

State Lady Stradbroke Cup 2023

Friday 27 – Sunday 29 October
Britannia Park, Wesburn



Camp Preparation Booklet

TABLE OF CONTENTS

What to Bring	3
Personal kit list (day pack / bedroll).....	3
Personal kit list (main bag).....	4
Patrol equipment.....	5
Program	6
Menu	8
Assessment.....	10
When and how assessment happens.....	10
Camp Mums.....	11
Summary of core assessment content.....	11
Extension modules.....	12
How to succeed.....	12
Information for Adult Guides.....	13
Before camp.....	13
At camp.....	13
Early History of the Lady Stradbroke Cup.....	14
Guidelines and Advice.....	16
Food planning.....	16
Food safety.....	18
Working with fire.....	20
Gas safety.....	22
Hosting a meal.....	24
Bedrolls.....	25
Grease traps.....	26
Gadgets.....	27

What to Bring

Personal kit list (day pack / bedroll)

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!

Small day pack containing:

- HEALTH FORM! (filled in and signed within 24 hours before arriving at camp)
- Any mediations and action plans to be handed in with your Health Form
- Drink bottle (at least 750 ml)
- Head torch/torch (must be bright), fully charged, plus spare batteries or a fully charged power bank
- WATERPROOF jacket (with hood and that covers your bottom)
- Book, puzzle book, homework, etc for down time (OPTIONAL)
- A watch or other means to keep time (recommended that at least one member of your patrol has one)
- 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)

Bedroll (instructions in this booklet) containing the following sleeping gear:

- 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
- Sleeping mat
- Groundsheet/tarp (at least 2.5 m x 2.5 m)
- Rope (approx. 5m)



Personal kit list (main bag)

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!

Overnight bag/backpack (suitcases not recommended) containing:

- 2 pairs of long pants
- 1-2 pairs of shorts (at least mid-thigh length to stay sun-smart)
- 2 short sleeved shirts (no singlets)
- 2 long sleeved shirts
- Underwear
- Lots of socks (woolly and warm, cotton will leave you with cold feet)
- 2 warm jumpers (one woollen and one polar fleece)
- 2 pairs of sturdy enclosed shoes
- Sun hat (full brim to stay sun-smart)
- Beanie
- Thermals, gloves, sunglasses (OPTIONAL)
- 2 plastic bags for wet/dirty clothes (and extras are always useful)

Toiletries / shower kit:

- Toothbrush & toothpaste
- Towel
- Thongs (OPTIONAL - for the shower only)
- Small soap / body wash & face washer
- Hairbrush
- Hair ties, clips, headbands (you must have hair up / tied back around fire)
- Deodorant (no aerosols)
- Moisturiser
- Drawstring dilly bag / plate bag / mess kit containing:
 - 2 plates
 - 2 bowls
 - 2 cups (at least one mug)
 - 2 knives
 - 2 spoons
 - 2 forks
 - Situpon / hike groundsheet (heavy duty plastic sheet to sit on, at least 45cm x 45cm)
 - 2 tea towels



Patrol equipment

Don't forget to submit your Patrol Form with equipment requests by Thursday 5 October!

- Sleeping tent
- Kitchen shelter, gazebo or tent
- Mallets
- Large tent pegs
- Trestle tables - 1 for food preparation (required) & 1 for eating (if using)
- Camp chairs (if eating around a table), or a tarp or sit-upons (plastic squares)
- Uprights / big poles to hold food boxes off the ground
- Non-perishable food in animal proof storage boxes
- Cold/perishable food in Esky with large bottles of frozen water and/or ice. MINIMUM recommended Esky size is 30L (larger Esky or 2 Eskies is great).
- Kitchen box - with utensils for cooking (pots, pans, tongs, chopping boards, spatula, stirring spoon, whisk, knives, peeler, extra tea towels etc.)
- Cleaning box - with detergent, pegs, sponges, scourers, rubber gloves, matches, LOTS of spare bin bags, etc.
- If needed for your menu, aluminium foil, cling wrap, baking paper, and/or snap lock, lunch or freezer bags
- 2-3 big basins - hand washing and dishwashing
- Patrol hygiene station - handwashing supplies, hand sanitiser, etc.
- Potholders and trivet/heat mat
- Welding gloves/fire gloves
- Fire drum and grill - there must be at least 20cm between the ground and bottom of the drum when it is set up
- 2 fire buckets with hessian
- Fire blanket (OPTIONAL)
- LPG or butane stove and fuel.
- Patrol first aid kit
- Lighting for your site, e.g. extra torches, lanterns, fairy lights, fully charged, plus spare batteries or a fully charged power bank
- Tarps
- Patrol flag
- Noticeboard (incl contents)
- Gadget wood and rope, cord, stocking etc. (gadgets may be partly constructed before camp)
- Spare rope for dillybag line, storm guys, etc
- Grease trap (instructions in this booklet)
- Firewood (enough for cooking 1 meal)
- 3 bins with secure lids (1-rubbish, 2-recycling, 3 compost (or FOGO, for those whose local council collects food organics))

Patrols will need to take all of their waste home with them. Please be mindful in your planning and shopping so that you bring only what you need and reduce waste.

Golden Rule 1 also applies to patrol equipment. Everything must be named with your name, unit name or patrol name. All patrol equipment must be compactly and securely packed for transport to/from and whilst at camp. Don't have loose bits floating around.

Program

Friday

- 4.30 – 6.30pm **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 Form.
- 7.00 – 8.00pm **Supper** available centrally
Make sure you come and get some!
- 8.30pm **Patrol Leaders' Meeting**
Bring your patrol menu (with patrol name on it!), and collect your patrol's camp paperwork (including Safety Quiz).
- 9.00pm Leaders' Meeting
- 9.30pm Prepare for bed
- 10.00pm **Bedtime**
Please respect the patrols around you by staying quiet after 10.00pm.

Saturday (morning)

- 6.45am Earliest time you can **Get Up**
All campers to remain quiet and in their tents until at least 6.45am (except for bathroom visits).
- 8.00am **Breakfast**
- All morning **In Camp:**
Continue setting up your campsite.
Safety assessment – you will be given a specific time for this, please be on time.
Prepare lunch and pack daypack for afternoon activity.
- 12.00pm **Lunch**
Leader eating with you – practise.



