



1st Picnic Point Scouts



Guide to Camping

A guide for scouts who have never camped
and
A checklist for scouts who have.

Excerpts from the "Field book for Australian Scouting"
Recommended manual for Scouts

Camping

Camping is fun. Camping means getting out into the open spaces, setting up a temporary home in out-of-the-way and perhaps inaccessible places, where you can study the habits of animals and birds, learn what trees are useful and what plants are edible, play wide games, climb mountains, swim in streams, and understand the noises of the night.

It means cooking over open fires, building rafts, having fun on flying foxes, and pioneering bridges over creeks. It means hiking and stalking games or sitting around a campfire singing or quietly yarning with your Patrol friends.

Camping means living in the bush, sleeping under canvas - or under the stars. It means moving around the countryside in a number of ways - hiking, canoeing, bike riding, and horse riding. There are Patrol camps, backwoods camps, survival camps, parent and Scout camps, back-to-nature camps, or simple standing camps at which you enjoy a variety of activities.

Camp is where real Scouting is to be found. You will learn how to be self-reliant and resourceful. You will learn how to get along with others, how to share and to do your share.

Any type of camping is an exciting and challenging adventure. Scout camping, a particular style of camping developed by Baden-Powell from his own experiences, is the most exciting kind, and Scouts like you all over the world enjoy the fun and adventure it offers. Scout camping means using the natural resources of a campsite to make a comfortable camp, looking after yourself regardless of weather conditions, and co-operating with your Patrol to make the camp a success.

Because it offers you fun, excitement and challenging adventure, it is worthwhile to spend some time learning the camping skills - skills that can come only from camping experience. You can learn a lot by reading about camping, and you can gain some experience from training in your headquarters or on the lawn in your backyard, but the real experience comes from getting out into the bush and camping as Scouts with your friends, camping a Patrol.

No one will expect you to be a good camper immediately. Your Patrol Leader (PL), other experienced campers in your Patrol, or your Scout Leader, will all help you to learn. Every camp you attend will increase your camping skills a bit more. Then, as you gain experience, you will be able to help other new friends at the game.

Baden-Powell started it. He knew what an adventure it is and how Scouts enjoy it. By learning to be a good camper and helping others to become good campers, you are continuing where he left off.

Scouting without camping would not be half the fun.

What Type of Gear Will You Require?

This depends on the type of camp that is planned. You will need much more gear for an eight-day summer camp than you will for an overnight camp. A hiking camp requires gear different from that for a standing camp.

Never load yourself down with so much gear that you must camp at a site reachable only by car; the best camping spots are only usually accessible on foot. Discuss this subject during your planning session. Take only the things that are essential. Make as much use as possible of the campsite's natural resources.

Give some thought to the equipment you take to camp. Ask yourself, 'What do I really need?' and remember that you have to carry it.

Refer to the list for "Light Weight Gear"

Rucksacks.

A rucksack is the most suitable thing in which to carry your gear to camp. You will want one that is large enough to hold your necessary gear, but not so large you have difficulty carrying it when it is full.

A comfortable pack is essential. Various types are available with or without frames. External-frame types are best suited for heavy loads in open country. Internal frames are recommended for climbing, skiing and travelling over hilly routes because of their superior comfort and stability. Frameless packs are suited for lightweight day hikes and rock climbing. Do not buy a pack that is too big - the less weight you have to carry, the better. Packs are usually made of canvas, nylon and cordura (a nylon woven material that looks like canvas but is lighter).

Packing your rucksack.

Before going to camp, get your gear together and practice packing it. Things you need urgently go on the top or in an easy-to-get-at packet.

A well-packed rucksack -

- is lined with a garbage liner bag,
- looks neat,
- is evenly balanced and
- has nothing hanging outside.

In good packing, the rule is 'last wanted, first in', remembering, when possible, to place the lighter bulkier articles at the bottom, the heavier ones at the top, and the soft ones folded neatly at the back.

Place your first-aid kit in a position where it can be easily pulled out. A top-heavy pack is easier to carry. Polythene bags make packing much easier, and the kit can be easily grouped into bags. Spare bags should be taken for soiled clothes, rubbish and damp articles. Line your rucksack with a garbage liner bag to ensure waterproofing.

