

# State Lady Stradbroke Cup 2018



Celebrating 80 years of camping at Britannia Park

**Event  
Information  
Booklet**

# Key Event Information

## Information for parents and girls - everything you need to know before you register!

### What is Lady Stradbroke Cup?

Lady Stradbroke Cup is Girl Guides Victoria's annual competition camp for Girl Guides aged 10+. It is an opportunity for Guides to work in a team to develop their outdoor camping skills in a safe and supportive environment.

### Age and Experience of Participants

Lady Stradbroke Cup is an event for 10-14 and 14-17 year olds. Girls aged 15 and over will not be able to be in a Patrol with girls under 14. The 10-14 and 14-17 sections will be separate, and 14 year olds can camp with a Patrol in either section. 14-17 Patrols won't be eligible to win the Cup; they will have their own separate award.

To enable all Guides to get the most out of the event and have some independence, a basic level of camping skills is required (e.g. ability to do tasks such as putting up and taking down a tent and cooking on a fire etc. with some guidance). Units are encouraged to send Patrols of Guides with mixed experience within an age group so they can teach each other (rather than one experienced Patrol and one less experienced Patrol). This greatly enhances the skills gained of all Guides and makes for a safer and happier camp overall.

### Patrol Requirements

Patrols must consist of no less than 3 and no more than 6 girls. **Each Patrol must have a Leader attending who will be at camp for the whole duration of the event.** If your Unit is bringing more than one Patrol they must provide a Leader for each Patrol. Once at camp your Leader will be involved with all the Patrols and will be given roles not associated with her Unit to ensure a fair and unbiased competition.

### Forms and Application Documents

Make sure you've submitted all your forms on time because if you don't, you will lose valuable points! Each Patrol member and Leader needs to have registered for the event as a participant by the **closing date of Monday 10 September**. Your Patrol will then have a little over a week to submit a Patrol Registration and Equipment Request Form (either via the Google Form or the downloadable Word Document) by **Friday 21 September**. Although registrations for the event go through Guide Centre, you need to organise and pay for food with your Unit.

### Competition Categories

Using the information we receive on your Patrol Registration Form we will divide the camp into categories, based on experience levels and age. These categories will be taken into consideration during assessment and help us assess you fairly (more will be expected of the more experienced Guides). Remember that although it's a competition, the main thing is to have a great time while being safe and learning lots!

### Attendance at the Event

Lady Stradbroke Cup is a team challenge event. In order to work most effectively as a team and show respect to team mates, all participants need to attend for the full duration of the event. Any questions or requests regarding this should be submitted in writing to the [event organisers](#) by Monday 10 September.

### Portable Electronic Devices, Jewellery & Mobiles

Girl Guide events are great opportunities spend time with friends, get to know others and enjoy all the amazing experiences on offer, so use of electronic devices is discouraged. Cameras are permitted to be used in outside spaces only and are held at the Guide's own risk. Girl Guides Victoria holds no responsibility for any valuable items brought to Lady Stradbroke Cup, nor the publication or distribution of photos taken by participants at the event.

### Further Information

If you have any questions, please first ask your Unit Leader. If she is unable to help, please email the organising team at [ladystradbrokecup@guidesvic.org.au](mailto:ladystradbrokecup@guidesvic.org.au) or call Guide Centre on 8606 3500. You will receive an email approximately 1 week prior to the event with your health form and information about which category your Patrol will be in.

# Health & Wellbeing

## Information for parents and girls - everything you need to know before you register!

### First Aid

Each Patrol must have their own first aid kit, and all members need to have a personal first aid kit as well. If anyone gets injured or is feeling unwell, you will need to tell our event First Aider straight away (even if it seems minor).

### Personal Medication

All personal medication must be handed in on arrival at camp. Medications must be in original packaging and should be enclosed in a snap-lock bag clearly labelled with the Guides' name, Patrol name, and dosage instructions.

All personal medication must be itemised on the 'Health Form' which must be handed in on arrival. You will be emailed your Health Form prior to camp. You must bring a current management plan for any medical condition you have listed on your Health Form. (e.g. Asthma management plan, anaphylaxis management plan etc.)

