

Camping and Hiking





CAMPING AND HIKING

An Australian Scout Publication

Published by authority of the National Executive Committee of the Scout Association of Australia.

Special thanks to the many Scouting members who contributed to this book.

No part of this publication may be reproduced or utilised in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage, mailing or retrieval system, without written permission of The Scout Association of Australia.

Copyright © The Scout Association of Australia

First Edition: April 2005

Second Edition: April 2008

Reprinted with amendments October 2010

Reprinted April 2012

Reprinted September 2013

Reprinted October 2014

Reprinted October 2016

National Library of Australia Card No. and ISBN: 1920 745 246

National Scout Catalogue No. SCP50160

CONTENTS

THE AUSTRALIAN SCOUT ENVIRONMENT CHARTER	2
INTRODUCTION	3
When Is The Right Time To Go Camping And Hiking?.....	3
Planning And Preparation.....	5
CAMPING	7
Styles Of Scout Camping.....	7
Pre-Activity/ Preparation.....	8
Documentation And Authorisation.....	8
Pre-Departure Checklist.....	8
The Patrol Camp.....	10
Catering And Cooking.....	11
The Food Groups.....	12
Cooking Techniques And Methods.....	13
Sample Weekend Menu.....	16
Standard Packaging.....	17
Ration Guide.....	18
How To Prepare A Meal In An Hour.....	20
Camp Costs.....	21
Camp Receipts and Payments.....	22
Camp Program Planner (Days 1,2, & 3).....	23
Camp Program Planner (Days 4, 5, 6, & 7).....	24
Food Hygiene Training.....	25
Eskies – Keeping Food And Drinks Cold.....	27
Safety In Cooking.....	27
Camp Organisation.....	29
Gas Safety.....	38
Electrical Lighting In Camps.....	39
Troop/Patrol Packing List For A Standing Camp.....	41
Personal Equipment Checklist – Standing Camp.....	42
HIKING	43
Lightweight Hiking.....	43
Ideas For Activities And Hikes.....	48
Naismith's Rule.....	49
Minimal Impact Hiking.....	49
Buswalking Code Of Conduct.....	49
Sample Packing List For Lightweight Hiking.....	53
CONCLUSION	53



THE AUSTRALIAN SCOUT ENVIRONMENT CHARTER

A Scout cares for the environment by...

- Caring for plants and animals, protecting and conserving threatened species.
- Protecting the environment by disposing of litter thoughtfully to preserve the naturalness and beauty of the landscape.
- Conserving our non-renewable resources for the benefit of future generations.
- Striving to reduce, reuse, recycle and recover all of our resources.
- Assisting in the reduction of impacts that change the Earth's natural processes.
- Taking part in activities and projects that encourage education *through* nature and the environment, learning *about* nature and the environment, and action *for* nature and the environment.
- Enjoying nature in all its beauty and encouraging others to do the same.
- Thinking globally and acting locally.

INTRODUCTION

"My ideal camp is one where everybody is cheery and busy, where the Patrols are kept intact under all circumstances, and where every Patrol Leader and Scout take a genuine pride in his camp and his gadgets." Lord Baden-Powell

Camping and hiking are essential elements of the Scout Program. Scouts who frequently go camping and hiking generally get the best out of Scouting. These activities appeal to them because they offer fun and adventure, chances for travel, and opportunities to spend time with peers away from home routines.

For the Scout Section Leader, these activities should also be treated as extended occasions for youth training. No matter what the time or place of a camp or hike, the leader should have in mind a prior aim or purpose for the event. This aim could be to improve Scouting skills, to engage in some special event as part of a Patrol activity, to develop Patrol leadership skills etc.

When is the Right Time to Go Camping and Hiking?

Any time, as long as the preparation and planning is commensurate with the experience and skills of the young people going.

The reason to go camping and hiking may vary considerably on each occasion. However, it is important that each camp or hike should have an objective.

Every hike (other than a one day ramble – more commonly known as a "day hike") involves camping skills. We may become involved in a traditional or District camp, or the timing may simply depend on when leaders and/or Scouts are available to be organised and go.

- Our purpose may be to:
- Enjoy ourselves.
 - Improve our Scouting skills.

- Camp in a place where we can engage in some special activity (e.g. abseiling).
- Rest up between days of hiking.

It is not necessary to wait for a long weekend. Numerous short, active camps can be just as valuable. There are both advantages and disadvantages in long weekend camps:

Advantages

- Having more time to spend on activities justifies the time and effort of planning and preparation.
- Camp can be held further afield.
- A Scout may be able to achieve an Adventurer level Campcraft Journey (3 days).

Disadvantages

- It is more likely to clash with family commitments.
- There are only a few long weekends in each year.

A decision has to be made whether the hike or camp will start on Friday evening or Saturday morning. The advantages and disadvantages of a Friday evening start are:

Advantages

- Extra night of camping for Target requirements.
- More time for activities.
- Interferes less with the family weekend.

Disadvantages

- In winter, the camp will have to be set up in the dark.
- You may miss an opportunity for special items in a Troop or Patrol Meeting.
- Scouts have to pack throughout the week, which may interfere with school requirements, homework etc.

The Jamboree is the ultimate example of

camping, fraternisation and enjoyment for a Scout. To make it a memorable experience, young people need to have attained a high standard of camping skills, which can only be gained from much camp participation.

Each camp and hike must have an objective, which must appeal to young people for its own sake. To a Scout, hiking and camping means:

- Fun
- Adventure
- Travelling
- An opportunity to spend time with peers.
- An opportunity to be away from home and routines.

However, the "chores" of planning, packing, setting up and cooking will also be endured.

Experience and guidance from leaders and resource people will enable the chores to become progressively less onerous, and eventually be regarded as a challenge, and their efficient accomplishment a matter of pride.

Many of the basic skills required for hiking and camping can be acquired in Patrol or Troop meetings, but these are only the skills of getting there and setting up camp (packing, pitching tents etc). The best place to learn other camping skills is at camp. Start with short overnight camps first, then build up to full days and two nights etc.

- There are many types of camps depending on the:
- Purpose
 - Time of year.
 - Number of Scouts involved.



The camps are:

1. Troop standard camps.	
2. District or inter-Troop Competitive camp.	Popular in some places to maintain standards.
3. Patrol camp/hike.	Most common.
4. Activity camp/hike e.g. canoeing.	Camping in order to carry out a specific activity. The camp is incidental to the purpose.
5. Special purpose camp e.g. Survival.	
6. Jamboree	
7. Father and Scout camp.	Useful for communicating with parents or even trying to see if some of them are open to becoming leaders.
8. Mother and Scout camp.	
9. Venture trips.	Mobile camps (on a bus) when travelling long distances to an area of special interest or challenge.
10. Overnight Lightweight Hike Camp	Good training for Scouts not used to hiking.

Planning and Preparation

Patrol camps/hikes, Activity camps/hikes and Special purpose camps, should as far as possible, be planned, prepared, arranged and executed by the Scouts without direct leader supervision. They should have as much Scout participation in the planning and preparation as they are capable of handling. In fact, leaders should go out of their way to enable Scout, and in particular, Troop Council involvement, even if they are aware that the finished product will be less polished than if it had been organised entirely by adults.

The most important thing to be aware of is "Ownership". If the Scouts have "Ownership" of the camp and its program, they are more likely to attend and ensure it is well attended by their Patrol members.

Post-camp assessment sessions will give Scouts an opportunity to discuss any problems found and suggest improvements, without adult interference.

Camping and hiking are meant to be fun and adventurous activities. Illness and accident can put pressure on leaders as well as the person or people involved. Leaders, and through them, their Patrol Leaders, should "Be Prepared". The correct training of Scouts and correct and consistent expectations of leaders will do much to ensure a safe and happy camp.

The planning and preparation for all camps and hikes should be considered as much a part of youth training as the actual event. This means a maximum involvement of the Troop Council, and a minimum of intervention by Adult Leaders.

Preparations for camping and hiking are affected by three main considerations:

- The aim or purpose of the activity.
- The time of year.
- The experience of the Patrols/Scouts.

These factors will largely determine the program content, and the duration and location of a camp or a hike. For example, a special purpose weekend devoted to Air Activities might be organised so that Scouts are accommodated in bunkrooms and fed from a kitchen, as the camp is incidental to the purpose of the activity. Hikes should be scheduled at times that avoid extreme climates. A Patrol Leader's first Patrol camp would be of a short duration and located close to supervision and potential assistance.

Without adequate training and preparation for camping, the Scouts' camping standards will probably be rough. If proper standards are not developed and maintained, the health and safety of the Scouts will be at risk, and their enjoyment of the outdoors will suffer.

Good preparation for camping and hiking is a deliberate and ongoing process. The leaders' roles are to train Patrol Leaders in various essential camping and hiking skills so they in turn, can train the members of their Patrols. Frequent and regular opportunities should be included in normal programs for this to happen. Some of the more important skills include:

- Kit selection and packing.

- Tent pitching.

- Kitchen building.

- Bed making.

- Camping techniques.

- Navigation.

- Safety awareness.

- Emergency procedures.

- Care and use of tools and cooking gear.

- Cooking.

- Gadget making.

- Sanitation.

- Hygiene.

- Bush lore and etiquette.

- First aid.

It should be the objective of every Scout Section Leader to develop through Patrol Leaders those skills necessary to enable Patrol camping to be a reality.

One method of planning for an event such as a camp or a hike is to write a checklist of all lead-up tasks, which Patrols need to complete prior to the time of departure.



CAMPING

Styles of Scout Camping

There are many different styles of Scout camping and these are only limited by imagination and resourcefulness. The style and manner of a Scout Patrol and Troop camp depends primarily on the theme and purpose of the particular event. With themes ranging from backwoodsman to space travel, the scope is limitless.

The two fundamental styles of Scout camping are "traditional" and "contemporary". These styles are not mutually exclusive and elements of both can be used to achieve the purpose of the camp, and to deliver the training in self-reliance and teamwork intended from the Scout Method.

Traditional camping can be regarded as the "back to basics" approach which uses open trench fireplaces, canvas marquees or ridge tents, and the construction of a dining table and kitchen gadgets out of poles and lashings etc. This is the type of camp Baden-Powell (BP) would have used at Brownsea over 90 years ago. This style of camp has many obvious advantages in providing the practical opportunity to use knots and lashings and other campcraft skills from the Award Scheme. Traditional camping sets the challenge for a Scout Patrol to work together in the setting up of their campsite so that they then benefit from and enjoy the function and comfort of

their own efforts.

Contemporary camping can be regarded as using modern camping equipment and techniques available from the very active camping equipment industry of today. This industry caters for family camping, with easily erected tents and kitchen equipment for family comfort, and requires much less effort. Equipment in this category includes dome tents, camp stoves (gas), folding tables and chairs, aluminium poles, lightweight tarps, eskies and camp fridges, battery lights etc. This equipment may cost more than that required for traditional camping and care must be taken to ensure its responsible use and maintenance.

Scout camping is very different from family camping, regardless of the style and type of equipment used. If a Scout is fortunate enough to go camping with their family, they will recognise the difference between the two. The main differences are that Scouts camp in Patrols and do everything for themselves as a Patrol i.e. construction, cooking etc.

When adopting the contemporary style with modern equipment, difficulties and extra effort associated with traditional camping can be readily accommodated by the inclusion of extra tasks and higher standards. As with all aspects of our Scout Program and Method, Scout camping must not only train Scouts in the use of today's equipment



and techniques but it must also deliver the training and experience to achieve our Scouting Aim.

Use of elements from both traditional and contemporary styles, with a balance appropriate to the purpose of the camp, is the correct solution. Providing Scouts with the training and experience in both styles is essential as they are equally challenging and rewarding when presented in the right context.

Pre-Activity Preparation

Various actions should be taken before leaving for camp. These include:

- **Patrol Preparation.** This includes practice and discussion on health and hygiene matters. For example, proper equipment for storing food, how to use a bush toilet, importance of hand washing, personal cleanliness and how to manage this during camp.
- **Program Planning.** This should include obvious times set aside for meals, washing, rest, relaxation, personal choice etc.
- **Menus.** These should be checked for sensible food choices. A Patrol will sometimes only go on a camp with nothing but chips, soft drink, chocolate, lollies etc in the pantry. Learning by doing is the best teacher.
- **First Aid.** All leaders should be Senior First Aid qualified. If not, have a designated first aid person. Scouts should undertake first aid training at their level or have completed the Citizenship First Aid requirements prior to the camp.

Documentation and Authorisation

- **Personal Information – Youth Members.** Parents or official caregivers must complete and sign a form especially produced for the camp. This form gives an outline of medical and health information and authorises the Leader in charge (or representative) to obtain

medical attention for youth members.

- **Personal Information – Adults.** There is a case for adults providing similar information. To safeguard confidentiality, the forms can be individually sealed in envelopes and given back at the end of camp.

- **Tetanus. *Everyone should be immunized against tetanus at least every 5 years.***

- **Illness.** Leaders should be aware of the foolishness of allowing any Scout or leader to camp if they are not feeling well. The Leader in charge should not be expected to accept this responsibility. There is also the risk of infecting others. One sick member can seriously disrupt the running of a camp or activity.

- **Medical Insurance.** Scouts and leaders who are on Scout activities are covered under the Branch Insurance for personal injury. It does not cover a personal claim for surgery in a hospital etc. The member's Medicare card number should be produced if required whilst seeking medical attention. Please contact your Branch Headquarters for more information on personal liability insurance.