Sleeping Gear

The fun, excitement and activities of life in camp require a lot of energy. It is essential that you get a good night's sleep, but you will not sleep well unless you are comfortable. Make sure your head is higher than your feet, there are no sticks or stones under you, and you have a waterproof sheet between your bedding and the ground.

Experienced bush people know you need as much bedding under you as on top in order to keep truly warm.

- Always use a groundsheet and a sleeping mat under your bed.
- Change into pyjamas or a tracksuit.
- Never sleep in the clothes you have been wearing all day.
- Air your bedding every morning, and
- keep it dry at all costs.

Ground Sheets & Sleeping Mats.

A groundsheet is essential to stop moisture from penetrating your sleeping bag and some groundsheets have a second use as a raincoat. Many types are available from outdoor-equipment centres. Space blankets, heavy-duty plastic sheeting, proofed nylon sheets or rain capes and urethane/polyethylene foam sheeting are all very effective and lightweight for camping.

A sleeping mat is an essential item for a camp. They not only provide protection against loss of body heat during the night, they also provide essential comfort for a good night's rest. There are varying types of sleeping mats ranging from simple compressed foam to self-inflating, thermal mats. Accordingly, the better the mat the more expensive it is. Buy the best one you can afford.

Sleeping Bags.

When choosing a sleeping bag, buy the best one you can afford.

A sleeping bag is a must for hikers. Hikers should choose a sleeping bag that is light but that retains body heat, thereby keeping the user warm. Bags may be made of either 'duck down' or synthetic materials.

Before purchasing your sleeping bag, check the temperature rating on the bag. Ideally it should have a rating of at least '0 degrees'.

Synthetic materials used include Dacron, Dacron Fibril II, Dacron Holo fill, Polarguard (polyester), tetrox, terylene, acrylic and orlon. Other fillings include kapok, cotton and wool, but these are more suited to warmer or tropical areas. Down sleeping bags are best in dry, cold conditions and are lighter and more compact than synthetics. In damp conditions, synthetic bags better because of their ability to repel water and their quicker drying times.

Care and Cleaning.

A sleeping bag can be a costly investment and will last for years with a little care, so to get the best out of your bag, the following advice is given.

1. Allow the bag to air for at least 15 minutes before use.
2. Always use a groundsheet or tent floor.
3. After use, open the zipper completely and leave the bag in the sun for a while before packing away.
4. On arriving home, allow the bag to air for at least 24 hours (some of this time should be in the sun) before storing.
5. Store your bag in a loosely packed way. Do not store it in the stuff sack for long periods.
6. Do not store against a concrete wall or floor.
7. Do not roll up your bag; just cram it into the stuff sack.
8. Use an inner sheet to help keep the bag clean (it is easier to wash than a sleeping bag).
9. Clean your bag after about two or three years or when necessary.

For more information and selection of sleeping bags, contact your Scout Outdoor Centre.

Personal cleanliness.

Having fun in camp usually means getting grubby.

Do not forget to

- Wash the dirt off.
- Wash your hands every time you go to the toilet and
- Wash your hands before you commence cooking and eating.
- Keep your eating utensils and your cooking gear clean.

