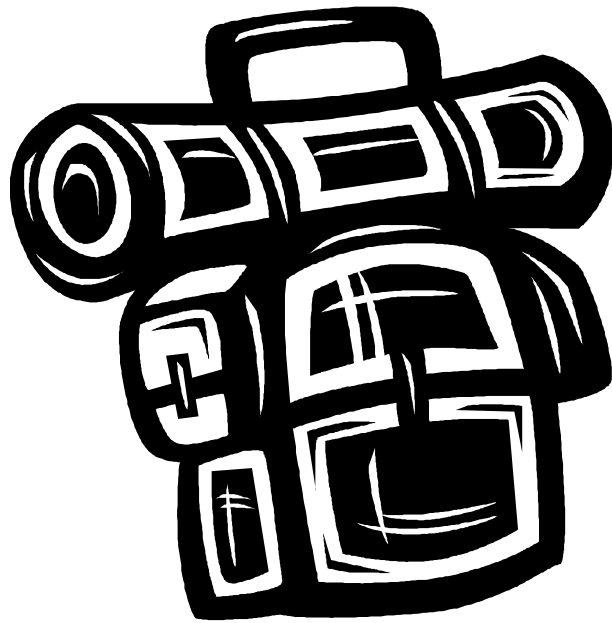


Guide

Camp Skills



Year 3

This booklet is a guide line of what should be covered during in each session. How each session is taught is up to the facilitator. Some hands on training should be done for each section.

Location

Guide Camp Skills will be held in 2 locations each year in NB or PEI. The hosting area will be responsible for finding a location and facilitators for the event. Camp Skills will be held in June of each year. Camp Skills will be held rain or shine so the location will need to accommodate the event regardless of the weather.

Registration

Registration will be held from 9:00-9:30 on the day of the event. Each unit will need to check in with the register upon their arrival. Each patrol will be assigned to a group for the day. They will travel from station to station with this assigned group. The cost of the event is \$5 and is to be paid when the unit is registered.

Schedule

	Packing & Bedrolls	First Aid	Camp Duties	Health & Hygiene
9:30-10:50	Group A	Group B	Group C	Group D
10:50-12:20	Group D	Group A	Group B	Group C
12:20-12:50		Lunch & Traders		
12:50-2:20	Group C	Group D	Group A	Group B
2:20-3:50	Group B	Group C	Group D	Group A
3:50		Closing		

Crest

Crests will be provided by Provincial Camping Exec for you to hand out to each girl registered for the Camp Skills Event. All unused crests are to be returned after the event is completed.

Packing & Bedrolls

In this section, there should be example of the proper way to pack and the girls should be able to do some hands on packing. Show how bedrolls are to be done and then have the girls practice, same goes for packing, show the girls how much more you can get into a duffle bag when things are packed into baggies and the air is taken out.

Packing

- 1) all items should be labeled with campers name.
- 2) medications should be given to the first aider at the camp and should be in their original containers and in a zip lock bag with your name on it. This does not include Epi-pens and asthmatic inhalers. These items should be kept on yourself at all times.
- 3) Bedding should be in a waterproof sac or a bedroll. **No Garbage Bags**
- 4) Clothing should be in a backpack or duffle bag with pockets to store the items that you may need in the night like your flashlight.
- 5) your clothes should be packed in zip lock bags to keep them dry.

Kit list

Bedding (in waterproof sac or bedroll)

- sleeping bag
- flannelette sheet inside sleeping bag for liner
- warm blanket
- air mattress and pump
- pillow
- Bed buddy
- 8x10 tarp and 15' of rope to make bedroll

Clothing (packed in Ziploc baggies)

- camp hat – should be on head when arriving at camp
- uniform – should be wearing when you arrive
- sturdy shoes/sneakers (no open toes)
- warm pants/sweatpants (no jeans)
- shorts
- long sleeved shirt
- t-shirts (no halter tops or sleeveless tops)
- underwear to change daily plus extras
- socks to change daily plus extras
- PJ's
- hooded sweatshirt
- jacket
- stocking hat
- rain suite
- rubber boots
- camp fire planket

Day Pack

The items in your day pack would be anything you would need for the day while you are away from camp.