Pre-Departure Checklist

4 Weeks Prior – Troop Council Decides to Camp

- Announce date to parents. Details to follow.
- Plan pre-camp training, revision and refining.
- Troop Council visits possible sites. Confirm in accordance with Branch Camping Rules.
- Site confirmed. Leader confirms team and submits notification form. Transport is arranged.

3 Weeks Prior

- Troop Council decides program and Patrol decides menu.
- Patrols prepare their food and equipment lists.
- Patrol costs assessed.
- Patrol notices sent out to parents stipulating:
 - Venue.
 - Times of departure and return.

- Transport arrangements.
- Leaders attending.
- Visiting arrangements (including map).
- Cost and date payable.
- Indemnity form required.
- Personal kit lists.

2 Weeks Prior

- Duties allocated to leader team.
- All gear to be checked and repaired as necessary by respective Patrols.
- First aid kit to be checked and replenished by Scout Section Leader.
- Names and addresses of two nearest doctors to be obtained and noted.
- Arrangements to be made with local suppliers.
- Arrangements to be made with local Fire Officer.

1 Week Prior

- Patrol equipment to be gathered.
- Patrol supplies to be ordered.
- Patrol fees to be collected.
- Site prepared (if necessary).

1 Day Prior

- Patrols organise all supplies to be collected.

Equipment

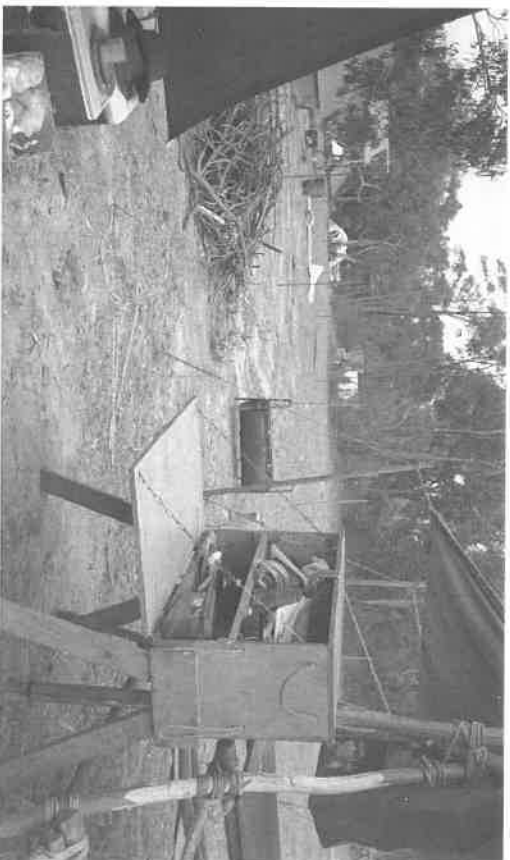
The equipment taken will depend on the type of camp. A standing camp will probably need complete kits in Patrol boxes and possibly poles as well. A hike would require far less equipment.

It is desirable that each Patrol has its own camping gear to use and the responsibility for its care rests with them.

Involvement of families, with car and trailer, is ideal for the transportation of gear. If families are involved, split the gear up so that everybody carries some to camp. This becomes a valuable demonstration in what to leave out, and gives an appreciation of bulk and weight.

Patrol Box

The Patrol box is a useful way of managing camping equipment. These come in many sizes and vary in contents and complexity. Some are simply containers. Others, when their contents have been emptied, dismantle or convert into some other camping apparatus such as ladder for



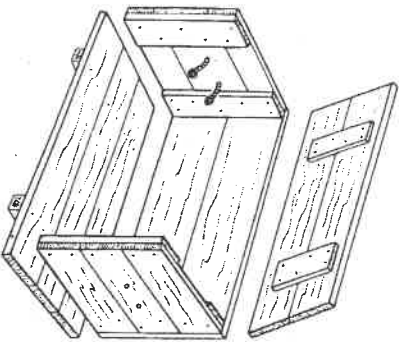
food, or a combined party and preparation area.

Size is an important consideration. If they are too big, they will be difficult to transport. They are most useful when holding a maximum of gear and are still light enough for Scouts to handle.

An inventory of contents should be enclosed in the boxes. This can be sealed in a clear plastic envelope and glued under the top of the lid.

Heavy and bulky items such as lanterns are best left out of Patrol boxes. Each Patrol box should be clearly marked and identified as belonging to a particular Patrol. Scouts will usually be delighted by the opportunity to paint them and the finished creations may astonish many observers.

A sample list of equipment for a standing camp is available on pages 36 & 37, and can be copied for use on Scouting activities. No list of gear is ever final. The type and duration of the camp will largely determine what equipment is to be taken by each Patrol.



The Patrol Camp

Scouts who camp should be comfortable and healthy. Only in this way will they be able to enjoy outdoor life and be ready for the fun and adventure that it offers.

By definition, a Patrol camp is when a Patrol organises and carries out its own camp or hike, independent of adult involvement or prolonged presence. This is the step beyond the Troop

camps where Patrols still camp under the supervision of Adult Leaders. The Troop camp should be considered as a training medium for Patrol camping.

An objective of camping should be to bring standing Patrols up to the standard required to enable them to camp on their own. To achieve this aim the Patrol Leader must be carefully and fully trained. All concerned, including the parents, must be confident of the Scouts' abilities, which should be based on experience.

A Patrol Leader who leads well, already has some experience of camping and should be quite capable of taking charge of a Patrol for an overnight camp. A reasonably experienced Patrol Leader should be able to plan with the Patrol the supplies, equipment, menu, program and transport needed.

It is the policy of the Scout Section that Patrol camping and hiking should be encouraged. Scouts should camp in this manner frequently and reasonably early in their Scouting experience. Notwithstanding, this is to be within the bounds of health and safety considerations and the Rules of the Association.

The success of Patrol camping will be immediately related to the quality of Patrol Leader training. Patrol Leaders are not adults and will be unable to perform at the same level of competence as an experienced adult. They must be trained to accept responsibilities and be given opportunities to make decisions.

The important thing is to let Patrol camping just happen. A checklist may be of assistance in judging a Patrol's readiness to go it alone. In the Troop camp situation, the Patrol should have consistently displayed a high level of performance in those minimum standards of good Scout camping. Weaknesses in particular areas could be corrected at a Troop Council or as part of a regular meeting's program.

Essential skills in which Patrols should prove competency include:

- Site location, layout and organisation.

- Catering and cooking.
- Sanitation and hygiene.
- Activity programming.
- Correct use, care and storage of equipment.
- Safety, first aid and emergency procedures.
- Bush navigation.

Some of the most important camping skills are not so easily demonstrated. These include the safety awareness of the Patrol Leader and untested responses to emergency situations.

However, at some stage the leader has to have enough confidence and faith in the training provided and the Patrol Leader's ability. As long as they are well prepared and you feel the camp can be safely conducted, let them go anyway – even if the camp doesn't achieve adult standards of perfection.

Particularly with inexperienced Patrols, the camps should be relatively short and in a location that has access to emergency help should it be required. The Patrol camp is a significant event, especially for the Patrol Leader. Because of this, it is important that you visit the camp. Keep your eyes open but be careful with any criticisms.

A Patrol camp book is available from your local Scouting retailer. This small book is extremely cheap and contains all the details to help your Patrol Leaders plan a great Patrol camp.

Supervision

A leader should camp on their own near the Patrol's first camp, or visit once or twice to ensure that they are okay. On other camps a leader, parent or Rover can be organised to visit to ensure that all is well.

All members of the Patrol should be fully aware of how to contact outside assistance or when someone will make contact with them if they are in an isolated locality.

Catering and Cooking

Cooking on camp is the opportunity to "train

our young people for life in one of the essential skills. The ability to plan, purchase, store, prepare, cook and serve a healthy meal for an individual or a small group is a skill that will stay with the youth member for life. With the increasing community awareness of childhood obesity and its related health problems including juvenile diabetes, Scouts Australia can be seen as a youth organisation that is tackling nutritional problems head on by teaching and promoting a healthy lifestyle and good eating habits. The value of learning these skills can not be over emphasised!

Camp cooking need not be any different from cooking at home, except that instead of all the amenities being laid on, some improvisations have to be made.

It is wise to consider the comparison. The domestic kitchen has clean bench space, plenty of equipment, good lighting, stoves with immediate and accurate heat control, hygienic food storage and unlimited clean water. It is likely that some Scouts will have little or possibly no experience cooking in an outdoor environment. However, we expect these same young people to produce a healthy meal over an open fire without many of the resources available in their homes.

While this needs to be considered when catering, it is important not to lower standards. With regular training through the Patrol Leaders, Scouts can produce a wide variety of high quality meals.

When in camp, and particularly when hiking, the body is called on to exert itself far more than usual. It is important that menus should be balanced and generously sufficient.

Food is Used by the Body in Three Ways:

1. *Growth and repair.* Meat, fish, cheese, eggs and milk provide proteins and minerals.
2. *Health and energy.* Dairy products, fruit, potatoes, bread and cereals such as rice provide carbohydrates.

3. **Protection.** Fresh fruit and vegetables provide vitamins.

The Food Groups

It is important that children, adolescents and adults eat a wide variety of foods each day. Good menus will include food types that cater for all bodily needs. Remember that energy requirements may be particularly high if your camp is active or if you are on a hike. Remember also that some foods will be off limits to some Scouts due to health or religious criteria.

Each day, include the following foods:

Breads and cereals – Provides energy as carbohydrates, fibre, protein, vitamins and minerals. Four to eleven serves of bread (white, wholemeal or wholegrain) ready to eat or cooked, cereal, rice, spaghetti (not timed) are needed by Scout-aged children. Select whole grain or high fibre for preference. Breads and cereals are the best sources of energy for active Scouts.

Vegetables and legumes – Provides vitamins, minerals, and fibre. Choose a combination, such

as root vegetables, leafy greens, orange and red, and legumes such as baked beans. One serve is half a cup of cooked vegetables, or one cup of salad.

Fruit – Provides vitamins, energy as natural sugar, and fibre. Have three to four serves of fresh, timed or dried fruit everyday. One serve is a medium piece of fruit, cup of fruit salad or tablespoon of dried fruit.

Milk, yogurt, cheese – Provides calcium and protein. Calcium enriched soy milk is suitable for children with allergies, intolerances or vegans. Include three serves of low fat dairy foods each day as these contain as much, if not more, calcium and nutrients as full cream milk. One serve is a cup of milk, tub of yogurt, or slice of cheese.

Meat, fish, poultry, eggs, nuts, legumes – Provides protein for body maintenance and growth. Meat is the best source of iron for healthy blood. One or two serves of beef, lamb, veal (75g) or poultry (90g), eggs (2), fish (150g), dried peas and beans, lentils, (3/4 cup), nuts (30g) or peanut butter (1.5 tablespoons), is needed daily.



Water – Is **essential** to meet the needs of cells, sufficient kidney function and satisfactory bowel movement. Plain water is the best drink for children, adolescents, and Scouts. Drink plenty of water and more of it on active or hot days. Scout-aged children will need between six to eight glasses per day.

Extra foods – These foods do not provide essential nutrients. They should only be included sometimes or in small amounts. They include oil, butter, sweet foods (cordial, lollies), biscuits, cakes. Remember that your Scouts will learn their health and eating behaviours through the examples you set, so it is best to include these foods only once or twice on a camp.

Menu Planning

When catering, some points to be kept in mind are:

- Cost.
- Availability of foods.
- Cooking abilities.
- Scouts' eating habits.
- Safe storage life or re-supply access.
- Available time for preparation.
- The program (menus should be planned after the program is set).

The menu will have to suit the season and type of camp. It is important to stress the risks of using foods that can go off or be blown by flies.

Don't be shocked by some of the gourmet creations – the Leaders' only responsibility is to see that these are not a health hazard. The menu must be simple and an understanding of the difference between hike and camp menus is essential. When preparing a menu, some points to keep in mind are:

- **Variety.** It is important that meals do not become monotonous, as the success of the camp is often judged by the Scouts' stomachs. (There are various cooking techniques that are not beyond the abilities of the Scouts. Cooking need not be confined to frying and boiling. Challenge them to produce meals in

other ways such as pit roasts, hay boxes and camp ovens).

- **Nutritional value of the food.** Consideration must be given to this even for a short overnight camp, to ensure the ongoing promotion of a healthy lifestyle.
- **Planning.** Essential for the costing of the camp.
- **Simplicity.** Meals should be simple rather than exotic, with a plentiful supply of breads and cereals, vegetables and fruits, dairy foods, and meat or alternatives.
- **Flavour.** Have a good stock of herbs and spices available to enhance flavour. Avoid over-reliance on salt to enhance flavour.
- **Cheap meats.** These save money but often take longer to prepare and cook.
- **Preparation time.** Allow adequate time to prepare meals and to clean up afterwards. It can be helpful to time the evening meal so that the clean-up can be completed just prior to last light.
- **Storage.** If storage is not available, plan for regular deliveries of fresh food or take non-perishable supplies if this is more appropriate.
- **Instructions.** Include written, basic instructions for preparation with the menu. Ensure that Patrol Leaders know what is required.
- **Cater** for three basic meals and between-meal snacks each day.

If you need further information, there are numerous books devoted to camp cooking and catering available from your local Scouting retailer.



Cooking Techniques and Methods

Grilling: Sear meats and vegetables by thrusting into flames to brown. Then cook slowly over bright fire of hardwoods. If a pan is used, it should be very hot before food is put in it. Turning frequently toughens meat, so try for a single turn only.

Frying: Add a small amount of oil to a hot pan. Fry small amounts of food at one time to prevent stewing.