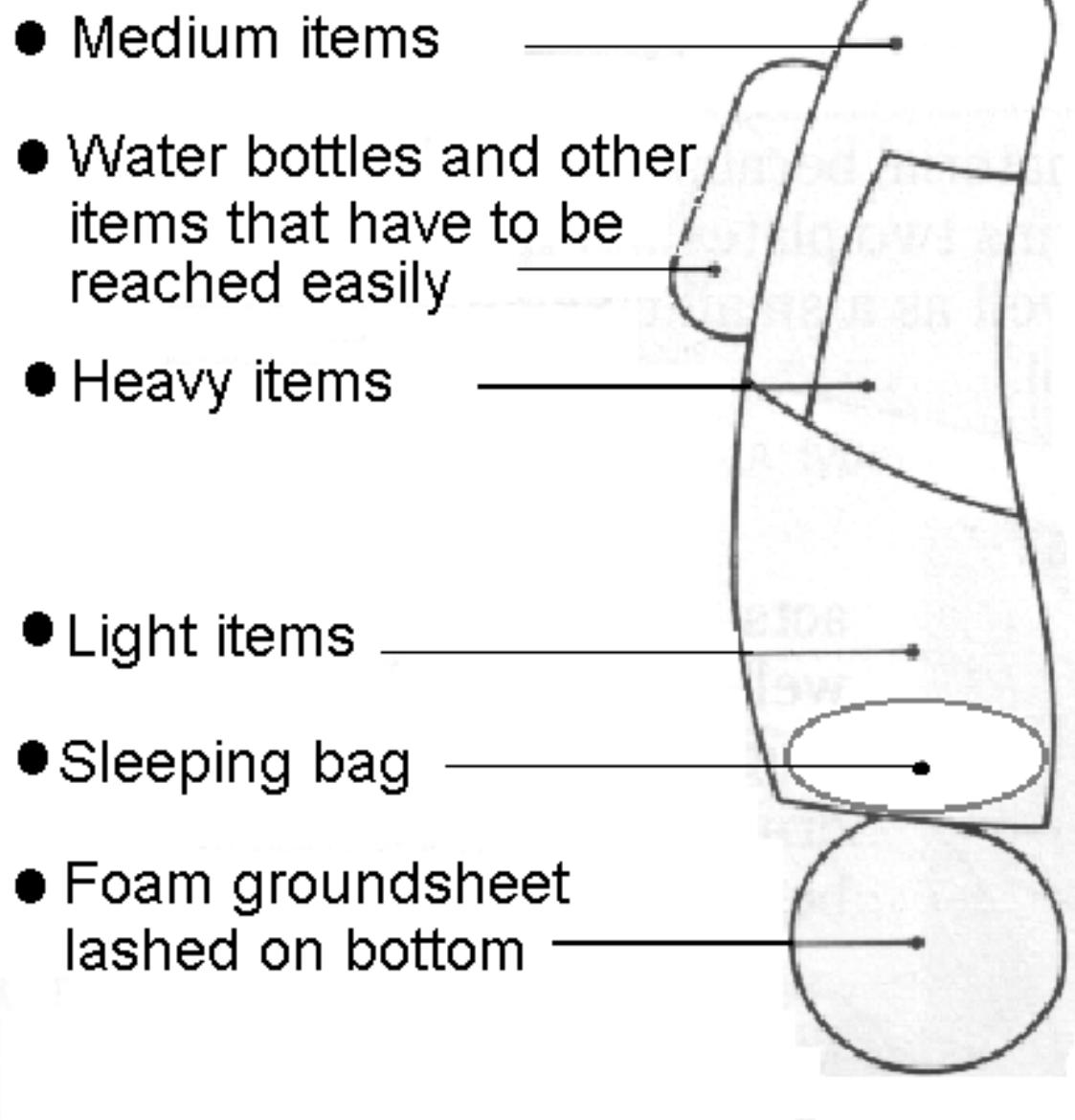
Eating gear - Mess kit.

- Knife, fork & spoon
- 1 cup - plastic or metal
- Cereal bowl – plastic/melamine or metal
- Plate – plastic/melamine or metal
- Tea towel
- Drawstring bag to put all your gear in.

Light Weight Cooking Stoves

 A black, compact hexagonal cooking stove with a box of white hexamine fuel tablets next to it.	<h3>Hexi Stove</h3> <p>Light weight Uses Hexamine tablets as fuel. Cheapest of all stoves Burning fuel results in a carbon build up on cookware.</p>
 A portable gas burner with a Coleman 70/30 propane/ butane cylinder attached. Below it is a smaller image of the cylinder alone.	<h3>Portable Gas Burner</h3> <p>Heavier than Hexi Stove More bulky to carry. Burns clean Starts at 3 times the expense. Runs on Gas Cylinders bought separately.</p>
 A Trangia spirit stove with its components: two cooking pots, a spirit burner, a windshield, and a fuel canister.	<h3>Trangia</h3> <p>Most expensive of all choices. There are cheaper versions of Trangia which are just as good. Fuel is methylated spirits in a spirit stove Comes complete with several cooking pots, spirit burner and windshield. Quite bulky but can cook larger quantities of food.</p>

