those responsible for washing up should then undertake this duty at once. A dixie of water should have been placed on the fire and the fire made up some-what immediately the food was taken off so that it will be in readiness as soon as it is wanted. If Scouts have only one plate it will require cleaning again half way through the meal. It is better to have two plates.

A special place should be arranged outside the kitchen for the purpose. It should be conveniently near the waste pits for obvious reasons. Those responsible should be careful not to splash the greasy water about for it will soon leave its mark on the grass.

The question whether the washing up should be done individually or by the cooks or special orderlies has given rise to some controversy and difference of opinion. The tendency for a boy after a meal to wash his things badly in order to get off for a game is probably natural, but if this individual method is generally adopted by the Troop and properly supervised, it should show in later camping days when boys camp on their own for week-ends. During a week's camp it is quite a good plan for each member of the Patrol to take it in turns, a day's washing up for each boy, the order to be drawn by lot. In small sections such as those the utensils are not likely to become mixed up. This system might be modified in a smaller week-end camp where each one takes a meal washing up. It may be said that one gets a greater amount of washing up on certain meals, but that is the luck of the draw. This, of course, refers only to the plates, knives and forks of the boys.



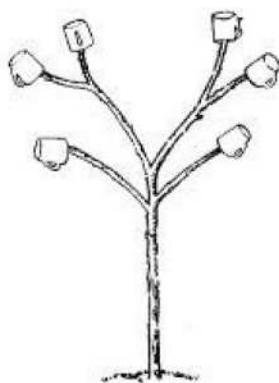
Plate, Mug, Knife and Fork Rack.

The dixies and cooking implements are usually the duty of the cooks. Plenty of hot water, almost boiling, will be required. Where plates are greasy soda is a good help, though it must be remembered it is useless for aluminium which will be turned black. Mops or dish cloths are better than the fingers for all washing up, and cloths for wiping them should be provided.

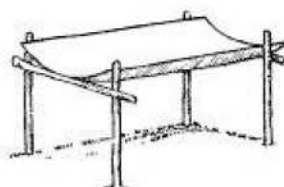
When all are washed up and dried they should be returned to their special racks. Lids should be left off dixies to allow the air to get to them. The dixies themselves should be dried and turned upside down on their racks or put in the sun to purify them.

**(j) Gadgets. –**

There are a hundred and one things that can be made by the ingenious Scout of an inventive mind which will add to the comforts of camp life. Many of these no doubt have been adopted in the week camp, but during a short week-end camp, for instance, there is not sufficient time to make very many, for by the time they had all been made it would be time to pack up ready to start for home and several of the gadgets would never come into use. The main thing, therefore, to bear in mind on a week-end camp is to make these gadgets which are considered most necessary as soon as possible after arriving in camp, in order that they may be definitely useful over as long a period as possible. The main essential of these is that they must provide a real want and not be merely an elaborate erection simply for show. The simpler and stronger they are the more useful they become. This is one very practical branch of woodcraft which appeals to the romantic nature of all boys. Among those which would be regarded as absolutely essential in every camp are the mug rack, plate rack and knife rack. Several types of these have been produced and are generally adopted. If, however, you can devise a rack which will serve the purpose of all three, much time, labour and material are saved.



*Mug Rack*

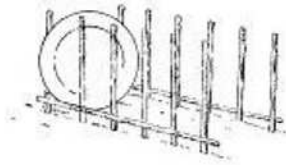


*Spoon Table for use by kitchen fire*

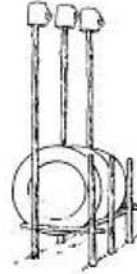
The pothooks and racks already mentioned for the use of the cooks in the kitchen are certainly most essential. One which is often inclined to be overlooked is the tray near the kitchen fire. Often a boy who has been stirring some food cooking in a dixie and is forced to leave it to attend to something else for a few moment; lays his spoon down on the grass rather than chance it sinking into the hot food. The next time he comes to use the spoon he invariably attempts to flavour the food with grass. Such a tray or rack would prevent this.

A camp broom is essential and has been mentioned before. Several methods of making clothes hangers and spiders are useful in order to keep one's personal belongings apart from others, prevent them being trampled on, and tend towards camp tidiness. Several methods of

candlestick can be found, but I prefer the use of lamps and night lights in camp as being safer from fire, less likely to go out, and obviating the nuisance of candle grease all over the place.



*Plate Rack*



*Rack to hold mug, plate,  
knife, fork and spoon*

If Scouts concentrate on these gadgets, including all the other suggested arrangements in camp, they will find that the time at their disposal for such things will be taken up, but there is no limit to which they might improve their skill and exercise their ingenuity. Here is an opportunity for the inventive mind which gives infinite pleasure as well as training one in manual dexterity. If you have a permanent camp site for week-ends during the summer there is no reason why your gadgets should not be left from week-end to week-end with, of course, the permission of the landowner. Thus as time went on improvements in efficiency might be made.

