

☘ YOUR KIT LIST

Ideally clothes should be navy / guide colours OR plain and sensible.

Bring enough of the following for the camp :-

- Trousers / jeans and shorts
- T-shirts (Guide style if possible)
- Underwear and Socks
- Pyjamas / tracksuit to sleep in (wrap in bedding roll)
- Jersey / sweatshirt
- Waterproof rain coat (ESSENTIAL)
- Anorack or extra jersey (IMPORTANT)
- Wear takkies, bring a spare pair of SENSIBLE shoes / sandals (and flip flops for shower if required)
- Sensible sun hat and / or woolly hat if it's cold
- WASH KIT IN A BAG (not a plastic shopping bag)
- Towel
- Facecloth and soap (in a plastic box or plastic bag)
- Toothbrush & toothpaste
- Hair brush / comb - (long hair will need to be tied back when cooking)
- You may need a swimming costume (ask your leader)
- Insect repellent, lip ice and suntan cream as required.
- Mess kit in a drawstring cloth bag

IMPORTANT EXTRAS

- A TORCH (that works!!) and spare batteries.
- Notebook and pencil, coloured pens etc
- Scissors or pen knife (optional but useful)
- Guide pocket books and Song book.

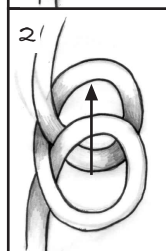
NOTE... ALL your clothes etc should be packed into ONE bag/ rucksack / suitcase (not lots of plastic packets and small bags) Pack your own bag then YOU know what you have got and where everything is when you get to camp!! DON'T BRING anything valuable in case it gets lost or damaged.

Knots and Lashings help you make Camp Gadgets. Try to get someone to help you to learn these skills.

1 CLOVE HITCH

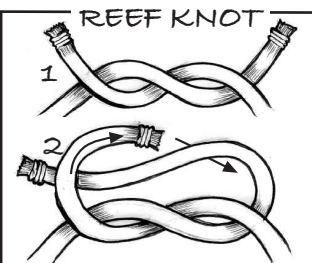


1. Make a loop as shown.
2. Put a second loop over the first.



3. Thread both loops onto the stick, pull ends to tighten.

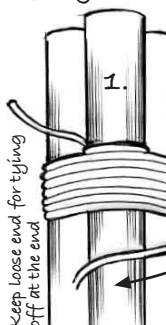
REEF KNOT



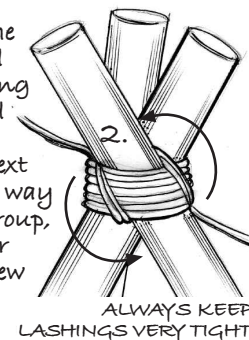
Pull on ends to tighten
Use to tie off the ends of lashings

TRIPOD LASHING

1. Tie end of string around one pole. Wrap string tightly around all the poles



2. Spread out the poles a bit and thread the string OVER one end of a pole and UNDER the next working your way around the group, in a circular fashion, a few times. Tie off loose ends.



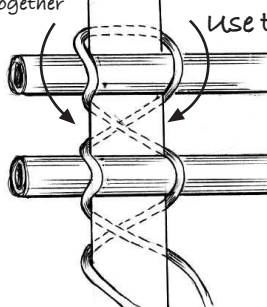
ALWAYS KEEP LASHINGS VERY TIGHT

☘ LASHINGS/KNOTS

Work both ends together

SNAKE LASHING

Use to make draining racks and table tops.



SQUARE LASHING

TO MAKE BASIC FRAME WORK.

Tie the string around one pole, leave loose end for tying off. 1. Wrap around tightly in a square up in front of B pole, behind A at the top, down in front of B, behind A at the bottom etc.