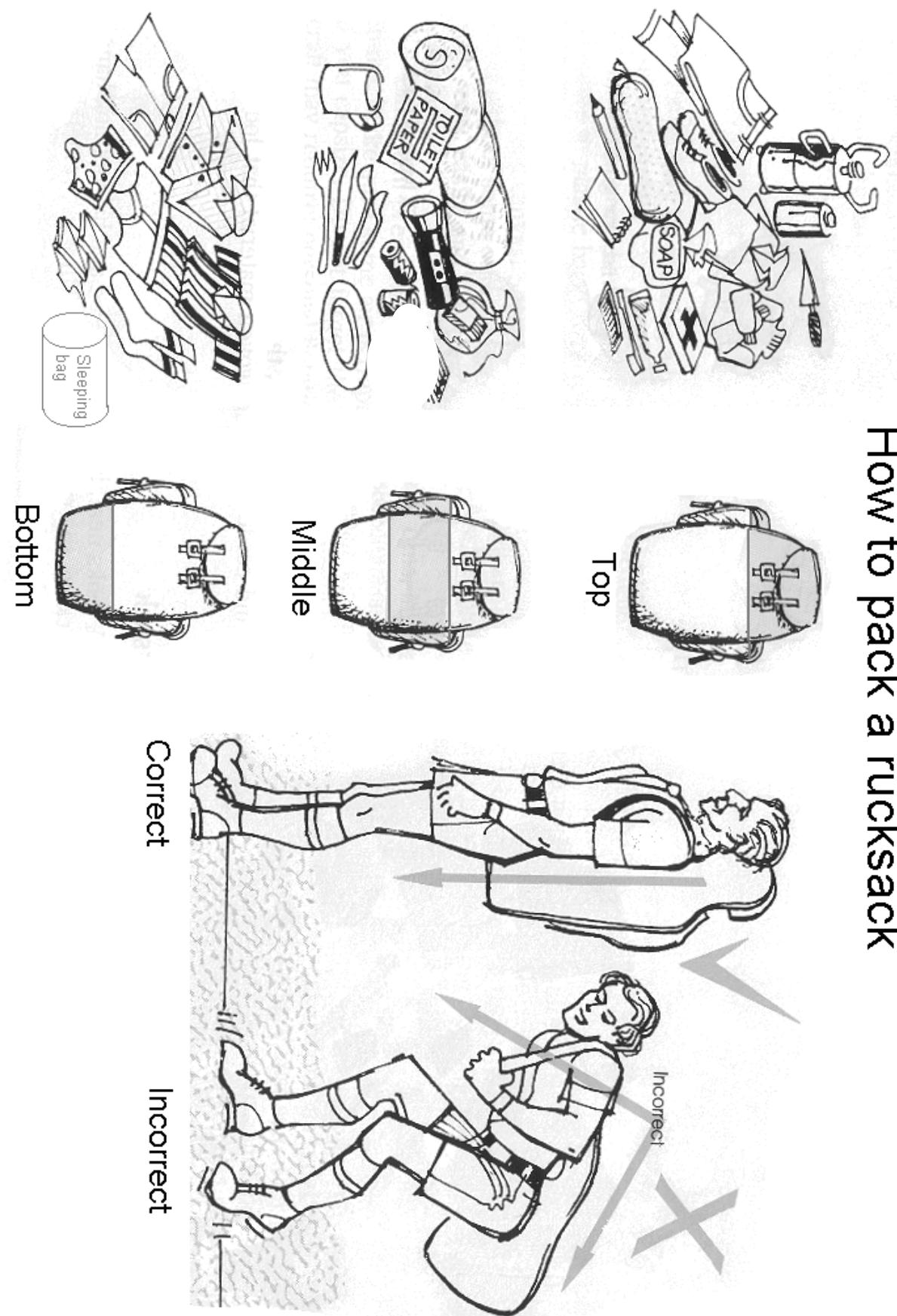
How to organise a pack



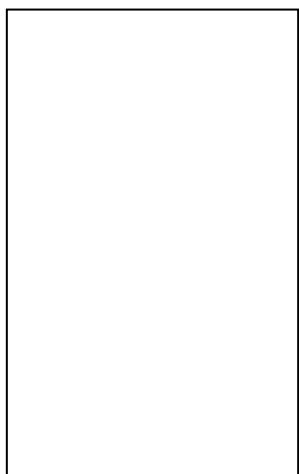
Don't forget to:

- Line your pack with a garbage bag
- Put soft things against your back

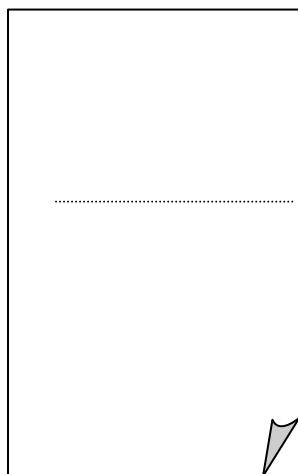
How to pack a rucksack



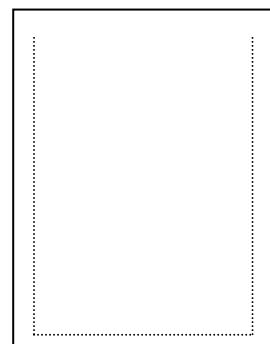
How to make a Dilly Bag



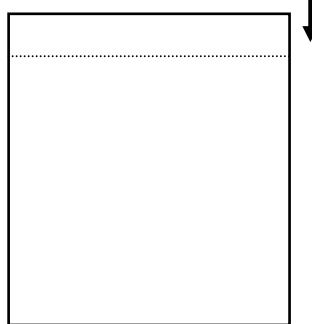
1. Cotton Tea Towel



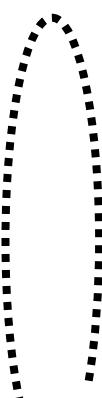
2. Fold in half with the right sides of the material facing each other.



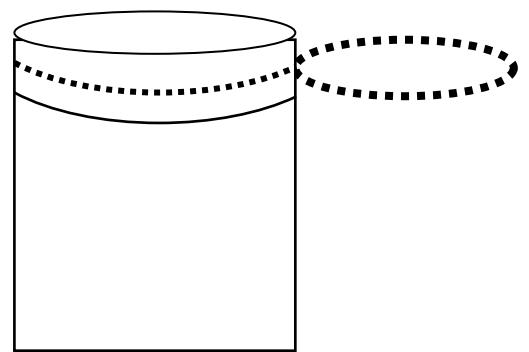
3. Sew three sides together leaving room at the top to make a casing for the cord



4. Fold back the top and sew a seam to make the cord casing leaving one side open to thread the cord.



5. Thread the cord through the casing.



6. Tie the ends of the cord together and turn the bag inside out so the seams are on the inside.

CONTENTS:

**Utensils can be strong plastic, melamine or metal
DO NOT USE DISPOSABLE**

- Cup
- Plate
- Bowl
- Knife, fork, spoon

REMEMBER

1. Always bring your dilly bag to camp.
2. Always have clean eating utensils.
3. Always bring enough tea towels.
4. Always wash your gear when you get home.

STANDING CAMP CHECKLIST

Please keep in mind for Regional Gathering

- It will be very cold
- We will be away for 3 nights and
- Therefore you will need more changes of clothes than listed below

- 1 Mattress and/or
- 1 Sleeping mat
- 1 Sleeping bag (rating at least 0 Deg.C)
- 1 Ground sheet/space blanket
- 1 Blanket
- 1 Pillow
- 1 Wash bag with....
 - 1 Toothbrush & toothpaste
 - 1 Soap & towel
 - 1 Deodorant
 - 1 Face washer
 - 1 Brush or comb
- 1 Mess (dilly) bag (cloth draw string) with....
 - 1 Knife, fork & spoon
 - 1 Mug
 - 1 Bowl
 - 1 Plate
 - 2 Tea towels
- 2 plastic bags (storage/garbage)
- 1 Torch & spare batteries
- 1 Insect repellent cream
- 1 Sunscreen (15+)
- 1 Notebook & pencil
- 1 First Aid Kit (see separate list)
- 1 Water bottle
- Tissues

CLOTHES: - (In addition to uniform)

- 1 Waterproof Raincoat/poncho
- 1 Warm jacket
- 1 Underwear per day
- 1 Socks per day
- 1 Swimmers
- 1 Sleeping clothes (tracksuit)
- 1 Sandshoes
- 1 Boots
- 2 T-shirts per weekend
- 2 Long sleeved T-shirts per weekend
- 2 Shorts per weekend
- 2 Long trousers/track pants per weekend
- 2 Jumpers per weekend
- 1 Sun hat wide brimmed, no caps
- Sun glasses
- 1 Beanie
- 1 Folding Chair

THINGS TO REMEMBER: -

Pack your own pack so **you** know what you have and where it is in your pack.