- full water bottle
 - sun screen and sun glasses
 - lip balm (with SPF)
 - tissues (in zip loc bag)
 - insect repellent (non aerosol)
 - flashlight/extra batteries
 - rope
 - personal first aid kit
 - extra zip loc baggies for wet items
 - extra socks (in zip loc baggie)
 - pen, pencil, and paper (in Zip loc baggie)
 - rain gear & rubber boots
 - sit upon
- Optional
- camera

Dish Bag (in a mesh bag with a drawstring)

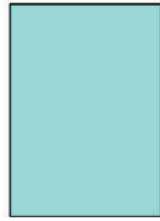
- Plastic plate
- plastic bowl
- plastic glass
- fork/knife/spoon
- plastic mug with a lid
- j-cloth or dish towel
- clothes pin

Hygiene (in a 4 liter container with lid)

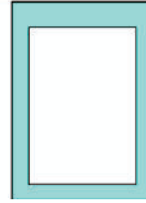
- facecloth
- small towel
- soap in container
- deodorant
- small plastic glass
- toothbrush and tooth paste
- hairbrush/comb and hair elastics
- extra zip loc baggies
- sanitary supplies – small paper bags

Bedrolls

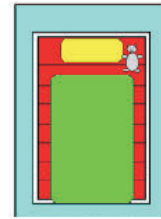
1. Lay out ground sheet



2) Place mattress pad in center on top of ground sheet.



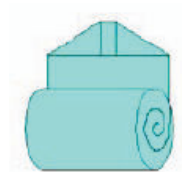
3) Place sleeping bag on top of mattress pad and then place extra blanket, bed buddy and pillow on top of sleeping bag. You can add an optional sheet inside of your sleeping bag before putting it into the bedroll.



4) Fold sides of ground sheet over on top of everything.



5) Fold ends like a present and roll tightly tucking the ends inside the roll.



6) Make a packers knot in one end and slip the rope through the



of the rope. Place rope around the bedroll at one knot. Pull tightly.



