

State Lady Stradbroke Cup 2025

Friday 24 – Sunday 26 October

Britannia Park, Wesburn

Friday 31 Oct – Sunday 2 Nov

Lingbogol, Creswick



Event Information

Booklet

Key Event Information

Information for parents and Guides—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. This year Stradbroke will be held across two sites, Britannia Park in Yarra Junction (near Melbourne) and Lingbogol in Creswick (near Ballarat). Please check that you're registering for the right one, and that your patrol are all at the same location.

Age and Experience of Participants

Lady Stradbroke Cup is an event for 10-14 and 14-17 year olds. Girls 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.

Patrol Requirements

Patrols consist of no less than 3 and no more than 6 guides. **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. More leaders are welcome to come! Once at camp, your Leader will be involved with all the Patrols and will be given roles not associated with her own 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 29 September.** Your Patrol will then have a little over a week to submit a [Patrol Registration](#) (all campers) and [Equipment Request Form](#) (Britannia Park only) by Thursday 9 October. Although applications for the event go through Head office, you need to organise and pay for food with your Unit.

Cost

Camp registration is \$85, which covers the campsite, lots of fun activities, badges and pennants, a hot supper on Friday night, and all of the things we need to run a successful weekend. Patrols will need to bring their own food based on the menu that they have planned. Ideally patrols should make their own shopping lists and if time permits, do their own grocery shopping—it's all part of the developing their independence and skills.

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 29 September.

Portable Electronic Devices, Jewellery & Mobiles

Girl Guide events are great opportunities to 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 stradbrokecup@guidesvic.org.au. You will receive more detailed information about your Patrol and the event closer to the event.

EVENT REGISTRATIONS CLOSE MONDAY 29 SEPTEMBER

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

Personal Medication

All personal medication must be registered 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 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.). EpiPens and Ventolin must be presented to the First Aider on arrival, but will be retained by the Guide during camp in line with anaphylaxis or asthma management plans.

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 (including 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
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

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

Conditions of Attendance

GENERAL

- All participants must be current members of Girl Guides Victoria.
- It is expected that Guides attend the entire duration of the camp. While exceptional circumstances may be considered, late arrival or early departure is not generally possible.
- Our staffing ratios are planned out in advance to run a safe and fun camp and accommodate as many special needs as possible. It is a condition of attendance that any medical or special support needs be made clear to us on registration. If your Guide arrives at the event with a special need that was not disclosed and planned for in advance or would change our support ratios, your Guide may not be able to stay at camp and may be sent home with you.
- Camp Leaders will contact parents/guardians to follow up with identified special needs, allergy management, and general health plans noted on the application to ensure all girls have the best possible camp experience.

AT CAMP

Supervision | Supervision will follow Girl Guides Victoria's standard staffing ratios for overnight and adventurous activities and will be maintained at all times.

Behaviour Support & Management | Guides and Leaders will work collaboratively to establish agreed behaviour guidelines at the beginning of camp. Trained staff will always be available to work through and reflect on any issues that may arise. If a Guide cannot abide by the agreed group guidelines and this significantly impacts the camp experience for them and others, they may be asked to return home at the Guardian's expense.

Parent Contact | If you need to make contact during camp, please utilise the provided contact number for your relevant location. If your Guide carries a mobile phone, please don't contact them during camp because it may cause them or other Guides to feel homesick.

QUESTIONS

If you are interested in attending Lady Stradbroke Cup, have questions about forming a Patrol, need help with preparation or Patrol equipment, we recommend first talking to your Unit Leader.

For further camp queries, email stradbrokecup@guidesvic.org.au

For assistance with registration, email events@guidesvic.org.au

Please see the final pages of this booklet for the registration assistance guide..

Patrol Equipment

If you are planning on borrowing equipment from **Britannia Park**, ensure you have submitted your [Patrol equipment hire form](#) by **Thursday 9th October**. Late requests cannot be accommodated.

Lingbogol campsite has very limited equipment available to loan.

