

# The Headlamp



## A Message from the BC Camping Committee!

Dear BC Guiders,

We all know camping is fun but getting ready for camp isn't necessarily so. Getting ready for SOAR can be quite stressful. Worrying about travel and fundraising for it, which tents, tarps and pop ups will work best, wondering if you and the girls will have the necessary skills to deal with the possible wind and rain and considering the correct stoves and lanterns, backpacks and bedrolls can all contribute to the stress.

The BC Camping committee has tried to address some of these stressors in this edition of Headlamp. We couldn't, however, include everything in this edition. Much of this has been covered in previous editions or in our camping resource section of the website so if you can't find it here, please do check the other editions. They can all be found at: <http://www.bc-girlguides.org/web/> under Camping > [Headlamp](#) or under Camping > [Camping Resources](#)

Happy Camping!

If you need information or have ideas for Provincial Camping activities, please feel free to email the BC Camping Committee ([camp@bc-girlguides.org](mailto:camp@bc-girlguides.org))

### Upcoming Camps

- Skeeter (R) - May 19-21, Nanaimo  
<http://www.skeeter.ca/>
- More Seaside Fun (B G P) August 6-19, Camp Olave  
<http://www.campolave.com>
- SOAR July 22-29, 2017 Smithers BC
- Camp Hoidaze (B G P R A) - West Coast Area Camp Camp Olave  
<http://www.holidaze.ca>
- Mix it Up Canada (G-P) - Sept 22-24 2017, Fraser River Heritage Park



SOAR 2014 –Enderby BC  
Photo: Smug Mug

## Girl Guide camping chatter around the province:



- ◆ Congratulations to all the Patrols that will be attending SOAR 2017
- ◆ Thank you to all the Areas that are hosting Pre SOAR camps across the province
- ◆ Shout out to the all the wonderful leaders who are taking their girls to SOAR
- ◆ Big Thank you to the SOAR Steering Committee for all their planning to create an amazing adventure for BC Girl Guides
- ◆ Wow, thank you to all the Core Staff that are going to be in attendance to help make SOAR possible
- ◆ Shout out to all the Guiders across BC who are getting their girls out camping so that they will be ready to attend a future SOAR

## Stories for Headlamp



Headlamp is looking for great camping stories to be featured in future newsletters. We would love to hear about the great things that happen to everyone while they are at camp. Please share your wonderful and your not so wonderful stories with Headlamp it could be something funny, how you incorporated a great theme, how you survived a week of rain, or anything you want to share. If your story is published you will receive a prize. Please send your stories to: [camping.headlamp@bc-girlguides.org](mailto:camping.headlamp@bc-girlguides.org)



Visit the SOAR Website for the most up to date information at:  
<http://soarbc.com/>



In 2014 the whole BC Camping Committee was in attendance at SOAR and we are going to be all there again in 2017.

Were to find us:

Joy Andersen - Kispiox Range: Rangers Subcamp Team

Annalisa Adam - Kispiox Range: Ranger Patrol

Jeannie Crivea - Hudson Bay Mountain: Crafts Program

Erin Debruin - Hudson Bay Mountain: Ranger Out Trips

Terri Lynn Day - Sub camp: Pathfinder/Guide Patrol

This summer the Spirit of Adventure Rendezvous is being held July 22-29, 2017 in Smithers!

We can't wait to see you there.

*Applications are open for:*

**CORE STAFF** - No deadline. Apply at anytime to be apart of Core Staff.

You can also follow SOAR 2017 on Social Media:



Facebook



Twitter



Instagram



YouTube

## SOAR 2017 – Campfire Songs

- Fire’s Burning
- I Like the Flowers
- Alive, Alert, Awake, Enthusiastic
- Something to Sing About
- Boa Constrictor
- If I Were Not a Girl Guide
- 40 Days on an Iceberg
- Pizza Hut
- One Tin Soldier
- Make New Friends
- Say Why
- Linger
- Barges
- Taps

### Linger

*Source: Campfire Activities published by Girl Guides of Canada. Public domain. May be reproduced.*

Mmmm -mmm I want to linger  
Mmmm -mmm a little longer  
Mmmm -mmm a little longer here with you.