Pot roast: Place bones or scrubbed stones on the bottom of a deep saucepan or camp oven for a joint of meat to rest on, with a thin coat of oil. Brown on one side, then turn it over and brown on the other. After this, boiling water must be added to a depth of about 5cm. This should be done very gently to stop the hot oil from splattering. Add plenty of carrots and potatoes. Cook steadily, turning and basting, allowing ten minutes for each kilo, plus an additional 20 minutes. Two small joints will cook more quickly than one large one.

Greens: Where necessary, remove coarse leaves, wash thoroughly and cut up. Stir fry

with a small amount of oil is a popular cooking method. Other methods include boiling (place in boiling water until just tender) or steaming in a small amount of water.

To avoid burning: Stand cooking pot inside a larger vessel containing a small quantity of water. This is especially useful for porridge, custard, cocoa etc.

Haybox cooking: Line a large box with many thicknesses of newspaper for insulation, then cover the bottom with tightly packed hay or dried lawn clippings to a depth of at least 15cm. Place the cooking pot inside and pack around tightly with hay. Then withdraw the pot. Have extra hay and newspaper available. The hay box is now ready for use.

Bring cooking pot to boil and place it in the box while contents are still boiling. Pack hay tightly around it, cover with newspaper and replace the lid of the box, adding a weight to compress it.

This is especially useful for foods that may require slow cooking, like stews, casseroles and even porridge.

Stewing: Dust the meat with flour and fry first to seal, using a little oil. Add cold water a little at

a time and stir. Bring to the boil, then add other ingredients and plenty of vegetables. Replace the lid and simmer for as long as possible, remembering that a stew boiled is a stew spoiled!

Roasting: With direct heat using a spit and reflector. Use a hardwood fire against backlogs with meat suspended on a cord in front. Catch the fat in a pan. Roasted vegetables are also delicious and inexpensive.

Alternatively, roast under an inverted bowl or drum oven. When using a bowl, build a hot fire to heat the ground first. Then scrape away the hot coals and place a plate on the ground with meat on it with a bowl inverted over the top. Rebuild the fire above the bowl. A drum oven should have a false bottom to keep the meat from direct contact with the drum.

Baking: Use a bowl, Dutch oven, Bedowie, camp oven, biscuit tin or drum oven. To use a Dutch oven, prepare a bundle of mixed, quick and slow burning woods then build a shell of clay over it (leaving the front open) and set fire to the bundle.

For camp ovens and Bedowies, ensure a hardwood fire has been reduced to hot coals. Then using a shovel, make a bed for the oven and place a shovel of hot coals on the lid. For a "hot" oven, place the camp oven in a deep bed of coals that cover and surround the lower edge so that when the lid is replaced it is almost totally covered. Reduce the amount of coals for a "cooler" oven.

Foil cooking: Excellent results can be obtained from foil cooking. This is done by making an envelope of foil, sealing this with a double fold down three sides. Cut the vegetables, meat etc into cubes and place in the envelope with required seasoning plus a teaspoon of water or oil. (This is essential). Seal the top of the envelope and place in the ashes away from the flames.

Potatoes pierced with a fork, a couple of times; apples stuffed with sultanas, brown sugar and cinnamon; damper and bread; can all be cooked the same way. Don't try to cook too quickly if using aluminium foil.

Some Scouts prepare their pressure packs before leaving on their hike and after they have cooked their dinner, open out the foil and use it as a dinner plate. (Adequate and appropriate storage must be available to prevent food spoilage if there is a delay between food preparation and cooking).

Novelty cooking: This type of cooking is great for desserts and a little bit of fun. Try these for some great results:

- **Sutana bananas.** Take a ripe unpeeled banana and split the skin down the middle, just into the flesh. Poke in some sultanas and reseat with some aluminium foil and place it in the coals on the very edge of the fire. Turn a couple of times and heat no longer than about ten minutes. Open the foil and eat out of skin or turn into a bowl with some custard.
- **Cinnamon apples.** Core an apple and fill space with sultanas, cinnamon, and half a teaspoon of brown sugar. Wrap in foil and place on the coals for about ten minutes.

There are many different recipes for "novelty" cooking. Develop your own or modify a well known one.

Backwoods and individual cooking: Backwoods cooking has a strong appeal for young people and is an excellent Patrol activity. Young people can work in pairs, with each pair producing a different part of the Patrol's meal. It need not be wasteful if conducted properly but it is generally a slow procedure, requiring more time to prepare a meal than orthodox methods. No more than one meal should be attempted by this method in any one day. Firing is of great importance. Young people should be trained to differentiate between hard and soft woods and their significance in producing a cooking fire at the correct temperature range.

New ideas: Read *The Australian Outdoor Cookbook* or create your own recipe book of favourites for camps, with a separate section for simple hikes. This makes a great resource for your Troop or Patrol.

Sample Weekend Menu

MEAL	INGREDIENTS PER PERSON
Dinner <ul style="list-style-type: none"> Mixed grill Lemon sago Tea or coffee 	100g steak; 45g sausages; 1 egg; 140g tomatoes; 100g mushrooms; 60g potatoes; handful of green salad. 45g sago; ½ lemon; 10g sugar. 5g tea (or 1 teabag); or 5g coffee; 560ml milk to cover all meals; 5g sugar.
Evening Snack <ul style="list-style-type: none"> Cheese and crackers or fruit loaf Tea, coffee or cocoa 	80g watercrackers, 30g cheese or 60g fruit loaf. (See milk above).
Breakfast <ul style="list-style-type: none"> Cereals with sultanas and milk Scrambled onion & eggs on toast Bread, margarine, jam Tea or coffee 	60g cereal; 20g sultanas; (See milk above). 2 eggs; ¼ onion; 50g toast. 10g margarine, 30g jam per day; bread.
Lunch <ul style="list-style-type: none"> Sliced corned beef and salad Bread 	140–170g tinned beef; 45g cheese; 140g tomatoes; 85g tinned potatoes; 120g tinned pineapple; lettuce leaves. See above and below.

Additional information:

- Allow 5g salt per day; remember pepper.
- A 660g loaf of bread provides 28–30 slices and each slice weighs 22–24 grams. Allowing for ½ of a loaf of bread per person per day – you need on average 8–9 slices or 176–212 grams.
- While all weights are given as average, you will need to compensate for those who may have diet restrictions for religious or health reasons.
- Multiply the quantities above by the number participating, with allowance for compensations and you are ready to cost and purchase your food requirements.

Standard Packaging

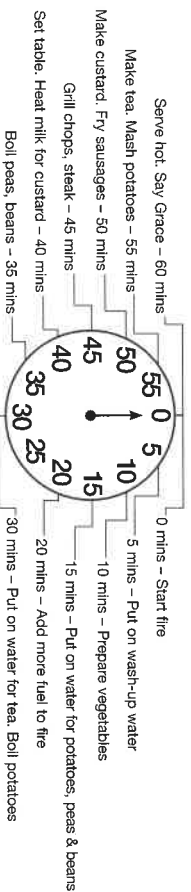
BREAD	1kg or 500g
DAIRY PRODUCTS <ul style="list-style-type: none"> Margarine Cheddar cheese Low fat milk, powdered 	500g or 250g 500g 1400g or 350g
CEREALS <ul style="list-style-type: none"> Sultana Bran West Bix Natural Muesli 	350g or 250g 750g or 500g 700g and 350g
DRY FOODS <ul style="list-style-type: none"> Custard powder Oatmeal Rice 	375g 750g 1kg
BEVERAGES <ul style="list-style-type: none"> Tea Cocoa Vegetable oil 	500g or 250g 500g 500g or 750ml
CONDIMENTS <ul style="list-style-type: none"> Honey (tinned) Jam Tomato sauce Vinegar 	500g or bulk 750g or 250g 500g or 250g 500g or 350g
FRUIT (tinned)	500g or 750g
VEGETABLES (tinned)	750g or 500g
MEAT <ul style="list-style-type: none"> Fresh sausages Meat loaf type Fancy grades 	13 per 1 kg (large); 22 per 1 kg (small) 350g 500g, 250g, 100g
FISH <ul style="list-style-type: none"> Fish (tinned) Sardines 	500g, 350g, 250g, 100g 80g or 30g
OTHER TINNED FOODS <ul style="list-style-type: none"> Baked beans Spaghetti Red kidney beans 	750g, 500g, 250g, 100g 750g, 500g, 250g, 100g 750g, 500g
BASIC FOODS <ul style="list-style-type: none"> Flour Sugar 	1kg, 2kg 1kg, 2kg

Ration Guide (Quantity Per Head)

Bacon	60g	per meal
Biscuits	60g	per meal
Bread	360g	per day
Margarine	60g	per day
Baked beans	120g	per meal
Cake	50g	per day
Cereals	40g	per meal
Cheese	30g	per meal
Cocoa	4g	per meal
Coffee	4g	per meal
Custard powder	7g	per meal
Eggs	(1 only) 50g	per day
Fish (frozen or fresh)	180g	per meal
Fish (smoked)	120g	per meal
Fish (tinned)	180g	per meal
Flour (self raising, wholemeal)	60g	per meal
Fruit (fresh for eating)	1 apple, orange, pear, etc	per day
Fruit (dried)	20g	per meal
Fruit (fresh for stewing)	120g	per meal
Fruit (tinned)	180g	per meal
Honey	30g	per meal
Jam	30g	per meal
Lettuce	60g	per meal
Macaroni	40g	per meal
Milk (low fat fresh)	500ml	per day
Milk (powdered)	35g	per day
Milk (condensed)	120g	per day

Meat (fresh for stewing)	120g	per meal.
Meat (fresh for grilling)	180g	per meal
Meat (minced)	180g	per meal
Meat (cooked)	90g	per meal
Meat (tinned)	120g	per meal
Oatmeal	30g	per meal
Peas (dried)	30g	per meal
Peas (in shell)	150g	per meal
Peas (frozen/tinned)	90g	per meal
Prunes	60g	per meal
Potatoes (fresh)	180g	per meal
Potatoes (dried)	30g	per meal
Rice	30g	per meal
Sausages	150g (2 large)	per meal
Sausage (luncheon)	90g	per meal
Spaghetti (raw)	45g	per meal
Spaghetti (tinned)	120g	per meal
Sugar	90g	per day
Syrup	15g	per meal
Tea	15g	per day
Vinegar	10g	per meal
Vegetables (salad, excluding lettuce)	200g	per meal
Vegetables (boiling, excluding potatoes)	125g	per meal

How to Prepare a Meal in an Hour



Cooking Timetable

ITEM	METHOD	COOKING TIME
SOUPS Vegetable Canned and packet	Simmered Simmered	1 hour as directions
FISH	Boiled Fried	10-15 minutes per 450g 5-10 minutes per 450g
POULTRY	Boiled Roasted	20 minutes per 450g 20 minutes per 450g
EGGS	Fried Boiled	2-3 minutes 3-3½ minutes
MEATS Beef Mutton, lamb, veal Pork Sausages Savellys Stews	Roasted Boiled Roasted Boiled Roasted Fried Boiled Simmered	25 minutes per 450g 20-30 minutes per 450g 20 mins per 450g +20 minutes 20 mins per 450g +20 minutes 25 mins per 450g +20 minutes 15-20 minutes 20 minutes 2-2½ hours
VEGETABLES French beans Broad beans Brussel sprouts, cabbage Carrots and parsnip Cauliflower Marrow and pumpkin Mushrooms Onions Peas Potatoes Silver beet, spinach	Stir-fried Steamed Steamed Boiled Stir-fried Steamed Fried Fried Steamed Boiled Roasted Steamed	5 mins 20-30 mins 20-25 mins 20-30 mins 5 mins 20-30 mins 2 mins 7 mins 1 min 30 mins 45-50 mins 5 mins

Camp Costs

The cost of any camp can be broken down into seven areas viz:

FOOD including food containers, storage materials and so on.

TRANSPORT to and from camp and freight (if any) on camp equipment.

SITE FEES such as at Scout campsites, youth hostels, National Park huts, etc.

EQUIPMENT AND ACTIVITY MATERIAL such as rope, maps, games equipment, rental costs.

OUTINGS - special trips during the camp, swim fees, trip fees and costs.

EXPENDABLES such as matches, fuel, mantles, twine, plastic bags, prizes, etc.

EMERGENCIES such as emergency transport, toll calls, doctors' fees.

Some of these areas may not apply depending on the nature of the camp and the equipment owned by the Group. Parents may provide transportation. Donations or grants will need to be deducted from cost estimates, and the

result divided by the number expected to attend so as to get a per capita cost. Costs can sometimes be reduced by a fund raising activity. Some Troops open special bank accounts prior to a long summer camp with Scouts depositing regular sums towards the cost of the camp over a period of several months prior to the camp so that when the camp departure arrives, the camp fee has been painlessly paid. (Money is refunded to those who cannot attend.)

An account should be kept of all expenses and receipts for presentation to the Troop Council and for future reference. The chart below will assist you in costing the camp and the Chart following in recording the actual receipts and payments relating to the Camp.

Patrol Leaders should be encouraged to devise an accounting scheme for their Patrol Camps and outings.