Tag or mark **ALL** clothes & equipment with your name.

Don't bring electronic goods or valuables with you.

NO CHOCOLATES OR LOLLIES

Energy bars & glucose tablets are O.K.

MINI FIRST AID KIT: -

- Safety pins
- Antiseptic cream
- Burn Cream
- First Aid Booklet
- Paracetamol
- Tweezers
- Crepe bandage
- Non adhesive dressing
- Band-Aids
- Triangular bandage
- Cotton wool (in plastic bag)
- Small scissors

Protective rainwear must be: -

- Durable,
- Totally waterproof,
- Long enough to cover the scouts clothing.

DO NOT bring:

- Spray jackets,
- Disposable ponchos
- Umbrellas

If you have any special requirements or problems that may affect you on camp
it is very important to tell your leader.

LIGHT WEIGHT **CAMP CHECKLIST**

E = Essential

<input type="checkbox"/> 1 Sleeping mat	E
<input type="checkbox"/> 1 Sleeping bag	E
<input type="checkbox"/> 1 Tent (Split between patrol)	E
<input type="checkbox"/> 1 Toothbrush & toothpaste	E
<input type="checkbox"/> Soap & towel	E
<input type="checkbox"/> 1 Brush or comb	E
<input type="checkbox"/> 1 Knife, fork & spoon	E
<input type="checkbox"/> 1 Mug (Plastic)	E
<input type="checkbox"/> 1 Bowl (Plastic)	E
<input type="checkbox"/> 1 Plate (Plastic)	E
<input type="checkbox"/> 2 Tea towel	E
<input type="checkbox"/> 1 Mess (dilly) bag (draw string)	E
<input type="checkbox"/> 2 plastic bags (storage/garbage)	E
<input type="checkbox"/> Torch & spare batteries	E
<input type="checkbox"/> Sunscreen (15+)	E
<input type="checkbox"/> Notebook & pencil	E
<input type="checkbox"/> Toilet paper	E
<input type="checkbox"/> Scourer & detergent	E
<input type="checkbox"/> First Aid Kit (see separate list)	E
<input type="checkbox"/> Stove	E
<input type="checkbox"/> Fuel	E
<input type="checkbox"/> Cooking utensils	E
<input type="checkbox"/> Matches	E
<input type="checkbox"/> Water bottle	E
<input type="checkbox"/> Food (see separate list)	E
<input type="checkbox"/> Tissues	E

CLOTHES:- (In addition to uniform)

- 1 Raincoat/poncho
- 1 Under wear per day
- 1 Socks per day
- 1 Sandshoes
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FOOD CHOICE EXAMPLES FOR A LIGHT WEIGHT CAMP OR HIKE

BREAKFAST:

- Variety Packs of cereal
- Popper fruit juice
- Toast
- Jam/vegemite (single serves)
- Fruit
- Bacon
- Flavoured milk (Choc/Strawberry)
- Tea/Coffee

LUNCH:

- Sandwiches (first day)
- Fruit
- Prepacked meal to reheat
- Cup A Soup
- Tinned meal
- Wraps with meat/cheese & Salad

DINNER:

- Maggie Meals
- Lean cuisine
- Instant potato
- Dried vegetables
- Re-heatable Pasta meals
- De-hydrated food

DESSERT:

- Custard (long life)
- Tinned fruit

SNACKS:

- Energy Food bars
- Poppers
- Muesli bars
- Nuts
- Dried fruits
- Biscuits
- Le Snack
- Chips
- Noodles (Fried)
- Cheese sticks

My Personal selection

BREAKFAST:

LUNCH:

DINNER:

DESSERT:

SNACKS:
