



Step 4

Site and Oversight

Step 5

Food for Thought

for Cub Scout Packs

Introduction

Dear Beaver Scouters and Beaver Scouters,

We are delighted to bring you our eight-step 'Camping with the Stars' resources over the next few weeks. These resources aim to help you and your Colony or Pack to have a fun-filled, youth-centred camping experience in May or June 2018 by building your capacity and confidence in camping step-by-step.

Step 1: **First Pitch** January
Plan for camp in small groups; roles for Scouters.

Step 2: **Gearing Up** February
Clothing, layers, personal first aid kit, packing an overnight bag, hygiene.

Step 3: **Out and About** February
Day activity with the correct gear.

Step 4: **Site and Oversight** March
Group gear, Leave No Trace, risk management, site layout.

Step 5: **Food for Thought** March
Overnight with food hygiene and prep in small groups.

Step 6: **Spars and Sparks** April
Tent pitching, gadget construction, fire-lighting.

Step 7: **Adding the Magic** April
Campfire, Scouts' Own, flag ceremony, gear check, revision.

Step 8: **Camping with the Stars** May
Revision, get out and camp, review.



We hope you find these resources helpful and informative. Remember, your Scout section may also benefit from camping resources, which are organised slightly differently than those for Beaver Scouts and Beaver Scouts.

Wishing you and your Colony or Pack the best of success in the months ahead. Happy camping!

Ian Feighery
Programme Commissioner (Beaver Scouts)

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Programme Commissioner (Beaver Scouts)



Site and Oversight

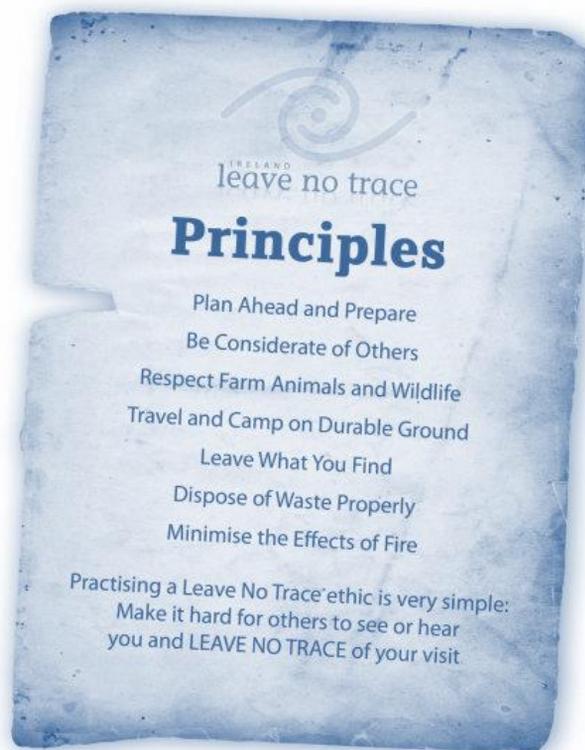
Leave No Trace

Knowing how to deal with waste when on camp is critical for cleanliness, environmental responsibility and the opportunity to return to the same site in the future.

Ensure that food debris is not left lying around. Always clean tables before and after use. Take all unused foods back to the store tent and store correctly and safely. All refuse containers must be emptied and cleaned regularly. In particular, all refuse and waste food material must be removed from inside any preparation area at the end of each meal. This is most important at camp to deter vermin.

Use an environmentally friendly detergent where possible.

To store of camp waste for disposal later, put dry waste in one bin bag and wet waste in another. Food waste should be double-bagged and kept out of the reach of animals.



Site and Oversight

Risk Management

Careful thought must be given to identifying and managing any risks that are associated with camping.

A Scouter who holds a current First Aider certificate must accompany the Cub Scouts on camp.

Always ensure that if the Cub Pack are undertaking extra programme activities provided by an outside provider, that this activity is covered by Scouting Ireland insurance.

If you are green field camping, make sure that you provide the landowner with a copy of the Scouting Ireland letter of indemnity.

It is a good idea to pre-visit the camping site two weeks before the camp is due to take place. You and your Scouter team should do a 'walk-about' and discuss and note any issues or problems you can foresee. After this site visit, discuss with your Scouters how you might going about tackling each risk or issue. For example, you may realise that the toilets for the Cub Scouts to use is a quite a trek away- are there any portaloos the campsites have access to that can be put in your field for the weekend?



