



First Time Campers Booklet

(Read this carefully before going to camp)

- Don't go to bed in dirty clothes: You will wake up feeling sticky, damp and cold. During the day your clothes absorb your sweat but you are moving round and your clothes are drying off so you don't notice it. At night the trapped sweat will cling to your body and lowering your temperature. It's best to keep a change of clothes just for sleeping in because that keeps your sleeping bag clean, keeps you warm and dry.
- Go to the loo before you go to bed... it saves you from having to get up in the night, stand on your PL's head and walk to the loo block;
- Don't walk on tents: The weight of your body forces dirt into the fabric making tiny holes that will leak and shorten the life of the tent.
- Don't touch the walls of a canvas tent when it's raining: When it rains the fabric of a patrol tent will swell up and fill the tiny holes between the threads. If you touch the canvas it disturbs the pattern, water will come through and it will drip.
- If you DO accidentally touch the walls during rain then run your finger down the canvas from the point it is dripping to the side wall. The drip will now be down the wall and not on you.
- Undo both zips fully on the hike tent doors then you won't damage them forcing your way in.
- If any of your tent pegs come out re-peg them straight away, it's far easier to do in daylight rather than waiting until its dark, wet and windy.
- Air your sleeping bag every day: During the night all your sweat and sometimes breath will build up in the bag, making it damp, and unless you open your bag to the air then it will still be there the following night.
- Store your sleeping bag at home inside out on a coat hanger, not rolled up: This stops the fibres from breaking and makes sure that all the moisture has gone from one camp to the next.
- Don't walk around the site in bare feet: you WILL tread on a sharp stone, bit of glass etc and cut your feet, possibly leading to infection and almost certainly you will be sent home early.
- Expect to work: Every mealtime there are certain jobs to be done and everyone works until they are all done - that way everybody finishes in the quickest time. If you are given a job and finish first, expect to help someone else until you have all finished, that way you won't ever end up the last one working by yourself.
- Always assume that birds/squirrels/insects have been crawling over you're cooking kit at camp and wash it before use.

- No food or sweets in sleeping tents: Squirrels especially will eat through tents/rucksacks/sleeping bags/plastic storage boxes and even training shoes to get to food! Leave it in the store tent or trailer where it will be kept safe.
- If smoke from the fire is in your eyes, don't rub them, just move yourself to the opposite side of the fire
- Its fun to have your torch on half the night in the tents, but you'll use up the batteries on the first night and attract all the insects in the neighbourhood into your tent. And the adults can see the torches from outside...
- Tents are not soundproof and we can hear you talking/whispering/laughing from quite a long way off.
- If you make a mess go and ask an adult for things to clean it up - if you're lucky they might even help you and if not at least you are less likely to be in trouble.
- If you hurt yourself please tell us straight away then we can help fix you. For things like minor burns from the fire, put it under the cold tap as soon as possible then you are less likely to get a blister.
- Don't make practical jokes unless you are willing to be repaid in kind AND you KNOW it is SAFE and FUNNY.
- Help others and look out for their stuff and they'll help you and look after yours.
- You can save a lot of time and worry by keeping your kit nice and tidy inside your bag with the waterproof on the top. Label everything you can as well (nail varnish to mark cutlery and plates, threads sewn into socks, underwear, labels in uniform and other clothes). Otherwise you will either get home or find something is missing, or you will spend several agonising days searching for X only for it to turn up at the bottom of your bag's extra pocket on the last day.
- Walk ROUND guy lines, don't step over them. If you trip on a guy, it can either break part of the tent or part of you. It is a good habit to get into and when you are carrying something (like a Dixie of boiling water), that is the time you will trip and end up in hospital.
- When you put up a tent, put all the small bags (pole bags, peg bag etc.) and any spare items (spare pegs, mallet etc.) inside the biggest bag. It is easy to loose a small bag or a spare peg, but difficult to loose a big bag with a load of stuff in it.
- Don't forget to flush the loo. The toilet fairy isn't on the kit list and so won't be at camp and therefore can't flush the loo after you like it does at home.
- Always take used wet bar of soap to camp! Then it can't be proved it was never used.

- All personal kit should be clearly marked with the owner's name. Breaking camp can often be a confusing time; please return anyone else's kit that has been acquired at the end.
- The camp organisers can accept NO responsibility for personal equipment, clothing and effects.
- The Scout Association DOES NOT provide automatic insurance cover in respect of such items. Please contact a Leader if you require any further information.
- We will be cooking on open fires and using axes / knives etc. Both the wood they will be using and the circumstances of its use may cause damage to clothing. All clothing, then, should be "old". Please do not wear school trousers & shoes.
- Read the kit list and make sure you pack your own gear so that you will know which clothes are yours and where they are in your bag.
- Make sure you eat, sleep and drink enough. Camps are busy, active and can be hard work as well as being fun. You will enjoy yourself more if you avoid getting hungry tired and thirsty.
- The same applies to keeping warm and dry, put extra layers / waterproofs on before you get cold or wet. Don't leave it until it's too late.
- Most campsites have a quiet time between 11pm and 8am and you must keep noise to a minimum during this period.
- On some camps you are allowed to stay up late round the campfire. This is not compulsory and some Scouts prefer to go to bed early before they are sent. Often it is the older Scouts that choose to go to bed first as they know how much work they will be doing the next day.
- If it is raining when you wake up in the morning, keep quiet, don't wake anyone else and go back to sleep. If we need you to get up we will come and wake you otherwise take the opportunity of a lay in and stay dry for a bit longer. If you forget and talk loudly and wake the leaders up we will all get up regardless of the weather!
- Take bin bags, they take no room and are great for separating clean / dirty / wet kit.
- When you get up at night it will be a lot colder outside than in your tent / sleeping bag. Keep a jumper close to hand and put it on.
- When you get up in the morning the field will be wet with dew (If not rain or snow!) Wear waterproof boots (or sandals).
- You should walk round any occupied camping areas. Do not take a short cut unless you know the group and have been invited to see them.
- If wearing sandals, don't wear socks. They get wet and stay wet all day (unless it's very hot). Result - manky feet.

- If your feet are wet at night, dry them before going to bed.
- If you see any litter pick it up and put it on the fire or in the bin. It doesn't matter if it wasn't you that dropped it as it still needs to be picked up.
- Just because the assault course is not staffed all the time does not mean you can play on it without leader supervision.
- Even if it's very hot, keep your t-shirt on. Sunburn is worse than almost anything else on camp.
- Always expect it to rain. Keep waterproof clothing somewhere convenient. Wet legs and shorts dry quicker than trousers.
- When you go to bed at night make sure you tidy up all your belongings first. If you leave jumpers and chairs out in the open they will get wet if it rains.
- Read the Kit List and if you're not sure ask a Leader. Don't assume that you won't need something – normally a fold up camp chair - and you will need it if you want to sit down.

Banned

- Aerosol cans
- Electronic games
- Mobile Phones
- Large sums of money
- Valuable watches / jewellery