ESTIMATED CAMP COST AND ACTUAL COST (if Troop Camp)

Item	Estimated Cost	Actual Cost	Remarks
Food			
Transport to and from camp			
Campsite fees			
Accommodation costs			
Rental of equipment			
Purchases of equipment			
Activity material			
Special outings			
Expendables - fuel, twine, etc			
First aid materials			
Postages and other costs			
Allowance for emergencies			
TOTAL COST			
Less donations, grants			
NET COST			
Cost per head			

CAMP PROGRAM PLANNER

CAMP PROGRAM PLANNER				
Camp time		FIRST DAY date:.....	SECOND DAY date:.....	THIRD DAY date:.....
a.m.	hours	morning		
6.00 - 6.30	0600			
6.30 - 7.00				
7.00 - 7.30	0700			
7.30 - 8.00				
8.00 - 8.30	0800			
8.30 - 9.00				
9.00 - 9.30	0900			
9.30 - 10.00				
10.00 - 10.30	1000			
10.30 - 11.00				
11.00 - 11.30	1100			
11.30 - 12.00				
PM		afternoon		
12.00 - 12.30	1200			
12.30 - 1.00				
1.00 - 1.30	1300			
1.30 - 2.00				
2.00 - 2.30	1400			
2.30 - 3.00				
3.00 - 3.30	1500			
3.30 - 4.00				
4.00 - 4.30	1600			
4.30 - 5.00				
5.00 - 5.30	1700			
5.30 - 6.00				
		evening		
6.00 - 6.30	1800			
6.30 - 7.00				
7.00 - 7.30	1900			
7.30 - 8.00				
8.00 - 8.30	2000			
8.30 - 9.00				
9.00 - 9.30	2100			

CAMP PROGRAM PLANNER					
Camp time		FOURTH DAY date:.....	FIFTH DAY date:.....	SIXTH DAY date:.....	
a.m.	hours	morning			
6.00 - 6.30	0600				
6.30 - 7.00					
7.00 - 7.30	0700				
7.30 - 8.00					
8.00 - 8.30	0800				
8.30 - 9.00					
9.00 - 9.30	0900				
9.30 - 10.00					
10.00 - 10.30	1000				
10.30 - 11.00					
11.00 - 11.30	1100				
11.30 - 12.00					
PM		afternoon			
12.00 - 12.30	1200				
12.30 - 1.00					
1.00 - 1.30	1300				
1.30 - 2.00					
2.00 - 2.30	1400				
2.30 - 3.00					
3.00 - 3.30	1500				
3.30 - 4.00					
4.00 - 4.30	1600				
4.30 - 5.00					
5.00 - 5.30	1700				
5.30 - 6.00					
		evening			
6.00 - 6.30	1800				
6.30 - 7.00					
7.00 - 7.30	1900				
7.30 - 8.00					
8.00 - 8.30	2000				
8.30 - 9.00					
9.00 - 9.30	2100				

Food Hygiene Training

A quick guide to safe food handling practices

Cleaning & Sanitation

Cleaning is when you remove all dirt such as dust, grease, food scraps and other deposits from the surface of equipment and food areas. This is done by scraping, rinsing, washing and rinsing again to remove all the soap.

Cleaning and sanitising must be performed on all cooking equipment including barbecues and their utensils, pots, pans, plates, bowls, knives, forks, spoons and cups.

Hygiene Troop Expectations

Troop members have every right to expect that a campsite will be free from rats and other vermin such as cockroaches, flies and mice. Utensils should be clean and suitable for their intended purpose. Provide food that will not make them sick. Some of the ways to ensure that you meet the highest standards of personal hygiene is to take daily showers (where possible at camp); have clean and neat hair; and clean your teeth regularly. Keep any open cuts or wounds covered whilst working with food by using a waterproof cover over a band aid or bandage. Make sure you use a different coloured band aid to your skin colour and wash your hands after eating, working in the campsite, handling garbage or using the bathroom.

How to Wash Your Hands

Rinse your hands under hot water (don't burn yourself); use an anti-bacterial liquid soap from a dispenser; soap up hands and scrub; rinse under hot water; dry with paper towel. DO NOT USE cloth towels or cake soap as these spread bacteria and re-contaminate hands; and DO NOT USE the food preparation sink to wash hands.



Environmental Hygiene

Regularly clean and maintain the kitchen area. Control pests and vermin by keeping food secure in containers. Implement a daily cleaning schedule. Maintain and clean equipment and ensure it is not accessible by local wildlife. Maintain food service areas at the highest standard of hygiene. Ensure all garbage is properly secured and away from the kitchen area.

Food Handling & Storage

Food poisoning occurs when a person becomes sick after eating food that is contaminated (poisonous). The symptoms are usually nausea; vomiting; temperatures going up and down (fevers and chills); stomach cramps; diarrhoea; gastroenteritis and dehydration.

In the most severe cases people can get double vision; paralysis of the vocal cords; and paralysis of the digestive system, heart and lungs and even death.

Bacteria

Food does not have to taste bad to be contaminated! Bacteria are single cell organisms that multiply rapidly in the right conditions. This is the reason people become so ill if the food is spoiled. Bacteria need the following conditions to grow and multiply: warmth, moisture, time.

The Danger Zone (Between 5°C & 60°C)

Food has to be kept at the right temperature:

- Below 18°C for frozen foods.
- Below 5°C for perishable goods such as fresh meat, fish, poultry, dairy products, prepared fruit and vegetables (e.g. salads, vegetables prepared for the next meal service etc).
- Food kept in an esky for too long will start to spoil and bacterial growth will change form and become toxic.

The limit for food to be left in the danger zone is two to three hours. However this is only a guideline. To be safe, only leave food out of the esky if you are actually working on it and **BE QUICK**.

Common Food Poisoning Bacteria

Staphylococcus Aureus; Clostridium Perfringens; Clostridium Botulinum; Salmonella.

Correct Food Handling Procedures

Defrost all frozen food in the esky (if going to be used immediately), never leave out on the bench or in a sink of warm water. Keep food out of the **DANGER ZONE** (i.e. cold food below 5°C & hot food over 60°C).

Never place cooked food onto trays, benches or cutting boards that have not been washed and sanitised and have had raw food on them. Cover all food to be stored. Separate different types of food to avoid the potential for cross

contamination. Wash all fruit and vegetables before cooking them or preparing salads. Always follow cleaning and sanitising procedures carefully and correctly, and store chemicals in a strongly ventilated area well away from food. You must always wear appropriate headwear in food preparation areas and disposable gloves when handling food products.

Glove Use

All personnel serving food must wear disposable gloves. These gloves are to be replaced when changing duties i.e. from preparing food to serving food.

How Bacteria is Transferred and Grows

Your hands become contaminated if you don't follow the hygiene procedures outlined above. They then contaminate food if you don't follow the food handling procedures outlined above. The following shows how quickly bacteria can grow (within the **DANGER ZONE**):

- 12pm 1 Bacteria
- 1pm 8 Bacteria
- 2pm 64 Bacteria
- 4pm 4,096 Bacteria
- 7pm 2,097,152 Bacteria

Pest Control

The most common pests and vermin found in campsites in Australia are flies, cockroaches and local wildlife. They all carry bacteria and spread germs and disease through their saliva and droppings. Keep garbage storage areas clean and bins covered. Do not allow other rubbish such as empty cartons and food scraps to build up, always clean as you go. Ensure all loose foodstuffs have been removed from drains. Never leave food lying around the kitchen at night. Keep all food storage areas spotlessly clean. **DO NOT** use regular fly sprays in food preparation areas as the spray droplets contain a chemical that can contaminate food.



Eskies – Keeping Food and Drinks Cold

There are not many variations of keeping food and drinks cold during camp. The common method is with an Esky and how good a one you have is dependent on the Group's finances. Either way, there are some simple solutions on how to preserve the coolness in Eskies.

Tips on Keeping Eskies Cold

- Pre-chill your Esky by placing ice bags or cool packs in there half an hour before packing it with food and drinks. Thoroughly chill foods and drinks before you pack them so they won't warm up other things they're packed with.
- Keep food cold during the camp by placing larger ice filled containers underneath the serving dishes of salads, sandwiches etc.
- To keep food cold make sure that perishables especially raw meat, are kept in a separate Esky to drinks and other food that are accessed more frequently.
- If you want to take cooked foods home with you, wrap and pack them in the Esky as soon as possible instead of leaving them out on the table.
- Enough ice is a must. Don't expect ice to be available at the campsite you are going to.
- Keeping enough ice for the duration of a camp is always handy if it is required to treat an injury.
- Dry ice in a single Esky with food required for day three of a camp is another method of keeping food cold.
- Always store Eskies in a cool place. Remember, if you are on a hike the sun may throw heat on the Eskies while you are away. Carry out an assessment on where the sun will travel during the time you are absent.
- Try putting salt on ice. Adding salt to the ice/water mix causes a temperature drop that slows the melting rate and increases the freezing rate. Try this as an experiment before you go to camp.

Other Tips on the Use of Eskies

Eskies can be an expensive item. The following is a list of useful tips to get the most from your Esky:

- Don't allow anyone to sit on the Esky. This will make the lid buckle and cause cold air to escape. Cracks will also appear.
- If there are perishables left over at the end of your camp, take them home with you unless there's plenty of ice left in the Esky. If the ice has melted, chances are the food won't be fresh enough to keep.
- On completion of each activity, Eskies should be emptied, cleaned and the lid kept partially open to avoid a build-up of mould.
- In hot weather, covering an Esky with a space blanket silver side out helps to keep it cool. The blanket reflects the radiant heat and can extend the life of the ice.

Safety in Cooking

The most common method of cooking is on a gas stove. The concern is what are the best method of extinguishing a fire on a gas stove and have we taught this to the Scouts. This could be a fire from leaking gas or from a fatty fry pan that has caught alight. Following are some tips.

Leaking Gas from Gas Fires

Never enter an area with a lighted match if you smell gas from a pipe, light or stove. The smallest spark or flame could ignite gas in the air and cause an explosion.

How to Fight Small Gas fires

Shut off gas supply. Smother with rug, blanket or Type B extinguisher or cool with water.

Cooking With Fat or Oil

When cooking with fat or oil there are some ways you can make it as safe as possible:

- A chip pan should never be more than a third full of oil.
- Be careful when adding food. If the fat is too hot, or there are pockets of liquid in the food, hot fat will spray about and can cause nasty burns.
- Dry the food if possible, before putting it in the fat.
- Use a small piece of bread or potato to test the temperature if it crisps quickly the oil is hot enough for cooking.
- If the oil starts to smoke, don't put food in, turn off the heat and leave to cool.
- Never leave your pan unattended.
- Oven mitts and any flammable items should be kept well away from the cooking area.

What to Do If a Fire Starts

Use a fire blanket or extinguisher if:

- You can extinguish the fire quickly.
- You are not putting your life at risk by staying near the fire.
- Everyone else has left the area.
- If the pan catches fire don't try and move it. Turn off the heat if it is safe to do so, but don't lean over the fire to get to the controls. Try to extinguish the fire by placing (not throwing) a fire blanket over the burning pan, or by using a fire extinguisher. It's important if you are using an extinguisher that you use one that is a dry powder or carbon dioxide type.

- Don't put water on a fat fire; the fat will explode causing a fireball. Water and oil don't mix and water is denser than oil. When one pours water into a flaming pan of oil, it wants to sink to the bottom. When it does, it comes in contact with the very hot pan (and oil) and instantly vaporizes into steam.
- The best way to put out a fire on the stove is with a fire blanket. Then turn the stove off, leave the fire blanket in place for around 15 minutes and call a Leader for assistance. If you don't have a fire blanket, use a saucepan lid or even the breadboard to cover the pan – anything which will starve the fire of oxygen and smother it.

General Fire Safety

- Every camp site should be equipped with a fire blanket and fire extinguisher (9 kg).
- Fire blankets and fire extinguishers which meet the Australian Standards are not expensive and they are readily available at hardware and variety stores.
- Make your Patrol site as safe as possible; choose an escape route including an alternative should flames or smoke be blocking the first route. Everyone in the Patrol should be aware of these means of escape.
- All members of the Patrol should know where the fire extinguishers and fire blankets are kept and how to use them properly.
- Don't leave cooking areas unattended and make sure the handles don't extend over any other burners on your cooker. Don't leave pan handles sticking out from the front of your cooker. They can snag on clothes and be knocked over.

Timber Cooking Fires

- Always check for fire restrictions in the area you intend to visit.
- If a fire pit needs to be dug, try to remove the topsoil as a sod and place to one side. When the fire has been extinguished and is not to be used again, replace the sod over the cold ashes.
- It is a requirement that the area surrounding any open fire be clear of vegetation for a radius of 7 metres.
- Do not use stones in the construction of a fireplace as they are prone to explode from the heat of the fire sending dangerous fragments in all directions.
- Use only dead fallen timber for fuel. Do not cut standing trees as these are a key part of the environment.
- Do not use 'treated' timber in a cooking fire.
- Do not place plastic/foam/metal objects in a campfire.
- When decamping, ensure that the fire is completely extinguished
(Refer to the *Fieldbook for Australian Scouting* for further information.)

Extinguishing Timber Fires

- The best method of extinguishing a timber fire is being either by dousing the fire with a bucket of water and or sand that should be located adjacent to the fire pit prior to fire being lit.

Camp Organisation

Even when a full Troop camps, Patrols should be spread over a site somewhat away from each other so that the concept of the Patrol as an independent, self-contained formation is reinforced. Each Patrol should select its own site and arrange its own complete layout (e.g. kitchen, tent area, latrines, etc).

The leaders' camping area should be in a non-intrusive location that is still close enough to maintain a weather eye on the Scouts and their activities. Leader intrusion into Scout campsites should be kept to a minimum, within the bounds of due care for health and safety.