*Girl Guide volunteers are not permitted to issue any medication to participants without the consent of their guardian as specified on the 'Health Form'; or any medication that is not provided by guardians.*

Personal medication includes:

- ♣ Analgesics (e.g. Paracetamol such as 'Panadol', 'Aspirin', or 'Cold & Flu')
  - ♣ Naturopathic/Homeopathic (e.g. vitamins)
  - ♣ Pharmacy Medicine (i.e. over the counter)
  - ♣ Prescription Medicine (pharmacy label must be readable with name and dosage instructions)
- All medication must be in original containers or packaging

### Code of Conduct

To make sure we all have a safe and happy time, please ensure you abide by our simple event rules:

1. Always treat others as you would like to be treated, and follow the Guide Promise and Law
2. Respectfully follow any instructions given to you by a Leader
3. Work together to create a safe and happy environment for everyone at camp
4. Be supportive of others who may be challenging themselves to try something new
4. Act in a fair and friendly way when competing in Lady Stradbroke Cup

### The Guide Promise:

I promise that I will do my best  
To be true to myself and develop my beliefs  
To serve my community and Australia  
And live by the Guide Law

Please note: Anyone who chooses to not act in accordance with the Code of Conduct may lose the right to win the cup, or be asked to leave camp.

### The Guide Law:

As a Guide I will strive to:

- ♣ Respect myself and others
- ♣ Be considerate, honest and trustworthy
- ♣ Be friendly to others
- ♣ Make choices for a better world
- ♣ Use my time and abilities wisely
- ♣ Be thoughtful and optimistic
- ♣ Live with courage and strength

**The remaining pages of this booklet are designed to help girls to prepare themselves and their Patrols for camping at Lady Stradbroke Cup. They include the program, information about food at camp, some hints and tips, and the kit list.**

## **Camp Mums**

Although your Unit Leader will be the one helping you prepare for camp, once you arrive at camp, your go-to person will be your 'Camp Mum'. We have Camp Mums to support you, help you be independent and make sure the competition is fair and unbiased. It is also a brilliant opportunity to get ideas and advice as well as to get to know a different Leader. It might be daunting to begin with, but we are all friendly and eager to help you to do your best!

The role of a Camp Mum is to:

- ♣ Support and guide you through the weekend - not to do things for you!
- ♣ Provide you with advice where they see they could help you (we suggest you take their advice; perhaps by combining the advice with your original plan or the way you normally do things).
- ♣ Help you work through any issues or conflict in your Patrol by supporting you to discuss the issues and work out resolutions with your other Patrol members.
- ♣ Be the person to ask if you have any questions about what's happening or how to do things.
- ♣ Always act in a fair and friendly way!

If you need support working with your Camp Mum, please see your category Leader or the Lady Stradbroke Cup organising team, rather than your Unit Leader.

## **Rubbish**

We can all work together to keep Britannia Park looking beautiful. Patrols will need to take all rubbish home with them. Please be mindful in your planning and shopping so that you bring only what you need and reduce waste, and make sure you bring garbage bags and secure rubbish bins.

# Program

## Friday

|                   |  |
|-------------------|--|
| 6.00 pm - 7.00 pm | Arrive At Camp, sign in and set up camp  |
|                   | When you arrive, you need to go straight to Event Sign-in (which will be sign posted) to hand in your health forms and sign-in. We will give your Patrol a letter with your site number; the name of your Camp Mum; and instructions about where to collect your equipment and other camp paperwork. |
| 9.00 pm           | Whole camp supper at Patanga Shelter   |
| 9.30 pm           | Patrol Leader's Meeting at Patanga Shelter   |
| 9.30 pm           | Prepare for bed  |
| 10.00 pm          | Bedtime  |
|                   | Please respect the Patrols around you by not talking after this time.  |
| 10.15 pm          | Leader's Meeting in Patanga Shelter  |

## Saturday

All campers to remain quiet and in their tents until at least 6.45 am (bathroom visits excluded).

|             |   |
|-------------|---|
| 8.00 am     | Breakfast   |
| All morning | Continue setting up camp, First Aid kit assessment, and prepare lunch |
| 12.00 pm    | Lunch (Leader eating with you - practice)                             |
| 1.30 pm     | Activity  |
| 4.00 pm     | Whole Camp Meeting  |
| 4.30 pm     | Prepare for dinner  |
| 6.30 pm     | Dinner (Leader eating with you - assessed)                            |
| 9.00 pm     | Campfire - meet at big log near Patanga Shelter                       |
| 10.00 pm    | Bedtime   |
| 10.15 pm    | Leader's meeting in Patanga Shelter                                   |

