

Guide

Camp Skills



Year 2

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

	Cooking	Menu & food storage	Campfires and fire safety	Stoves & Lanterns
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.

Cooking

Foil Cooking

Cook on a bed of glowing coals using heavy duty aluminum foil. The foils should be large enough to wrap around food and fold all edges securely for a tight seal. Leave some space for expansion when you wrap your raw foods. You must keep steam and juices inside package.

On heavy duty foil, place meat, potatoes, vegetables, seasoning etc, add cream soup on top, fold up foil and secure ends, place over coals, turn and rotate often until food is fully cooked.



Tin Can

To make remove like from one end of the tin can using a can opener. This is the bottom of the stove. While wearing gloves, use the tin snips to cut a 3"x3" door on one side of the tin can from the open end. Punch 2 or 3 small holes on the opposite side of the door for air holes. It can be used with a small fire or Buddy Burner fire. Place the can over the lit buddy burner and allow the can to heat up.

You can easily cook things like French toast, pancakes or grilled cheese right on the top of the can.



Box Oven

A box oven is a cardboard box with flaps completely covered in tinfoil with the shiny side out.

To use the oven, place the pan with the food to be baked on a footed grill or something similar over the lit charcoal. The grill should be raised about 10" above the charcoal. Close the box oven. Make sure you have some air circulation for the charcoal or cut air vents in the box. Control the baking temperature of the oven by the number of pieces of charcoal you use. Each piece of charcoal supplies 40 degree of heat. Construct the box so that the door can be opened easily to view items being cooked.

You can easily cook, bread, brownies, cookies, pizza, roast chicken, etc. It works just like a regular oven. Items that take 30 min or less work the best.



Menu Planning, Food Storage & Clean Up

Menu Planning

- 1) Determine how many days of food you will need.
- 2) Make a plan for each meal. You will need 3 meals per day, breakfast, lunch and supper, plus snacks. Each meal will consist of a main dish, a side dishes, drink and a dessert. Adjust your camping gear list to plan for the appropriate cups, plates and utensils needed to prepare and eat each meal.
- 3) Create a balanced menu to provide ample energy. During the camping trip, you will participate in high-energy activities such as hiking, fishing or bike riding. The foods on the menu should provide a balanced amount of lean protein, good carbohydrates and healthy fats. For example, use fresh vegetables or dried fruit as side dishes for good carbohydrates and raw, unsalted nuts as a snack for healthy fats. Other food ideas for a balanced menu include oatmeal, fruit bars or granola bars for carbohydrates, trail mix for healthy fats and lean meat or sliced deli meat for protein.
- 4) Plan ahead and prepare the food before the trip. Make a grocery list and purchase perishable foods a day before the trip. Pack the food accordingly in a camping pantry or cooler packed with ice. You can use vacuum sealed bags or zip-lock bags for dry goods such as oatmeal or cereal. Pack materials for food preparation such as a spatula and clean-up materials such as rags.

Food Storage and Refrigeration

- 1) Plan to use perishable foods quickly and in the first few meals
- 2) Do not leave any food out. It will attract flies and ants.
- 3) Zip lock bags are very handy for storage
- 4) Sugar, Honey, Jam and other sweet things need to be protected from insects. Lids must be kept on containers and the outside of the bottles need to be kept clean.
- 5) So not store vegetables with other foods. Onions, apples, tea and oranges give their odors to foods that are close by.
- 6) Keep cleaning items such as detergents, bleach and dish clothes away from food
- 7) Freeze anything that can be frozen before you go to camp. All foods will keep longer and act like a freezer pack in keeping other foods cold.
- 8) A food box with a tight fitting lid should be used to store nonperishable foods.
- 9) If camping in an area known to have animal problems like raccoons and bears, make sure food is kept hanging high in a tree, in a locked metal or wooden box.
- 10) NEVER KEEP FOOD IN YOUR TENT

Garbage and Recycling

Garbage at camp needs to be sorted and dealt with so that animals aren't attracted to your campsite. Garbage control starts before you ever get to camp in your packing and planning stages, consider how items are packaged and minimize what comes to camp with you.

Tips

- 1) Remove labels from cans, wash and flatten them and take them home.
- 2) Wash bottles and plastic containers and recycle.
- 3) Use aluminum foil sparingly and take home with the cans
- 4) Set up a bucket at dishwashing time for food scraps and compost these
- 5) If fires are permitted use your paper for fire starter
- 6) Have containers set up, one for compost, one for metals, one for plastics and one for burnable. Label each to avoid confusion.

Animal Proofing

- 1) Animal proof your garbage-raccoons can pry off lids and untie knots. Mice and other small creature can chew through garbage bins. If you have bears use even greater care.
- 2) Food and garbage can be hung from trees in cache bags to discourage animals. Make sure you choose an area away from your camp.
- 3) Weight down garbage can lids at night with heavy rocks or, if possible lock garbage away in a building.
- 4) Make sure kitchen area is washed down and all food is stored properly.

Equipment needed

Bear bag and rope
Wooden storage boxes
Cooler

Camp Fires & Fire Safety

Campfire



Tinder

Kindling

Fuel

The secret to starting camp fires is to start them quickly. You can only do this if you have a firm grasp of what is needed to start a fire – heat, Oxygen, and fuel.

Oxygen, while around us, is to always readily available to the campfire, you may have to arrange the fuel in such a way that it has adequate air supply. You may also supplement this supply by blowing into a cinder, or fanning an already blossoming flame.

Heat is generally generated for campfire by friction. You will probably use an assortment of methods to generate heat – rubbing two sticks together, using flint stones and other techniques. However, this won't give you a glorious fan of flames if you don't have the right fuel.

Fuel is what keeps your fire burning, and finding the right type of fuel is integral to your efforts at building and maintaining a fire. Building a fire by applying the heat to the logs isn't going to work. You will need tinder. Tinder is easily combustible materials that will burn quickly and hopefully emit enough heat and gases to start a fire with larger pieces of wood.

Ideal tinder includes dry sticks, bark, dry leaves, and twigs. Use these kindling to start the fire and to help maintain it. But remember that you can only successfully build a fire if the larger harder to burn pieces of wood burn.

Some common designs of campfires include:

Tepee – tepees are great for quick fires, and last long into the night. It makes use of a lot of tinder, so you will need a good bunch of it. The longer burning wood is placed, balanced against each other vertically around the tinder. This makes sure that the heat and the gases of the tinder are generated in a way to help the larger pieces of wood to burn. It is the perfect fire for boiling water and general purpose campfires.

Pyramid – you build a ‘pyramid’ of logs by laying the logs horizontally on the ground together, then building another layer on top of the next gradually forming a pyramid. Although this type of campfire is a little hard to start up, the advantage of such is that it generates a lot of coals that will be useful in the future. It burns well and is quite a stable fire.

Parallel – the parallel fire puts the tinder in between 2 logs. This is an efficient burning fire since the insides of the log burn too – having the fire and heat going in a good, snug place between 2 logs.

Star – this is the type of fire you usually see on old western movies. The logs are laid out like spokes of a wheel. Tinder is placed in the middle. The fire is easy to maintain, although you do have to push each ‘spoke’ of the wheel towards the middle as the sticks burn.



Teepee



Criss Cross – long burning



Trench type

Equipment needed

Tinder
Kindling
Fuel wood
Matches

Campfire Safety

The campfire is the stone ring containing the fire and the space between the fire pit and where you are seated.

- 1) No running in the campfire area, even if there is no fire.
- 2) No balancing/teetering or horseplay on the campfire ring or logs. When singing action songs stand behind where you were seated.
- 3) No one touches, pokes or adds wood to the fire except for the person designated by the leader.

- 4) When the fire is burning it is always attended.
- 5) There should always be a full water bucket close by in case it is needed.
- 6) Fire pit should be away from overhanging trees and sheltered from the wind.
- 7) No loose clothes should be worn around the campfire and long hair should be tied back.
- 8) When campfire is complete it should be fully extinguished.

Fire Starters



Materials needed: a used candle, tweezers or other device for picking up small objects, cotton cosmetic pads and a pan that you don't mind melting wax in.

Place the candle in the pan over low heat until you get about 1/8 to 1/4-inch of melted wax.

Place cotton pads in the pad to and allow each to absorb the wax, this only takes 2-3 seconds.

With tweezers or other devise remove the pads from the pot and place on a sheet of wax paper to dry. Use caution when removing the pads they are hot.

When the wafers have cooled to room temperature package in a small zip bag and you're ready to go.

Before lighting make a small tear and expose the cotton fiber

Camp Stoves & Lanterns

Propane Stoves

- 1) Set up the stove on a flat surface away from all flammable items.
- 2) Propane stoves can either be hooked up to a small canister or with the adapter cable, hooked up to a large propane tank.
- 3) Before lighting the stove make sure the propane bottle is turned on and the gauge on the stove burner is turned to the off position.
- 4) Light the match then slowly turn on the burner till the flame ignites.



White Gas Stoves

- 1) The tanks on these stoves must be filled with fuel. Use only a funnel kept especially for this use. Fill the tank only three quarters full. Never fill the tank when it is attached to the stove.
- 2) Pressurize the fuel by pumping air into the tank with the small pump attached to the end of the tank. 15-20 times should be enough.
- 3) Check that the stove is turned off. Strike the match then slowly turn the burner till the flame ignites.
- 4) As the fuel burns pressure in the tank decreases and it will be necessary to pump the stove again. This can be done while it is burning.



Safety Notes

- 1) Single canister propane bottles will often make a noise when they are almost empty and they will develop frost on the outside. This is nothing to be alarmed about but is a good sign to watch for if you are in the middle of cooking.
- 2) Propane and gas fires can be extinguished by smothering the flames. In the event that you have a fire use extreme caution and act immediately. If the propane bottle gets too hot, it could explode! If possible, turn off the stove and smother the fire with whatever you have available. Sand and dirt will work but never use water on a gas or propane fire.
- 3) Fill white gas tanks well away from the stove site. Wash hands after.

- 4) Store un-used propane bottles upright, out of direct sunlight and well away from any open flame.
- 5) Dispose of empty bottles correctly.

Lanterns

Propane Lanterns

- 1) Set the lantern up on a flat surface away from all flammable items. Lanterns can be hung up once they are lit.
- 2) Make sure the propane bottle is turned off
- 3) Light the match then insert it up through the hole in the bottom metal plate just above the propane bottle
- 4) Slowly turn on the fuel till the mantel ignites.
- 5) Caution: the wire hanger will get hot very quickly so if you're going to hang the lantern it should be done right after lighting.



White Gas Lanterns

- 1) Gas lanterns have to be filled with fuel. Use a fuel funnel to fill the lantern. Make sure you are well away from the area where you will be cooking or using the lantern. Clean up any gas that spills. Wash your hands before lighting the lantern.
- 2) Pump up the fuel about 15-20 times to build up the pressure in the lantern. Lock off the valve in the closed position.
- 3) Light a match and place it up through the hole in the metal plate. Slowly turn up the fuel.
- 4) Use the same caution as with Propane lanterns.



Changing Mantels on Lanterns

- 1) Remove the top and globe from the lantern.
- 2) Take off old parts remaining from the mantle.
- 3) Take the new mantle and tie it in place on the lantern(it will look like it is way too large for the lantern)



- 4) Using a match carefully light the new mantle on fire. Do not touch the mantle with the match.
- 5) When it is finished burning it will look much smaller. Carefully reassemble the lantern without touching the mantle.

Equipment needed:

Propane stove
White gas stove
Propane lantern
White gas lantern
Mantles
Matches
Propane
White gas
Funnel