Mmmm -mmm it's such a perfect night  
Mmmm -mmm it doesn't seem quite right,  
Mmmm -mmm that this should be our last with you.

Mmmm -mmm and as the years go by  
Mmmm -mmm we'll think of you and sigh  
Mmmm -mmm this is goodnight and not goodbye.

Mmmm -mmm I want to linger  
Mmmm -mmm a little longer  
Mmmm -mmm a little longer here with you

### If I were not a Girl Guide

*Original source unknown. Assume public domain.*

Chorus:

If I were not a Girl Guide, something else I'd rather be (clap, stamp!)  
If I were not a Girl Guide...

Verses:

After each verse, sing all previous verses then the chorus.

An Archer I would be!  
Shoot the bow, the mighty mighty bow,  
Shoot, the bow, the mighty mighty bow!

A Birdwatcher I would be!  
There's a lark and there's a lark and there's another lark (UGH!) (repeat)

A farmer I would be!  
Sow the seed, and fertilize the weeds! (repeat)

A hippie I would be!  
Hey man, cool man, far out, WOW! (repeat)

A Leader I would be!  
Where's your socks and where's your shoes and don't forget your hat!  
Where's your socks and where's your shoes and don't forget your hat!



A printable booklet  
(double-sided) can be  
downloaded:

[SOAR2017Campfire-  
Booklet](#)





# The Good, the Bad and the Ugly of Camp Shelters



The Good (1)

The secret to being able to camp whatever the weather means having the right place to cook and complete program activities without everyone getting soaked. Therefore, having a good camping shelter is an essential piece of equipment for a successful unit trip. There are 3 major types of shelters to choose from; the sunshade, the pop-up, and the screen house, each with their own pros and cons including cost, weight, stability and weather that they can handle. However, knowing how to best set it up in bad weather can make the difference between having a successful camp and taking your shelter home in pieces.



## Sunshades

Sunshades are designed to be lightweight and portable and provide shade on hot sunny days. They will all have a roof and may have one side to provide additional shade. Some higher end models will have points for storm lashing for use in windy conditions. These shelters are really designed just for good weather, but tarps can be added to provide some further protection from the wind and rain.



The Bad

## Pop-ups

Pop-up shelters are probably the most common type of shelter used by units and are made by a wide variety of companies. While it used to be that you could only purchase commercial grade pop-ups for up to \$1000, you can now often get them on sale at Costco or Walmart for under \$100. Some companies have screen walls or solid walls to add to the canopy to provide further protection from the element, however they need to be purchased separately for an additional cost.

However, not all pop-ups are made equal as was demonstrated during SOAR 2014. The design of bracing, angle of the legs, strength of the joints, whether the canopy allows for pooling of water and overall quality of construction all effect how the shelters behave in poor weather, when you need it most. In addition, the assortment of construction types means that the weight of the units can vary greatly between units but thankfully most of the heaviest units will have wheels on the carrying cases.



The Ugly

The success of camping with pop-ups in storms requires some pre-planning. In heavy rain, you need to be prepared drain the water from the canopy to prevent pooling, and if you haven't purchased walls to go with it, properly sized tarps and necessary rope. In windy condition, storm lashing with 2 good ropes for each corner and pegging them down with long pegs is the most important thing. If you're set up in an area with hard ground, having sand bag weights will work instead. Lowering the canopy down to a mid-level position, or even lowering one side so that the canopy is on an angle to the direction the wind is blowing will also make them less prone to flying away.

Photo credits:  
Good shelter 1: Debra Legge,  
Good shelter 2: Hliary Feldman,  
Bad & Ugly shelters: SOAR 2014

Continued on the next page....

## The Good, the Bad and the Ugly of Camp Shelters continued....

### Screen houses

Screen houses not only have a roof to provide sunshade, they also have built in screen walls for added sun protection and to help keep the bugs away. Designs vary by company, but they often have multiple zippers to allow for easy entrance and exit. Some models also have built-in awnings and side covers that can provide further protection from the elements should it be needed. These models are designed more like tents, so the awning fabric is treated to maintain water resistance, and have built in points for storm lashing. Their weight is more than a sunshade but can be less than many pop-ups. While these shelters are more expensive at the outset (\$200-\$500+) there is no additional cost in preparing them for the elements and their durability with 10+year of use means that your cost per year is quite small.