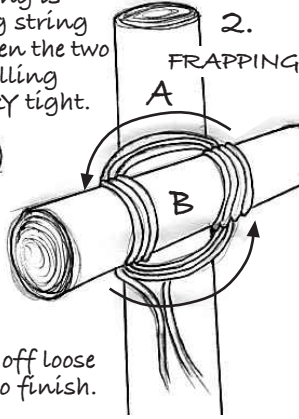
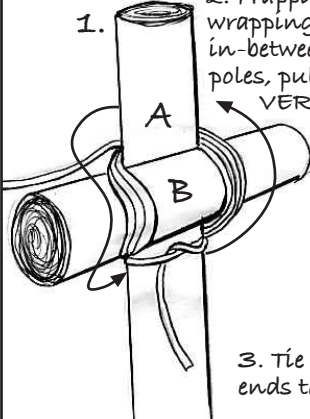
When half way through your string (approx 1m) change to FRAPPING - which is tightening.

1.

2. Frapping is wrapping string in-between the two poles, pulling VERY tight.

2.

FRAPPING



3. Tie off loose ends to finish.

☘ YOUR BEDDING ROLL

A waterproof parcel with ALL your bedding in.

Ground sheet or plastic



Sleeping bag blanket, night clothes small pillow tied with ROPE.



Use the ground sheet to wrap up the bedding. Tie with ROPE.

A Bedding Roll is essential at Guide camp.

NEED:- A Waterproof groundsheet OR piece of heavy duty plastic size 1.5m x 2 m (not smaller than 1mx2m not bigger than 2mx2m)

NOTE: The tents we use DO NOT have groundsheets so this is what you sleep on!!

- Sleeping bag and blanket OR three blankets
- Small pillow or cushion.
- If you want to bring a roll up thermal camp mat as sold in camping shops that is OK - it can be brought separate from the bedding roll as they are completely waterproof. DO NOT bring foam or inflatable mattresses.

CAMPFIRE

Campfire is a very special time at Guide Camp. We all sit around the fire and sing, sometimes people do



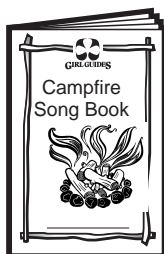
sketches, plays or stunts or tell stories. (Always listen to the campfire leader - don't sit & chat)



Poncho Style Blanket

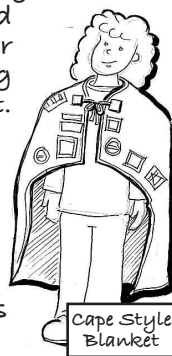
A CAMP BLANKET is a special blanket which you wear at Campfire.

You can make one out of any old blanket. Onto it you sew cloth badges from camps and events. You can also swap badges with other Guides or Scouts, and even sew on your old Brownie and Teddy badges. Ask someone with a good blanket about all their camp memories and where their badges came from. Your camp blanket can be your bedding roll blanket.



It's good to have your own CAMPFIRE SONGBOOK.

You can buy a songbook OR write down song words in your own notebook as you learn them.



Cape Style Blanket



FOR MANY GUIDES (and Guiders)
CAMPING IS THE VERY BEST
BIT OF BEING A GUIDE!

Camp is more enjoyable if you know what to expect and come prepared.

This book will help you find out a bit about how we do things at Camp.

© WRITTEN & ILLUSTRATED BY VICKY SMITH 2005.

Camping Skills Book

YOUR MESS KIT

In your MESS KIT you will need a plate, bowl, mug, knife, fork, spoon, tea spoon, drinking bottle and dish cloth. The plate / cup etc should be either metal or plastic and

EVERYTHING needs to have your name on it!!