Site and Oversight

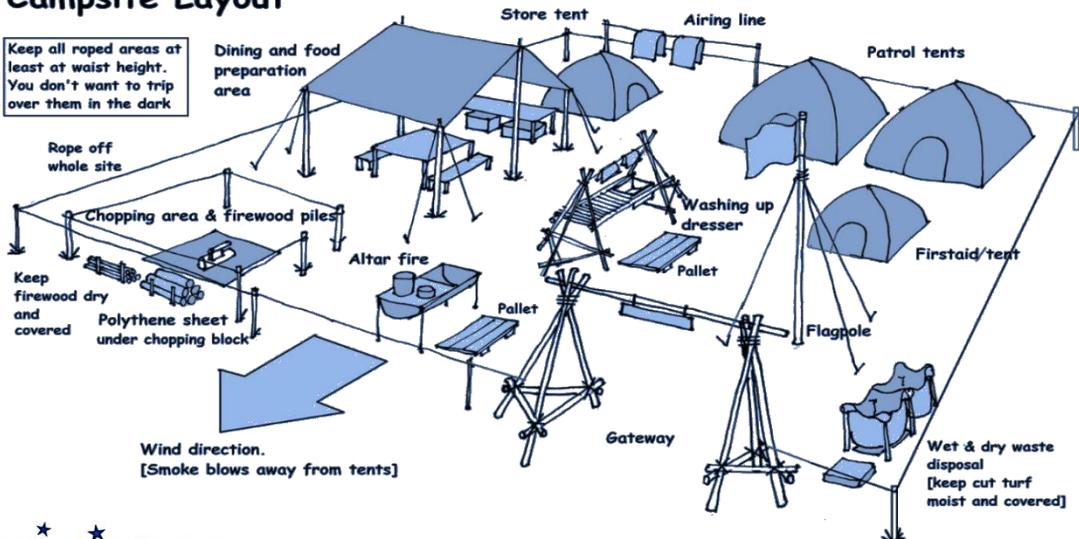
Campsite Layout

Cub Scouts should be made aware of why a site layout is important. Learning how to correctly lay out a campsite can be made interesting for the Cub Scouts if you demonstrate by setting up a model campsite out of Lego or craft materials at their weekly meetings when introducing them to the camping adventure skills.

If your site can have hedges and trees, this will enable you to discuss making use of shelter. The Cub Scouts can make model gadgets out of matches and elastic bands. Allow each Six to spend part of the meeting making gadgets for their model campsite.

The earlier in the day that the Cub Pack reaches the campsite, the easier it will be to set up the camp and settle in. The practice of sending an advance party to pitch the camp is not to be encouraged, as the Cub Scouts lose out on valuable camping adventure skills training.

Campsite Layout



Site and Oversight



Campfire

Ideally the campfire should be located fairly close to the centre of the campsite. You must take into account the prevailing wind direction before you set up any area of your campsite. You will not want the wind blowing the smoke and embers towards any tentage (or indeed any other area), and the prevailing wind will also determine your type and layout of the fire itself. Position your campfire downwind of the rest of your campsite.

Woodpile

It is common sense that your woodpile should be within a short distance of your campfire, but not too close as to present a threat. The wood should be graded and arranged into different sections. Even a simple stack should be provided cover against the elements, even if it is only a bin liner pegged over the top of the pile. Ideally you should have a store of kindling as well; this most certainly should be kept dry.

Chopping Area

Place your chopping area adjacent to your woodpile. The area should be clearly marked and 'roped-off' forming a circle that is at least 2 arm plus axe lengths in radius. There should be an entrance/exit left for ease of use.

Inside the chopping area you may want to place a log (in which you can store the axe when not in use, although they should have a sheath as well for when the weather turns). A chopping block of some description will really be needed. It is much more comfortable, and safer, to aim your swings at a block that is at a certain height, than at the piece of wood lying on the ground. A simple tree stump or large log turned on its end will normally suffice.