There are several reasons for this method of camping. A central kitchen may be more efficient but valuable training opportunities are lost because fewer Scouts have the opportunity to cook. Keeping Patrols close together may

be easier for leaders to supervise but this will undermine the concept of the Patrol and reduce the significance and role of the Patrol Leaders.

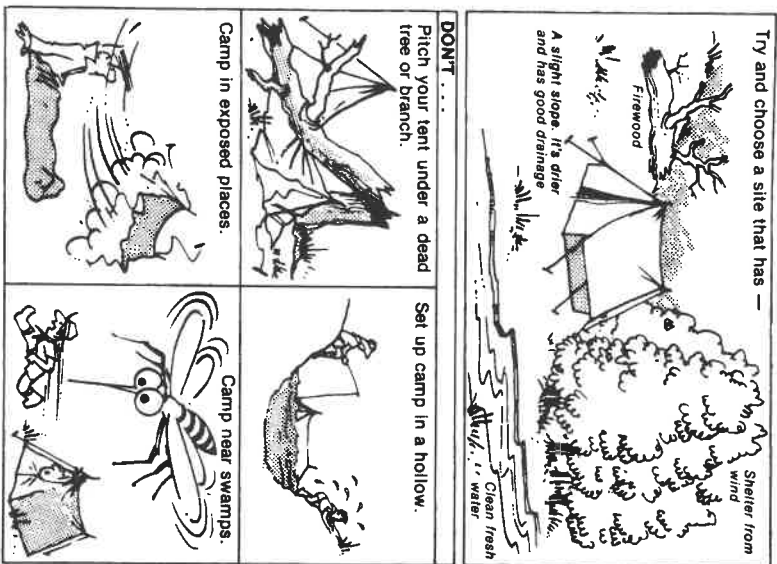
Since one of the major objectives of the Scout Section is to train Scout Patrols to camp on their own, this spread-out style of camping is essential if the leader is to accurately gauge the strengths, weaknesses and readiness of the Patrol Leaders to conduct their own Patrol camps.

When selecting a site several points should be considered including:

- Is it easily accessible?
- Is it well clear of houses and other campers?
- Is it sheltered?
- Is it well drained?
- Is there access to timber and water?
- Are supplies available within reasonable distance?
- Are there at least two ways into the site?
- Can it be evacuated quickly?
- Is it suitable for the program/activity?

Above all else, the leader should consider the implications of a site under its worst conditions – heat, wind, rain and fire.





Some of the points to be considered when establishing or inspecting a site include:

Hygiene

The importance of this is self-explanatory but don't count on the various cleansing operations being done. Advice heard at home applies such as "Go and wash your hands" or "Clean your teeth" and so on. At camp, leaders have to do the checking.

Hands must be washed after going to the toilet. A dish of water and soap or drum fitted with a tap and filled with water and antiseptic must be provided. Paper hand towels, which can be collected and burnt daily by the duty Patrol, should also be provided.

Kitchen

The method of a central kitchen where one Patrol cooks for the whole Troop is only acceptable for certain situations. For example, on a touring camp, at a Jamboree or if a Group does not own sufficient equipment to satisfy the needs of every Patrol to be camping at once.

The kitchen should be adjoining the dining shelter and needs to be about 5x5 metres. It should have a rope or pole fence to mark its boundaries and only the cooks should be allowed there under ordinary circumstances. The kitchen should not be situated where Scouts, in using defined tracks, have to walk through to get to their tents or dining shelter.



It is essential to teach that all washing be done in the camp kitchen. No one washes anything in the creek or river. The first job on the program each day is for everyone to wash. In particular, cooks at all meals must be clean at all times.

Some other points to consider:

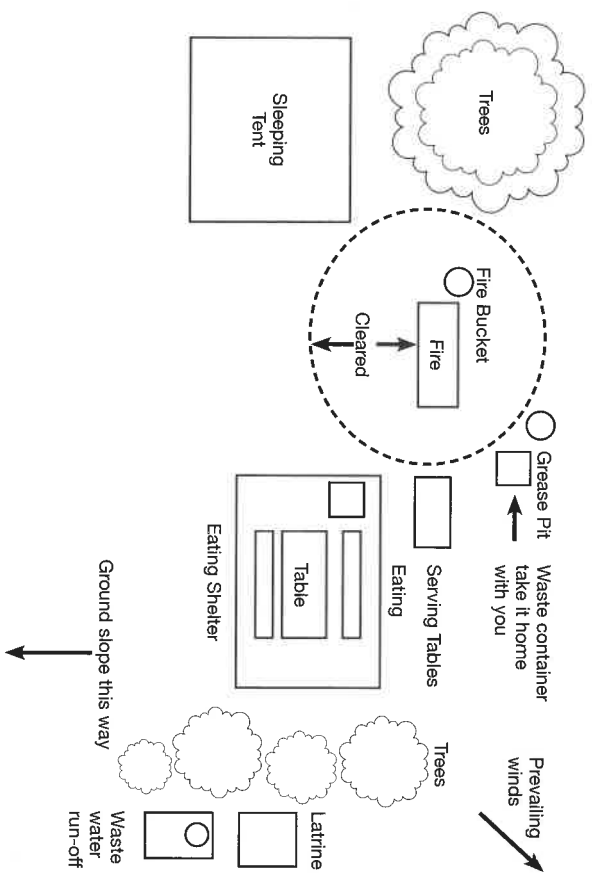
- Food storage should be cool, dry and vermin proof.
- The kitchen should be close to supplies. It should be remote from accommodation tents.
- Washing facilities should be on hand (water, bowl and soap).
- Food preparation surfaces, cooking and eating utensils should be clean and kept off the ground.
- A plentiful supply of hot water should always be on hand.

- Water supplies should be drawn upstream from the site and any activity area.
- Equipment should be correctly stored in designated areas.

Dining Shelter

A dining shelter or "fly" should be erected a short distance from the Patrol tent and convenient to the kitchen. It is best to use a tent fly pitched high with a ridgepole between two trees or high vertical poles. Both adults and Scouts should be able to stand up under it.

In some locations, it is wise to have one side of the fly low enough on the weather side to afford some protection against the rain. A tabletop may be brought and erected on a framework of bush poles. Seats may be brought or constructed from bush poles.



Gadgets

Various gadgets are fun to make and assist the organisation of meals and general comfort of campers. Examples of these are:

- Racks for hanging eating utensil bags.
- A stand for storing the food and supply boxes.
- Some means of hanging a lamp in complete safety.
- Seats and hammocks.
- Shoe rack.

Fireplace and Wood

There are many variations on fires and fireplaces. You will get many ideas when at District, Area, Region or Branch camping activities. These activities are a great way for Scouts and leaders alike to get new information. There are many resource books that sketch out various types of equipment and sitings. Your Team or District staff can assist you if approached.

Sometimes you will not be allowed to light fires. Special care should be taken with gas heating.



- Cooking fires should be away from tentage.
- Firewood should be stored tidily and ready for use. Any chopping should be in a designated area away from busy locations.
- Fire precautions should be in evidence. Kitchen fire areas should be cleared, and fire buckets with both water and sand should be ready at all times.

Latrines/Camp Toilets and Wet Pits

The camp toilet must always be erected. It must be able to be used without embarrassment or discomfort. It is the leaders' responsibility to keep it under close supervision for effectiveness, odour etc. Have a permanent screen made out of canvas with poles, ropes and pegs all in one bag. In some areas they are known as the "Kybo" – *Keep your bowels open*.

If portable chemical toilets are not used or permanent toilets are not available in the camping area, you will need to build a latrine. When siting latrines, keep to the leeward side of the camp area where possible. Take care that seepage from latrines or soakage pits does not pollute the water supply.

A hessian screen or similar type of material should surround an area 2x3 metres, supported by suitable poles. A spade should be handy for shovelling back soil. A urinal should be provided in one corner, and ashes from the fire should be placed in this to assist with keeping the odour at bay. A tin or waterproof container with toilet paper is to be provided. A night-light should be placed in a position to light the path for a young person using the latrine after dark.

Deep trench latrines are very effective but require considerable construction effort. The easiest and most usual style is the shallow trench latrine. This is simply a trench 1m long and about 30cm wide (the width of the shovel), and about 60cm deep. The earth from the trench is heaped at the side of the trench and a cover box with seat and lid placed over the hole. Care must be taken that the trench is adequate for the number of people and for the duration of the camp.

On completion of the camp, the trench must be filled in and the earth packed down. The site must be marked with a sign, "Foul Ground", and include the date the trench was closed. New Scouts should be told about using a trench latrine. As the method is considerably different from what they use at home, it should not be assumed that they will know.

A shallow trench urinal is easily constructed. Ashes from the fire thrown in the trench to a depth of about 5-8cm will assist with keeping it odourless. When leaving camp, all pits and trenches must be filled with no less than 15cm of packed earth and marked with a "Foul Ground" sign.

Tents and Shelter

Camping involves the building of adequate tentage, shelter and other equipment with the assistance of the Group Committee. There should be adequate tentage for each Patrol and it should be clearly marked and carefully stored.

Tents must be pitched on well-drained ground, never in a hollow. Imagine the tent in pouring rain and ensure the water surrounding the tent can be drained away. It is preferable for the door of the tent to face east to catch the morning sun. After the Patrol has slept in it for a night, it will need airing and "guys" checked and adjusted. It is a well planned site if the morning sun can shine into the tent during the airing process.

Each morning, sleeping bags should be rolled up and pillows placed on top so that no insects, snakes or other native animals take residence in a warm bag. While military style tent inspections were considered the best method in the past, nowadays the leaders or Patrol Leader may wish to do an unofficial check just to make sure all is "safe".

Never pitch a tent under trees that are likely to come down or near dense scrub. Sometimes Patrol tents have been ruined by falling branches which are a great danger to Scouts as well as the tent. Take special care not to sleep under certain gum trees, dead or alive.

If a tent does not have a floor, do not cut away the grass inside the tent or disturb the leaves on the floor. If you do, the tent will become either dusty or muddy.

Care needs to be taken with trenching. If trenches are allowed and must be dug, dig them as soon as the tent is pitched. On sloping ground, trenches will be required on three sides of the tent only. These must be carefully filled in before leaving. Replace all grass sods and dampen down before leaving to assist with regeneration.

Rubbish Removal, Food Scraps and Recycling

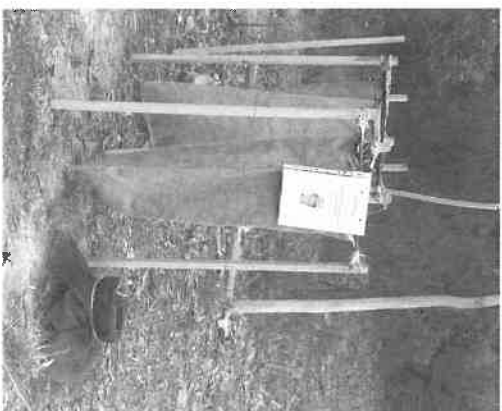
When camping away from usual facilities, arrangements must be made for the sanitary and environmentally safe disposal of waste products. These days most people expect you to take your rubbish with you so learn where the nearest local tip is to your campsite. Waste disposal should be appropriate for the site. "Carry in-carry out" is the theme.

"Clean, crush and carry out all litter" is the general rule. Each Scout should take a garbage bag or small plastic bag to camp for this purpose. As Adult Leaders, we must practise conservation. As part of your Troop's or Patrol's service to the community, take a large plastic bag with you on most occasions and fill it whilst cleaning up the environment.

Food scraps should be disposed of in a similar fashion. They should be stored in sealed bags and removed from the site.

Other points to consider:

- Non-toxic waste can sometimes be burnt prior to removal to reduce decay hazards and bulk prior to disposal.
- Patrol Leaders should have a displayed duty roster which shares the camping responsibilities among the Scouts.
- Minimum damage should be inflicted on the site. Ideally, when the campers have departed, there should be nothing left but footprints.



Safety

Every Troop should have at least two leaders in attendance over the whole period. If necessary, involve parents or leaders from another Troop. Don't have a "one-man-band" style of leadership as it is dangerous.

All adults are to sleep in separate tents as is practical. A relative distance away from Scouts also gives them a little independence for in-tent chatter before "lights out".

Never let any less than three Scouts go away from the campsite at a time and teach all bush and emergency procedures. It is important to emphasise safety at all times.

Make sure you obtain a copy of your respective Branch rules that apply to camping and hiking. They will have evolved for good reasons, based on the experience of others.

Safety should be a primary consideration for any Scout Section Leader. Often first aid only becomes necessary because safety precautions have been inadequate. We have a responsibility to return Scouts to their homes unharmed.

The main principles of safety are:

1. Eliminate unnecessary hazards.
2. Reduce the effects of mishaps through correct first aid.

The main sources of risk in Scouting include:

- Personal accident.
- Exposure and exhaustion.
- Sickness (disease).
- Exposure to anti-social or immoral acts.
- Extremes of weather or climate.
- Natural disasters.
- Overfired/fatigue.

These risks can be reduced by:

- Having a safety conscious attitude and training and encouraging others to do likewise.
- Training Scouts and others in correct practices and procedures.
- Adhering to rules and guidelines.
- Making adequate preparations and plans when programming.
- Taking proper care of equipment and using it correctly.

First Aid

In the event of a mishap, the basic principles of first aid are to:

- Sustain and protect life.
- Prevent a condition from worsening.
- Promote a recovery.
- Minimise material loss.

You should always recognise your own limitations and be prepared to seek help. Remember, "First, do no harm!" Formal courses in first aid are regularly conducted by numerous organisations. Scout Section Leaders should make use of them to develop skills in this field.