One of the biggest benefits to the screen houses, especially models like the Eureka Northern Breeze that have the build-in awnings and side covers, is that even in the most trying weather that they really only need to be pegged in properly. The aluminum poles flex, which allow them withstand very strong winds quite well. These shelters survived SOAR 2014 when pop-ups in the next site were severely damaged. Even through the worst rainstorms, these shelters have made the difference between a great or miserable experience.

The best piece of camping equipment is the one that you know and can trust. So before you select a shelter, talk to your fellow Guiders, and get recommendations that fit your budget. Once you've purchased them, take them out to practice with before you go out there as being prepared will make for a great camping experience with your girls,

### Did you know...

- That you can subscribe to the SOAR website and get notifications when something new has been added. [www.soarbc.com](http://www.soarbc.com)
- The first SOAR was held in 1995 at Prince George
- SOAR has been held in Prince George, Sooke, Tail, Merritt, Parksville, Agassiz, and Enderby
- Every SOAR has been given a nick name they are: SOAK, SEAR, SILT, SAIL, SWAP, SWAT, and SPOT (Try to guess why each was given that nickname. The answer is on their website)
- In 2011 girls and leaders attended from Ireland, Ivory Coast, Mexico, New Zealand, Philippines, United Kingdom and the United States
- SOAR 2017 many have as many as 2500 participants attending from all around BC, Canada, and other countries
- Every SOAR has a visitors day where visitors can have a tour of the camp more information is on their website
- The [December 2013](#) Headlamp contains some activity ideas to help get ready for SOAR



The Good (2)

### Know Your Area Camping Adviser

Fraser Skies Area:  
Cindy McInnis

Kootenay Area:  
Tamara Mclean

Lions Area:  
Gwen Walwyn

Lougheed Area:  
Lorraine Pogue

Monashee Area:  
Kelly Shearing

Pacific Shores Area:  
Wendy Jackson

Rivers North Area:  
Laura Allgrove

SVI Area:  
Araina Golding

Thompson Nicola Area:  
Debbie Jestin

West Coast Area:  
Tammy Tromba

For information on how to contact your Area Camping Adviser, ask your District/Area Commissioner or email Joy, the BC Camping Adviser, at [camp@bc-girlguides.org](mailto:camp@bc-girlguides.org)

# The Good, the Bad and the Ugly of Backpacks

Selecting a pack is somewhat easier when you know what type of trip you are taking. Are you primarily doing day trips? A weekend trip, or are you off to do a multi day expedition to enjoy the wonders of nature? The type of trip will also decide how much gear you're carrying, so it is best to start with the pile of gear that you need to carry, and select the appropriate model to carry that gear. Here are the general guidelines for the size you'll need based on trip length.

- Day pack & overnight (35-50L)
- Weekend (2-5 days) (50-80L)
- Multi-day (5+ days) (80L+)

Once you know the size, then the trick is finding a pack that fits you right. These tips are primarily for selecting the larger packs where as with boots, you will not be happy out on the trail if your pack doesn't fit right.

## Fit

Each company has their own proprietary way of measuring torso length but are all based on a measurement from your iliac crest (top of your pelvic bone) to your C7 (the bony bone in the back of your neck). This will allow you to fit within the range of sizes available. Many pack designs will have an adjustable suspension, which will allow you to tailor the fit even more. The adjustable suspension is especially important to have in packs for girls when they are still growing, so that the pack can grow with them (to a point).

Having a comfortable hip belt is very important, as this is where you should be carrying 80% of the weight. Most packs have enough adjustment built in to fit a variety of weight sizes, but some companies specialize in packs that can be changed out to accommodate very narrow or wide waists.

Women specific packs tend to have a shorter torso, narrower shoulder widths, and curved waist belts, all of which can make a pack more comfortable. That doesn't mean that you can't get a great fit out of a unisex or men's backpack.

The right fit is one that is the appropriate size for your torso length so that have the shoulder straps being able to wrap around your & will have a comfortably snug grip on your hips. Remember that a pack will feel very different with weight in it, so try the pack out with some weight to feel how it distributes across these two points.

