

# **Farrow Cup**

**Lady Stradbroke style camp for adults**

**Theme: Childhood Classics**

**Camping Tips**

**Booklet**

This booklet is intended to help you prepare for Farrow Cup, especially if you have not had a patrol attend Lady Stradbroke Cup recently or do not have camping experience. This booklet does not contain all the information you will need and the committee strongly recommend looking at the Guide Handbooks.

There are many ways to complete different camping skills. The information in this booklet provides one way, remember it is not the only way.

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# Grease Traps

- ♣ A grease trap is used to dispose of your waste water. It **traps** the **grease** from your washing up water and stops it from going into the bush, creating pollution and attracting animals. There are multiple ways to use a grease trap on camp. For Stradbroke, a tin can grease trap is usually most practical.
- ♣ Take a large empty tin — fruit tins are great. Use a tent peg and a mallet or hammer to make some holes in the bottom for drainage.
- ♣ Make a lid for your trap by square lashing four sticks together to make a square slightly larger than the top of your tin. Run some string around the square to make a rough “loom”, then weave leaves through the string so that it’s fully covered. Note that **THIS IS YOUR LID— IT IS NOT WHAT YOU POUR WATER THROUGH**. Lift it up before you use the trap! Its purpose is to keep the trap covered so that you don’t attract animals. Make sure you put it back on after you’re done.
- ♣ Inside the trap, you have two options. If you choose to use a stocking leg, then make sure that one end of your stocking is closed (either use the toe, or tie a knot). Arrange the open end of the stocking around the top of the tin so that it’s fully open. Pour your waste water directly in to the stocking.
- ♣ If you choose not to use a stocking, you can pack your tin with grasses, twigs, leaves and so on to act as a sieve. You will need a sizable amount, not merely a layer— your trap should be at least 3/4 full. Throughout camp, you will need to top up the trap with more material, and you may need to dispose of the sodden grasses into the compost or garbage.
- ♣ Position your grease trap a little way away from your campsite. Find a spot that will give you some natural drainage (don’t put it in a valley). Raise the grease trap off the ground on two thick sticks, so that water can flow out of the holes in the bottom.



# 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 (ie. 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.
- ♣ The red plastic cap on your gas bottle is the safety valve. It is fitted to the vapour space to allow automatic relief of any excess pressure due to overfilling, or in the event of a fire. During use, the red cap should be pointing away from where people are.
- ♣ If you are unsure or have any concerns about setting up, safety or use of your gas or butane stove please speak to a committee member, we are here to help.
- ♣ Never use a gas stove (butane or bottled) inside a tent or under your kitchen shelter.
- ♣ 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 that 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.



# How to Make a Bedroll



*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.*

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# 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, fruit 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 (eg. 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