## Sunday

All campers to remain quiet and in their tents until at least 6.45 am (bathroom visits excluded).

|             |   |
|-------------|---|
| 8.00 am     | Breakfast (Leader eating with you - assessed), and prepare picnic lunch               |
| 9.30 am     | Breakfast completed; begin camp pack up   |
| All morning | Pack up camp  |
|             | Note: All borrowed equipment needs to be cleaned and returned no later than 11.30 am. |
| 12.30 pm    | Lunch (whole camp picnic)   |
| 1.30 pm     | Closing Ceremony - participants only  |
| 2.00 pm     | Parents arrive and Guides depart  |
|             | You must sign out before departing.   |

# Assessment

Lady Stradbroke Cup is a camping competition. The assessment is designed to help you learn more about camping, improve your skills, and encourage you to try your best at being independent! The assessment sheets will be available before the event if you'd like to get an idea of the sorts of things that are assessed. A copy of the 2018 Patrol assessment sheets will be distributed to Patrol Leaders in the lead up to the event.

Assessment happens at various times throughout the weekend.

The majority of the assessment is done while you are at your Saturday afternoon activity so make sure you leave your campsite looking great!

Saturday dinner (to be cooked on an open fire) and Sunday breakfast (to be cooked on gas/butane stove) will be assessed by the Leader eating with you. In case of wet weather, you will be instructed to cook dinner on your stove.

First aid assessment will be done on Saturday morning. A gas safety quiz is also part of your first aid and safety assessment and will be provided to your Patrol on arrival at the event. The first aid assessment will require you to hand in the gas quiz (if you have not already done so at your breakfast gas check) and show the assessors your Patrol and personal first aid kits, spare shoes, beanie, and sunhat. You will also be asked a few basic first aid questions about things covered in the Guide Handbooks 1-4.

## **Your Patrol will be assessed on things such as:**

*PATROL* - Camp atmosphere, teamwork and Leadership

*ORGANISATION* - Forms in on time, first aid kit, personal gear, bedrolls, personal hygiene, Patrol flag and notice board designs.

*COOKING* - Menu and choice of ingredients, preparation, cooking, food storage and hygiene, presentation, taste and clean up.

*GADGETS* - Simple and complex gadget, flagpole, dillybag line, grease-trap and noticeboard. These can be partly constructed prior to camp.

*CAMP LAYOUT* - Tent set up, kitchen area, equipment storage, fire safety and cleanliness.

***Remember: Lady Stradbroke Cup is a competition,  
but this should not stop you enjoying yourself!***

***FUN is the first priority and if at any time you need help,  
or are unsure about something, just ask your camp mum!***

# Gadgets

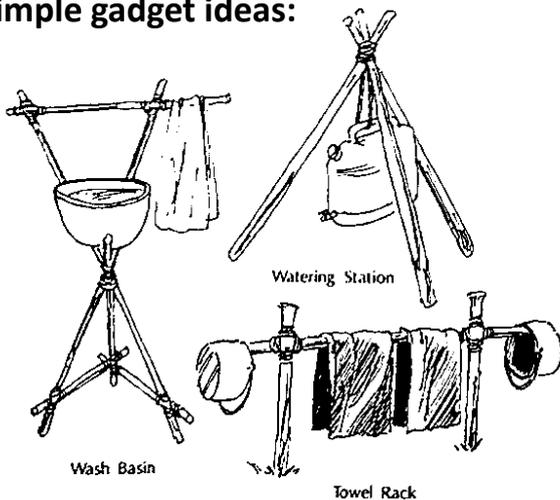
All Patrols will be assessed on:

- Flagpole
- Noticeboard
- Dillybag line
- Grease-trap
- A simple gadget (own choice)
- A complex gadget (own choice)