Saturday (afternoon/evening)

- 1.30pm **Afternoon Activities**
Your campsite will be assessed during afternoon activities, so you need to take everything you need with you and won't be able to return until after the whole of camp meeting. Leave your site looking its best!
- 4.00pm **Whole Camp Meeting**
- 4.30pm Prepare for dinner
- 6.30pm **Dinner**
Leader eating with you – assessed.
- 9.00pm **Campfire**
- 10.00pm **Bedtime**
Please respect the patrols around you by staying quiet after 10.00pm.

Sunday

- 6.45am Earliest time you can **Get Up**
All campers to remain quiet and in their tents until at least 6.45am (except for bathroom visits).
- 8.00am **Breakfast**
Leader eating with you – assessed.
Prepare your picnic lunch at the same time.
Breakfast needs to be complete and assessment form submitted by **9.30am**.
- All morning **Camp Pack Up**
All borrowed equipment must be cleaned and returned by **11.30am**.
- 12.30pm **Lunch** - whole camp picnic
- 1.30pm **Closing Ceremony** - participants only
- 2.00pm **Guides Departure**
You must sign out before departing
- 3.00pm Leaders Departure

Menu

Remember: Ingredients for all meals (except for Friday supper) and snacks (except for Saturday afternoon) must be brought and prepared by your patrol. Bring enough food for everyone in your patrol, plus for an adult for Saturday lunch, Saturday dinner, and Sunday breakfast.

However: If you have a food disaster, please ask for help. No one should be hungry on camp.

Dietary: Dietary requirements provided at registration will be catered for in central meals and snacks. Please cater for your patrol's dietary requirements in planning your patrol meals.

Patrol menu: Must be handed in at patrol leaders' meeting on Friday and specify any dietary requirements. This will help us place our meal assessors with dietary requirements with patrols who have suitable food. A well-fed leader is a happy (and high scoring) leader.

Friday

Dinner: Bring a packed dinner – e.g. salad roll, sandwiches, takeaway food. Don't use your stove.

Supper: Provided and cooked by leaders for you.

Saturday (morning/afternoon)

Breakfast: Own choice. Something that doesn't need cooking would be ideal. You must not use your stove until you have had your gas checked and card marked.

Lunch: Leader eating with you – practise

Your meal must include:

- ♣ carbohydrate – e.g. rolls, pita, sliced bread, rice paper wraps
- ♣ protein – e.g. lunch meat, canned fish, eggs, cheese, seeds
- ♣ selection of 4 or more salad vegetables
- ♣ starter or after – e.g. dip, chips, fruit, cake, biscuit
- ♣ hot and/or cold drink

Afternoon: Snack provided by leaders during afternoon activity.

Saturday (evening)

Dinner: Cooked on open fire (weather permitting)
Leader eating with you – assessed

Your meal must include:

- ♣ protein – e.g. beef, pork, chicken, canned fish, legumes, egg, tofu, seitan
- ♣ carbohydrate – e.g. potato, rice, pasta, bread
- ♣ 3 or more cooked vegetables; OR 1 cooked vegetable and at least 4 salad vegetables
- ♣ hot cooked dessert with sauce, custard, or cream; OR hot cooked starter with a sauce, or side
- ♣ hot and/or cold drink

Sunday

Breakfast: Cooked on LPG / butane stove
Leader eating with you – assessed

Your meal must include:

- ♣ Cereal and/or toast, and fruit
- ♣ Hot breakfast of own choice – e.g. porridge, pancakes, bacon & eggs, omelette, campfire beans, French toast
- ♣ Hot and/or cold drink

Lunch: Own choice. We will be having a whole of camp picnic. Each patrol must bring a packed lunch they made at breakfast time.



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.

Each patrol will be assigned to a category (green, red, blue, or purple) based on experience levels and age. More will be expected of more experienced Guides.

Assessment Sheets will be available before the event, sent directly to patrol leaders with the Patrol Form.

When and how assessment happens

Assessment happens at various times.

- ♣ It starts **before camp and during Friday night** with getting your forms and other paperwork completed and submitted on time.
- ♣ Your patrol will have a safety and 'being prepared' assessment on **Saturday morning**. You will be given a specific time and place for this, please be on time. For this assessment:
 - ♣ Your patrol must complete your Safety Quiz (given to you Friday night at patrol leaders' meeting) before the assessment and bring it with you to hand in.
 - ♣ Bring your patrol first aid kit.
 - ♣ Each patrol member brings their personal first aid kit, waterproof jacket, spare shoes and socks, beanie (or sunhat), and filled drink bottle.
 - ♣ Hair tied up/back, wearing your sunhat (or beanie), and sunscreen applied.
 - ♣ You will be asked some basic first aid questions. You can prepare for these by checking the first aid sections in the in Girl Guide Handbooks, but they are also about working as a team to respond to unexpected situations.
- ♣ **Saturday lunch** is not assessed but is great time to practise being assessed. Ask the adult who eats with you what they liked about the meal and your campsite, and how you could improve.
- ♣ Your campsite (including layout, tents/shelter, bedrolls, tidiness, storage, décor/theme, and gadgets) will be assessed **while you are at your Saturday afternoon activity**. So make sure you leave your campsite looking great.
- ♣ **Saturday dinner** (cooked on open fire, weather permitting) and **Sunday breakfast** (cooked on LPG/butane stove) will be assessed by the adult eating with you.

Camp Mums

Your local leaders will help you prepare for camp.

But, at camp your 'go-to' person will be your 'Camp Mum'. Your Camp Mum won't be your local leader and won't be the person assessing your patrol. Her job is to support you, allow you to be independent and provide ideas and advice.

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). Occasionally, usually to ensure everyone is safe, your Camp Mum or another adult will tell you that you must do something.
- ♣ 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.

Summary of core assessment content

Patrol: teamwork, leadership, patrol flag, noticeboard design, participation in the theme, general atmosphere

Organisation: forms completed and submitted on time, personal gear, bedrolls, menu planning, noticeboard content, patrol equipment storage, tidiness

Safety: first aid kit, hygiene and cleanliness, food storage, first aid knowledge, gas and fire safety, waste management

Cooking: managing the fire/stove, menu and choice of ingredients, preparation, cooking, timing, presentation, taste, clean up.

Campsite: general layout, tent set up, kitchen area, flagpole construction, dillybag line, grease trap, woodpile, noticeboard location & construction

Refer to the Assessment Sheets for more detail.



Extension modules

When you submit your Patrol Form, you will be able to select some extension modules for assessment. We are trialling these modules this year to give patrols the choice of focussing on doing the core camping activities better; or getting extra credit by doing more things. More experienced patrols will have the option of doing more modules, while we expect junior patrols to focus more on the core camping activities.

How to succeed

- ♣ Get to know your own patrol. Find out what they already know / are good at and what skills the patrol needs to work on. Play to your strengths, and know how to support each other.
- ♣ Everyone in the patrol participates and shares the workload – don't make one person do all the work or all the jobs no one likes.
- ♣ Practise and prepare as much as possible before camp. Some ideas to help:
 - ♣ get your forms in on time
 - ♣ put up your tent in your Guide Hall or at home, check it is in good condition and has all the parts
 - ♣ cook all or part of your menu and serve to family or friends
 - ♣ if you can, practice cooking the whole meal together as a patrol, on a fire or stove, at a unit meeting, skills day, or camp
 - ♣ research fire/gas safety and practice lighting fires and using your stove
 - ♣ pack your own patrol equipment, know its purpose and how to use it
 - ♣ start making your gadgets before camp
 - ♣ prepare flag, noticeboard, and grease trap
 - ♣ go shopping as a patrol, pre-measure ingredients, pack Esky carefully
 - ♣ check everything is charged and has spare batteries / power bank
 - ♣ read this booklet
- ♣ If at any time you need help, or are unsure about something, just ask your unit leader (before camp) or your Camp Mum (at camp). If you ask someone for advice and follow it, the assessor will just see the result, they won't know whether you already knew how to do something or just learned to do it at this camp.
- ♣ Make friends – talk to the other patrols, ask to visit their campsite, help each other, and collect and share new ideas and skills with everyone.
- ♣ Enjoy yourself – Lady Stradbroke Cup is a competition, but don't take it too seriously!

Information for Adult Guides

Lady Stradbroke Cup is a competition camp, but it's also about fun and trying new skills. We don't get too caught up in the competition aspect – it's a framework for the Girl Guides to camp autonomously, make their own decisions, and have a great time in a supportive environment.

Before camp

- ♣ Each patrol must have at least one adult attending for the whole duration of camp. This can be a unit leader (from your unit or elsewhere in your district or region – see who's available!), a unit helper or other adult in Guiding. It is possible to 'job share' being the adult, provided at least one person is on site at all times.
- ♣ Make sure you help prepare any Girl Guides attending from your unit. Practise using the equipment they'll have at camp, putting up their tent, and cooking their meals. This will make it easier and less stressful for them on camp.
- ♣ Make sure that you and the patrol (especially the patrol leader) read through the camp information, as there have been material changes from previous years.

At camp

- ♣ All of your meals will be provided, including dinner on Friday night if required (Friday supper is also provided to everyone). We will meet any dietary needs you have that are notified to us at registration. You will likely be dining with a patrol for Saturday lunch, Saturday dinner and/or Sunday breakfast, but you'll get full instructions beforehand.
- ♣ Assessment is all about trying to find points, not take them away. All feedback should be constructive and encouraging.
- ♣ Please respect the independence of your unit's patrol by not intervening in how their campsite is functioning, direct them to their Camp Mum for help. After dinner on Saturday or directly after breakfast on Sunday is a great time to visit and admire what they've achieved.
- ♣ If there is an issue between your unit's patrol and other adults, it is a matter for the organising team to deal with. Please bring it to their attention, rather than intervening yourself.
- ♣ On Sunday, we need all adult volunteers to stay until 3pm to help with packing up the campsite.

Early History of the Lady Stradbroke Cup

The Earl of Stradbroke was Governor of Victoria during the 1920s. In 1922 his wife, Helena, Countess of Stradbroke, (Lady Stradbroke) became State Commissioner for the Girl Guides Association of Victoria. She had a strong influence during the early days of Guiding in Victoria.

On the Stradbrokes' return to England in 1926, Lady Stradbroke presented a silver lidded cup to the Victorian Girl Guides for 'Company Competition'. ('Company' was a term used in the past to describe Girl Guide units for girls 10 and over.) This started the tradition of Girl Guides competing for the 'Lady Stradbroke Cup'. A committee would make guidelines for each competition, and these guidelines were slightly different for each event.

In 1928, companies were judged on fourteen special points with the winner dubbed 'best all round company'. The 1st Port Melbourne Guide Company was the winner.

In 1930 the cup was awarded for:

- ♣ The general standard of the company
- ♣ Nature Diary representing work by the whole company
- ♣ Handcraft

Thirty-five companies took part, but no record has been found of the final result.

The Division Commissioners (a 'Division' was a Guiding land area between a 'District' and a 'Region', which we don't have any more) recommended that the 1932 competition should be for 'the best and most interesting handcraft display'. Melbourne Town Hall was the venue for a Guide exhibition opened by Lady Irvine on 20 September 1932. Shepparton District gained first place with a display 'A. A. Milne's Little Foxes'. Equal second were Northcote and North Camberwell with Carranballac third, followed by Caulfield, Brighton, and Hampton. A special prize donated by the Country Women's Association went to 1st Geelong.

Again, on the Division Commissioners' recommendation, the 1936 cup was for singing, acting one act plays, country dancing, and an international story. A display was held in the Masonic Hall in Melbourne, and successful companies were Malvern, Mildura, Shepparton, and Bendigo in that order.



In 1938 for the first time the Stradbroke Cup competition was held for all ages:

Brownies (7-11 years): Scrap Book
Modelling – to be based on pack life or fairy ring
Useful Article

Guides (10-15 years): Illustrated Log Book
Hand Sewn Baby Dress
Knot Chart for Patrol Use

Rangers (14-25 years): Log Book - illustrated with cover
Toddler's Dress
Cardigan or Pullover

In December 1938, 'Matilda', the state Guiding magazine, recorded details of the work in these events. Thirty-four places were granted representing work from Lones (remote Guides, something similar to online Guiding today but done through postal mail), Brownies, Guides, and Rangers from all parts of Victoria. The overall winner was 2nd Albert Park MacRobertson High School Company.

It appears that the original Stradbroke Cup Competition ended in 1939, perhaps because the Second World War started that year and Guides had other priorities.

In 1989, the competition was revived as the Lady Stradbroke Cup Patrol Camping Competition and has continued as such right up until now.

Who will win the cup this year?



2022 Winners



Guidelines and Advice

Food planning

- ♣ Make sure you read the menu requirements carefully and include all the listed elements. If you follow the guidelines, you will get more points.
- ♣ Plan a healthy balanced menu. You will have a full weekend of physical activity and need proper nutrition.
- ♣ One (or two) pot meals with protein, carb and vegetables all together (or with simple carb or salad on the side) such as a casserole, stir fry, or pasta or rice dish are great options for over an open fire. They are easier to serve warm and be ready at the same time, compared to meals with many elements.
- ♣ Cooking from scratch can be super fun and challenging but packet mixes and other pre-mixed and/or processed food can simplify things if it's your first time.
- ♣ 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 - a raw, burnt or cold meal will not earn you many points!
- ♣ A lot of stuff has to be taken to camp and, once at camp, moved around and stored. So, if you can reduce weight and/or volume, or substitute fragile food for more sturdy items, this is great. If you pack glass containers, make sure to pad between them and hard surfaces and ensure they can't rattle around.
- ♣ Also shop for and pack your food in a way that reduces waste. Remember, your patrol needs to take all their waste home with them.
- ♣ Buy items in the size you need or open the packet and take only what you need to camp. You can also measure and pre-mix ingredients before camp so you only have what you need and there's one less job for camp. This works well for spices/flavours for savoury dishes and dry ingredients for puddings, pancakes, etc.



- ♣ At camp all perishable food must be stored in your esky and kept food safe. If you can avoid having items in your esky, or only put them in once opened, this may be easier and safer.
- ♣ Avoid high sugar products as these will be especially attractive to ants and other pests. If you do bring them, ensure they are in a sealed packet and/or an airtight container once opened. In hot weather, avoid chocolate and other melty things.
- ♣ You might end up trying new products that you've never had before and discovering something you really like.
- ♣ Some substitution ideas to think about include:

Avoid / minimize—these can be brought, but consider if they can be substituted and/or limit them to the key items you really like	Good option	Alternative option (particularly lightweight) – not necessary to go this far for a heavyweight camp like this one unless you want to try something new
Fresh milk, custard, cream and juice	UHT/long life milk, custard, cream and juice	Concentrated/powdered milk or juices
Frozen vegetables and fruit	Fresh or tinned vegetables and fruit	Dehydrated vegetables; dried fruit
Vegetables and fruit that need to stay cool (salad vegetables, grapes, melons, berries, etc).	Fruits and vegetables that are OK out of the fridge and less likely to bruise— apples, oranges, onions, carrots, potatoes, etc.	Instant mashed potato
Fresh pasta and pasta sauces	Dried pasta; bottled shelf stable sauces	
Chilled deli meats, fresh meat	Tinned tuna or chicken; shelf stable processed meats; cheese; tinned legumes; mushrooms.	Tuna or chicken sachets; dehydrated meat
Soft cheeses	Hard chilled cheese	Shelf stable hard cheese
Fresh bread and rolls (easy to squash and may stale)	Wraps, pitas	

Food safety

- ♣ While preparing meals, remember to use proper hygiene.
- ♣ Wash your hands before starting, after handling raw foods, after doing non-food tasks such as the fire, your hair, camp chores, or going to the toilet, and before eating.
- ♣ Chop your meat on a separate board to everything else, keep raw and cooked foods (and the kitchen implements you used for them) separate.
- ♣ Put away food that you are finished with as soon as possible.
- ♣ After cleaning up, before going to bed, and before leaving the campsite to go to an activity, do a kitchen check to make sure that everything is washed and put away, and that the lids on all your food boxes and waste bins are tightly closed. No one wants animals getting in!
- ♣ Ensure that your Esky is cold at all times by using ice, ice bricks, and/or water frozen in bottles. If you are beginning to run out of ice talk to your Camp Mum. We want to help you keep your food safe, and meat and dairy products that aren't kept cold are definitely NOT safe!



- ♣ Packing your Esky properly is very important. Ensure some form of ice is always in contact with meat and dairy products. These should be at the bottom where it is coldest, and where there is the most ice, with the perishable fruits and vegetables on top. Or if you have two Eskies, keep dairy and meat in one with lots of ice, and fruits and vegetables in the other with less ice.
- ♣ Put meat and dairy into sealed containers – this stops water from the ice getting into them and stops them leaking into other foods.



Always have dairy and meat 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!

- ♣ 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 dairy products), and you will need space for this.
- ♣ If you're not sure if something needs to be kept cold, read the label or ask an adult.
- ♣ Freezing meat for Saturday night or Sunday breakfast before coming to camp will help it stay colder and safer to use for the weekend. If it is still frozen when it is time to cook, make sure you cook it for longer so it is cooked through. Butter and margarine also freeze well.
- ♣ Consider buying meat that is pre-chopped / minced or cut it up before camp. This avoids too much handling meat at camp.