Everything should be in a draw string cloth bag

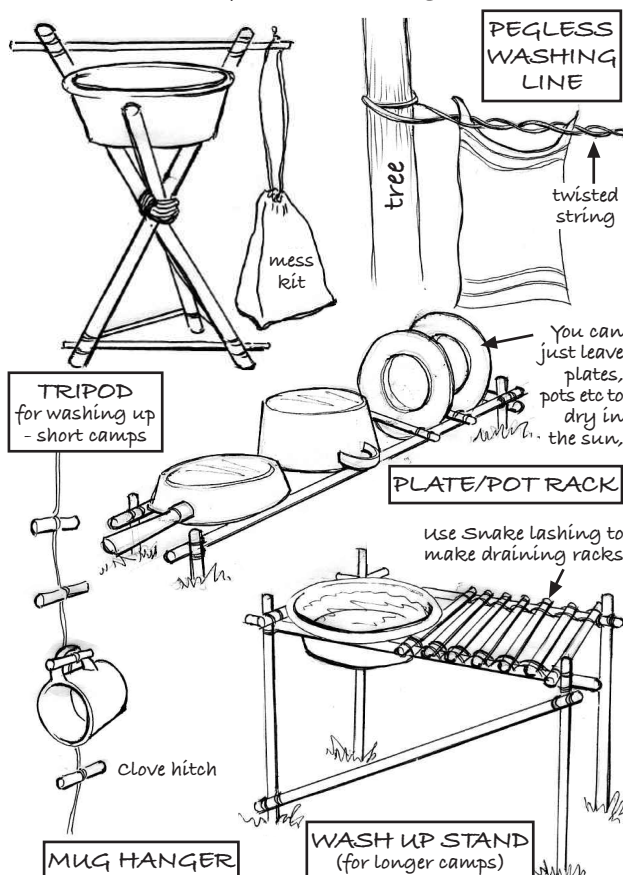
which can be hung up. (Wet plates and dish cloths

kept in a plastic bag get smelly and slimy!) It is also a good idea to have a square of plastic to sit on at mealtimes if the grass is wet. This is often called a SITTER or SIT-UPON

Use permanent pen, coloured tape or nail varnish to mark your things.



Camp Gadgets can help make life at Camp more comfortable and organised.



PEGLESS WASHING LINE

twisted string

tree

You can just leave plates, pots etc to dry in the sun,

TRIPOD for washing up - short camps

PLATE/POT RACK

use Snake lashing to make draining racks

Clove hitch

MUG HANGER

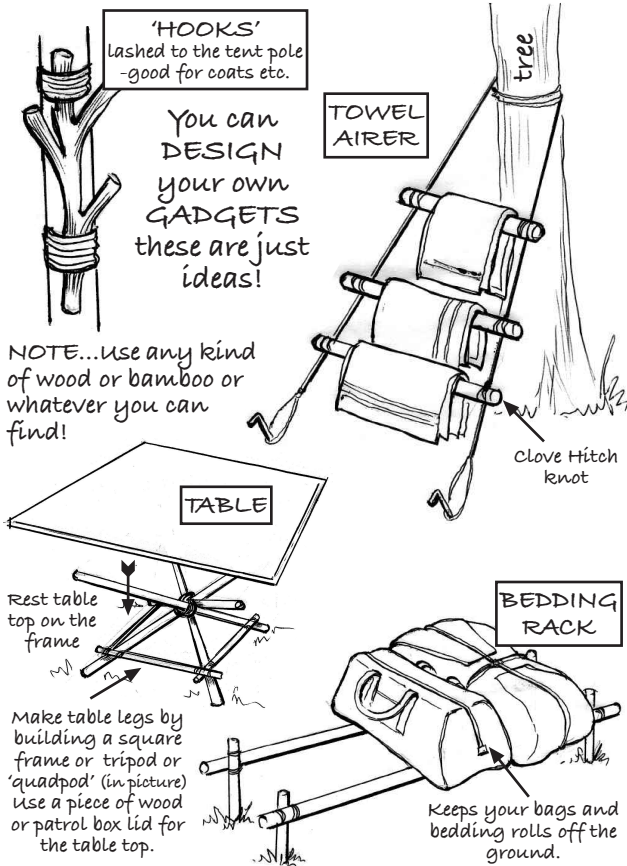
WASH UP STAND (for longer camps)

YOUR HEALTH

ALWAYS hand in any medicines you will need at camp to the person acting as First Aider. They will help you take the right dosage when you need it.