## Design

There are so many styles and design features, as well as sport specific packs that the options are almost endless, Here are some basic categories of features that are worth considering during your selection

- Suspension:** Most packs come with internal frames and other load support mechanisms to transfer the weight to your hips. Other features built into the suspension include ventilation and different levels of padding.
- Material Construction:** Most traditional packs are made with durable fabric to stand the wear and tare. For ultralight packs, the materials used are often less durable and will come with less options to minimize weight.
- Access:** Top-loading packs are the most common, but you can also find packs with side-access zippers, zippered front panel, a sleeping-bag compartment that will allow you to more easily access the things deeper in your pack
- Hydration:** Many packs will come with some type of hydration bladder compatible system or pockets for carrying water bottles on the side depending on your preference.
- Pockets:** There are a wide variety of pocket designs that include elasticized side pockets, hip belt pockets, front pocket, which can help you organize your gear.
- Attachment straps:** Shovel straps, side straps, gear loops, lash on points are available on various models to give you other ways to carry gear than inside your pack.





## The Good, the Bad and the Ugly of Backpacks continued....

### Packing your pack

When packing your backpack you want to be able to have a balanced centre of gravity.

- The bottom of your pack is a great place to put the things that you won't need until you stop for camp, namely your sleeping bag & sleeping clothes.
- The center of your pack is where the heaviest items should go. This includes your camp kitchen (pots, stove etc.) your food, and water supply. Remember to fill in empty spaces to maximize your space For example, fill your pot set with dish kit, spices or other food items. Your tent and clothes can then be packed around these items so that they don't shift while you're hiking. Stuff sacks of Ziploc bags can be used to organize these further.
- The top lid and outside pockets are perfect for those frequently used items such as snacks, headlamp, bug spray, first aid kit, pack cover etc.
- Items that fit well on the outside of your pack include sleeping pad, tent poles, trekking poles, which can be added to the sides of your pack or between the lid and the body of your pack. Just remember that the more that you have hanging out of your pack, the harder it will be to balance in tough terrain.

As you build experience in backpacking, you will gain an understanding about how much you actually need and the ideal placement for your typical items you will bring on the trail with you.

Like most camping gear, a good backpack can last you 10 years or more they are taken care, so while cost is always an issue, remember to keep in mind the cost per year when factoring in your decision. As you build your hiking skills, most people will find that they will own 3 different capacities to cover the full range of load carrying: a 60+ liter pack for multi-day trips in the backcountry, a 35-40 liter pack for most day or gear intensive trips, and a 20 liter or less pack for half-day adventures, side hikes, or carrying on routes.

## The Good, the Bad and the Ugly of Sleeping Bags

What is the best sleeping bag for you?

Your sleeping bag is the most important thing on your kit list. For any overnight adventure, whether it is a residential camp or hike into the back country or anything in between, it is your most important insulating layer and investing in a style that best suits your needs will help you have a better sleep. And a better sleep will mean a better adventure.

### Traditional Style Bags

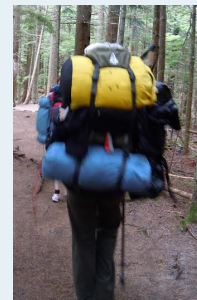
Traditional style bags that have zippers and hoods prioritize versatility and comfort.

### Ultralight Bags

Ultralight style bags are lightweight and are great for when you are going on an overnight and are concerned about weight.

### Camping Bags

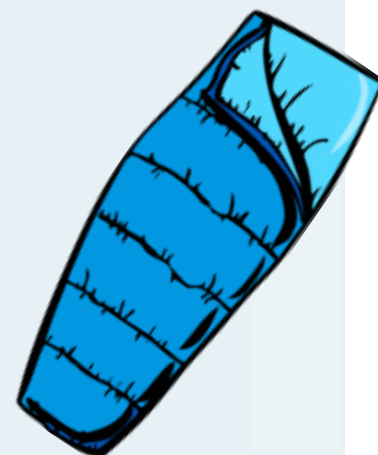
Camping bags are not for when you are worried about weight as they are heavy and are best suited for residential camping as they are a large and luxurious style of sleeping bag and offer more comfort.



The Good



The Bad



Continued on the next page....

## The Good, the Bad and the Ugly of Sleeping Bags continued....

### Insulating Options

An important thing to consider when purchasing a new sleeping bag is the type of material used for the insulation and what would best suit your needs, such as the environment and season you are camping in, as well as your budget.

Down has a higher warmth to weight ratio and is more compressible if weight and space are important for you and it will last longer than synthetic insulation which makes down a better choice for backpacking. When choosing a sleeping bag insulated with down you will want to find out what the fill power is. The fill power is the number of cubic inches displaced by one ounce of down. The higher the number the lighter, more compressible and more durable the bag will be.

Although synthetic bags are generally bulkier and heavier than down bags, they will retain their insulating properties even if they get wet. If you are going camping/backpacking where there is a strong chance that your sleeping bag may get wet and you may not yet have developed skills or tricks to keeping your pack dry then synthetic is the choice to go with.

### Caring for Your Sleeping Bag

Proper care will prolong the life of your sleeping bag. The type of insulation you have in your sleeping bag will determine how you wash and store your bag.

For a down bag to function as an insulating layer it is imperative to keep it dry. The best way to store a down bag is in a large, breathable storage bag that doesn't fully compress the sleeping bag. Down can be compressed many times and within a short period of time will return to normal for years. It is important to use a very mild soap that is designed for washing down garments.

Synthetic sleeping bags take less maintenance than bags with down and they are less fragile although the synthetic insulation fibers tend to deteriorate quicker than down does. It is important to try to compress these bags as little as possible as they will lose their quality over time. They are easier to launder though as the fibers don't seem to bunch up when wet and will dry easily.

### Warmth

To best keep warm in your sleeping bag you want to have enough insulation in your sleeping bag between you and your outside surroundings. This is the greatest influence on your warmth. The second thing is the fit of your bag as you don't want it to be too tight or too short as this will not allow the insulation to work properly. Neither do you want a bag that is too large as there would then be drafty air spaces. For those of us that are short putting a small blanket in the bottom of the sleeping bag is a good idea. Choosing a good sleeping pad is also important in colder conditions to help keep you warmer.

### Comfort

The fit of your bag will also influence how comfortable you are at night as most want enough room to move around a bit in your bag instead of it moving with you but remember if the bag is too large it can be colder. Did you know there are women specific bags? The difference between a men's bag and a women's is the size; generally a men's bag will be for someone 6' and a women's is for 5'6". Also, there usually is about 2" more space in the hip area and less space in the shoulder area of a women's sleeping bag. The insulation used in the bag can also help with your comfort as down can be heavenly while a synthetic one not so much.

### Transporting/Packing with your Sleeping Bag

Sleeping bags don't normally come in a bag that is very useful or that is waterproof. You will want to purchase a waterproof stuff sack to be able to keep your bag dry during travel, either by car or on the trail.





WHEN THUNDER ROARS.



## Lightning Safety and Camping

Submitted by Lyn Mainwaring, a Meteorologist with Environment Canada and a Pathfinder leader with the 1<sup>st</sup> Knox Mountains Pathfinders.

Each year lightning kills approximately 10 Canadians and injures approximately 100 to 150 others that we know of from stories in the media. So, how do you keep yourself, your family, and your Guiding friends safe when lightning strikes? Read the tips and information below and stay safe!



The first and most important thing to remember is that if you can hear thunder, you are within striking distance of lightning. Take shelter immediately, preferably in a house or all-metal automobile (not convertible top). If caught outside far from a safe shelter, stay away from tall objects, such as trees, poles, wires and fences. Take shelter in a low lying area.

Once indoors, stay away from electrical appliances and equipment, doors, windows, fireplaces, and anything else that will conduct electricity, such as sinks, tubs and showers. Avoid using a landline telephone.

If you are caught outside, don't stand near tall objects or anything made of metal, and avoid open water. Don't stand under a tree just because you don't want to get wet.

If caught on the water in a small boat with no cabin during thunder and lightning, quickly get to shore. Boats with cabins offer a safer environment, but it's still not ideal.

Remember, there is no safe place outdoors during a thunderstorm. Once in a safe location, remain there for 30 minutes after the last rumble of thunder is heard before resuming your outdoor activities.