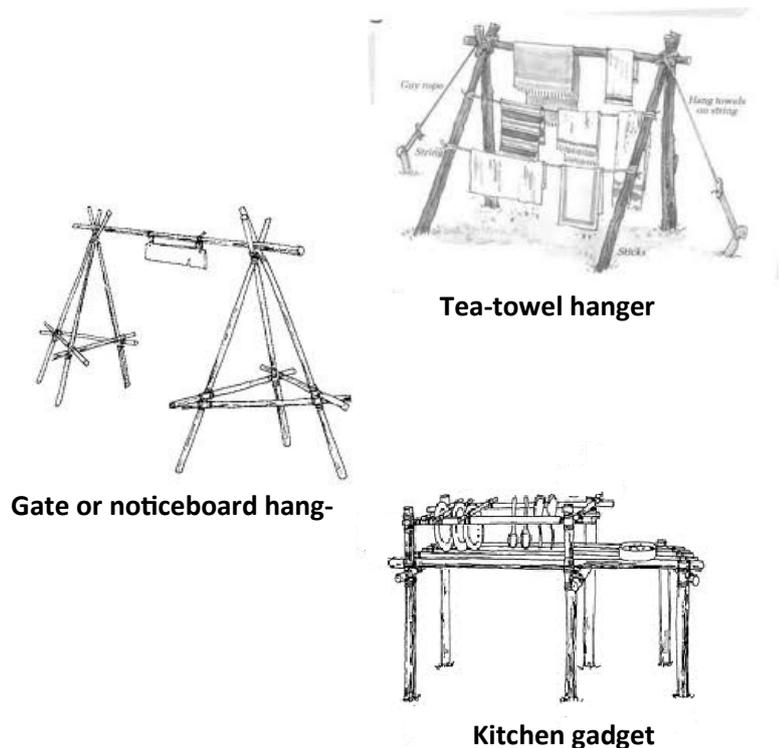
Don't forget to use your Guide Handbooks for gadget ideas and help with knots and lashing!

When you arrive, each Patrol will be given a sheet to list what your complex and simple gadgets are and where your grease-trap is located. You will need to attach this to your noticeboard to help the assessors on Saturday afternoon.

## Simple gadget ideas:



## Complex Gadget ideas:



# Menu

## Friday

### Dinner

Eat before you arrive at camp

### Supper (provided and cooked by Leaders for you)

One sausage in bread and a warm Milo

## Saturday

### Breakfast

Own choice

### Lunch (Leader eating with you - practice)

Choice of bread (rolls, pita, bread etc.)

Either meat, fish, eggs, cheese, or other protein

Selection of 4 or more salad vegetables

Cake or fruit

Hot and/or cold drinks

### Dinner cooked on open fire (weather permitting)

#### (Leader eating with you - assessed)

Meat/chicken; canned fish; or vegetarian option such as legumes, eggs, or tofu

Potato, rice, pasta, or bread etc.

3 or more cooked vegetables OR

1 cooked vegetable and at least 4 salad vegetables

Hot cooked dessert (not tinned) with sauce, custard, or cream

Hot and cold drink options

## Sunday

### Breakfast cooked on gas/butane stove (Leader eating with you - assessed)

Cereal and toast OR toast and fruit

Hot breakfast of own choice

Hot and/or cold drink

### Lunch (prepare at breakfast time for whole camp picnic)

Your choice (something that does not need heating at lunch time)

Don't forget to bring something for morning and afternoon tea and have some fruit to munch on if you are hungry!

# Food Tips

- ♣ Make sure you carefully read the menu requirements and include all the listed elements. If you follow the guidelines you will gain more points!
- ♣ Remember when planning your menu to take all the Patrol members' dietary requirements and dislikes into consideration.
- ♣ It is the Patrol Leader's responsibility to hand in a copy of the menu at the Friday night Patrol Leader's meeting, so that appropriate meal assessors can be allocated to your Patrol. Remember to include your Patrol name on the menu too!
- ♣ One pot wonders such as stew, casserole, stir-fry, or pasta dishes are great options for over an open fire. Google 'one pot meal' for endless recipe ideas! If you are more experienced, a more complex meal will earn you more points. However don't try to be a 'Masterchef' and attempt something too tricky though - a raw or burnt meal will not earn you many points!
- ♣ You'll feel more prepared if you've practiced cooking your meal before camp, either at home or Guides over a stove. If you can, you could practice on a fire at a Unit camp or a camp skills day.
- ♣ During Saturday lunch (your practice meal) remember to talk to the Leader eating with you and ask lots of questions about how the meals will be assessed and things you could improve! Use it as a chance to get advice and suggestions.
- ♣ Whether your dinner table is a tarp on the ground or an actual table, think about having a centrepiece. This is a decoration in the middle of the table, and may earn you more points with your meal assessments. If you are making one from things you find around the campsite remember not to pick anything off trees or shrubs. You might like to think about whether you can link your centrepiece to the camp theme "Cheers to 80 Years".
- ♣ Check the roster to see who your meal assessor is. The Leader photo board will help you learn who this person is. Make sure you introduce yourself when you are preparing your meal so she has a chance to come and see how you're going. Make sure you've also collected her dilly bag and seat, and have the table set when you invite her to eat.
- ♣ Remember to offer your assessor hand washing facilities before a meal and that each member of the Patrol also washes their hands too.
- ♣ Ensure you have washed and dried all your assessor's dishes and promptly.
- ♣ Soft soaping pots/pans that you use to cook on the fire makes them much easier to clean afterwards. To do this rub washing detergent (or similar) on the outside of the pot before putting on open fire.