## CHAPTER VI. CAMP ROUTINE.

SO far we have set down all those necessities which will make a camp comfortable and keep it tidy, but if the camp is to fulfil its main object, that of training boys to be useful citizens, no camp can be entirely successful without discipline. This does not mean to say that it has to take a military form, but there must be a willingness to obey orders promptly and cheerfully. There is no doubt that the Scout training throughout the year has a large bearing on this question. In fact, I would even go so far as to suggest that a camp may be looked upon as being in the nature of a test of the amount of self-discipline that has been inculcated during the year.

The whole question of discipline in camp must depend mainly, if not entirely, on the spirit in the troop and the personality of the Scoutmaster. Since the general spirit in the Troop depends largely on the personality of the Scoutmaster and the traditions of the Troop, it may be said the same applies to the Patrol. Patrol camps and hikes give the Patrol Leaders an excellent opportunity of showing their personality and making their influence felt in their Patrols, thus building up a Patrol tradition. There is no doubt it is a much better feeling to have in a Patrol boys who do jobs because they would not have it said they have let their Patrol down or because their Leader is a jolly good sort and they back him up in consequence.

There is nothing like camp for pulling a Patrol together if it is getting slack or out of hand. Boys find very soon that they have to pull their weight or camp is not so smooth as it ought to be. There is no room in camp for the selfish boy or the slacker and there is no place like camp for finding him out. In fact, it is the camp and not you who finds him.

The watchword of the camp should be that everything that needs doing is everybody's duty, keeping an eye open for a job that needs doing and doing it without being told.



Patrol Mascot used here as Notice Board.

A Mascot such as this might do much to increase the sense of comradeship in a Patrol, though it is not intended to minimise the importance of the Patrol flag.

It would be well here to digress and pass on a few words of advice to Patrol Leaders on this question. If Patrol Leaders are to have successful camps with their Patrols, they must first remember they are standing in place of the Scoutmaster throughout the camp. They should set out right from the start to gain the confidence of their boys, and let them see that the boy who breaks the Camp Law is making the camp less successful and therefore less happy. Let the Camp Law be simple and be sure that everyone understands its meaning before you set out, and then there is no excuse for breaking it. The Patrol Leader must be an example himself or he will fail in the essentials of leadership. He cannot expect boys to do what he fails to carry out himself. Moreover, expect a high standard from the Patrol rather than go about expecting trouble or looking for it. A great educationist once said, "You usually find trouble where you are expecting it. Expect discipline from your boys and you're more likely to get it." If the standard is high never bring it down under any pretext, and let the boys see the ideal you are aiming at and they will invariably pull their weight to help to attain it. In this way you will help to build up a Patrol tradition. The Patrol will respond to what is expected of them rather than let their Patrol down, and of course, incidentally, let their Leader down. Let the Patrol see that it is an ideal worth attaining, not omitting to point out that it is a difficult, though not an impossible, task. Anything really worth having in this world is always difficult to get.

Do not expect results to come at once, but do not lose heart. Keep your object in view and continue to strive after it. Do not, however, lead the Patrol to think that you are never

satisfied or you will kill your own intentions. By all means encourage every effort in the right direction, add to their efforts, and in time the results will begin to make themselves apparent.

In the clubroom, Patrol Leaders have always the help and guidance of the Scoutmaster, but in camp you will have to rely solely on your own judgment. When in difficulty a Patrol Leader should ask himself: "What would my Scouter do if he were here now and what would he expect me to do?"

Give every defaulter a fair chance of defending himself. Seek to encourage and let your criticism be constructive rather than destructive. It is useless telling a boy he is doing a thing wrong unless you show him how to do it in the right way, for he will otherwise go on doing it in the wrong way. Let your defaulters see that they have gone down in your estimation; that you expected better of them and they have let you down. Thus you appeal to their sense of shame from which you will invariably get a response.

There is no doubt that a great deal of the responsibility of discipline can be shifted on to the shoulders of the boys themselves. Just as it was necessary to divide up the Patrol for the purpose of pitching camp, so each member of the Patrol may be given certain responsibilities during the weekend.

The Patrol Second should be, under usual circumstances, the quartermaster, and take full control of the stores. Nothing should be taken from the stores, not even by the cooks, without his permission, and he should see that it is returned immediately after use. His store shelter should be his private sanctuary, barred to all comers except the Patrol Leader. He should hand out each article required and make a note of it. This will help him in checking his stores which will be a great help should they need replenishing.

The cook comes next in rank. He is responsible for his kitchen and here again it is necessary for him to keep it private. He will need an assistant and I have found it is usually the best to allow him to select his own, who will generally assist the chief cook and be responsible for the wood-chopping, etc.

Other boys might be responsible for the tidiness of the camp fireplace, preparing it in the evening and clearing it away the next morning, or the oversight of the washing place and latrines. These in a sense are whole-time jobs, but are not such that they keep each boy occupied at his task all the time but allow him leisure periods.

The Patrol Leader is thus left free to supervise the running of the camp in general.

No leave out of camp should be granted, except under exceptional cases during week-end camps. There should always be a reason, and that a sound one, for wanting to leave camp. This does not, of course, apply to boys who have to go and purchase necessities such as food, or expeditions mentioned later on. In all cases boys should only be allowed out in full uniform.