Site and Oversight



Cooking Area

Your cooking area should be placed fairly close to the campfire, away from the tentage and ideally close to a clean water supply. Your cooking area includes area for food preparation, serving, utensil storage and food storage. It should be within a shelter (even if you have no mess tents or dining shelters you can construct a simple shelter that at least provides cover from the rain). All food (storage and preparation) should be done off the ground. Your cooking area must be kept clean at all times. There should be several 'bins' for wet and dry refuse. All utensils and pots etc. should be stored off the ground in a clean environment.

If you are cooking under a shelter with gas, the gas bottle itself should be outside the shelter if possible. Common sense dictates that any flame should be away from the sides of the shelter, and any fire should be on a sturdy rest that will not fall, or get knocked over. If cooking within the shelter a water container of some description must be kept nearby for the sole purpose of safety. It is to be kept full, ready to hand, and not used for any other purpose.

Dining Area

A dining area can be immediately adjacent to the cooking area. Dining shelters should be close to the kitchen so that hot food can be served, but not in line with smoke from cooking fires. If possible, the dining area should be sheltered from the elements. Seating and tables to eat from will be needed.

All tables should be cleaned before and after each meal.

The menu, camp programme and duty roster should be laminated and displayed in the dining area.



Site and Oversight

Storage

If you have any storage tents you may want to place them closer to the areas where they will be used (e.g. the kitchen area).

The storage tent must contain a full first aid kit placed within easy reach by the door, and visible to all. Any items stored in the tent must be off the ground.

Storage could also include your own tents. Any clothing or equipment not being used should be neatly stored away in your rucksack.

Also during the day, if you have room and the weather permits, pull your groundsheet out of your tent and store to one side to let your tent air, and the ground 'recover'.



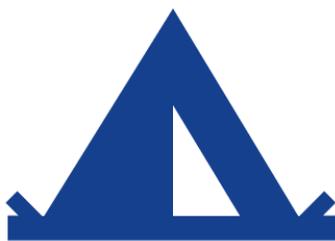
Washing Area

If you have a washing area, this should be placed towards the centre of the site as a whole. As it will be used not only for personal washing, but washing the dishes etc. it should be within a short distance of the cooking and dining area.

Water Points

Water points should be positioned in well drained areas if possible.

Site and Oversight



Tentage

Where you place your tentage will determine the layout of the rest of the camp to a large extent. Tentage should be placed towards the outer edge of the site if possible (not in the middle of the field!). Do not place tents right next to trees (especially solitary trees that will attract any lightning!), and be sure to look above as well as around on the ground. Common sense says that no tentage should be placed near the campfire/ chopping area/toilets.

Scouters tents should be positioned fairly near to Cubs. Where possible, pitch with the back/tail end pointing into the prevailing wind.

Cub Scouts tents should be at least 2 metres apart. Where possible, pitch with the back/ tail end pointing into the prevailing wind.

Also during the day, if you have room and the weather permits, pull your groundsheet out of Icelandic tents and store to one side to let your tent air, and the ground 'recover'.

Kitchens or mess tents should be set up close to the water supply and positioned so that smoke will not blow into camp. Cooking tents must be 6 metres apart from all other tents.

Care should be taken in the relative positions of the tents. No tents should be placed immediately next to the site entrance or exit. Scouters tents should be placed in between the Cub Scouts tents and the entrance. All the tents that will be used for 'living or sleeping' should really be placed in the same area, rather than spread around the site.

Food for Thought



Menu

The Cub Scouts can fully assist with planning a balanced menu by using the Food Pyramid from the back of their Handbook.

It is important when developing a menu to remember programme so that meals fit into the time available. Cooked breakfasts alongside familiar cereals are a great way to ensure the Cub Scouts have a good start to the day and helps in avoiding snacking.

While healthy eating is very important and using the food pyramid to plan menus, remember that the Cub Scouts will be outside all day, moving about and active for longer days than they would be at home, so the combination of fresh air and exercise will make for increased appetites.

Meals

Menu planning should be done as part of the Sixer Council as the tastes and food intolerances or allergies change from year to year in the Cub Pack.

Menus should be created by the Cub Scouts with Scouters support to ensure balance.

Cub Scouts should be shown how and why perishable and non-perishable food items are stored on camp.