# Food Hygiene Tips

- ♣ While preparing your meals remember to use proper hygiene. Wash your hands, chop your meat on a separate board to everything else, and promptly put away food that you are finished with.
- ♣ After cleaning up each meal, do a kitchen check to make sure that everything is washed and put away and that the lids on all your food boxes are tightly closed. No one wants animals getting to their food!
- ♣ The minimum Esky size for a Patrol for a weekend is about 30L. If you have access to a larger Esky it is recommended you use this, as it can make fitting in all of your perishable food, fruits, and vegetables much easier. Your Patrol could also consider bringing two smaller Eskies. Keep dairy and meat in one with lots of ice, and fruit and vegetables in the other with somewhat less ice.
- ♣ Packing your Esky properly is very important. Ensure that your Esky is cold at all times by using ice, ice bricks, or water frozen in bottles. A combination of these is best! Ensure some form of ice is always in contact with meat and dairy products.
- ♣ Putting food items in containers helps to avoid ice water from getting into your food (watered down meat and dairy products taste gross!).
- ♣ Ensure that meat is kept in a sealed container on the bottom so it doesn't leak into other foods.
- ♣ Keep in mind that some food will be brought to camp in a non-perishables box, but needs to be kept in the Esky after it's open (e.g. fruit juice or long life milk). Ask your Leader before camp, or Camp Mum at camp if you're not sure.
- ♣ Freezing any meat for Saturday night or Sunday breakfast before coming to camp will help ensure it stays colder and is safe to use for the weekend.
- ♣ If you are beginning to run out of ice talk to your Camp Mum. We want to help you keep your food safe (meat and dairy products that aren't kept cold are definitely NOT safe!).
- ♣ Remember that you will need to take all rubbish home with you, so try to reduce bringing excess and ensure you have enough garbage bags and secure rubbish bins.

Have dairy and meat always in contact with ice!



Place meat on the bottom and fit other items on top.



Remember to use a combination of ice bricks, frozen bottles and ice to ensure a cold esky all weekend!



# Gas Safety

- ♣ When transporting gas bottles and butane cylinders to camp, always store in an upright position. Ensure they are turned off and disconnected from your stove prior to transporting. Store your gas bottle or butane cylinders in a firmly secured position to prevent them from moving around during transportation.
- ♣ All gas bottles must have a current compliance date (i.e. the stamped date must be within the last 10 years).
- ♣ During camp (when not in use), gas bottles and butane cylinders must be stored in a cool dry place in an upright position. Do not store gas bottles or butane cylinders near fire or other heat.
- ♣ At camp, before using your stove you must have it set up, checked, and your Patrol gas card signed by a category Leader or the organising team. This must be done before you start using your stove for ANY meal.
- ♣ Never use a gas stove (butane or bottled) inside a tent.
- ♣ Set up the gas bottle beside the stove not under it.
- ♣ When loading a butane cylinder always match the gap on the cylinder with the latch on the stove and lock it in to place. If it resists check the butane cylinder is in position correctly or ask a Leader for help. The pot holder on the butane stove must be fitted the right way up (holding the pot above the flame) before use.
- ♣ When using a butane stove, ensure that nothing is overhanging the butane cylinder which will reflect heat onto the cylinder. The pot or pan placed on the stove must be no larger than the area of the cook top (not sitting over the top of the butane cylinder - this is a safety hazard). During your gas check you will be asked to show which pot is being placed on your stove, so ensure that when you pack for camp no pots are larger than the holder. You will not be allowed to use pots any larger than the designated pot holder.
- ♣ Check seals on gas or butane stoves with soapy water. If bubbles are produced at connections, this means gas is escaping. Try reconnecting your gas bottle or reinserting your butane cylinder; you may need to ask a Leader to help you. If you still have issues with a gas bottle connection you may need to ask a Leader for help to tighten the connections with a spanner.
- ♣ When you have finished all your cooking for a meal on your gas stove make sure you turn the gas off at the gas bottle while the stove is still alight. This bleeds the line ensuring there is no gas that will escape when you disconnect the gas bottle from the stove. Turn the stove controls to off when the flame has gone out. You can then disconnect your gas bottle from your stove and move it to its safe storage location.
- ♣ When you have finished all of your cooking for a meal on your butane stove, turn off the stove, unlock the cartridge from the stove and move to the safe storage location. Allow the stove to cool before moving or packing up.
- ♣ Check your stove instruction manual for further information about using it safely. Stoves must be used in accordance with the manufacturers' instructions.



# Patrol Equipment

If you are planning on borrowing equipment from Britannia Park, ensure you have submitted your Patrol equipment hire form on time (late requests cannot be accommodated).

## Suggested equipment for Patrol camping:

- Sleeping tent
- Kitchen shelter or tent
- Mallets
- Large tent pegs
- Trestle tables - 1 for food preparation and 1 for dinner table (preferred)
- Camp chairs (if eating around a table), or a tarp or 'sit-upons' (plastic squares)
- 'Uprights' (big poles) to hold food boxes off ground
- Non perishable food in animal proof storage boxes
- Cold/perishable food in Esky with large bottles of frozen water and/or ice (see Food Hygiene Tips page for hints)
- Kitchen utensils (pots, pans, tongs, chopping boards, knives etc.)
- 2 big bowls - hand washing and dishwashing
- Cleaning box - with detergent, sponges, soft soap, matches, bin bags etc.
- Pot holders and tea towels
- Fire drum and grill
- 2 fire buckets with hessian
- Gas or butane stove and fuel. Be sure to read the gas safety information on page 11 before camp. Gas bottles must have valid compliance date. Remember to check pan/pot size against your butane stove if you are using a butane stove.
- Gadget wood and rope, cord, stocking etc. Gadgets may be partly constructed before camp.
- Patrol first aid kit and 2 rolls of toilet paper (toilet paper to be handed in at arrival at event on Friday evening)
- Lighting for your site
- Tarps - to cover your woodpile and fire (prepared in morning for dinner) and your personal gear in case of rain while setting up. If you are not using table and chairs for meals, you'll need another large tarp to act as a table.
- Patrol flag and noticeboard

# Hints & Tips

- ♣ Make use of this booklet, and read through the assessment sheets as a Patrol before camp so everyone knows what's expected.
- ♣ Remember your camp respect - to your Leaders, fellow Patrol members, and other Patrols. Use your manners, ask before entering or walking through other people's campsites, be quiet at bedtime/early in the morning, and be open to advice/suggestions etc.
- ♣ If someone gets injured you must tell a Leader, even if it seems minor!
- ♣ Always make sure your fire layout is safe by ensuring there is at least 3 m cleared all around and there are no over hanging branches. Make sure your fire buckets have hessian in them and are filled with water BEFORE you light the match! Check out page 44 in Guide handbook 3 for more hints.
- ♣ If you are stuck or confused, ask your camp mum! If she is busy, ask another Leader! This is a chance for you to be independent, so please try not to ask Leaders from your own Unit. We are all here to help you have a fun and safe weekend.
- ♣ Make sure you take the opportunity to visit other campsites at appropriate times and get ideas for next time. Although you are camping in Patrols, state camps are a great opportunity to make new friends!
- ♣ Remember to tidy your campsite before you leave for Saturday afternoon activities, because that's when your campsite will be assessed!
- ♣ It's always fun to incorporate something themed around the camp theme and/or your Patrol name. Popular options include renaming dishes on your menu, making scarves or t-shirts to wear, decorating your noticeboard, or making table centrepieces. You could be creative and come up with other ideas too!
- ♣ During meal assessment remember to include your assessor in conversations over the dinner table. Maybe have a few ideas or questions you might like to use as conversation starters up your sleeve!
- ♣ Remember to check your first aid assessment time on your Patrol arrival letter and arrive on time with all of your Patrol's items. Only items brought to first aid assessment can count towards your score.

# Personal Kit List

**Golden Rule Number 1:** Please name *EVERYTHING* that comes to camp (yes, even your undies!)

**Golden Rule Number 2:** Don't bring anything that's special or white... unless you're willing to take it home muddy and brown!

## Clothes:

- You **MUST** bring a **WATERPROOF** jacket (that covers your bottom)
- 2 pairs of long pants
- 2 pairs of shorts (mid-thigh minimum for safety and sun smart reasons)
- 3 short sleeved shirts
- 2 long sleeved shirts
- Undies
- Bras (as needed)
- Socks (woolly and warm! Not just cotton - they will make your feet super cold!)
- 2 warm jumpers - preferably one woollen (fire retardant) and one polar fleece
- 2 pairs of sturdy shoes (preferably one pair of boots and some runners)
- Sun hat (full brim - no caps)
- Beanie
- Thermals (optional)
- Hankies (optional)

## Toiletries:

- Toothbrush & toothpaste
- Shower kit: towel, thongs (optional for use in shower), small soap & face washer
- Hair brush
- Hair ties, clips and/or headbands - **essential** to have hair up around fire!
- Deodorant (roll on - no aerosols)

## Personal First Aid Kit:

- Sunscreen
- Insect repellent (no aerosols)
- Tissues (small personal packet) or hankie
- Band-Aids
- Lip balm (we recommend one with SPF content - Blistex or similar)
- Pads/tampons (just in case)

**Dilly Bag:** (all named and in a draw string bag - no plastic or shopping bags!)

- 2 plates
- 2 bowls
- 2 cups (at least one mug)
- 2 knives
- 2 spoons
- 2 forks
- Sit upon (sheet of heavy duty plastic to sit on and eat meals (at least 45 cm x 45 cm))
- 2 tea towels

**Sleeping Stuff:** (brought to camp in a waterproof bedroll)

- PJs (warm - no nighties please. Spare tracksuits are great!)
- Bed socks
- Soft toy (optional, but they're cool so us Leaders have already picked ours out!)
- Sleeping bag (warmest possible)
- Extra blanket (camp blanket if you have one - woollen preferred)
- Inner sheet (optional)
- Pillow case/pillow (optional)
- Sleeping mat
- Groundsheet/tarp (at least 2.5 m x 2.5 m suggested)
- Rope (approx. 5 m is good) to tie up bedroll

**Other Important Items:**

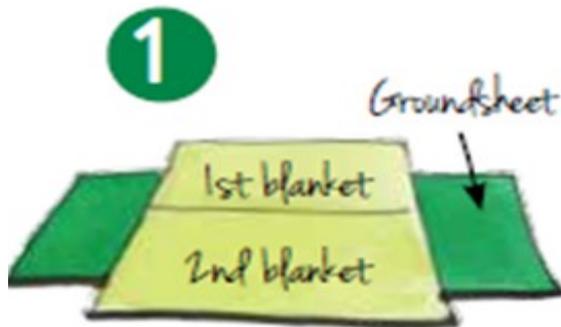
- Drink bottle (no smaller than 600 ml)
- Torch (must be bright - it's your main source of light!) & spare batteries
- Small day pack (e.g. backpack)
- 2 plastic bags for wet/dirty clothes (and extras are always useful)
- Book to read and/or homework
- A watch (optional, but it is recommended that at least one member of your Patrol has one)
- Sunglasses (optional)
- Camera (optional - you are responsible for it's safety)
- HEALTH FORM! (filled in and signed within 24 hours of arriving at camp)

Please do not bring any mobiles, electronic games, or equipment.

***If you are unsure about anything, please ask your Patrol and/or Unit Leader.***

# How to Make a Bedroll

Here are instructions for how to make a bedroll from page 42 of Guide Handbook 3.