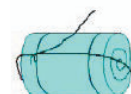
Hold the rope here and then wrap

around the end of the bedroll

Slip under the rope and pull tightly

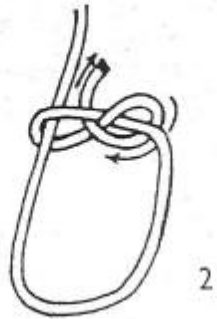


Wrap around the bedroll end to end

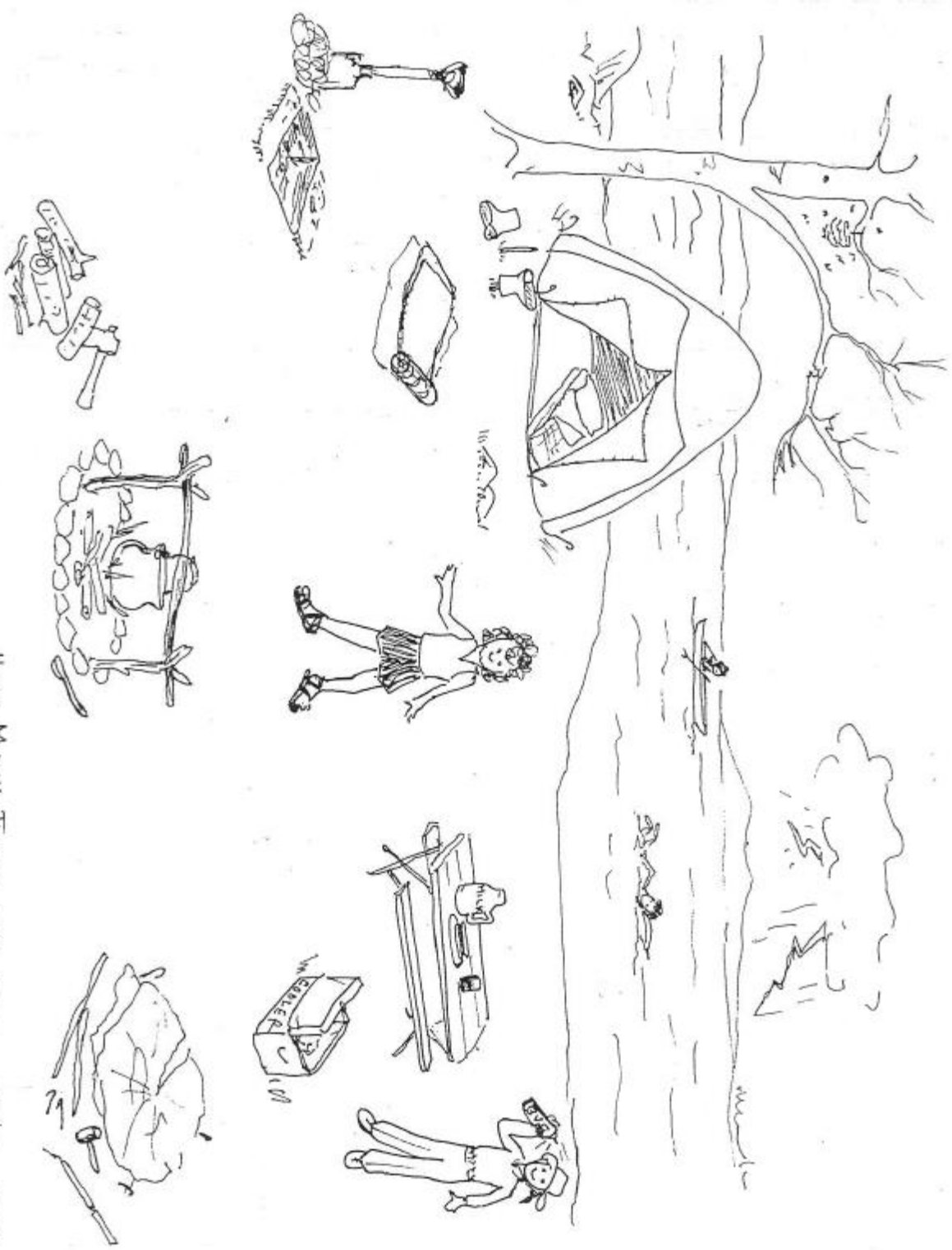


Slip the rope under the rope where you started and tie with two half hitches and pull tight. Extra rope can be wound back and forth to form a handle.

Packer's Knot



How Many Things Are Wreng At This Camp



Camp Duties

Wood & Water

- 1) Keep an adequate supply of wood at fire area
- 2) Cover wood each night or during day if raining
- 3) Lay and cover fire at night.
- 4) Collect dead wood throughout the day for campfires
- 5) Keep filled water buckets and extinguishers at cook fire
- 6) Keep all water pots full near the campfire

Sanitation

- 1) Keep litter off the ground
- 2) Replace plastic bags in garbage cans as necessary
- 3) Waste water disposal pit:
 - make sure it is draining and straining
 - clean straining screen
- 4) Latrines
 - sweep floors and walls
 - scrub with $\frac{1}{4}$ cup of disinfectant to 1 pail of water
 - Seats and toilet bowls
 - clean toilet bowls with small mop
 - put water down toilets – extra water if needed. Instruct everyone to go easy on paper
 - make sure water buckets for toilets have a good supply of water (if necessary)
 - replace toilet paper as needed
 - wash sinks and counters
 - refill water bottles for hand washing, ass 1 tsp of javax
- 5) Mess
 - wash table with J-Cloth and 1tsp javax in warm water
 - set tables with dishes, utensils, etc.
 - after meals clean up wet garbage in appropriate bin and dispose of all liquid waste.
 - clear tables and set dishes beside dish washers
 - scrub tables with hot soapy water, rinse with 1 tsp javax in warm water.
 - wash out mess rags and hang to dry
 - pick up any garbage on ground
 - sweep if necessary
- 6) Dishes
 - set up dishpans
 1. wash – hot soapy water
 2. rinse off soap (water has 1 tsp javax or detol)
 3. rinse in clear water
 - wash pots and pans and return to house
 - wash dishrags and dish towels, rinse in Javax and hang to dry
 - dispose of wash water in waste water disposal pit
 - rinse out dishpans

7) Cook

- light and keep fires going
- carry food from house or coolers
- prepare and cook food under supervision
- pour drinks and serve or lay out food
- pack up leftover food and return to house or coolers

You can play games with the girls to help learning these tasks more fun.

Write patrol duties down on individual cards. Place cards face down on the floor some distance away from the girls. When a signal is given the first girl in each patrol runs and picks up a card and takes it to a leader and tells them which patrol the duty belongs. The first group finished is the winner.

You could also give each patrol a camp duty and then place cards all over the floor with tasks and have them find the tasks that fit into their duties. The first patrol to find all of their cards wins.

Another one could be Garbage Collection:

Have 2 set of cards marked with different kinds of garbage (1 for each team). Set up 3 paper bags and mark one "Wet", on "Dry", and one "Burnable".