A programme should be arranged for the week-end; this may entail some or the whole of the Patrol going out of camp for periods on special expeditions. Moreover, it is necessary to have some alternative programme ready in case of wet weather. It is to be remembered that week-end camps are often arranged for special purposes, such as to practise some Scout work or pass certain tests. There should therefore be set times to practise these. A certain amount of leisure time should be allotted as well as any time given up to organised games. In that period the boy should be free to amuse himself in whatever way appeals to him. Each day should have its time table and should be strictly adhered to. This is most important in the case of rising, meals, and kit inspection. Unpunctuality is one of the worst spoilers of camp success. Punctuality does not allow slackness and ensures the carrying out of the full programme. It is

a form of Scout discipline, which will be of much help to the Patrol Leader if strictly enforced.

The following table gives an indication of what a full week-end camp time table should be. It is as well to mention that in a week-end camp it somewhat differs from that of the week camp in that you are often not in camp for one complete day, that is, from sunrise to sunset.

**TIME TABLE.**

Saturday	5.00 p.m.	Arrive in camp.
	5.45 p.m.	Tea.
	7.00 p.m.	Camp pitched.
	8.30 p.m.	Camp fire.
	10.00 p.m.	Lights out.
Sunday	7.00 a.m.	Rouse.
	8.15 a.m.	Breakfast.
	9.45 a.m.	Kit inspection followed by Scout's Own.
	1.00 p.m.	Dinner followed by hour's rest.
	2.30-4.00	Clearing camp site and packing up.

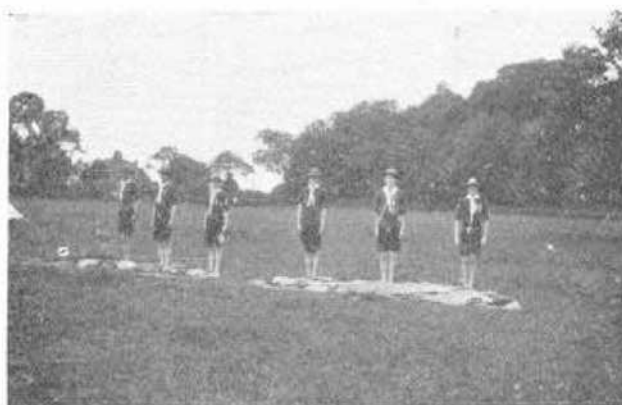
A great deal has been said in the previous chapter concerning the pitching of camp. Let it suffice to add that the work may be interrupted for tea when the cooks have it ready. This time should be a definite period, say, fifteen or twenty minutes. It forms a useful break and a rest for the boys during one of the hardest parts and gives the Patrol Leader also a chance to point out any improvements that he can see could be made for the comfort of the camp, for it must be remembered that all camp sites are not alike. This period should not be allowed to extend beyond its allotted time, or the completion of the work would not be finished by nightfall. A light supper before camp fire is usual and better than after the camp fire. The washing up should be done before the camp fire begins. Everyone should be encouraged to take part in the camp fire items though single boys might produce items interspersed among the choruses. These need not be all singing, providing they add to the enjoyment. It was once said that boys who could not sing in tune had better leave their singing out and entertain the others in another way. Shouting should of course be discouraged, and the success of the camp fire usually depends on the spirit in which it is carried out. Further will be said about special features of the camp fire later.

Blankets wrapped round the body and pinned form a suitable and effective dress for camp fires. At any rate, some form of thicker clothing should be worn, for the night air is chilly and the warm fire to the front of those sitting around is a danger if the back is open to the chill of the night air.

After camp fire follows the camp prayers, and then bed. A quarter of an hour is quite long enough for everyone to be in bed and the Patrol Leader should allow no talking after lights out. There is no exception to this rule since the talker is not only keeping himself awake but probably the whole Patrol.

There is no need for anyone to be about before 7.00. a.m. A special member of the Patrol should be detailed off definitely to be responsible for rousing the others, by the signal which has been arranged previously. It may be a camp horn or the Patrol call. Everyone should be out in a few moments and start the day by some moderate form of physical exercise. Too violent an exercise at this time of the day would probably do more harm than good. A run round the meadow followed by touching the toes a few times in order to regulate the blood circulation is quite sufficient.

Everybody, including the cooks, should wash before breakfast. While one is lighting the fire the other may be washing, and ready to take over duty from the other cook in a few minutes to allow him to wash. There is no need for cooks to get up earlier than the rest, that is, of course, if they have got things ready overnight. A dixie of water should be prepared overnight to put over the fire directly it burns up. It is also a good plan and saves much time if porridge is partly cooked after supper over the hot embers the previous evening.



Patrol Kit Inspection.  
Full Uniform from the Knee upwards.

Hoisting the colours may be before breakfast or at the beginning or end of inspection. Included in this ceremony might be added the morning prayers. In a larger and longer camp this would probably be a very formal parade with everybody in full uniform.

If Scouts have washed and are respectably dressed, say in shorts, shoes, and shirts, on the given signal it is not a second wasted to get one's hat and fall in. This, of course, applies to the parade being held before breakfast, when scarves and stockings are not necessary. If held at inspection time full uniform above the knees is the general rule.

Directly after breakfast everyone should prepare for camp inspection. If breakfast is up to time there is plenty of time to be ready by 9.45. While the cooks are clearing up the kitchen, other members of the Patrol should be preparing other parts of the camp for inspection and clearing the tent. They might even lend a hand with the cooks in arranging their kit.

Inspection is really one of the most important features of the whole day's camp and too much trouble cannot be taken over its preparation. The inspection should be absolutely thorough and carried out methodically. The following may be some indication as to what is really expected of a Patrol at kit inspection.

Everyone must be in full uniform above the knees, including hat. Shoes and stockings are likely to get wet if the dew has not yet evaporated. Care should be taken to see each boy is clean, especially the teeth.

If the weather is wet, the personal kit of each boy should be laid out separately on his ground-sheet in the tent. If fine, of course, it will be laid outside. Blankets should be hung on a fence or hedge to air, and towels and flannels should be hung out on their respective lines. The kit is left out of the tent and put back later in the day, preferably directly after dinner. The accompanying diagram gives an indication as to how to lay out the kit. This is now the method generally adopted. All spare kit should be clean. Stockings should not be rolled but

folded in such a way as to show the garter tab. The Scout should stand in front of his own kit with his pole stuck in the ground on his right. Directly after dismissal, if the weather is at all hot, soap should be put in the shade. It is necessary to remember that blankets should not be allowed to stay out until the dew has begun to fall for it is very dangerous to sleep in damp blankets. Any one who leaves out his towel all night will probably find much difficulty in drying himself in the morning. It is a fallacy to suppose that hats left on the roof of the tent flatten and stiffen with the dew. When they dry it usually happens that they are limper than ever. The best place is to lay them on the dining room table or on some other flat surface and covered for the night to keep off the dew. If the brim of the hat is inclined to represent a scenic railway, put some paper on the brim and flatten it by the weight of a number of stones, or other weights.



Patrol Kit Inspection.

Personal Kit is here placed on the ground-sheet which covers the entire floor of Patrol tent.

If fine, the tent should be empty except for the tent light which should be placed at the foot of one of the poles. The entrance should be as wide as possible and no pegs should be in the way. All the pegs should be securely fixed in the ground and the guys tightened. All flaps should be up where possible to allow a current of air to pass right through the tents. The ground inside and around should be free from any litter. Poles should be upright and knots should be correct. If each tent possesses a rubbish sack these should be empty.

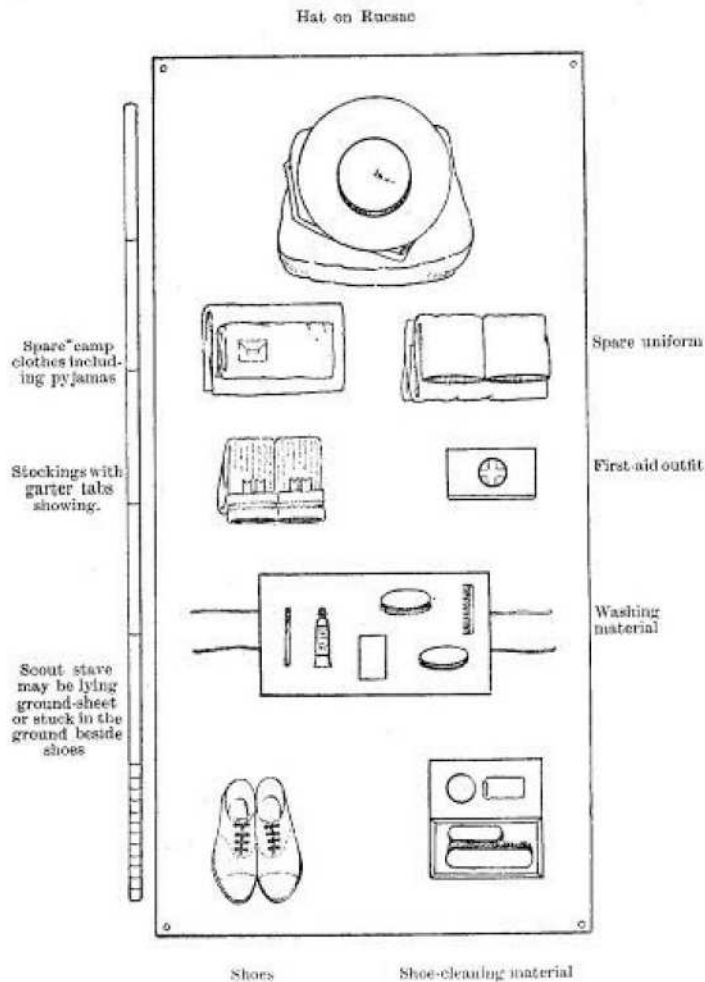
The dining room should present a neat appearance. No traces of food should be on the ground. The shelter should be properly rigged up and guys secure. The plate and mug rack should be neat and tidy and plates free from grease. The food store should be tidy and flyproof. No stale scraps of food should be lying about, and the ground should be free from any traces of food. Empty tins and scraps of paper should have been previously disposed of.