*Fold blankets over sleeping bag, roll tightly into a log shape.*



*Place rolled up sleeping bag and blankets on centre of groundsheet, then fold ends of groundsheet in.*



*Fold groundsheet up, keeping dry sides together.*

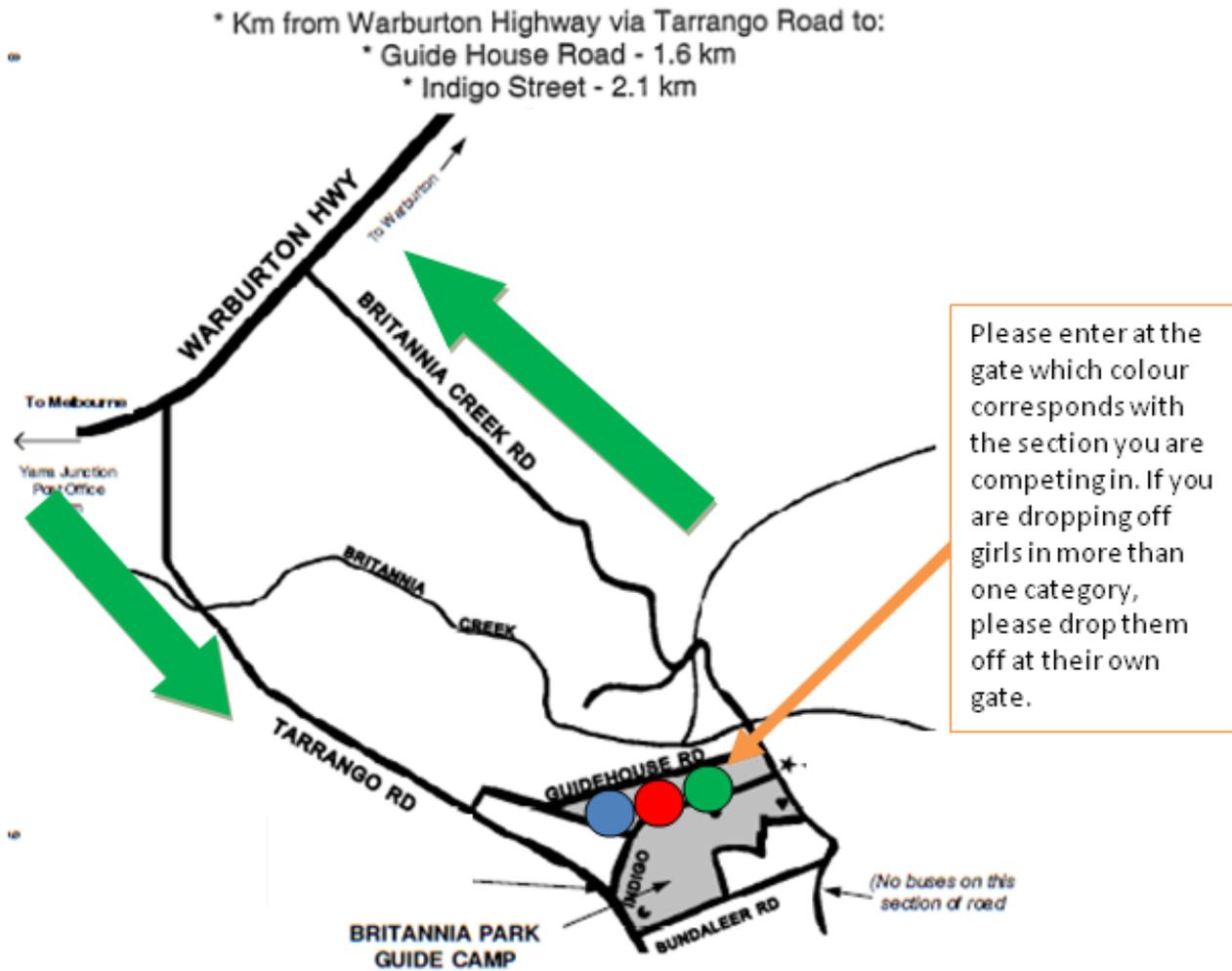


*Using cord, start with a packer's knot and tie up like a parcel, ending with two half hitches.*



*Packer's knot.*

# Map



**If you get lost please contact:**

Kate Ferguson on 0413 297 200, Felicity Parkinson on 0423 344 189, OR  
Britannia Park Campsite on 5967 1331