You WILL NOT be able to stay at camp if you don't bring a fully completed Girl Guide INDEMNITY FORM (C4) signed by a parent / guardian.

GADGET IDEAS



COOKING SAFELY



ABOUT TENTS

Knowing the different parts of a tent will help you understand what other Guides and Leaders are talking about.

CAMPING WORDS

PITCH - to put up a tent /or the whole camp.

STRIKE - to pack away a tent /or the whole camp.

CANVAS - the material that a tent is made of.

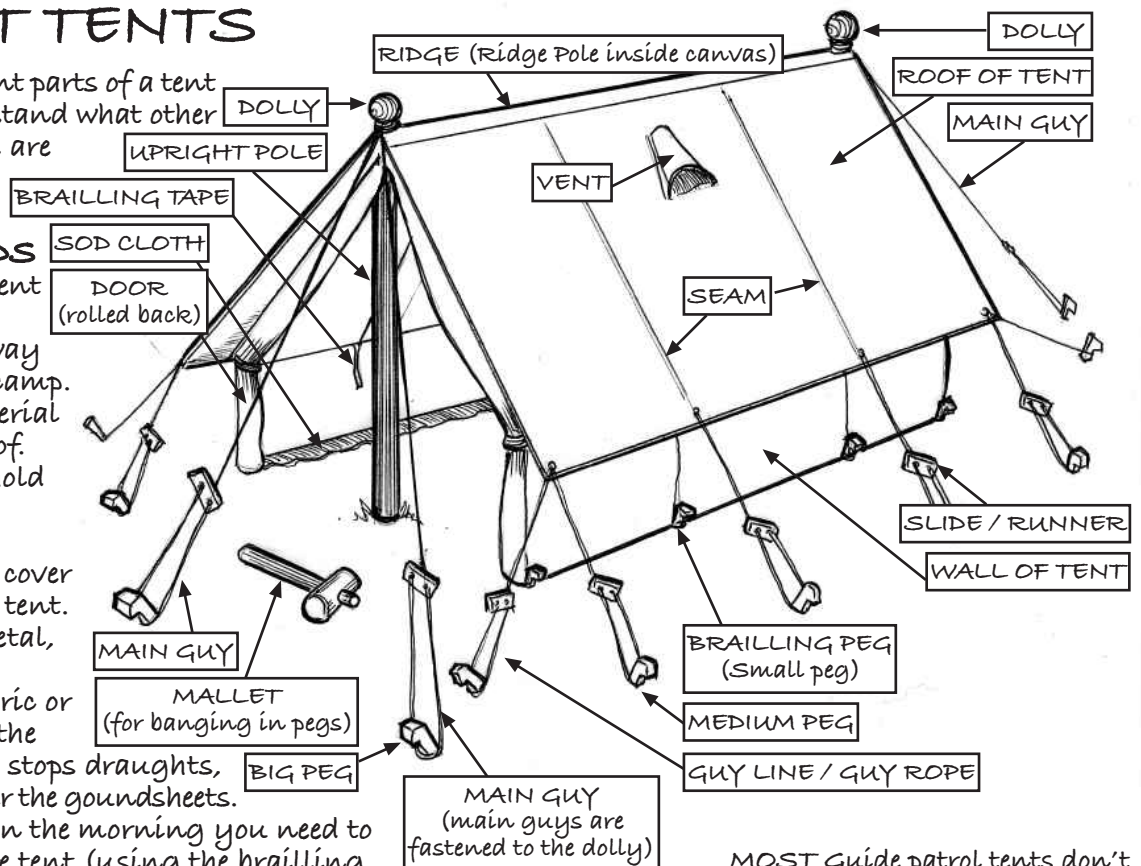
GUYS - ropes that hold the tent up.

GROUND SHEET - waterproof plastic to cover the ground inside a tent.

POLES - wood or metal, support the tent.

