

# **A guide to camping with Astwood Bank Scouts**

Astwood Bank Scouts have many opportunities to go camping. Camps are varied and include:

- Activity camps
- 'Back to basics' camps
- International camps

Not all camps are under canvas, we sometimes go away Youth Hostelling or on a narrow boat or even have a sleepover at the Scout hut.

Camps can be anything from 1 night to 8 (or more!) and over a year there will be the opportunity to attend anything up to around 20 nights away.

Some camps may be limited by numbers and will therefore be by invitation only, such as the narrow boat weekend where we can only take 8 Scouts at a time and the patrol challenge camp which is limited to 12.

On camp most of the work is at the start and finish so Scouts are expected to arrive on time and stay until everything is packed up.

## **Equipment**

Tents and cooking equipment are supplied but Scouts need to bring their own personal equipment to camps.

Personal equipment will vary slightly according to the type of camp, and also the time of year but the basic kit is the same.

The basic kit list is listed below and on the website at [www.abscouts.org](http://www.abscouts.org)

Any changes will be indicated in the final camp information letter.

## KIT LIST

Full Scout Uniform	Scouts should always arrive and leave camp in uniform.
Waterproof jacket	A lightweight waterproof jacket is essential for all camps
Warm coat/ fleece	Also a good idea to bring a warm top layer — even in summer it can get cold
Hat and gloves	A lot of body heat is lost through the head in winter so a woolly/fleece hat is essential. In summer a peaked baseball hat or one with an all round brim is important to help prevent heat stroke.
Warm jumpers or fleeces	Even in summer it gets cold in the evenings.
Shirts / tee-shirts	Enough for the duration of camp and a minimum of 2 in case one gets wet. It is better to wear several layers than one thick one and man made materials are better than cotton as they dry quicker
Trousers	At least 2 pairs and more on longer camps. Quick drying material is best. Jeans/denim trousers are not allowed on camp as they get wet and heavy and are very slow to dry.
Shorts	These are good for summer camps—skin dries quickly!
Pants and socks	Enough for a change each day plus some spares for those times you get wet
Swimming kit	If any water activities are planned
Hiking boots	Good, strong walking boots are essential for hikes and for axe and saw work. Boots give better ankle support than shoes or trainers.

Sleeping bag	A sleeping bag that goes into a stuff sac is ideal as it packs down small. For anyone planning to camp in the winter the sleeping bag should have a minimum 3 season rating. This can be supplemented with a fleece blanket or a fleece/silk liner for extra warmth.
Pillow	Either use a travel pillow or a blow up air pillow. Full size pillows take up too much room. Alternatively bring a pillow case and stuff it with clothes.
Roll mat	A thermal roll mat or self-inflating mat provides good insulation. No full airbeds as they take up too much room.
Blanket	Placed on the roll mat with the sleeping bag on top, this provides extra insulation for warmth.
Eating kit	An <b>unbreakable</b> 'dished' plate, bowl and mug. These can be plastic or metal—not china!
Cutlery	knife, fork, spoon and tea spoon - home or camp set but bring something that is easy to recognise
Tea towel	One or two depending on length of camp
Drawstring bag	To keep all eating kit, cutlery and tea towels together
Nightwear	It is important to have a complete change of clothes for sleeping. Clothes worn during the day will be slightly damp by evening and this makes it harder to get warm once in the sleeping bag.
Wash kit (soap, toothbrush, toothpaste)	In a waterproof bag. Using soap and toothbrush containers is a good idea to keep everything separate
Towels	Needed after heavy rain, falling in water, swimming or even after a shower!
Brush/comb	As required

Hankies/ tissues	Small packs are ideal
Medication	Must be handed in on arrival at camp together with written instructions on dosage and timings
Inhalers	If inhalers are necessary, bring two, one to be kept in the first aid box and one to be carried at all times.
Kit bag	A rucksack or sports holdall are ideal for most camps. Suitcases are <b>not</b> acceptable on camp as they take up too much room in a tent. Remember to line the bag with a plastic liner (rubble sacks are ideal) before packing to keep everything dry.
Plastic bags	Pack a few extras as these are useful for dirty washing, boots and wet gear
Refillable drinks bottle	Make sure that it does not leak.
Day sack	Small rucksack for hikes and days out, big enough to carry waterproofs, spare jumper, packed lunch and water bottle.
Footwear	Be sure to have a least 2 lots of shoes/trainers for camps—nothing worse than wet feet and nothing to change into.
Book	On long camps it is good to pack a book.
Sun cream	Very important for summer camps
Torch and spare batteries	
Watch	It is useful to have a cheap watch and ideally one that can cope with getting wet.
Personal first aid kit	Some plasters and antiseptic wipes
Compact camping chair	Ideally without arms as there is not a lot of room in the mess tent.