Please contact stradbrokecup@guidesvic.org.au if you are short of key items

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 the ground
- Non perishable food in animal proof storage boxes
- Cold/perishable food in Esky with large bottles of frozen water and/or ice
- 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.
- Patrol hygiene station—handwashing supplies, hand sanitiser, etc.
- Pot holders and tea towels
- Welding gloves/fire gloves (in addition to pot holders)
- Fire drum and grill. There must be at least 25cm between the ground and the bottom of the drum when it is set up.
- 2 fire buckets with hessian
- Gas or butane stove and fuel.
- Gadget wood and rope, cord, stocking etc. Gadgets may be partly constructed before camp.
- Patrol first aid kit
- Lighting for your site
- Tarps
- Patrol flag and noticeboard
- Grease trap
- Firewood
- 2 rubbish bins (one for recycling) with secure lids

Patrols will need to take all of their rubbish home with them.

Please be mindful in your planning and shopping so that you bring only what you need and reduce waste.

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, with at least one being waterproof (preferably one pair of boots and some runners)
- Sun hat (full brim – no caps)
- Beanie
- Thermals, gloves (optional)

Toiletries:

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

Personal First Aid Kit:

- Sunscreen
- Hand sanitiser
- 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/Plate 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)
- 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)
- Head torch/torch (must be bright – it's your main source of light!)
- Spare batteries for your torch
- 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 (optional – but it is recommended that at least one member of your Patrol has one)
- Sunglasses (optional)
- HEALTH FORM! (accessed via your child's **events** tab in the Portal. Click [here](#) for access instructions. Please fill in and sign 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.

Please ensure your bedroll is completely waterproof.



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.



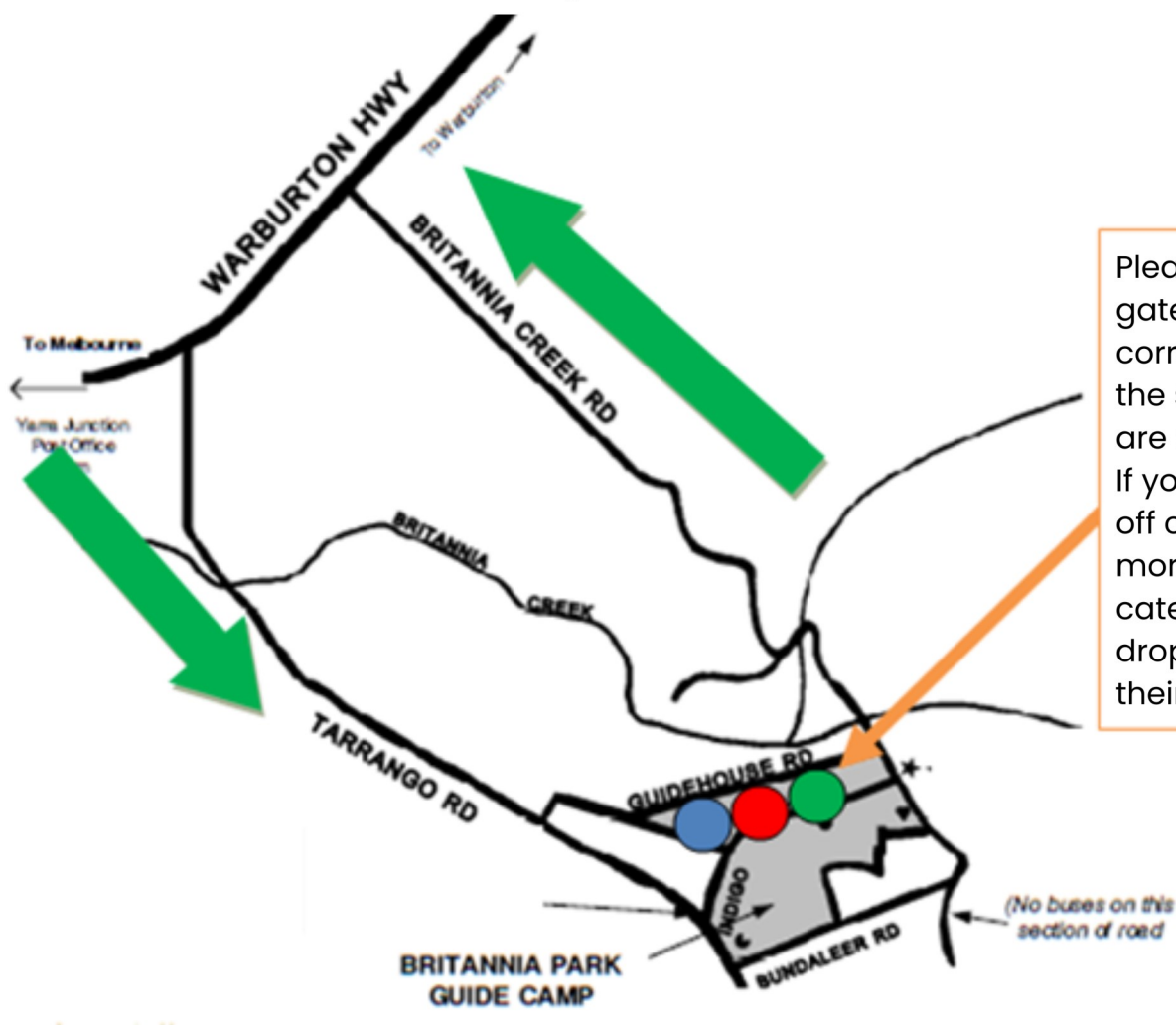
Packer's knot.