SOD CLOTH - a fabric or plastic flap around the bottom of the tent to stop draughts, it should be put under the ground sheets.

AIRING A TENT - in the morning you need to tie up the sides of the tent (using the brailling tapes) so that the sod cloth and bottom of the canvas can dry and fresh air gets into the tent. Ask a leader how to do this!



MOST Guide patrol tents don't have a sewn in groundsheet - that's why you need your own!

ABOUT TENTS

Knowing the different parts of a tent will help you understand what other Guides and Leaders are talking about.

CAMPING WORDS

PITCH - to put up a tent /or the whole camp.

STRIKE - to pack away a tent /or the whole camp.

CANVAS - the material that a tent is made of.

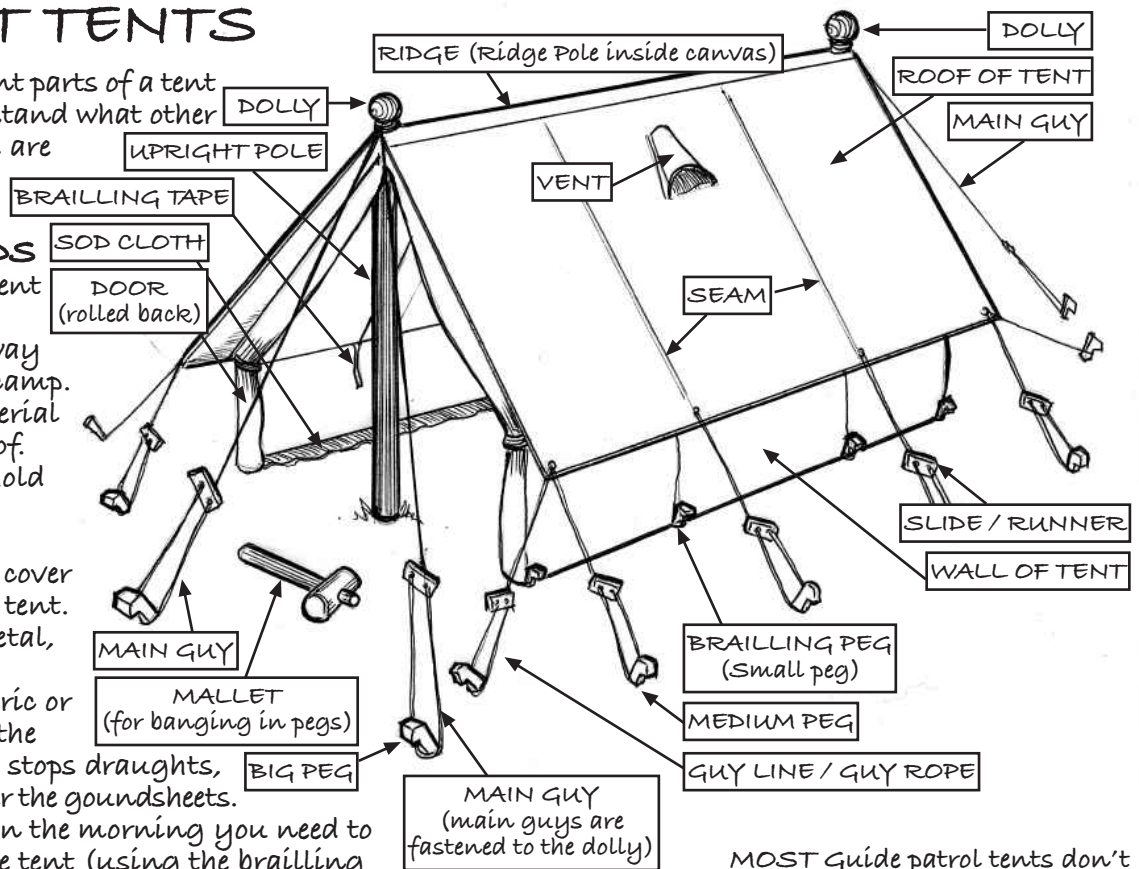
GUYS - ropes that hold the tent up.