Cub Scouts should be preparing and cooking the meals on a rota system, with Scouter assistance when it comes to the use of sharp knives or heavy lifting of pots and pans.

Simple one pot wonders i.e. spaghetti Bolognese, curry, sweet-and-sour chicken or stew are usually main course favourites with this age range and a simple recipe should be provided.



Food for Thought

Organisation

Describe to the Cub Scouts how to keep the camp kitchen clean and organized: Explain the importance of storing raw meats, poultry, fish and vegetables in separate cool boxes.

Use separate coloured chopping boards for raw foods, cooked foods and vegetables. If this is not possible then ensure that the boards and equipment that are used are washed in very hot soapy water between each use.

The use of anti-bacterial sprays or wipes on work surfaces is another good way of eliminating bacteria.

Hand washing is vital and it is essential to wash hands before helping to prepare food, set tables or eating, especially when outdoors and on camp.

Some campsites also provide ice pack freezing services for cooler boxes, a good way to keep food fresh on camp.

Always check to ensure that your water source is potable.



Food for Thought

Ideas and Suggestions...

The following is a list of easy-to-make food suggestions that your Cub Pack may like to use to inspire your planning! Don't forget that often Cub Scouts will taste food and dishes for the very first time on camp.

Breakfast

French toast

Porridge (try making it with chocolate milk for something different!)

Pancakes

Fruit salad

Lunch

Falafels in pitta

Bread twists (backwoods-style!)

Hot dogs

Homemade soup

Quiche (you can buy premade pastry cases)

Healthy sandwiches (prepared individually in Sixes from a 'salad bar' of ingredients)



Dinner

'One-pot wonders': stew, curry, sweet-and-sour, Bolognese, etc.

Pasta carbonara

Pizza made by Cub Scouts with homemade garlic bread

BBQ

Baked potatoes with various toppings

Beef nachos

Burritos/ fajitas/ tacos (easy to prepare with lots of jobs for Cub Scouts)

Suggestion: for dessert, why not give each Six the same set of mysterious ingredients. Award a prize to the Six who come up with the most creative, best-presented and most delicious dishes!



Food for Thought

Sample Recipe: Pancakes

Here is a very simple recipe for pancakes as an example of what your Six may be able to do on camp. Remember, keep everything as simple as possible- quantities do not have to be 100% accurate in most recipes, for example.

The internet can be a great source of recipes, but again, make sure they are as simplified as possible for Sixes.

A Scouter may assist or oversee safety arrangements in Sixes, but should avoid 'taking over'- let the Cub Scouts make their own mistakes... within reason!

THE WORLD'S BEST PANCAKES

You will need: a cup or two of flour, 2 large eggs, a cup of milk, a pinch of salt, a piece of kitchen roll with oil on it, and your favourite fillings (bananas, lemon wedges, strawberries, etc.)

1. Put the flour, eggs, milk and a pinch of salt into a bowl, then pass this around the Six- each member has twenty seconds to whisk as fast as they can!
2. Put the frying pan over a medium flame on your hob and carefully wipe it with some oiled kitchen paper (get your Scouter to demonstrate first!).
3. When this is hot, cook your pancakes for about one minute on each side until golden. Can any of the Six flip the pancake successfully?!
4. Make sure a member of the Six is preparing the fillings as the pancakes are being cooked.
5. When there are enough pancakes made, dig in as a Six and enjoy! Give any leftovers to your Scouters... if they are behaving themselves!



Food for Thought



Involving Cub Scouts front-and-centre

Cub Scouts should be working in Sixes to prepare all meals on camp- this is where fun, learning, teamwork and getting that 'sense of achievement' happens! Something to bear in mind is that if the Cub Scouts helps in preparing the dish, he or she is more likely to eat and enjoy it! Here are some tasks the Cub Scouts may enjoy doing as part of mealtime preparation:

Washing the vegetables

Laying out the ingredients for preparation

Preparing the different chopping boards

Acting as the 'hygiene inspector'

Peeling and/or chopping fruits and vegetables

Cooking the meats

Watching and stirring the pots

Whisking the mixtures

Stirring-in the sauces

CAYG (cleaning-as-you-go)

Setting places on the table

Dishing out food onto plates

Lining up the members of the Six to receive the food

Dealing with complaints!