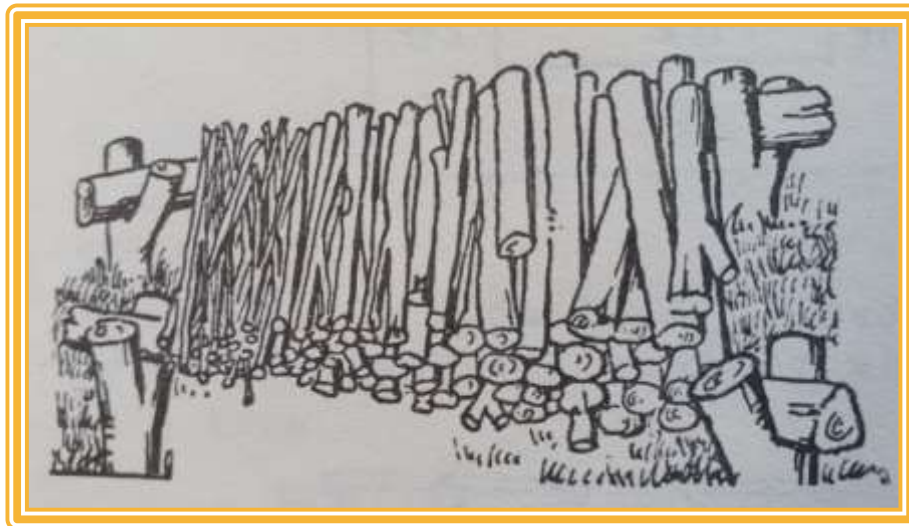


Working with fire

- ♣ If you are worried or unsure about your fire or stove, speak to an adult.
- ♣ You will need to set up (but never light) your fire and surrounds before going to afternoon activities. Make sure the laid fire in your fire drum and your woodpile are covered to protect them from rain and damp.
- ♣ The assessors who check your campsite in the afternoon will leave a note on your fire if it is not safe to light. If you get a note, you must see an adult and have your fire re-checked BEFORE lighting it.
- ♣ Before lighting a fire or a stove make sure it is stable, you have filled two fire buckets with water and hessians and have them and your fire blanket (if using) nearby, and that the area all around (including up) is clear of flammable material for 3 metres.
- ♣ A lit fire or stove must be **attended at all times**. If you are looking after the flame, make sure you hand over to someone else before leaving (even to go to the toilet). Swap this job around so one person doesn't have to do it all the time.
- ♣ Soft soaping pots/pan that you use to cook on an open fire makes them much easier to clean afterwards. To do this, rub dishwashing detergent (or similar) on the outside of the pot before putting on open fire. This is not needed for stoves.
- ♣ To avoid food burning or sticking, when cooking on an open fire you may need more oil or liquid than you would use when cooking at home. NEVER use cooking oil sprays near an open flame (or a tent).
- ♣ Always handle hot items with tongs, potholders and/or fire gloves. Assume that anything that has been near the flame is hot and handle it with care even after it has been off the flame for a while.
- ♣ If you are moving hot pots, particularly those with boiling liquid in them, check where all the other people, and the tripping hazards, are on the campsite and plan your route. If necessary, warn people before you start moving and don't walk behind or too close to anyone or any equipment.
- ♣ Put hot pots on a trivet, heat mat, or similar. Hot pots can damage grass, plastic tables and other surfaces, and if they have been on an open fire can leave black marks.



- ♣ Always be sensible around the fire. Don't sit or eat too close to the fire or stove, don't run or play games near the flame. Don't play with the fire or remove burning wood from it.
- ♣ Your fire must be extinguished before you leave your campsite to go to evening activities or you go to bed. Extinguish the fire by letting it burn down low, then sprinkle with water and stir the ashes with a stick to separate and dampen them.
- ♣ Fully **COLD** ashes can be put into your compost bin.



Woodpile: you will need enough wood to light your fire and keep it going for long enough to cook your meal. The woodpile should be at least 3 metres away from the fire and be 'graded' by wood thickness and type.

- ♣ **Punk / tinder:** very light material which can be lit by a match e.g. dry gum leaves, shredded bark, very fine twigs, bracken, paper (At Lady Stradbroke Cup, one of the challenges is to light your fire without using firelighters)
- ♣ **Kindling:** twigs, sticks, and small branches ranging from thin to 2-3 cm in thickness which can be lit by the burning tinder material
- ♣ **Wood:** thick branches & logs that will burn long & hard enough to cook with

Remember: when laying and lighting a fire:

- ♣ Fire needs **oxygen** (air) to burn so make sure your laid fire is packed fairly loosely (not tightly) with sticks laid crossing each other and plenty of room. Laying your fire in a pyramid shape with punk in the middle and kindling/wood fairly upright is a good shape.
- ♣ Fire burns **upwards** so have the punk at the bottom and light the fire from there. If you add wood, add it on top of the flame (but don't smother it).
- ♣ A fire with fresh wood / high flame can be good for heating water / other liquids quickly, but a fire burnt down with lots of coals will cook food more evenly with less burning.

Gas safety

Transport and storage:

- ♣ When transporting LPG (propane) bottles and butane canisters to camp:
 - ♣ they must be disconnected from your stove, with all valves closed
 - ♣ keep them upright and in a firmly secured position (e.g. in a box, wedged in with other gear) to prevent them from moving around
 - ♣ transport them in the boot / trailer, not in the passenger compartment
 - ♣ no more than two 9kg LPG bottles in a vehicle at a time.

- ♣ All LPG bottles must have a current compliance date (i.e. stamped date within the last 10 years).



- ♣ When not in use, LPG bottles and butane canisters must be stored in a cool dry ventilated place in an upright position.

- ♣ Do not store LPG bottles or butane canisters near fire or other heat or in the sun. If it is particularly hot, place a damp sack or towel over the LPG bottle.

- ♣ Do not store them indoors, in your sleeping tent, or in another enclosed space.

Using a gas stove (general):

- ♣ At camp, before using your stove for ANY meal, you must have it set up, checked, and your patrol gas card marked by a gas safety adult (it can only be those adults, not any other adult). It must be re-checked at every meal where you use the stove.
- ♣ Never use a stove inside a tent or other enclosed space. Ensure that it is stable before use. Consider using a non-slip mat between the stove and table.
- ♣ Check all connections/valves between stove, hose, and/or bottle/canister by brushing or spraying with very soapy water. If bubbles are produced at connections, this means gas is escaping. Try reconnecting your LPG bottle or tightening the connections (by hand or with a spanner), or reinserting your butane canister. You may need to ask a leader for help.
- ♣ Do not use a stove with an identified leak. Turn the LPG bottle off / disconnect the butane canister and ask for help.
- ♣ If you can't see the flame, you may be able to tell if your stove is lit by sound, heat (hold your hand at a safe distance from flame), or seeing a heat haze. Sometimes putting a pot on the stove will shade the burner and make the flame easier to see.
- ♣ After using, 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.

Butane stoves:

- ♣ When loading a butane canister always match the gap on the canister with the latch on the stove and lock it in to place. If it resists, check that the canister is in position correctly or ask an adult for help.



- ♣ The pot support / cook top on the butane stove must be fitted the right way up (holding the pot above the flame) before use.
- ♣ The pot or pan placed on the stove must be no larger than the area of the cook top and not sitting over the top of the butane canister. Items overhanging the canister will reflect heat onto the canister (which is a safety hazard). During your gas check, you will be asked to show which pot/pans are being placed on your stove.
- ♣ When you have finished all of your cooking for a meal, turn off the stove, unlock the canister from the stove, and move the canister to the safe storage location.
- ♣ Used butane canisters should not be placed in rubbish or recycling as they can explode or catch fire. They should be disposed of through an appropriate hazardous waste disposal service (check with your local council or recyclingnearyou.com.au to find one near you). Alternatively, if an adult at home knows how to safely bleed or burn off the remaining contents (don't do this at camp), they can then be recycled.

LPG stoves:

- ♣ Set up the LPG gas bottle beside the stove, not under it.
- ♣ When lighting the stove, light the match first, then turn on the stove.
- ♣ The red plastic cap on your gas bottle is the safety relief valve. It allows automatic relief of 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.
- ♣ When you have finished all your cooking for a meal, turn the gas off at the 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.