Map—Britannia Park

*KM from Warburton Highway via Tarrango Road to :

*Guide House Road - 1.6km

*Indigo Street - 2.1km



Please enter at the gate which colour corresponds with the section you are competing in. If you are dropping off children in more than one category, please drop them off at their own gate.

Please be mindful that Guidehouse Road has very little space for stopping. We will have marshalls on the road to guide traffic and ensure that everyone can unload safely. Please help us by entering via Tarrango Road, unpacking and registering quickly, and then leaving via Britannia Creek Road.

If you get lost, please contact:

Stradbroke Britannia Park LIC, Kate Ferguson on 0413 297 200

Map—Lingbogol



Enter via Broomfield Road, Creswick, through the gates into the main carpark, and follow directions from there.

**If you get lost, please contact:
Lingbogol LIC, Vanessa Park on 0467 864 947**

REGISTRATION GUIDE

For event specific queries, please contact the Committee at stradbrokecup@guidesvic.org.au
If you require further registration assistance, please contact events@guidesvic.org.au


If you're newer to Guides or are needing a hand with the new Member Portal and registration, please follow the instructions below.

If you wish to follow a 'Scribe' step by step visual guide, please click [here](#) <-

HOW TO REGISTER |

- 1) Log in, and select the first child you wish to register. With the new Portal*, if you have multiple children, you can register them for the same event, at the same time, in one transaction.
- 2) Locate 'State Lady Stradbroke Cup' under the Events section, selecting your correct location.
- 3) Click on either the yellow **Register Myself** button or a blue **Register a Family Member** button, depending on your Youth or Adult status.
- 4) You will be presented with a series of additional questions. Please complete and **Save Responses**
- 5) To complete registration, scroll back up and click the yellow **Check Out & Confirm Registration** button, or to register an additional child, select **Register a Family Member** and complete registration for them.
- 6) Proceed to the check out cart, where you can review your selected options.

Eg) The example registration below shows a Youth registration for the Britannia Park event.

ITEMS			
Item	Quantity	Price	Total
 Lady Stradbroke Cup 2025 - Britannia Park - TestYouth 10yrs+	1	85.00	85.00
Item	Quantity	Price	Total
Registration Youth	1	85.00	85.00

Please review the cost, and complete payment. You will shortly receive an automated event registration confirmation email. Please check your junk mail.

- 7) To review any event registrations at any time, please select the **View Event Registrations** button. Here you will also be able to see upcoming and historical registrations, and view, download and print the event Health Form.

*If you have not yet logged in to the new 2025 Portal, and set up your new password, please view the March 3 email, or email events@guidesvic.org.au for this email to be resent to you.