Place the cards at one end and the bags at the other. The girls must run to the cards, read it and then run back and put the card in the proper bag. Once each team has finished the leader reads out what should be in each bag and the girls can check and see how they did.

Health & Hygiene

All of your toiletries needed for camp should be packed into a 4 L container with a lid.

Your container will contain the following items:

- facecloth
- small towel
- soap in container
- deodorant
- small plastic glass
- toothbrush and tooth paste
- hairbrush/comb and hair elastics
- extra zip loc baggies
- sanitary supplies – small paper bags

Each night before bed you should take the time to wash up. Cleaning off the sunscreen, and bug repellent as well as brushing your teeth. Take everything out of your 4 L bucket and fill your bucket about half full with warm water. This now becomes your wash basin. Thoroughly clean all parts of your body. Once you have finished rinse out your face cloth and hang to dry. Then take your glass and put drinking water in it. Apply toothpaste to your toothbrush and brush your teeth, using the water in your cup to put on your toothbrush and to rinse when finished and you should then spit into your 4 L container.

Once you have completed your teeth, you would dump your 4L container in the proper waste water pit and then rinse the container with clean water and dispose of that water in the waste water pit. Dry out your container with your hand towel and place all of your items back into the container and put the lid on.

This process is then repeated as part of your morning cleanup.

If you are at camp for longer periods of time, a shower might be necessary. Using a solar shower takes a little more planning.

A solar shower is a black rubber bag that is filled with water and is heated by the sun so that a person can take an outdoor shower. The simplest type of solar shower consists of a small bag, generally around 5 gallons (19 liters), usually made of something like a flexible PVC coated black or dark gray. An opening hatch at the top can be put over a spigot to fill the bag, and at the bottom a flexible plastic tube comes out, which allows the user to direct the water where they want. Generally a solar shower of this design will also have some sort of spigot on the end of the tube, allowing the flow of water to be easily stopped.

The solar shower is filled with water, and then hung in a tree, or on the side of a building, in the hot sun. It is allowed to sit for some time to heat up, generally on a relatively warm day, with 70 degree Fahrenheit (21 Celsius) temperatures; a solar shower will heat water up to a good shower temperature

of around 110 degrees Fahrenheit (43 Celsius) in three hours or less. Once heated, the user can simply stand beneath it, and use the plastic tube to direct the flow of hot water over their body.

You will also need to build yourself a shower stall. The easiest one is by taking a hula hoop and hanging a shower curtain or tarp on it and then hanging it in a tree. This will also give you something to hang your solar shower from.

First Aid

When we are injured or suddenly unwell, what we want and need is someone to help us – someone who knows what to do. First aid is all about helping people in situations like this.

First aid is: help given to a person who has been hurt or is suddenly taken ill. First aid is the steps you can take before a person gets expert medical help. First aid can sometimes save a person's life, but more often it is help given in an everyday accident or illness.

Basic First Aid Kit

Each girl should carry her own basic first aid kit whenever she goes on an outing. Her kit should contain:

- band aids
- gauze squares
- tape
- alcohol swab
- cotton balls, gloves
- safety pins
- pencil & paper

First aid is important because it can save lives, but it can help you do a lot more:

- You can spot dangers
- You can help someone who has had an accident
- You can help someone who has suddenly become ill
- You can get help in an emergency
- You can help someone who is very upset

First aiders are never required to place themselves in a situation which might put them in danger. Remember, you cannot help a victim if you become a victim yourself.

When a first aider is called upon to deal with a victim, they must always remember to safeguard themselves in the first instance and then assess the situation. Only after these steps are completed can treatment of the victim begin.

As you approach the scene, your goal is to gain as much information as possible about the incident. Try and build a mental "picture" of the situation in your head. Details you observe can help you care for your victim, especially if the injury or illness is not obvious.

This can be started with an initial responsiveness check as you approach the victim. This is best as a form of greeting and question, such as:

"Hello, I'm here to help you. Are you alright?"

The best result would be the victim looking at you and replying. This means that the victim is alert at this time.

Cover the basics with the group:

- Head injuries—if there is swelling, loss of consciousness, vomiting, change in the size of pupils of the eye, dizziness, or speech changes, call 911.
- Broken bones—do not move unless in immediate danger; keep quiet and warm; do not try to straighten bone.
- Burns—with reddened to blistered skin, immerse in cold water; if skin is destroyed, call 911 and do not do anything to skin.
- Bleeding—to control, apply firm, steady pressure with covered fingers or hand over the wound itself, and elevate.