

# **State Lady Stradbroke Cup 2022**

**Friday 21 – Sunday 23 October**

**Lingbogol, Creswick**



**Event Information Booklet**

# Key Event Information

**Information for parents and girls – everything you need to know before you register!**

**What:** **Lady Stradbroke Cup** is Girl Guides Victoria's annual Patrol Camp.

Guides aged 10–14 and 14–17 work in a team to develop their outdoor camping skills in a safe and supportive environment.

At a **Patrol Camp**, Girl Guides work in groups of 3–6.

They put up their own tent (and take it down again!), cook all their meals (including on a fire!), and work together to overcome any challenges that crop up over the weekend.

There are two **sections** at camp: for *Girl Guides aged 10–14* and for *Girl Guides aged 14–17*.

- Units are encouraged to send Patrols of Guides with mixed experience (rather than one more experienced Patrol and one less experienced Patrol) within an age group so they can teach each other. This greatly enhances the skills gained of all Guides, and makes for a safer and happier camp over all.
- Each Patrol will be assigned to a category based on experience levels and age. 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!

Patrols are supported by **Volunteer Leaders**. At least one adult member of Girl Guides Victoria must attend Lady Stradbroke Cup with each Patrol.

At camp, adults will be there to help all Patrols, and will not be assessing Patrols from their Unit.

**When:** **5pm Friday 21 October – 2pm Sunday 23 October**

It is important all members of your Patrol are at camp the whole weekend!

**Where:** **Lingbogol Campsite**, Creswick

**Cost:** **\$80** per youth member

Plus **each Patrol will need to organise and pay for their own food...** and know how to cook it!

**Register online [here!](#)**

Registrations close **Monday 3 October**

In addition to online registration, each Patrol needs to submit their [Patrol & Equipment Form](#) by Friday 7 October.

**Any questions?**

Try your Unit Leader! If she is unable to help, email [belinda.pritchard@guidesvic.org.au](mailto:belinda.pritchard@guidesvic.org.au) or call on 0474 258 598.

You will receive an email about one week before camp with your Health Form and information about which category your Patrol will be in.

**More information about how to prepare for Lady Stradbroke Cup is in the Camp Preparation Booklet.**

# Code of Conduct

To make sure we all have a safe and happy time:

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
2. Work together to create a safe and happy environment for everyone at camp
3. 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

Anyone who is unable to act in accordance with the Code of Conduct may lose the right to win the Cup, or be asked to leave camp.

# Health & Wellbeing

**Information for parents and girls – everything you need to know before you register!**

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

All **personal medication** except asthma puffers and Epipens must be:

- Handed in to the First Aider (this includes pain killers and antihistamines)
- In its original packaging in a snap-lock bag clearly labelled with: Guide's full name and dosage instructions
- Listed on the Health Form

**Girl Guides Victoria Volunteers are not permitted to issue any medication to Girl Guides without the consent of their parent/guardian.**

Girl Guides Victoria Volunteers rely on the information on a Girl Guide's profile on our database regarding medical, behavioural, emotional, and developmental support needs to plan staff ratios at events. Please ensure this information is up-to-date. The First Aid team will phone parents/guardians to discuss health or other needs prior to camp as needed.

## Mobile Phones and Other Devices

If phones or other devices are brought to camp, we recommend the following:

- When participating in activities, phones and devices are put away.
- Permission is always sought before photos are taken.
- All social media posts are made with respect to our Girl Guide Promise to "respect myself and others."

Please note that Girl Guides Victorian cannot take responsibility for the safekeeping of phones or other devices.

## Cancellation Policy

Please refer to the Girl Guides Victoria website and the event registration page for our cancellation policy.

We will monitor all rules and regulations issued by the Victorian Government regarding COVID-19. Please note that this may mean amending or cancelling Lady Stradbroke Cup at very short notice. Significant changes to Lady Stradbroke Cup, including event cancellation, will be communicated via email and phone, and circulated via social media. If the event is cancelled due to COVID-19, all participants will be issued a full refund.

**Keep reading to see what you and need to bring with you to camp!**

# Personal Kit List

**Golden Rule 1:** Please name *EVERYTHING* that comes to camp

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

## Clothes:

- WATERPROOF** jacket (that covers your bottom)
- 2 pairs of long pants
- 2 pairs of shorts (at least mid-thigh length to stay sun-smart)
- 3 short sleeved shirts
- 2 long sleeved shirts
- Underwear
- Socks (woolly and warm... cotton will leave you with cold feet)
- 2 warm jumpers (one woollen and one polar fleece)
- 2 pairs of sturdy shoes (at least one needs to be waterproof)
- Sun hat (full brim to stay sun-smart)
- Beanie
- Thermals, gloves (OPTIONAL)

## Toiletries:

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

## Personal First Aid Kit:

- Sunscreen
- Hand sanitiser
- Insect repellent (no aerosols)
- Tissues (small personal packet) or hankie
- Band-aids
- Lip balm (SPF recommended)
- Pads/tampons (just in case)
- Face mask (for Girl Guides aged 12+)

**Dilly Bag/Plate Bag:** (all named and in a draw string bag)

- 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 Gear:** (brought to camp in a waterproof bedroll—more details in the Camp Preparation Booklet)

- Warm pyjamas
- Bed socks
- Soft toy (OPTIONAL)
- Sleeping bag (warmest possible)
- Extra blanket (camp blanket if you have one - woollen preferred)
- Inner sheet (OPTIONAL)
- Pillow case/pillow
- Sleeping mat
- Groundsheet/tarp (at least 2.5 m x 2.5 m)
- Rope (approx. 5m)

**Other Important Items:**

- Drink bottle (at least 600 ml)
- Head torch/torch (must be bright)
- Spare batteries
- Small day pack (e.g. a backpack)
- 2 plastic bags for wet/dirty clothes (and extras are always useful)
- Book to read and/or homework
- A watch (recommended that at least one member of your Patrol has one)
- Sunglasses (OPTIONAL)
- HEALTH FORM!** (filled in and signed within 24 hours of arriving at camp)

Please do not bring any electronic games or equipment.

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

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