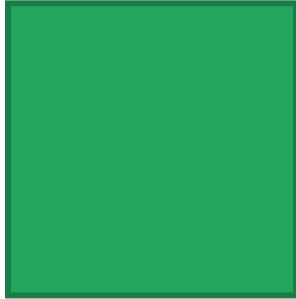
Hosting a meal

- ♣ Check the roster to see who your meal assessor is. The Leader 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.
- ♣ Whether your dinner table is a tarp on the ground or an actual table, make it a full dining experience. Set the 'table' and have proper serving dishes (if not serving from cooking pots, which is OK too) and implements. Think about having a tablecloth or centrepiece (decoration in the middle of the 'table'). What about an 'opening' for your meal such as a moment of gratitude, a song, or your own tradition? Try and eat together as a patrol (plus assessor) and have some dinner conversation. Don't use phones or other devices at the 'table'.
- ♣ Remember to offer your assessor hand washing facilities before a meal, and that each member of the Patrol washes their hands too. Wash and dry all your assessor's dishes and return them promptly.
- ♣ Mealtimes are the main time when the assessors observe the patrol at work (rather than just seeing what you have achieved). It is a great time to show how well you can plan and work together.

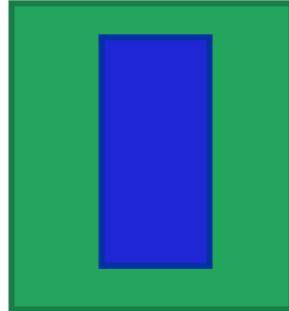


Bedrolls

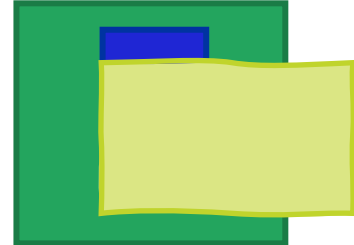
We make bedrolls for camps and other outdoor sleepovers to keep bedding dry, all together, and pre-assembled into a 'bed', especially if we have to put up tents in the rain, damp or dark. With a bedroll that you have made **WATERPROOF**, you can be into a dry bed within a few minutes at the end of a long day. (If using a self-inflating mat, you may need to keep it separate or open your bedroll earlier to allow the mat time to inflate.)



Lay out your tarpaulin / groundsheet (2.5 x 2.5m)



Add your sleeping mat



Lay out your 1st blanket
(Your warmth leaks into the ground as well as the air so blanket should be below as well as on top.)



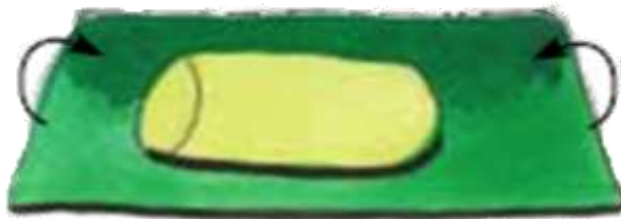
Lay out your 2nd blanket (if using)



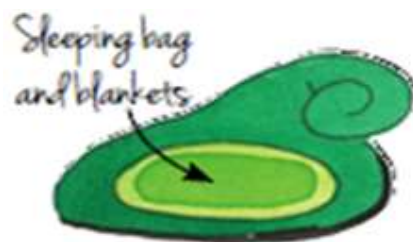
Add your sleeping bag and any accessories (pillow, PJs, soft toy)



Fold blankets over sleeping bag and accessories, roll tightly into a log shape
(Don't include the tarpaulin as folding the groundsheet in amongst the bedding may let water in.)

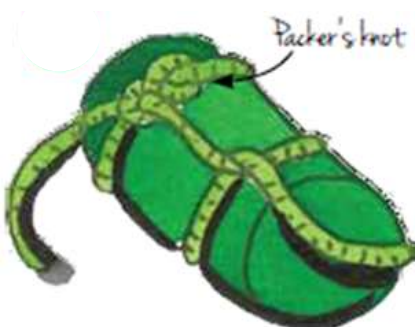


Place rolled up bedding on centre of groundsheet, then fold ends of ground sheet in.



Fold groundsheet up, keeping dry sides together

(That is, fold tarpaulin edges into the roll rather than leaving them on the outside so water gets in.)



Using 5m cord/rope, start with a packer's knot and tie up like a parcel, ending with two half hitches



Packer's knot.

Grease traps

A grease trap is used to dispose of your washing up and other wastewater. It traps the grease and floaties and stops it from going into the bush, creating pollution and attracting animals. A grease trap needs a lid to reduce flies and smell.

Locate your grease trap a little way away from your campsite. Find a spot that provides some natural drainage (not in a valley) and that won't drain into your or someone else's campsite or a walkway. Position the grease trap so that water can flow freely out of the bottom. For example, off the ground on two thick sticks.

When using your trap, take off the trap lid and pour slowly enough that the water can drain out the bottom and not overflow. Change the filter material regularly over the weekend to stop it getting clogged. Put the lid back when you're done.

There are different styles of grease trap, with different filter materials. For Lady Stradbroke Cup, a tin can grease trap is usually most practical.

- ♣ Take a large empty tin – an 800g tin is the minimum size. With adult help / supervision, use a tent peg and a mallet/hammer, a drill with a bit for working with metal, or a pointed can punch (found on some bottle openers) to make holes in the bottom for drainage. Be careful of any resulting sharp edges. Options for the filter material include a stocking leg or organic material.
- ♣ 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 wastewater directly in to the stocking. When the stocking starts to get full, put it in the rubbish bin and replace it with a fresh stocking.
- ♣ Or you can pack your tin with grasses, twigs, leaves, and other organic material to act as a filter. 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 and/or replace the material as it gets clogged and sodden. Dispose of the used material into the compost/FOGO bin.
- ♣ 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. **THIS IS YOUR LID. IT IS NOT WHAT YOU POUR WATER THROUGH.**



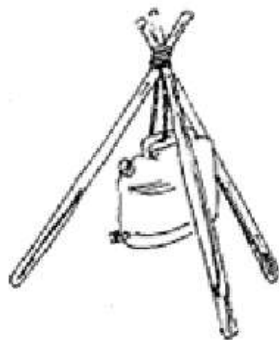
Gadgets

Making gadgets for camp is a Guiding Tradition and provides an opportunity to practice our knots and 'engineering' skills such as thinking in 3D, balancing objects, tension/pressure and how to problem solve when it keeps falling over.

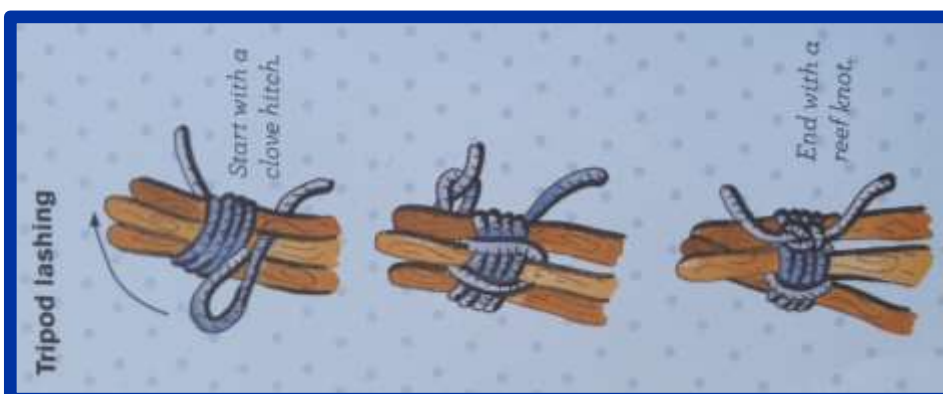
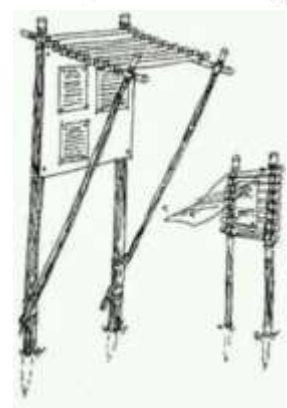
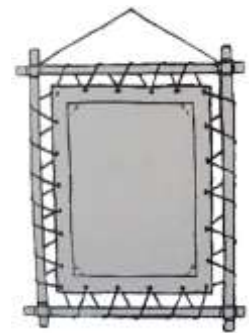
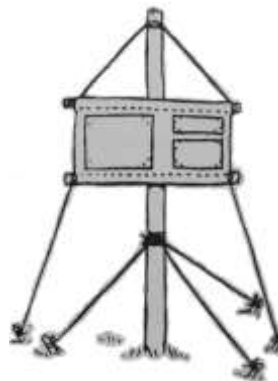
All patrols will be assessed on their flagpole & flag, noticeboard, dillybag line and grease trap. You will also need at least one hygiene station on your campsite and can use a gadget for this. You can also have a gadget for drying tea towels, or put them on your dillybag line. Patrols may also sign up to be assessed for the gadgets extension module.

There are some gadget, knotting, and lashing ideas in this booklet and the Guide Handbooks. But you don't have to make your gadgets this way, trying new things and sharing your own unit traditions is encouraged. Also, because this is a tradition for Guides and Scouts world-wide, you will also find heaps of ideas and how-to guides online.