## **Items not to bring on camp**

Please do not bring

Electronic items	Radios, MP3 players, electronic games etc
Mobile phones	There is no need for any Scout to bring a mobile phone on camp.
Aerosols etc	Aerosols, matches, lighters and any other flammable liquid or gas must never be brought to camp. These are dangerous and not necessary
Tuck	No food (except for cake/fruit to hand in and share) as Scouts are not allowed to keep food in their tents
Woggles	Tie neckerchief with a friendship knot for camp

## **Notes**

1. The Scout Group cannot accept any responsibility for loss or damage to any personal effects and the Scout Association does not provide automatic insurance for such items.
2. All equipment and clothing must be clearly marked with the owner's name.
3. Scouts can only bring penknives to certain camps and this will be indicated in the final camp information. All penknives must be handed in on arrival so they can be locked away.
4. Due to the nature of camps and activities, it is advisable to bring old clothing and footwear. There is every chance they will get very wet, dirty and/or damaged
5. Earrings, nose rings and other decorative jewellery are not recommended on camps and activities.

## **Pocket Money**

On some camps there may be the opportunity to visit a tuck shop or buy some souvenirs. This will be indicated in the camp information together with the recommended maximum amount of pocket money.

## **Looking after the kit**

With a bit of care kit will last a long time

- Sleeping bag Give a good airing after each camp and store out of the stuff sack
- Boots Clean and reapply waterproofing (nicwax or similar) after each use
- Self inflating mattress Air after each use and store rolled loosely.

## **Cost of camps - anything from £5 upwards (to around £200 for a 7 day international camp)**

The cost of each camp varies according to the type of camp. Large camps such as badge camps, the Malvern Challenge, International camps etc will have a fee set by the organisers and then on top of that we have to allow for food and kit transport. Smaller camps involving only Astwood Bank Scouts tend to be cheaper.

## **Payment for camp**

For International camps, the Malvern Challenge, Badge camp etc payment is required at the time of booking. A place will not be booked on the camp unless payment has been received.

## **A Camper's Ten Commandments**

- Thou shalt do thy share and more;
- Thou shalt keep thy sense of humor;
- Thou shalt do thy camp duties to the best of thy ability;
- Thou shalt not cry over burnt food;
- Thou shalt treat other people as you would wish them to treat you;
- Thou shalt not pollute or destroy;
- Thou shalt not giggle all night;
- Thou shalt not forget about personal cleanliness;
- Thou shalt spread thy friendship to someone new;
- Thou shalt listen to thy leaders, for they are wise in the ways of making camp a happy time for everyone.

## **Some top camping tips**

1. Keep dry
2. Always change into night clothes before getting into your sleeping bag
3. Wear a hat in bed if it is cold
4. Drink lots
5. Several loose layers are better than one thick layer
6. Pack clean pants, socks and t-shirt for each day in a separate bag and keep one big bag for your dirty clothes
7. Always keep one set of clothes dry
8. Always keep one pair of footwear dry
9. Keep your kit together and tidy
10. Pack your own kit using a check list!

### **Forms**

#### **Please get forms in on time!**

Camp leaders are required to leave up-to-date information with the home contact so that should there be a need to contact you during the camp we can do so quickly and easily. This means that forms must be handed in before the start of camp. Arriving with the form at the start of camp is not an option! Please make sure you get forms back to the leaders by the given date.

## **The Dragon Award**

Scouts have the chance to work towards the Bronze Dragon Award for camping. To gain the award Scouts need to camp for at least one night under canvas in every month of the year. The camps do not have to be in the same year!

Scouts will be given a record card after their first camp and it is important to keep this safe and to up-date it after each camp.