The kitchen and refuse pits need very careful inspection. The fireplace should be tidy and undamaged. This depends largely on the way the cooks have been working, for if cinders and ashes have been allowed to become trampled in the grass it will be difficult to remove before inspection. This is one important reason why the kitchen should be kept private for the cooks alone. The pots and pans must be clean, including their lids. The rims of lids must not be omitted in the cleaning, a finger rubbed round the inside of a dixie or frying pan, or the rim of a lid, should leave no mark. The dry pit should have its refuse covered with a layer of earth. The grease trap in the wet pit should be burnt and a new one placed there. The axe should either be in its case in the store tent or in the chopping block. Chips should be swept up and burnt if convenient. They usually serve to keep the fire in ready to start off when necessary for dinner.

## Week-End Camps & Hikes

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All burnable refuse should have been burnt, and the ground in and around the kitchen should be free from scraps of food, wood chips, or scraps of paper.



The latrines should also come under the inspection. The screening should be set up properly and not fouled. The trenches should be properly covered and not too full. There should be sufficient paper and none lying about. The ground should be clear and not fouled. Any old latrines should be labelled with an L made in stones or wood, to guide any that follow you in camping there.

The washing place should present a neat and tidy appearance, and nothing should be left lying about. Basins should be empty and nothing in them. They should be rinsed out and preferably upside down. Screening should be in position and properly set up.

Whatever part of the camp a boy has been in charge of it is his duty – and, indeed, his privilege – to accompany his Patrol Leader, either to listen to his Patrol Leader's compliments or his criticism and what he expects of his Patrol.

The Patrol Leader should take the opportunity to impress on his Patrol that the only way to keep a high standard up at kit inspection is to keep up the standard of the camp all day long. Thus less preparation will be necessary and, after all, it is the wrong spirit to suppose that the

inspection is only a matter of form and not intended to set the standard of the camp cleanliness and tidiness throughout the whole of the day.

A greater part of the morning will be left free for whatever arrangements have been made.

Dinner is always followed by a period of rest. This should be of an hour's duration. This may be outside the tent so long as it is not in the blazing sun. If wet, it is not necessary to close the tent up. Scouts should be free to read, write, or do as they please so long as they are still and quiet. Some may prefer to write their log or sketch. If wet, the rest period may take the form of a quiet discussion. Then on the order given to clear up the camp, every boy takes his share and starts right away.

## **CHAPTER VII.**

### **CAMP HEALTH.**

THOUGH the camp be of only a week-end duration the question of health is of great importance. Much responsibility rests on the shoulders of the Patrol Leader in this respect. Though there are in all probability no serious illnesses or injuries to contend with, it is as well to be prepared against all accidents that might occur. Much will depend on the personal hygiene of the boys themselves, not only for the sake of the health of the camp, but as a general raising in their standard of living. There is much opportunity at inspection time for the leader to see that his Patrol are keeping up their standard of personal hygiene in matters of washing and cleaning teeth, but he should not neglect to keep a careful watch all the time. Much will depend on his own example which he should encourage the Patrol to follow. He should make sure that each boy makes a clean start and see that he keeps it up. Fresh air is equally necessary to health as washing. This advice may seem superfluous since boys are living out in the open, but it is necessary in the matter of closing tents at night. The Patrol who sleep with the tent flap closed can soon be cured in the following manner. Bring out the Patrol Leader or one other Scout in the morning into the fresh air for a few moments and then send him back into the tent again and he will realise the stagnant state of the air, which should be enough to send him rushing out again and to cause him never again to forget to leave the flaps open at night.

While the grass is wet no boy should be allowed to go about with shoes and stockings on. With wet footwear it is possible to catch colds and chills very easily. Camp slippers and no stockings should be the rule for most of the day. To go about bare-footed is equally dangerous, for cuts, splinters and other injuries may result, and in the case of feet may become serious from septic poisoning.

Boys are usually very eager to go home sunburnt. If this process is gradual no harm can be done, but to blister and peel the skin is not only failing to accomplish what was set out to be done, but also a very painful affair. Skin which is normally covered with clothing should not readily be exposed to the full glare of the sun for long periods. The process should be gradual. Applications of lanoline, cold cream, or cocoanut oil will prevent sunburn if applied beforehand. To wash the burnt parts is often painful, but starch applied carefully a few minutes before and after is very soothing. Cold cream, vaseline, and lanoline ease the pain and heal the sunburnt places quickly.

Another dangerous practice which should be strictly avoided is exposing the head and the back of the neck to the full heat and glare of the sun. This can have quite serious consequences and may even lead to sunstroke which may have lasting results. Boys should not expose themselves in the full glare of the sun for too long a period at a time and then the head and back of the neck should be protected in some way or other. This can

most conveniently be done by tying the neckerchief on the head in such a way that part hangs over the shoulders covering the neck.

Bathing lays itself open to danger from drowning. The Patrol Leader should ascertain on good authority whether the bathing is safe. Currents, pot-holes and depths at different places should be carefully enquired into before anyone is allowed to bathe even though he be a swimmer. A life line securely pegged down on the bank or beach should be long enough to reach any bather who may be unfortunate enough to require it if in difficulty. Two boys, preferably the best swimmers, with some knowledge of life-saving, should be on the bank or beach in readiness, that is, undressed with the exception of a bathing costume and an overcoat, so that they may be on the watch and ready to lend any assistance required by the bathers. The Patrol Leader or another member of the Patrol should fully acquaint himself with and be well practised in one method of artificial respiration.

It is very inadvisable that boys should attempt any feats which are likely to lead to straining any part of the body. Such a strain may be more serious than at first anticipated. This especially applies to the younger boys of the Patrol, but even older boys are not exempt. Often the younger boys see the older boys trying to break running, jumping or weight lifting records, and they attempt to copy them. This should not be encouraged, especially in the form of competition.

Another very unhealthy practice strongly to be discouraged is that of two boys sleeping together. Each boy should have enough blankets to allow him to make a separate bed, and if the Patrol Leader sees that each boy knows how to make up his bed there will be no excuse for breaking the rule. Moreover, this is strictly forbidden by Headquarters' Rules.

The Patrol should take an ambulance box, suitably fitted out, to deal with minor accidents. This need not be a large and bulky affair so long as it contains ample to cover any possible accidents which do not require the presence of a qualified medical attendant. Here it is as well to mention that the Patrol Leader must realise his own limitations in this matter and must not hesitate to call in medical aid when he deems it necessary, while, of course, doing all he can in the meantime to make the patient comfortable. The question is rather a matter of commonsense and presence of mind, but he must guard against the danger of being over-confident in his own ambulance and first aid skill. The box should be in the possession of the Patrol Leader, but its whereabouts should be known to the whole Patrol in case of emergency. Moreover, the Patrol Leader should ascertain the name, address and telephone number of the nearest doctor and the nearest spot from which a telephone message can be sent.

#### **AMBULANCE BOX.**

##### Minimum Requirements.

Bandages.	2 1-inch 1 2-inch 1 3-inch
1 packet of lint.	For dressing a wound or formentation.
1 packet of cotton wool.	For bathing a wound or padding.
Waterproof fabric.	To cover a wet dressing.
Adhesive plaster.	To keep a small dressing in place. It is advisable to use this directly on a wound except in the case of a small clean cut which would be difficult to bandage.

Splinter forceps.	These should be sterilised before use, and iodine applied to wound.
Pair of scissors.	Blunt-nosed type are best so that they are not stuck in the patient.
Tincture of iodine.	For cuts and all wounds.
Ammonia.	For stings and insect bites.
Picric acid.	Better than carron oil or vaseline for burns.
Lanoline, cold cream,	
Vaseline, cocoanut oil.	For use in case of sunburn.
Boracic ointment.	For healing a wound.

The accidents which the Patrol Leader is likely to come into contact with will be very slight but it is none the less necessary that they should receive immediate attention. They will probably consist of cuts, scratches and burns. These in themselves may be slight but in moving about camp, digging, cooking or playing games, dirt is likely to get into the wound and poisoning may follow. Therefore these should be treated with iodine or picric acid as stated above, and covered to keep out the dirt. The general rule which a Patrol Leader should follow is never to tackle anything which is too serious for the material in the ambulance box. It is then certainly a case for the doctor. To tamper with it may make matters worse.

Prevention is always better than cure. Blisters may be eased by rubbing with a mixture of olive oil and methylated spirits in equal parts. If this lotion is used nightly for a week or so before camping it hardens the feet for tramping, and dry-soaping the socks will also be found a useful preventive preparation.

## **CHAPTER VIII.**

### **THINGS TO DO IN CAMP.**

CONTINUALLY camping in the same old humdrum way will soon damp the enthusiasm of a Patrol. Yet there are many changes that can be made and a hundred and one different things a Patrol can attempt that will save their camp from being commonplace, provide some really good fun, and give the camp a real object. Some of the suggestions here, I hope, will give something to remember the camp by and make the camp log records interesting reading. It should be the aim of every Patrol Leader not to let his Patrol camping get in a rut. He and his Patrol should not be content to read and dream big things, but get up and do them. He will be agreeably surprised at the success of his Patrol's efforts.

In the old days the pioneer and the backwoodsman had to make use of material that they had around them, overcome many difficulties by ingenious devices, and rely entirely upon themselves the whole time. That spirit of independence should prevail through all your camping. Practise making parts of your camp from the material at hand. First try making bivouacs and huts, using brushwood and such like. A really efficient camp oven will take a lot of care and patience, but it will be really worth it. When you have tried the simpler things a pioneer might do, then attempt the more difficult, building bridges, for instance. For this, you want to get some practical advice from somebody who is an expert at this to teach you some of the lashings. In this, again, start small. Don't try to build too big a bridge at first. Be content with a small one over a ditch or stream.

There is nothing that appeals more to the romantic nature of a boy than the life of explorers. But how many attempt to live the explorer's life in camp? Starting in the right spirit on an exploring expedition, there is no limit to the fun to be got out of it. Try exploring castles, churches, cathedrals, old manors, and old battle grounds, and in every case, if possible, without a guide. It's half the fun finding out for yourself. Old ruins and such places as Roman camp

sites have always an appealing attraction about them. Let nothing of interest escape notice. Use your camera, note-book, and sketch book freely. Do not try to cover too much ground in one expedition.

Then the romance of the Red Indian never fails in a boy's imagination. Try a real Red Indian camp. Do everything in the Indian way. Let your camp have the appearance of an Indian camp. Camouflage your tents to look like wigwams, make Indian huts, and fix up totem poles. You can even go so far as to turn your uniforms into Indian costume. It won't need a great deal of alteration. You'll be surprised at the fun you'll get out of it, and you will all be wanting to know when the next one will be coming off.

An alternative to this is a Robinson Crusoe camp. Both of these will be real attempts at pioneering, even to trying to make a fire without matches.

Stalking is another camp amusement which is really jolly good training and a most useful occupation. It enables one to get first hand information from observing Nature. The object is to creep up behind your quarry without being seen, heard or smelt. First you must train yourself to move about through grass or woods silently. This is what hunters have to train themselves to do, for they depend upon it for their living. It is necessary to imitate the cat in walking and crawling. Moreover, you must follow up your object on the correct side of the wind for animals will smell you probably long before you see them.

This will lead you to the great art of tracking. That is following the spores or tracks left by an animal or human being. It is a long and intensive study and mere mention of it must suffice here. It will be necessary to start in a small way first. There are many games in which you can practise tracking, and you will soon see how wide and interesting a subject you are launching on.

No camp is complete without its camp fire at night. These need some previous arranging. There should be some form of programme drawn up, though it is not necessary to stick hard and fast. Often the impromptu turn goes down the best of the evening. Each boy should wear the brightest of his blankets, for warmth as well as for effect. Songs, of course, form a large section of the programme but other items should be introduced. Dramatic and theatrical items should be brought in. Games and riddles might form a part of the programme. No item should be so long that those round the camp fire are tired of it. Such games as passing round the smouldering cork and he who lets out the last spark has a black mark on his face never fail in popularity. Some form of opening ceremony gives the performance a dignity and a good start off. Between the items to prevent the excitement growing too high, the Leader can have a short break such as outlining the plans for the morrow, or pointing out some Patrol weakness in camping. They only take a few seconds, but experience shows that they often have the desired effect of simmering down the over-excited individual. Good thrilling yarns are always acceptable. If they are at all long, they are best told in instalments, leaving off each time, of course, in the exciting part. The good story-teller is a really rare person and always a welcome guest at any camp fire. This gives rise to another good way of spending leisure time in camp. A good mystery yarn of the district, some smugglers' tale or ancient ghost, is unearthed by an imaginative story-teller at the camp fire. The following day is spent searching the seashore for clues leading to the smugglers' hoard or the laying of the ghost. The story of the finding of half a message is a good tracking game. Someone explains that he has found an old piece of parchment which has been part torn off. This reveals the secret to some treasure trove. The story is followed by the expedition on the following day.

At the end of camp fire follows perhaps one verse the National Anthem, and then prayers, a feature which every true Scout appreciates, and then the "Good-night" after a hard but happy day.

## CHAPTER IX.

### CLEARING UP THE SITE.

THE clearing up of the camp site should be organised with the same care and in the same manner as when the camp was pitched. The Patrol Leader should allot the tasks in the same way as before. This should not be a difficult problem, since the cooks will be responsible for their own kitchen and utensils, the quartermaster for his stores, and so on. The personal kit of each member of the Patrol should be packed first as far as possible. After dinner the kit, instead of being replaced in the tent as is the usual custom, might be left outside provided the weather is suitable. It is not a wise plan to neglect the usual period of rest after the mid-day meal before packing. It is not to be expected that boys feel in a fit state to perform arduous tasks then, nor is it good for their digestion. The rest period, however, on no account should be extended on this; or on any occasion for that matter. A definite time should be allowed for each Scout to pack his personal kit, if it is not finished in the allotted time it must be left until later.

The order in which the parts of the camp are dismantled will depend entirely upon the circumstances and weather conditions. Generally speaking, those things which were done first in pitching camp should be left to the last in striking camp. I usually find that the best thing to start on is the cleaning of the kitchen utensils. This is usually a longer task than is at first anticipated if it is to be done properly, and the whole Patrol can assist in doing their share. If, however, the tents are dry and there is a tendency for wet weather most of the tents at any rate, if not all, should be taken down and packed to ensure that they are packed dry. The Council fire might have been cleared earlier in the day, filled in and turfed, if possible, but if not, it can be done among the first of the tasks. The kitchen can be dismantled as far as possible, *but refuse pits and latrines should remain till last.*

It will be absolutely necessary for the clearing up to be supervised most vigilantly by the Patrol Leader. Nothing should be left to chance. In no way should discipline be relaxed, but a little thought in organisation will aid the speedy clearing of the ground. As in pitching the camp, the changing of tasks frequently, especially from a heavy to a lighter one, will often prevent the energy flagging. It should be possible to complete the clearing up of a week-end camp for a Patrol in under two hours, and probably a much shorter time if everyone has been careful to keep the site tidy during the whole period.

It would be as well to mention here a few points to note which should be borne in mind by the Patrol Leader in his final rounds of inspection. The canvas of the tents should be quite dry and the guy ropes properly rolled and hitched before the tent is packed. The grass inside the tent should be brushed up. Throwing water on it will not help especially if the grass happens to be rather long.

No Patrol should leave camp without making sure that their pots and pans are clean and dry inside and out. This is not really a difficult task in camp; in fact, it is easier in camp than at home or in the club-room. Wood ash is one of the best scouring powders, which will not scratch, and wet paper the best cleaning cloth, which can be burnt afterwards. It would be best to do this in some out of the way part of the camp, where there is little grass in order that as little mess as possible is made. Care should be taken to see that frying pans contain no

grease film, which will be easily shown when a finger is wiped round, and also that dixie lid rims have been cleaned. Dixies and frying pans cleaned on the outside are much more easily packed without fear of making other equipment dirty. Axes should receive careful attention and be properly greased and masked. Kitchen cloths should be washed out. They may not come white, but the worst can be got out and then cleaned thoroughly on arrival home later.

All fireplaces should be cleared of ashes before filling in and watered well. The earth should be almost level with the ground before replacing the turf in order that the turf may be banked to allow for sinkage. The ashes should be put in the refuse pits. If pigs are in the habit of using the ground afterwards it is necessary to bury ashes deep for they will invariably turn up the ground after them. All refuse should be burnt so far as possible before being put into the refuse pits.

All wood chips should be swept up with the camp broom. This will not be found to be as difficult a task if you have chosen a spot under a tree or near a hedge for your wood chopping where there is little or no grass. It would be well to mention also that often more chips than necessary are made when thin sticks which could easily have been broken are chopped with an axe. Such things as unused wood, camp fire logs and kitchen fire bricks can be piled neatly under the hedge for future use or for people living around.

The refuse pits and latrines may be disinfected if thought necessary. This really is only an extra precaution, for if the pits have been kept continually covered with a third layer of earth any disinfectant is unnecessary since the layer of earth itself is really the best disinfectant.

All pegs and stakes should be taken out of the ground. Nothing could be more unsightly than to see such things left behind; and moreover, pegs hidden in the grass are dangerous. No rope or string should be left tied on to or hanging from trees, hedges and fences. Any surplus food may be given away to nearby residents. If spoilt it will be suitable even for poultry or pigs, but this should not contain tea leaves or fish.

The equipment when packed should be dumped as when pitching in three piles on ground-sheets, the personal kit in one, the tents in another and the kitchen equipment in a third. This simplifies the loading on the trek cart or bicycles as the case may be.

Before leaving there should be a final rake through the grass in both directions. The whole Patrol spreads in an extended line across the camp site and goes slowly across the field, each boy walking in a straight line, looking on the ground and picking up any small pieces of refuse that may have been missed. This may seem unnecessary, but actual practice shows that very often much is collected in this way though the camp has been kept tidy the whole time.

Then a final inspection of every part of the camp site by the Patrol Leader and his second should follow to ensure that nothing has been forgotten and everything is left tidy. Any Patrol that has built up, or is building up, for itself a reputation of clean camping will realise how necessary all these precautions are. Moreover, with every camp the reputation of the whole of the Scout movement is at stake in that district. No Scout would care to feel he had been partly responsible for damaging the reputation of Scouting in a district and spoil it for all those who will follow. There is no doubt that this has happened less frequently than previously, partly owing to the vigilance of the authorities but also, to the keenness of Scouts themselves to do the job properly.

When the site is clear and all is packed ready for your return journey, it is only common politeness to go and ask the owner of the land to come and see how you have left it. He will possibly see something else he would like done before you go, and you in your turn may show your gratitude by offering to do a good turn before you leave. At any rate you

can show your gratitude by trying to leave the ground in good condition and, if possible, in a better state than you found it. The best compliment that can be paid to any campers is to be asked to camp again on the same site. If their behaviour and the condition of the ground when it is left is not such that it warrants it, they will assuredly not receive such an invitation.

There may be also thanks due to someone else in the neighbourhood who has helped to make the camp more enjoyable and comfortable, which should not be forgotten. It may be permission was received to do some stalking or tracking on someone else's land in the neighbourhood and thanks are due to them.

After you have left the site it is always the right thing to write and thank the owner of the land even if you thanked him personally on leaving, and show him how much you appreciated courtesy and permission.

In this way you will never forget to hold up the great camping reputation of the Scout movement by leaving behind nothing, and your thanks.