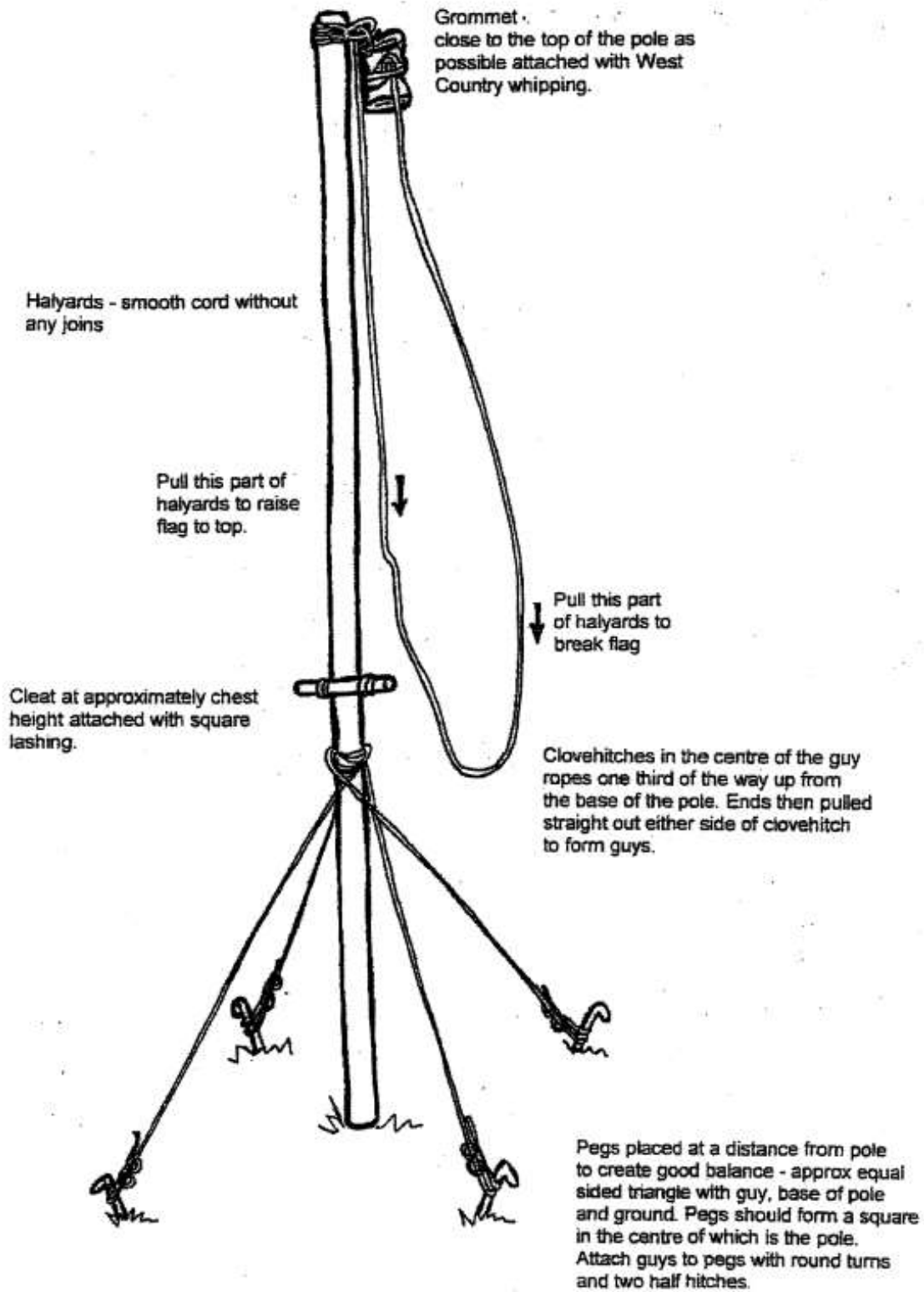
Hygiene station



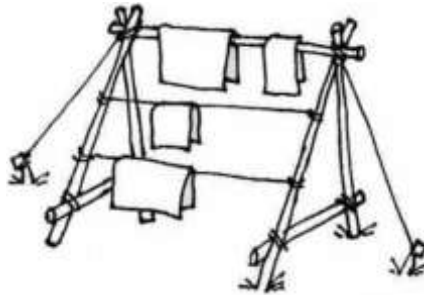
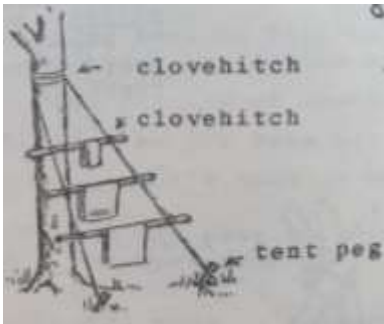
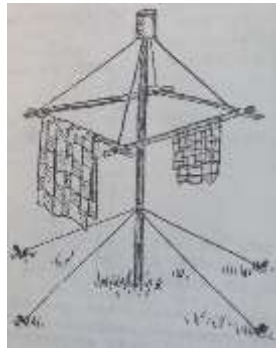
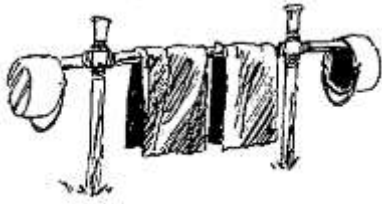
Noticeboard



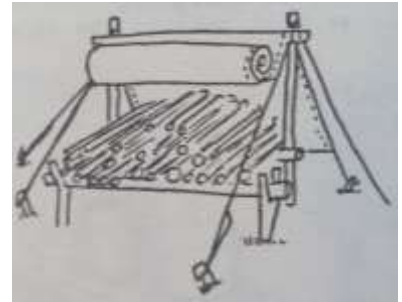
THE FLAG POLE



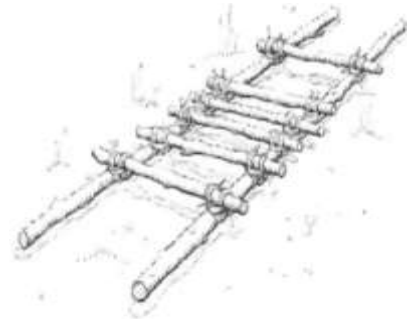
Drying line (for tea towels etc)



Lantern tripod



Woodpile cover

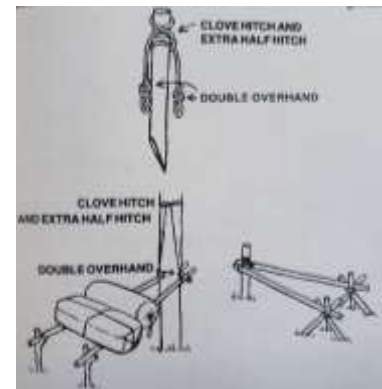


Bag line

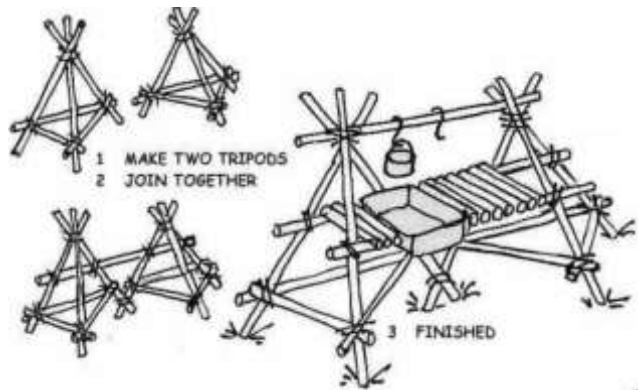
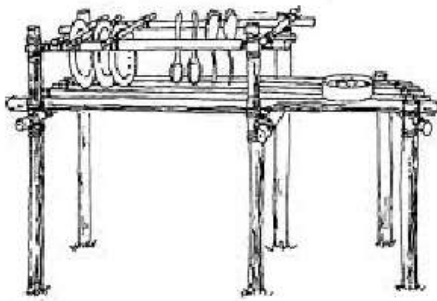
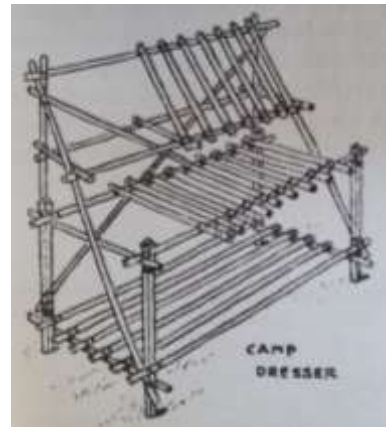
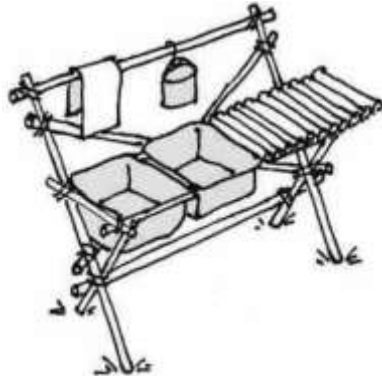
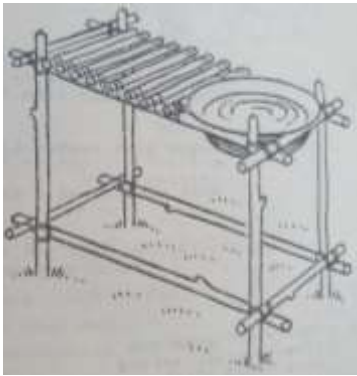
Hints for your dillybag line / washing line:

- ✿ protect any trees you're using
- ✿ twist two cords together so you can attach tea towels etc without pegs

Gear rack



Kitchen gadget



Campsite gateway