- It is advisable for leaders to have specialised first aid training. This is useful in all aspects of their lives – home, workplace, sporting events, in the community etc.
- Morally and legally we must be as prepared as possible.



- A current first aid manual and kit should be readily available.

- If you are holding a large camp it is recommended that you have a separate first aid tent with one person specifically detailed to supervise. The tent should be easily identifiable as the place where first aid can be obtained and the required equipment is stored. It also enables you to isolate anyone who has a fever or infection.

- Patrol camp planning should be checked for suitable first aid training and equipment.

Homesickness

- Remember that a new camper will often suffer from this and it may be necessary to tell the Patrol Leader to go gently.

- First time campers are often the butt of practical jokes as well as having to do the menial jobs around the camp. Leaders must make Patrol Leaders aware that these practices are not "Scouting" and are therefore not acceptable.

- Homesickness can also affect young people when there has been recent upset, death or trauma at home or school.

Fatigue

- This is a very common problem due to a number of factors including lack of sleep caused by unaccustomed hard ground and disturbances by fellow Patrol members. Another cause is excessive physical activity.

- The Patrol Leader should be told about the need for adequate sleep, particularly for the younger members of the Patrol.

- The Patrol Leader should also set an example and discourage all talking after lights out.

- An hour's "rest" period is considered compulsory during a summer camp, and when extreme heat is being experienced.

- A good night's sleep in a spare or first aid tent is often all that is necessary to cure this situation.

Headache

This may be due to very simple causes such as excess sun, tiredness or not enough water. Check the patient's temperature and if it is a high reading or if the Scout vomits, watch them carefully. If there is no improvement within a few hours contact a parent, caregiver or take them to a doctor.

Diarrhoea

Check food, water and personal hygiene as possible causes. In most cases it will settle in a day or so. It is vital that the Scout gets adequate water during the attack. It may be prudent to remove all dairy products from the Scout's diet during the episode.

Constipation

This is not uncommon on long camps and can be caused by a number of things such as inadequate water and fluid intake, change in habits, diet etc. In most cases it will correct itself with an intake of water and fresh fruit and food that contains roughage (green vegetables and cereals containing bran).

Abdominal Pain

A very worrying problem, perhaps especially with young people of this age, and one that is difficult to make fixed rules for. If there is any doubt, consult a parent, caregiver or a doctor. Treatment to relieve a girl's period pain may often be required.

Safety on Activities

Sun Protection

Australians are increasingly conscious of the danger of exposure to sunlight. It is important to wear sunsafe headgear on ALL outdoor activities. Using SPF30+ or stronger sunscreen and wearing protective clothing are to be normal behaviour.

Swimming

ALL members of the Troop must be trained in routine safety measures. Training emphasis should be on "being safe". For example, take a buddy with you at all times when you go in the water. Scouts in general and particularly leaders and Patrol Leaders, should be taught resuscitation methods and practise these at frequent intervals. The requirements of Branch policies and guidelines with regards to swimming must be known and followed at all times.

Footwear

If the Troop or Patrol is to do any hiking, boots and two pair of socks should be checked before the camp starts. It is too late after you have arrived! Training in foot care and footwear should be carried out well before leaving for a camp or hike. Blisters are painful and difficult to treat but easy to prevent. Open sandals should not be permitted in camp. Thongs may be acceptable under certain circumstances. For example, wearing thongs outside the tent, in the shower (preventing warts from the shower floor), and on the beach or at a swimming pool. Closed shoes and/or boots are to be considered the "best practice" for footwear.

Packs

Scouts need training in what to take and how to pack it. Weight awareness should be emphasised.

Junk Food

Over-indulgence in lollies, chips, cordial and soft drinks can cause problems on a camp or hike especially during travel. These foods do not contribute to a healthy lifestyle and should be discouraged.

Gas Safety



Fuels for Cooking and Lighting

There are various methods of providing fuel for cooking and lighting. Due to constraints regarding open fires it has become more popular to use LPG. This method is quite safe as long as common sense is used. It is important that leaders and the Scouts are aware of how to handle and store gas bottles and equipment such as lights, stoves and the various fittings and hoses used.

What is LPG?

LPG (Liquefied Petroleum Gas) is a mixture of light hydrocarbons that are gaseous at normal temperatures and pressures, and liquefy readily at moderate pressures or reduced temperature. It is odourless and for safety reasons, a pungent compound called Ethyl Mercaptan is added to make any leaks easily detectable.

Equipment for Use with LPG

- Gas Bottles – common sizes 1.2, 2, 3 and 4.5 kg
- Stoves
- Lights
- Barbecues
- Gas rings
- Hoses, gauges, fittings.

Testing of Gas Equipment

As mentioned earlier, a pungent compound is added to gas to provide it with an odour. However, there are other methods of testing as follows:

- Ensure you check the hoses for any signs of perishing, cuts or holes. Also check for burn marks along the hose. Ensure fittings are fixed correctly to the hoses.

- Check all burners, they should be fixed firm on the brass fittings.
- Gaslights are to be checked for cracked glass. Heat on the cracked glass could cause it to explode.
- Mantles in gaslights are to be checked each time they are used; a faulty mantle can cause the glass to either crack or explode.
- Ensure all fittings are firmly connected and not hand tight. Do not over tighten fittings as this can cause damage to their seating.
- Every time gas equipment is used it is advisable that a soap and water test be carried out on all the equipment.
- Ensure gas bottles are not past their expiry date. Check them regularly for corrosion.
- Check copper tubing on stoves for dents, kinks and corrosion.

Location and Use of Gas Equipment

As well as ensuring the gas equipment is checked there is common sense rules for the location of the equipment used. The following are *Do's* and *Don'ts* for the location of gas equipment.

Do

- Only use equipment designed for that particular activity.
- Have plenty of ventilation.
- Always follow the safety instructions provided with the equipment.
- Turn off the equipment if you begin to suffer a headache or feel sick while you are using it. Check the equipment for leaks. **WARNING** - LPG is heavier than air and therefore, the gas will pool around any item leaking and only direct air movement will disperse it.
- Keep gas bottles in an upright position and **out of the sun**.
- Protect the flames from a draft.
- Face the horizontal valves from gas bottles away from tentage (*Refer to bottle above*).

Don't

- Use gas equipment inside a tent or closed-in marquee.
- Place gas equipment within a three metre radius around and above flammable material.
- Use gas equipment when total fire ban days are announced. Refer to local rules for alternatives. (Some parks will allow the use of stoves on a concrete slab adjacent to amenities blocks).
- Try to fill your own gas bottles.
- Go away from the campsite for a period of time and not keep the gas bottles in the shade.

Lighting of Appliances

Various methods can be used for lighting of gas appliances. Matches and flint guns are the most popular. It is advisable if matches are to be used, they be the long ones specifically designed for this method of use.

Program Ideas

Using one stove, light and bottle, have the Patrol Leader or Scouter demonstrate to the other Scouts:

- The correct connection of stove and bottle, explaining the different thread patterns of the connectors.
- The need to keep the bottle upright at all times.
- The date stamping of the bottle to indicate its ten-year life span.
- The correct method of lighting the gas burners.
- The method to install a mantle on a gaslight.

Transporting of Gas Equipment

We must consider a few factors when travelling to camps and activities. The following are some tips to consider:

- If you are travelling a short distance, ensure gas bottles are sitting upright and that they are secure. It is advisable you place some soft items around the bottles.
- Bottles are not to be kept in a hot location. If parking, ensure the car or the trailer is kept in

a cool place.

- Avoid if possible the locating of bottles in the car. As gas leaks are a concern if this is the method of transporting the bottles.
- If travelling a long distance, avoid having filled gas bottles. Have them empty as you travel and fill them up as you approach your destination.
- It is advisable that you consult your State Authorities on the transportation of gas bottles.

Electrical Lighting in Camps*

Care, Containment and Transport of Batteries

- Battery care. All batteries must be enclosed and terminals shall be covered. Gel cell batteries are safest, as they will not spill if tipped over. All batteries should be recharged at the end of a weekend camp because if they are left flat for an extended period, the life of the battery will be significantly reduced.
- Car or truck style lead acid batteries must be contained in ventilated boxes to prevent hydrogen gas building up in the top of the box. They should be covered to prevent accidental shorting, tipping over and acid spill. Larger enclosures should have handles to permit easy carriage by Scouts.
- Possible enclosures can include commercial plastic battery boxes available from most auto accessory outlets, plastic storage cubes with wooden cover, and 10L plastic buckets with lid. Wooden boxes with rope handles, and metal ammo boxes lined with rubber around the upper part of the box to prevent shorting out of the terminals if the box is dented.

Note: Great care should be taken with any battery especially rechargeable ones. As most of these have a low internal resistance. What this means is they can supply more than five times the amount of current you can get out of a normal household

10A power outlet depending on the size of the battery. It's not hard to find somebody who has accidentally shorted out a car battery with a spanner and received flash burns to the hand, and put a hole in the side of the spanner.

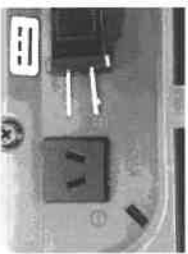
Prevention of Short Circuit and Fire

- Protection of the battery. A main fuse or circuit breaker must be installed close to battery with a current rating that will cover all the lights running off the battery. For example, most camping style 12V fluorescent lights draw around two amps each. If the battery is to feed four lights then the current capacity of the main fuse should be eight to ten amps only.
- All wiring runs from lights must have a fuse or circuit breaker at the battery end of the lead. This may be in the form of inline fuses in each lead, plugs that contain fuses or a small distribution box with fuses and outlets.
- Water is the enemy of any electrical system and consideration should be given to preventing water entering your leads, switches and fuses.

Wiring

- The size of the conductors of the leads must be of a diameter that permits enough current to pass to blow a fuse or breaker. If too smaller conductors are used, then not enough power will be supplied to the light and damage may occur to the light.

- All plugs must be of a type that cannot be accidentally plugged into a 240V outlet. See picture below.



Typical unsafe 12V DC plug and socket – outlet

Charging Systems

Care needs to be taken when developing a charging system for your Troop. In particular, solar power is a great way to keep your batteries topped up during camp. Overcharging is a risk with solar panels and must be addressed. Using one of the many small solar panel regulators that are available can solve this.

- Solar panel regulators must be used with solar panels to protect the batteries from overcharging which can at a minimum cause failure of the battery. At worst, it can risk leakage, boil the battery dry and cause fire.
- Care must be taken when charging batteries from 240V battery chargers to ensure the correct size charger is used in relation to the size of the batteries, gel or lead acid, and sealed or caps on each cell.
- On lead acid batteries, with caps on each cell, the caps should be loosened to aid ventilation during charging. Don't forget to tighten them when charging is complete.
- Batteries must be charged in well ventilated areas.
- Naked flames must be kept away from batteries when under load and during charging.

240V Lighting and Inverters

Generators and 12V to 240V inverters are finding their way into Troop campsites and the following considerations must be taken into account before taking 240V equipment to camp:

- **Care of Equipment**
Due to the very nature of all year round, open air camping, extreme care must be taken in the maintenance of portable 240V equipment. Consider six monthly checks of the equipment by a qualified electrician connected with your Troop.

- **Major Events**
Major events may declare the event to be 240V and or generator free or insist on formal

testing and tagging of all electrical equipment, which is to be used on site.

- **Prevention of Water Entry**

Steps must be taken to prevent the entry of water into any plugs and sockets on extension leads, electrical fittings on a generator and the housing of inverters. Consider clear plastic covers on all plugs and sockets to help identify water entry.

- **Portable Earth Leakage Circuit Breakers or Safety Switches**

Portable earth leakage circuit breakers should be considered in the supply to your camp if the generator does not have one built in.

- **Storage of Fuel.**

Safe storage must be considered. The fuel must be stored in approved containers for flammable liquids and clearly marked. Storage must be well away from the generator, sleeping tents,

fires for cooking and warmth and eating areas.

* Courtesy of Scouts Australia Victoria Branch.

Troop/Patrol Packing List for a Standing Camp

General

- Australian flag and Patrol flag
- Games gear

Shelter

- Tentage sufficient to accommodate the whole Patrol. In case of mixed membership, boys separately from girls.
- A separate fly for dining.
- Cooking shelter
- A store tent

Cooking Equipment

- | Kitchen | Cooking Equipment |
|------------------------------|-----------------------------------|
| - Fire irons or grill | - 4 assorted size blilies or pots |
| - Water heater: basins | - 1 large pot for heating water |
| - Camp oven | - 1 frying pan |
| - Food preparation table | - 2 cooking spoons |
| - Food box | - 2 can openers |
| - 2 water buckets | - 2 mixing bowls |
| - Fire bucket | - Aluminium foil |
| - 2 wash up buckets | - 2 cooking forks |
| - Hand washing basin | - 1 large and 1 small knife |
| - Dish scourers, cloths, etc | - 2 vegetable peelers |
| - Vermin proof food storage | - 1 egg slice |
| - Soap and detergent | - Salt and pepper shakers |
| | - Food tongs |
| | - Plastic bags |

Health and Safety

- | Tools | Health and Safety |
|-----------------------------|--------------------------------------|
| - Hand axe | - First aid kit |
| - Bush saw | - Latrine gear |
| - Spade | - Toilet and hand washing gear |
| - Trench digger | - 2 lanterns and spare wicks/mantles |
| - File and sharpening stone | |
| - Nails and wire | |
| - Tent peg mallet | |
| - Cord and rope | |
| - Tent repair kit | |
| - Torch | |

Personal Equipment Checklist – Standing Camp

<Date of camp>

BASICS	EMERGENCIES				
Pack/bag	Notebook/pencil for trek notes				
Sleeping bag	Torch (that works)				
Sleeping mat	Your own compass (if you have one)				
Hat and sunglasses	MESS KIT				
Sunscreen (30+)	Plate				
Personal medication (Notify leader please)	Bowl				
Day pack	Mug (hot and cold)				
CLOTHING	Knife/fork/spoon (k's set)				
2 Shirts	Tea towel				
2 Trousers/track pants (No jeans/denim)	Water bottle (approx 1 litre)				
Jumper/windproof jacket	Empty plastic lunch box				
3 Pairs of underwear	Folding chair				
3 Pairs of socks	TOILET GEAR				
2 Extra pairs of footwear (boots for rock activities)	Soap/shampoo				
Wet weather gear (or large uncut garbage bag)	Toothbrush and paste				
Plastic bag for wet/dirty clothes	Brush/comb				
Overalls/old gear for rock activities	Small towel				
Old gear for obstacle course, which will get wet	OPTIONAL				
	Camera				

This camp has some designated dirty/wet activities and spare clothing will be essential, with warmer gear for the night activities.