Before going camping you might want to check out the [Camping and Lightning Safety page](#).

### If caught outdoors:

● **Avoid putting yourself above the surrounding landscape.**

Seek shelter in low-lying areas such as valleys, ditches and depressions but be aware of flooding.

● **Stay away from water.** Don't go boating or swimming if a storm threatens, and get to land as quickly as possible if you are already on the water. Lightning can strike the water and travel a substantial distance from its point of contact.

● **Stay away from objects that conduct electricity,** such as tractors, golf carts, golf clubs, metal fences, motorcycles, lawnmowers and bicycles.

● **Avoid being the highest point in an open area.** Holding an umbrella or fishing rod can make you the tallest object and a target for lightning.

● **You are safe inside a car during lightning,** but be aware of downed power lines which may be touching your car. You are safe inside the car, but you may receive a shock if you step outside. The lightning charge will flow around the outside of the car and dissipates into the ground. It's not the tires that protect you.

● **In a forest,** seek shelter in a low-lying area under a thick growth of small trees or bushes.

**Keep alert for flash floods,** sometimes caused by heavy rainfall, if seeking shelter in a ditch or low-lying area.



## Instant Meetings

Instant meetings are now available on the Provincial website for teaching camping skills to the different branches of Girl Guides.

### Sparks-

- Compasses
- Hike
- Leave No Trace
- Getting Ready for Camp

### Brownies-

- Compasses
- Hike
- Knots Training
- Leave No Trace
- Trail Signs
- Things we need at camp

### Guides-

- Compasses
- Hike
- Just Basic Knots
- Trail Signs
- Fire
- Leave No Trace -
- Amazing Race

### Pathfinders-

- Compasses
- Hike
- Survivor Uknknot
- (You Can Not)
- Leave No Trace -
- Amazing Race

When you have fulfilled the requirements, complete the **BC Crests Order Form** found on the BC Girl Guides website <http://www.bc-girlguides.org/> (click on Camping > Camps to go). Instructions on how to order the crests are provided on the form.

## The Good, the Bad, and the Ugly: Tents

Did your tent make it through the storms of SOAR? Are you looking to replace your personal tent, or your district or area tents? Or are you just wanting more information for when you are ready to buy your next tent? The website is full of a vast amount of information on how to choose a tent and where and what to buy. Unfortunately, all of this information can be very overwhelming. I've tried to condense much of this information to just the basics.

Before buying any tent you need to determine:

When you are going to use the tent - seasons and conditions

How many people you wish to sleep - size and shape

Where you want to go - weights and features

What you have to spend - cost

### **Seasons & Conditions:**

Tents are generally divided into two seasonal categories of three and four season tents. Three season tents (suitable from spring to fall) are lighter, cooler and cost less than the four season tents but are less able to withstand snow and heavy winds. For Guiding purposes a three season tent will generally be the best choice. However, many tents sold as three season tents are not. Before buying any tent check the tent material and features carefully. Bargain tents are very seldom a bargain.

### **Size and Shape:**

Tents range in size from 1 - 8 man tents. The number only considers how many bed rolls (183 x 50 cm) can be laid down without touching. It does not mean that many people and their gear can be comfortable. You will need approximately 1.8 to 2.3 square meters per person. Avoid overly large tents as the girls will struggle putting them up.

The shape of the tent, vestibules, and height will also affect the camping comfort. Although girls are usually much more limber than their Guiders, they still seem to need to stand up to get dressed

### **Weights and Features:**

Tent weight may be listed as maximum and minimum weights. Go by the maximum weight as it includes the stakes, guy lines and stuff sacks. You will also need to factor in the footprint or ground sheet weight and tarp weight if you haven't bought a tent with a full fly. A 4-person tent will weigh roughly 8-12 lbs.