GROUND SHEET - waterproof plastic to cover the ground inside a tent.

POLES - wood or metal, support the tent.

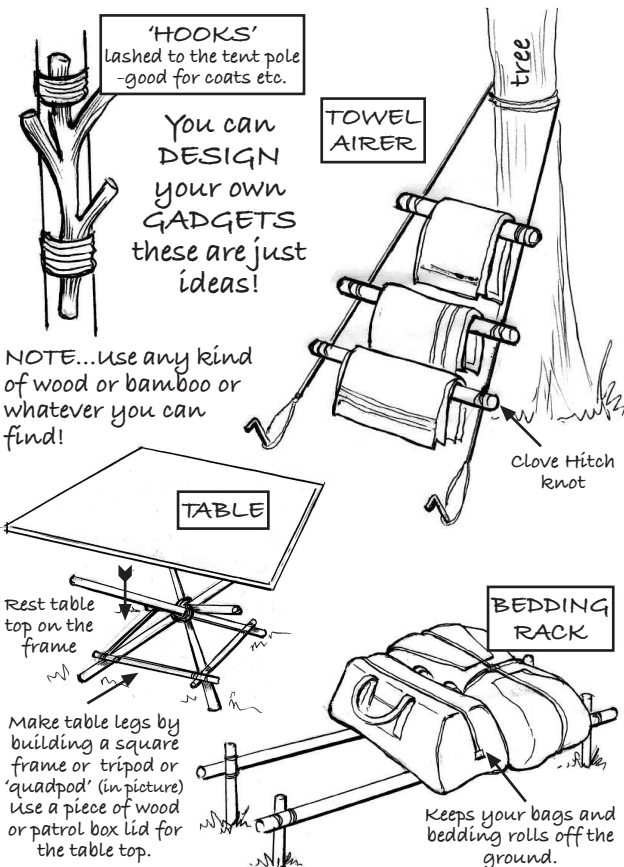
SOD CLOTH - a fabric or plastic flap around the bottom of the tent to stop draughts, it should be put under the ground sheets.

AIRING A TENT - in the morning you need to tie up the sides of the tent (using the brailling tapes) so that the sod cloth and bottom of the canvas can dry and fresh air gets into the tent. Ask a leader how to do this!



MOST Guide patrol tents don't have a sewn in groundsheet - that's why you need your own!

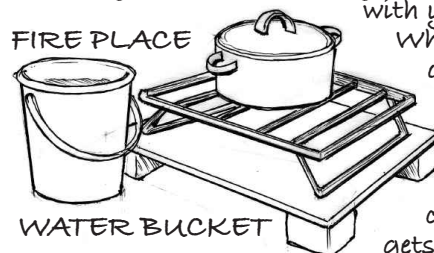
GADGET IDEAS



COOKING SAFELY

At camp you will do a lot of your own cooking with your patrol.

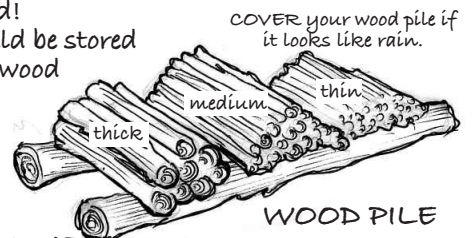
FIRE PLACE



WATER BUCKET

When cooking on a fire always have a bucket of water nearby in case your fire gets out of control or someone gets burnt. NEVER pour water onto a frying pan fire - smother it with a pot lid, damp cloth or sand!

WOOD should be stored neatly in a wood pile not too close to the fire. Sort wood by its thickness.



A GREASE TRAP

is an old colander / sieve / container with lots of holes punched in it. Line it with dead grass / leaves. Pour waste cooking liquid away in it. Burn grass and food scraps regularly. Position away from where you walk. Don't pour dirty water away by the Drinking Water Tap - it will attract flies and germs!