Scouts are requested not to bring any form of electronic games, CD/MP3 players, radios etc.

Packing Hints

- Take only small amounts of items – a small towel, a half used tube of toothpaste, soap etc.
- Scouts should pack their own pack (perhaps under supervision) so that they know what they have brought and where it is.
- Pack carefully and neatly to save space.

HIKING

Lightweight Hiking

Scouting retailers such as Snowgum are well stocked with food, equipment, books and advice to assist both the novice and expert backpacker. The most obvious differences when comparing standing and mobile camps concern catering and equipment. Both supplies and gear have to be carried, so the weight and bulk of these provisions need to be kept to a minimum. Whatever else is lightened, safety and hygiene standards should not be reduced.

It is important that you take the correct gear so you are adequately prepared for the challenges of the terrain and set for all weather conditions. When preparing for a hike every gram of unnecessary weight must be eliminated – **every piece of equipment and food has to be carried on your back!!!** The decision of what is essential to take and what can be left behind is critical to ensure that you have a comfortable and healthy hike.

Scouts look for enjoyment and learning experiences when they go hiking, not marathon endurance trails. A hike should not be reduced to a "Follow the leader" exercise where the Scouts do the walking and the leaders do the thinking. Through the Patrol Leaders, all Scouts should be involved in map and compass training opportunities.

Care should be exercised to ensure that a hike is not too ambitious. If the journey is too long or difficult then it may not be completed on time. Hiking parties often try to hurry, in an effort to spare unnecessary concern for people waiting at the completion point. Accidents often happen when the pace is pushed too much especially when the terrain is unfavourable.

Through Patrol Leaders, Scouts can be trained in the various skills necessary for lightweight hiking. They should be able to competently know what to do in the event of becoming lost, and they should know how to pack and provision for a hike. Particularly with reference to packing, it is most important that the Scouts, rather than their parents, do this task.



There are many simple tricks of the trade that cost nothing and require only a little thinking and effort. Half an old towel will do the same job as a new one, a small silver of soap will be enough for a weekend, aluminium foil will cook as well as a frying pan, people can live without tinned food, and it is possible to sleep without pyjamas.

The more Scouts go hiking, the more proficient they will become. A few questions should be asked at the end of every hike:

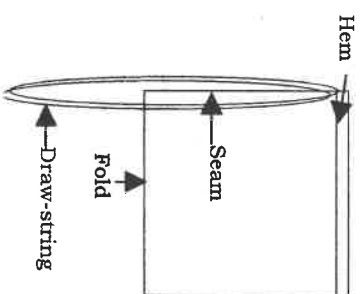
"Who has found another piece of equipment that they could have left at home?"

"Who has found another item that could have been left at home?"

"Who has acquired a new piece of gear to lighten the load or to increase efficiency?"

Every encouragement must be given to improve personal kit. Make ration, billy and eating-utensil bags. Collect lightweight screw-top food containers etc. Have a backwoodsman-type weekend where Scouts take only one (small) billy each, their normal lightweight personal gear, plus alfoil, and do their own cooking. Each Patrol is issued with a sheet of plastic to construct a shelter.

Instructions to Make Your Own Plate Bag:



Requirements: 1 piece of cotton fabric 38cm x 76cm.

Instructions: Fold in halves and run seams up sides. Stitch hem around top and thread a length of cord through hem.

(The cord should be long enough to enable the plate bag to be hung up when not in use).

Some items should always be brought, regardless of whether they are used or not. These items relate to safety. They cost little, but with training, they may save lives.

Lightweight Hiking – Some Ground Rules

- No thongs.
- Keep to the tracks where possible and follow your hike leader – keep together, no stragglers – no speedsters either, walk at the slowest person's pace.
- Take out your own rubbish, do not litter the bush: you take it in – you take it out.
- Bury toilet waste and tell your hike leader if you need a nature stop – otherwise you may get left behind!
- Place your sleeping bag in a plastic bag before packing it in your rucksack – there's nothing worse than a wet, soggy sleeping bag.
- Use a large, thick, plastic garbage bag to line the inside of your rucksack and then place all your clothes in the bag to prevent them from getting wet.

- Packs should be 10-14kg (total weight) or no more than 25% of your body weight, whichever is the lighter.

Rucksack/Backpack

Whether you have an external framed pack or an internal framed one, make sure it is comfortable. If new or borrowed, weigh it down and wear it around the house to get used to it. Is there sufficient padding on the shoulders and hips? Is the hip belt and chest strap in the right positions? Adjust the straps until comfortable. It is best if everything can fit into the rucksack.

Don't hang a billy on the outside, you may not have it at the next stop! Don't attach your sleeping mat to the top of the pack; passing trees will shred it to pieces. Don't have a pack that is too big as it will be too heavy when you fill it. Make sure you check all the seams, straps and anchor points for any sign of wear and tear. Fix any problems before the hike, nobody but you will be carrying that pack even if you have to carry it under your arm.

Sleeping Bag

This can be the most expensive item to purchase. Remember that you are not sleeping in a caravan or Scout hall, which most of the lower priced bags are designed for. Down or synthetic fill bags are the most popular. Down is good because it compacts but if it gets wet you can't sleep in it. Synthetic is bulky and weighs more but if it gets wet it can still be used. Check the temperature rating of the bag for the conditions that you expect to encounter. Sleep in long Johns or track pants. Remember, there is nothing worse than being cold at night in the great outdoors. When back home never store your sleeping bag in its stuff bag. It's best to hang it up or leave it loosely packed in an old pillowcase.

Sleeping Mat

Some people use them, some don't and the prices and ranges vary enormously. In cold weather they insulate you from the cold ground. Foam mats are far cheaper than self-inflating ones but not as comfortable.

Ground Sheet

A lightweight ground sheet is very handy – not only can you sit on it during meal breaks but it can be used as shelter in an emergency if your tent tips.

Tent

Because it is usually possible to separate a tent into three parts (fly, inner and poles/pegs) its weight can be shared between the two or three walkers using it on the trip. Pack the fly in a plastic bag to keep separate if it rains overnight.

First Aid Kit

A small, personal first aid kit should be carried by each person. Put everyone's kit together in an emergency and you'll have all that you need. Make your own, it's cheaper and don't forget lots of band aids to treat blisters. If you are using any medication, remember to take it and tell your hike leader.

Cooking

"A hungry bushwalker is a grumpy bushwalker". To cook your food you will need either a campfire or a stove. You cannot always rely on campfires; it may be raining, with little or no wood available or fire restrictions in place. Therefore a stove is recommended. There are several types of stoves around – solid fuel, methylated spirit and gas. Make sure you have a non-breakable container with extra fuel. You will also need something to cook in – aluminium billies are recommended. Don't forget a knife, fork, spoon and a mug.

Meals are a matter of taste. Breakfast should be regarded as the most important meal as it will provide fuel for you for the day. Try muesli or porridge pre-mixed with powdered milk. Bacon and eggs can be taken but only for the first breakfast. For lunch have something that requires little preparation e.g. noodles, stuffed pocket bread, cheese and salami. Dinner is the meal you have waited for all day and you need something warm and sustaining. Dehydrated hike food is very expensive and only recommended for a hike over two nights or more. Fresh meat only lasts a day, and is best if pre-cooked or frozen. Take a potato and some hard veggies (carrots, onions, celery) as it is important to remember all round nutrition. Make sure all the food can be cooked in a pot like a stew or in foil like a roast. Add some herbs or spices for extra taste.

On longer hikes it is a good idea to pack each day's food into separate self-seal bags with the day written on the front with texta. That way you're not tempted to eat too much. Always carry an emergency meal in case you forget something, get extra hungry or are delayed. An instant pasta or rice meal will do.

Snacks

Snacks are important and keep you going, so take a piece of fruit, biscuit or chocolate bar. Make up your own scroggin – dried fruit, mixed nuts, etc. (Beware of children who have an allergy to nuts).

Toiletries

You may not change your clothes often on a hike but it is still important to keep clean. Take a small piece of soap, toothbrush, half filled toothpaste (not a full one as it is too heavy), hand towel, half roll of toilet paper and sunscreen in a small container. Include a small plastic trowel to dig toilet holes. Remember to wash your hands after.

Torch

Carry a very small one with spare batteries. A head torch is great when cooking in the dark; it leaves your hands free.

Footwear

Ensure that shoes or boots are comfortable and sturdy enough to make the distance - don't take footwear that is too small or wearing out. In summer and spring, good, solid sneakers should be OK but in cold and wet weather, comfortable, waterproof hike boots are a must. Never wear new boots on a hike without first wearing them in. This will allow them to mould to the shape of your feet and to prevent blisters.

Clothing

The time of year, hike terrain and weather forecast will govern what you wear. You must be prepared for hot, cold and wet weather conditions and have appropriate clothing. If cooler conditions are expected, an extra jumper is needed. A waterproof raincoat is a must, as is a brightly coloured jacket that provides protection from the cold and dampness.



In mountain areas, days can be warm and the nights extremely cold: two thin woollen jumpers are better than one thick one. Wool absorbs perspiration and remains warm even when wet. Windcheaters and jeans are not recommended as they allow heat loss and stay damp when wet. Hike in shorts especially when it's raining. Unless you have rain pants, then change into long pants when you make camp.

Thick socks of wool mix are best. Some people prefer wearing a thin pair under a thick pair to stop blisters. Change your socks regularly.

Designer clothes are out! They will only get wrecked. Keep the weight of your spare clothes to an absolute minimum.

Other Essentials

A water bottle – take at least one litre of fresh water from home to use while walking. Water will be available where you are camping so you can refill. 600ml PET bottles are best - they are light, inexpensive and the weight can be evenly distributed throughout your backpack.

Remember to take at least one compass for your hike group and a pencil, note pad and waterproof plastic cover for your map.

Many Scouts carry their own toggle rope – a length of lashing that can be used to help climb, build a stretcher or rig a fly etc.

Other Scouts carry small personal survival kits in case they are lost or separated from larger parties. These could be contained in small tins which can double up as a billy. Contents could include bright coloured electrical tape that clearly marks a track; a whistle that cannot be mistaken for bush-talk; matches and a small candle; small mirror; mobile phone (turned off, unless an emergency occurs); some quick energy food such as chocolates and so forth.

For further information talk to the Scout Leaders as they are there to help you enjoy the hike.

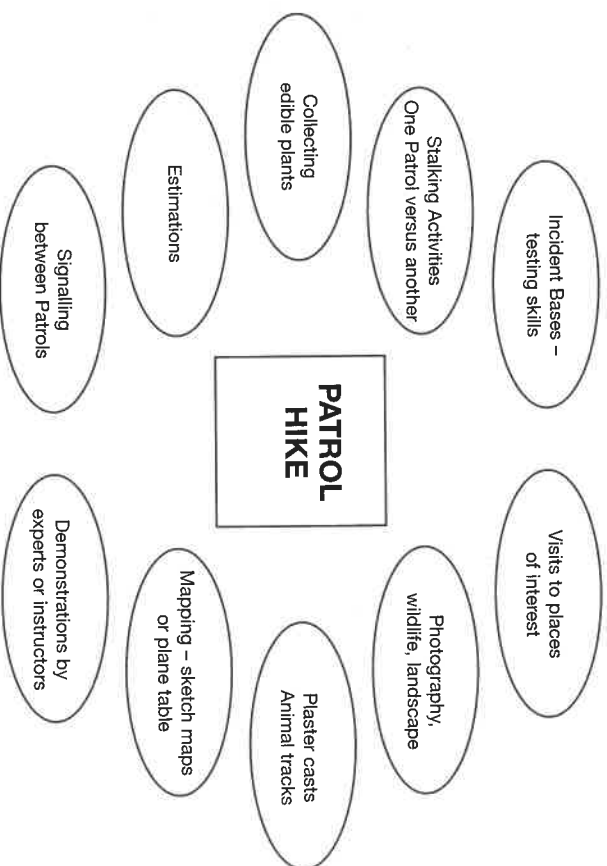
Activities for Hikes

The hike experience will develop the following things in the growth of the Scout:

- Leadership
- Team membership
- Fellowship
- Resourcefulness
- Appreciation of the environment
- Self-reliance
- Physical stamina
- Knowledge of the outdoors
- Ability to solve problems
- Making and accepting decisions.