Tent features - here's where it can become tricky. Tent materials, zippers, doors, poles, vestibules, ventilation, rainflies, and loops are all important and can literally make or break your tent. Tents are made from nylon or polyester or a combination of both. (Canopy of nylon and rainfly of polyester). Nylon is lighter and more abrasion resistant than polyester. Polyester is more water resistant. Nylon is sold in terms of its denier - the higher the number the stronger and heavier the fabric. 40D to 70D is common. The fabric may also be listed in terms of its waterproofing. These numbers will range between 1200-3000 mm. Again the higher the number the more waterproof but heavier it will be. Regardless of the fabric you will need some ventilation to prevent humidity accumulating in the tent. Mesh panels are usually inserted in the ceiling, doors and windows. Two doors can increase set-up options and ease of access but also increase overall tent weight. Door zippers can also be a problem. Girls tent to go in and out of the tent multiple times a day thereby putting a huge strain on the tent's zippers. Be sure they open and close freely without binding on any of the fabric. Plastic and brass zippers won't corrode when wet but are not as strong as the steel or aluminum ones. Closing all zippers prior to staking out your tent will avoid adding extra strain to the zippers.

**Rainflies** come in all shapes and sizes from the tent top beanie to the full fly. I personally would never buy a tent without a full fly. A full fly is well worth the extra weight and in most cases eliminates the need to tarp your tent.



## Tents continued...

**Vestibules** are covered floorless areas created by the rainfly and outside the main canopy of the tent. They allow you to have a cleaner more spacious tent interior and a place to store dirty, wet and often stinky boots and gear. If you have two doors you will likely have two vestibules. They are a huge advantage in small 2 and 3 man tents.

**Tent poles** can be hubbed (pre-connect 2 or more poles) or traditional. Hubbed poles are quick to set up, eliminate the need to keep track of poles but are harder to repair. Traditional poles are also easy to set up and are much easier to repair. Poles are usually made of aluminum, fiberglass or carbon fiber. Aluminum has the advantage of being strong and light. Fiberglass poles are heavier and susceptible to splintering. Carbon fiber is stronger than fiberglass but more expensive. Poles will either be shock-corded or fitted. Either way the canopy will attach to the poles either by clips, Velcro flaps or through a sleeve or a combination of two. Clips are easy to set up but sleeves are stronger.

Choosing a good tent can result in a long term investment. Cost often dictates the type of tent you can buy but remember to consider the cost per year factor. If you have to replace a tent every couple of years, you have not purchased a bargain. Any reputable dealer can and will help you when choosing a new tent. Don't be afraid to ask questions and look at many before you buy.

### Happy Tenting

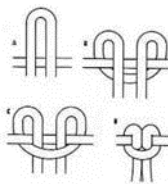
## Storm Lashing

The best way to protect your tent from strong winds is to correctly set up and position your tent and to run extra storm lines from the poles and fly. How and where you apply these lines depends on the design of your tent.

**Set up:** A sloppy set-up means more work in the long run. If possible your tent's main entrance should face downwind, with the long axis aligned parallel to the wind.

### Self-supported A Frame tents:

Attach twin lines directly to the poles and crossbars as you would with the traditional A frame tents. However be sure you reach up under the fly. Use a Lark's head knot to attach the extra lines. An ach line to the frame and not the fabric.

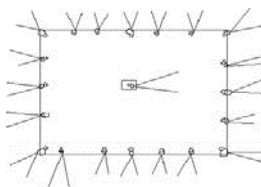


**Dome tents:** Prepare a rope ring for the top of your dome tent or pop-up.

To make this rope ring tie a rope together with a reef knot. Suspend at least 4 double guy ropes from the ring by lark's head knots. The size of this ring will depend upon the size of your tent or pop-up. Place the rope ring over the dome of your tent or the top portion of your pop-up. Extend guys at 45 degree angles and secure them to the ground.

**Flys:** Many flys have extra tabs provided for extra guy lines. Check these to be sure they are reinforced before attaching extra guy lines.

**Kitchen Tarps:** The best way to storm proof your kitchen tarp is to customize it at home before camp. If you sew extra loops on your tarp, be sure to back all of these with heavy material. Seal all sewn seams. Use a trucker's hitch to tighten tarp lines.