However, these growth aspects will develop only if the training program is soundly based. Few events are as upsetting as a lost Scout or Patrol. Scouts should be trained to act intelligently in case of this unlikely event.

Activities which can be undertaken during Hikes



Ideas for Activities and Hikes

Local Knowledge

- Seek out special features, find out their history.
- Follow rivers to head waters.
- Observe the local area for making a reference map for headquarters.

Historical

- Talk to a long time resident of the local area.
- Follow old trails.
- Visit Aboriginal bora rings, gold diggings.

Observation

- Observation of a particular area during the hike for man-made variations, use of land, flora and fauna.
- Follow a trail, tracking.
- Treasure hunt.

Self-Preservation

- Live off the land.
- Wet weather hike.
- Map reading and compass.
- Backwoods cooking.
- Emergencies.
- Night hike.
- Build bivvies.

Environmental

- Sunrise hike.
- Tree recognition, conservation, insects, animals, tracking and plaster casts, star gazing, geographical features.

Citizenship

- Meet another Troop.
- Invite a friend.
- Parent and Scout hike.
- Membership hike.
- Good turn hike.

Mystery

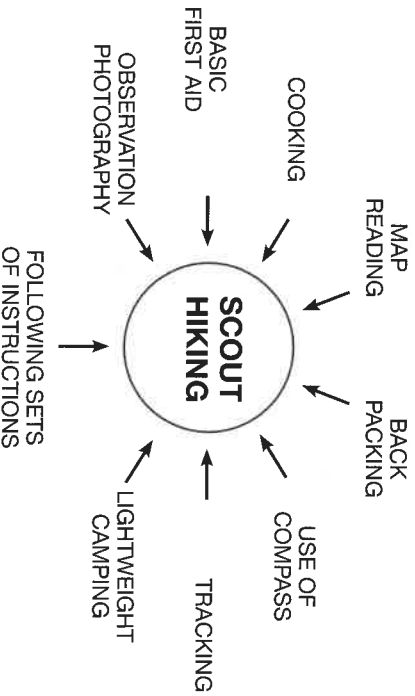
- Sealed orders.
- Stalking another Patrol.
- Map references.
- Coded instructions.

Scoutcraft

- Map hike.
- Achievement hike.
- First aid, cooking, pioneering.

Arts

- Sketching, painting, photography, collecting – driftwood, unusual stones, minerals.



Naismith's Rule

- Light Easy Going – 5km per hour
- Easy Going – 3km per hour
- Heavy Going – 1.5km per hour
- Thick Bush, Heavy Going – 0.5km per hour
- Climbing 500m per hour
- Descending 1000m per hour
- 1/3 Reduction for fit experienced walkers.
- Don't forget to allow time for breaks, meal stops, "call of nature" breaks etc.

So Who Was Naismith?

William (Milly) Wilson Naismith (1856–1935)

Brought up and educated in Hamilton, south of Glasgow in Scotland, UK. Willie Naismith's parents were both fond of the mountains. As a result, he had climbed Ben Lomond when about nine years of age. Always renowned for his walking abilities in general, in 1879 at the age of 23 he walked from his Hamilton home to the summit of Tinto and back, a distance of 56 miles (90km).

In May 1892, Naismith made a solo walk taking in Cruach Ardrain, Stob Binnein and Ben More, three of the Chianlarich Munros. From this he devised a simple arithmetical rule allowing a walker to calculate the time required for a walk. This has now been hallowed by time and is called *Naismith's Rule*.

Always active, at the age of 60 he walked from Glasgow to the summit of Ben Lomond and back, a distance of 62 miles (100km). He finished it in 20 hours including stops.

For more information on William Naismith, please go to: http://www.scotlandonline.com/directory/heritage_gscots_detail.cfm?id=267

Minimal Impact Hiking

Adapted from the "Australian Alps National Parks Bushwalking Code".

Increasing numbers of bushwalkers and hikers visiting national parks, wilderness areas and

other reserves are causing serious damage to the natural environment. Bushfires caused from large or unattended hikers' campfires, expansion of campsites, trampling and cutting of vegetation, outbreaks of gastroenteritis and the rapid deterioration of walking tracks have all become more commonplace.

Fortunately many walkers have adopted a new bushwalking ethic: *Minimal Impact Bushwalking*. Without it we run the very real danger of "loving our natural areas to death". By learning to "walk softly", we can minimise the damage to the natural environment and reduce the need for restrictions on walking party numbers and track closures.

By following our **Bushwalking Code of Conduct**, we can assist by making our natural environment pleasant for everyone and everything in it.

Bushwalking Code of Conduct

Adapted from *Australian Alps Bushwalking Code (1993)* and updated from NSW Bushwalking Federation website.

Do Not Disturb

If you enjoy the pleasures of bushwalking and related outdoor activities, you have a big responsibility to protect and preserve the natural landscape for the enjoyment of future generations. This code will help you enjoy the bush without leaving your mark.

Be Self-Reliant

Enjoy the natural landscape as it is, on nature's terms. Carry with you the things you need for your comfort and safety. For shelter, carry a lightweight tent or fly or use a cave or rock overhang. Avoid huts except when weather conditions are really bad.

Tread Softly

- Keep walking parties small in number, five people is preferred.
- Avoid popular areas in holiday periods when campsites are crowded.

- Use existing tracks: don't create new ones. On zigzag paths, don't cut corners as this creates unsightly damage that leads to erosion. In trackless country, spread your party out; don't walk in one another's footsteps. Avoid easily damaged places such as peat bogs, cushion moss, swamps and fragile rock formations.
- Wade through waterlogged sections of track; don't create a skein of new tracks around them.
- Except in really rough terrain, wear lightweight, soft-soled walking shoes or joggers rather than heavy boots.
- Become proficient at bush navigation. If you need to build cairns, blaze trees, place tags, break off twigs or tie knots in clumps of grass to mark your route, you are lacking in bush navigation skills. Placing signposts and permanent markers of any kind is the responsibility of the relevant land manager (such as the National Parks and Wildlife Service).

Watch Your Safety

- Know what to do in emergencies. Rescue operations often cause serious damage so take care to avoid the need for rescue.
- Acquire knowledge of first aid so you know how to handle illness and injuries.
- Carry clothing and equipment to suit the

worst possible conditions you are likely to encounter.

- Carry a mobile phone if you want to but only use it for summoning aid in an emergency. Keep it switched off until needed.
- Watch for the health and safety of your group. Beware of fatigue or hypothermia affecting them.

Pack It In, Pack It Out

- Don't carry glass bottles or jars, cans, drink cartons lined with aluminium foil or excess packaging. If you can't resist carrying such things, don't leave them in the bush. Remember, if you carry a full container in, you must carry the empty one out.
- Remove all your rubbish including food scraps, paper, plastic, aluminium foil and empty containers. Don't burn or bury rubbish. Burning creates pollution and buried rubbish may be dug up and scattered by animals. Digging also disturbs the soil, causing erosion and encouraging weeds.
- Carry a plastic bag for your rubbish. If you find litter left by irresponsible people along the track or around a campsite, please remove it. Show you care for the environment, even if others don't.

Be Hygienic

- Ensure you are at least 50 metres from campsites, streams and lakes, when going to the toilet. Wait until you get out of sensitive areas such as caves and canyons before defecating or urinating.
- Bury all faeces and toilet paper at least 15 centimetres deep. In snow, dig through the snow first, and then dig a hole in the ground.
- Carry out things that won't easily decompose such as used tampons or sanitary pads.
- Carry a lightweight plastic trowel or large aluminium tent peg to make digging easier.

Keep Water Pure

- Wash a significant distance away from the edges of lakes and streams so that waste water falls on soil where it will be absorbed.
- Prevent soap, detergent or toothpaste from getting into natural water systems. Similarly, when washing cooking utensils, don't use detergent and don't let oils and food scraps get into streams or lakes.
- Always swim downstream from where you draw drinking water.

Be VERY Careful With Fire

- Have a fire only when you are absolutely certain you can light it with safety. A fuel stove is preferable for cooking and thermal clothing is better for warmth.
- Always use a fuel stove in places where even a tiny fire may cause permanent damage. Places where fire lighting should be avoided include many rainforests and all alpine regions.
- **Do not light fires** in hot, summer conditions, dry windy weather, "fuel stove only" declared areas or when there is a fire ban.

Always remember:

Fire doesn't destroy aluminium foil, and plastics release toxic gases when burnt. So carry foil and plastics out in your pack with all your other rubbish including food scraps. Don't use your campfire as a rubbish incinerator.

If you must light a campfire, follow these rules:

- In popular campsites, light your fire on a bare patch left by previous fires. Don't light it on fresh ground.
- Light your fire on bare soil or sand, well away from stumps, logs, living plants and river stones (which may explode when heated). Definitely **don't** build a ring of stones as a fireplace. This is unnecessary and unsightly. Dismantle stone rings wherever you find them.
- Sweep away all leaves, grass and other flammable material for at least two metres around your fireplace. (Major bushfires have been caused by careless campers who didn't take this precaution).
- Burn only dead wood that's fallen to the ground. Don't break limbs from trees or shrubs.
- Keep your fire small. Remember, the bigger the fool, the bigger the fire.

Before you leave:

- Douse your fire thoroughly with water even if it appears to be already out. Don't try to smother a fire by covering it with soil or sand as the coals will continue to smoulder for days. Only water puts a fire out with certainty.
- Feel the ground under the coals. If it is too hot to touch, the fire is not out. Douse it some more.
- Scatter the cold charcoal and ashes well clear of your campsite then rake soil and leaves over the spot where your fire was. You should aim to remove all trace of it.

Choose Campsites Carefully

- Think twice about using a popular campsite to avoid overuse. If possible, vary your route slightly so you can find an alternative site in a less frequented area.
- Find an open space to erect your tent so it is unnecessary to clear vegetation. In difficult overgrown areas, trample undergrowth flat rather than pull plants out of the ground. A trampled spot soon recovers. Use a waterproof groundsheet or tent with a sewn-in floor and



- you won't have to worry about surface run-off in wet weather. Avoid the temptation to dig drains around your tent. This environmentally damaging practice is no longer acceptable.
- If you have to remove branches or rocks to create a tent site, replace them before you leave.
 - Leave your campsite pristine. After a few days it should be impossible to see where you were camped.

Protect Plants and Animals

- Try not to disturb wildlife. Remember, you are the trespasser.
- Give snakes a wide berth and leave them alone. They have more right to be there than you do.
- Watch where you put your feet. Walk around delicate plants.
- Don't feed birds and animals around campsites or they may become pests. Unnatural food can be harmful to many species.

Respect Aboriginal Heritage

- Many Places have spiritual or cultural significance for Aborigines. Treat such places with consideration and respect.
- Obtain permission from traditional landowners or the relevant land manager to visit sensitive areas.
- Leave Aboriginal relics as you find them. Don't touch paintings or rock engravings.

Be Courteous to Others

- The sound of radios, CD players, mobile phones and similar devices is out of place in the natural environment. Leave the electronics at home. (See note under *Watch your Safety* on page 46 concerning the acceptable use of mobile phones).
- Ensure your behaviour and activities don't disturb or offend others.
- Camp as far away from other groups as conditions allow. Don't use another group's campfire without permission.

- Leave gates and slip rails as you find them. When you open a gate, make sure the last person through knows it has to be closed.
- Respect the rights of landholders and land managers. Don't enter private property without permission. In national parks, abide by plans of management and encourage others to do so too.

When in Camp

- Do your share of getting firewood and water. When breaking camp, help to remove the remains of your fire (if you had one) and clean up the site.
- Don't throw rubbish on a fire where people are cooking. In fact, don't throw rubbish on a fire at all: carry it out with you. (See section: *Pack It In Pack It Out* on page 46). Don't step over other people's uncovered food. Offer what is required to help others in need. This could be your leader who may be carrying group safety items, someone in the group who has injured themselves or forgotten their billy, or another group who may not have communications to summon emergency medical aid. Recognise that some individuals may need your help but will never ask for it. Volunteer it.

High Country Huts

- **Don't rely on finding a hut.** They are usually only for emergency or refuge use. Always carry a tent.
- **Huts are for everyone.** Respect the rights of people who are there first but be prepared to make space for latecomers.
- **Don't leave food scraps or store food in huts.** It only clutters up the hut and encourages rats.
- **Clean the hut.** Check that the fire is out, replace any firewood that you use and close the door securely when you leave.

Minimal Impact Bushwalking means doing and leaving nothing that shows where you have been.

Sample Packing List for Lightweight Hiking

Measure the weight of all items you intend to take and keep them as light as possible.

Items

- Rucksack (with garbage liner or pack cover)
- Ground sheet
- Tent (shared)
- Sleeping bag (liner sheet and waterproof bag)
- Sleeping mat
- Hat and beanie
- Thermal underwear (long Johns)
- Walking boots (spare laces)
- Spare socks (2 pairs)
- Track pants
- Woollen jumper
- Matches (waterproof) and torch (spare batteries)
- Water bottle (one litre or two 600ml coke bottles)
- Toiletries (small towel and toilet kit)
- Toilet paper and trowel
- Hike stove and extra fuel
- Eating and cooking gear (plus steel wool and detergent to wash up with)
- Food (breakfast, lunch, dinner and nibbles)
- Raincoat (must be waterproof)
- First aid kit (lots of band aids for blisters)
- Compass and map

CONCLUSION

Remember, Scouts like the outdoors. So please take your Scouts out as often as possible and in many varied conditions. Make sure you have the required skills to lead these activities (at least have your Advanced training finished). Remember to get the "Out" into Scouting.