The Good



The Bad



The Ugly



Free Standing Tent



# Tent Care



## Tent Care in the Field:

1. **Select a good tent site:** a small, smooth level site with nothing that could rip or poke holes in your tent. Follow the leave No Trace principles: "Good campsites are found, not made".
2. **Use a groundsheet:** Footprints (custom-cut ground cloth) are best but not the only thing that works. Any groundsheet will help protect the floor and help keep water from collecting under the tent. Be sure all excess material is tucked under the tent.
3. **Pitch the tent correctly:** Keep the guylines taut and the fly away from the top and sides of the tent
4. **Leave boots outside:** Dirt and debris tracked inside the tent will encourage wear
5. **Avoid the sunshine:** Camp in the shade if possible and use the tent's fly to protect from the ultra violet rays
6. **Protect your poles:** Don't whip the poles around or leave them where they will be stepped on.
7. **Strike the tent correctly:** Shake out dirt, remove stakes and put them in the bag, separate poles with shock cords in the middle rather than starting at the end and fold you tent differently each time.



## Tent Care at Home:

1. **Set it up at home first:** If you have a new tent be sure all the parts are included. Become familiar with the set up. Pitch your tent at the start of each season to ensure it is in good repair
2. **Store it properly:** Be absolutely sure your tent is dry. If you have space store it loosely in its stuff sack. Avoid damp or hot storage spots.
3. **Cleaning a tent:** Use a soft sponge, cold water and a non-detergent, non-bleach, non-perfumed soap. Because these are hard to find purchase a tent cleaning product from a good gear store. Any cleaning will reduce the water repellency of your tent so consider any cleaning carefully. Never use a machine wash!
4. **Seams and waterproofing:** Well worn tents will need to need to have the waterproofing retreated and will often need the seams re-sealed. Water should bead on the outer surface of your tent. If the walls or fly begin to sag due to rain or dew, you will know it is time. Use products sold especially for tent care.





## Trading Etiquette .....

### Helpful hints for your Traders or Swaps or Hat crafts

#### Preparing to TRADE or SWAP

- Make as many traders as you want. Make a few extra in case you meet someone who has nothing to give you in return as some girls may not have any.
- You may also want to make extras as “thank yous” for camp staff and others you meet at camp.
- Keep your trader organized. Have something use to display your “trades” and something to keep your “keeps” in.
- Never use food items in your trader crafts. They will deteriorate over time, and will attract bugs.
- All trader materials should be weather-proof and made to last.
- Traders don’t have to be complicated or expensive. Instead they should be hand-made and have a connection to your girls, your community, and the camp you are at.
- Traders don’t have to be a hat craft. They could be a pin, crest/patch, or bracelet, for example.
- Make sure that hat crafts have safety pins attached, so that everyone can attach their new items to their hat right away.
- You may wish to attach a little tag to the trader. The info on the tag may include your name, unit/group name, city, and the event you are at (example Suzy, 7<sup>th</sup> Silver City Guides, SOAR 2017). It is not recommended to list your full name or contact info

#### During the TRADE or SWAP

- When you are trading, keep the items not for trade in your “keeper” bag/ container.
- If someone wants to trade with you, and you already have what they are offering, trade anyhow... you can always trade your extra with someone else or gift it to a friend or guider.
- Not everyone has traders that are as nice as yours. Be polite to all girls who trade with you, and don’t refuse to trade with anyone.
- Some girls and guiders may wish to trade a hat craft for a hat craft, a crest/patch for a crest/patch, or a pin for a pin

#### After the TRADE or SWAP

- Always remember to say thank you.
- Don’t say negative things about any trader you receive. Everyone works hard to make their traders.



## Traders Corner

### Bedroll Camp Hat Craft

#### Supplies

blue fun foam - 5x11 cm  
green felt - 10x10 cm  
plastic sandwich bags, split at the seams to become 2 squares  
string

#### How to make:

1. Lay out plastic "groundsheet"
2. Place your blue foam "mattress" in the center
3. Fold a piece of felt in half (sleeping bag) and place on foam
4. Make a packers knot in one end of your string so you are ready to tie your bedroll when rolled
5. Fold groundsheet over the top of the sleeping bag and then into the center from both sides
6. Starting from the top, tightly roll the bag making sure to keep the sides of the ground sheet tucked in as you roll
7. When you get to the bottom use a V-fold to tuck in the end of the ground sheet so no loose ends are showing.
8. Secure the bedroll with your string the same as you would a real bedroll



Looking for more Trader/SWAPS craft ideas? Try the all traders/ hat craft/SWAPS addition of FunFinder [December 2012](#).