



GIRL GUIDES
AUSTRALIA
VICTORIA

LADY STRADBROKE CUP

16-18 OCTOBER 2026

**CAMP PREP & TIPS
BOOKLET**

Contact Information



Event questions: ladystradbrokecup@guidesvic.org.au



Registration questions: events@guidesvic.org.au



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.

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 are available on the GGV website before the event if you'd like to get an idea of the sorts of things that are assessed. A copy of the Patrol assessment sheets will be distributed to Patrol Leaders in the lead up to the event. If you don't want to focus on assessment and are just there to have fun, that's ok too! The assessment is just a way to learn more and become better campers.

Assessment happens at various times throughout the weekend:

- 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 when you arrive, please be on time.

For this assessment:

- Your patrol must complete your Safety Quiz (given to you Friday night) 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 Guide Handbook.



- 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/trangia stove) will be assessed by the adult eating with you. Don't forget that your meal assessment is not just about your food, but also things like how well you work together, looking after your assessor, and cleaning up well after the meal. Check the assessment checklist to make sure you have everything covered.

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 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



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
- 9.30 pm Patrol Leaders' Meeting
- 9.30 pm Prepare for bed
- 10.00 pm Bedtime
- Please respect the Patrols around you by not talking after 10.00 pm.
- 10.15 pm Leaders' Meeting

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 – practise)
- 1.30 pm Afternoon 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
- 10.00 pm Bedtime
- Please respect the Patrols around you by not talking after 10.00 pm.
- 10.15 pm Leaders' meeting

Sunday

- All campers to remain quiet and in their tents until at least 6.45am (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



MENU GUIDELINES

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—something that doesn't need cooking would be ideal
- Lunch (Leader eating with you - practise)
 - 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 (including chicken), canned fish, or vegetarian option (e.g. legumes, egg, 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 with sauce, custard, or cream
 - Hot and cold drink options

• Sunday

- Breakfast cooked on gas/butane stove (Leader eating with you - assessed)
 - Cereal and/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're 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's the Patrol Leader's responsibility to hand in a copy of the menu at the Friday night Patrol Leaders' 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 – 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 at 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 the 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 the 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 "Medieval Mayhem".
- 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 they have 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 washes their hands too.
- Ensure you wash and dry all your assessor's dishes and promptly.
- Soft soaping pots/pan 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 recommended for a Patrol for a weekend is 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 fruits 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 pretty gross!
- Ensure that meat is kept in a sealed container on the bottom so that 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, and meat and dairy products that aren't kept cold are definitely NOT safe!
- Remember that you will need to take all your rubbish home with you, so try to reduce bringing excess and ensure you have enough garbage bags and secure rubbish bins.
- DAIRY AND MEAT MUST BE SURROUNDED BY ICE



GAS SAFETY

- When transporting gas bottles and butane cylinders to camp, always store them 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.
- The red plastic cap on your gas bottle is the safety relief 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.
- 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 stove (butane or bottled gas, or trangia) 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 that 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 and not sitting over the top of the butane cylinder as 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 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.



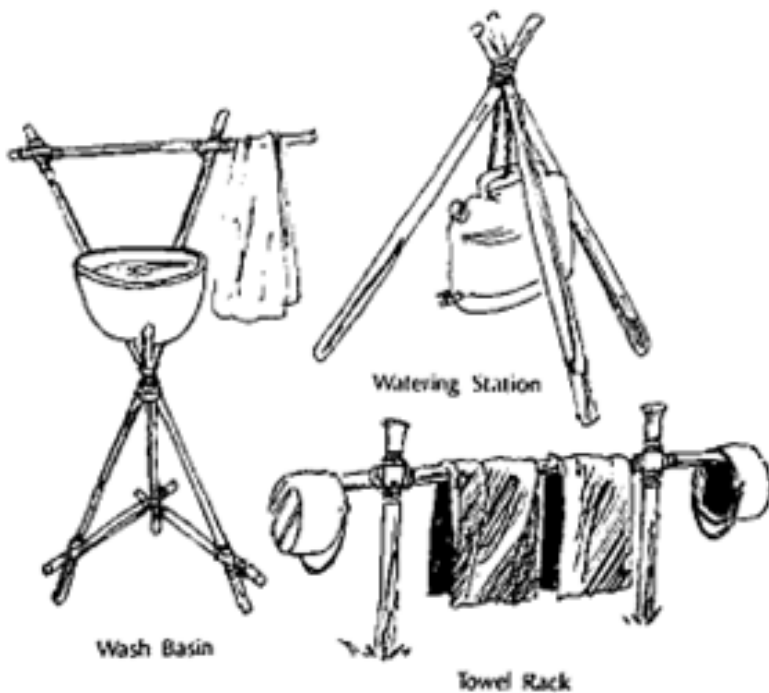
GADGETS

All Patrols will be assessed on their:

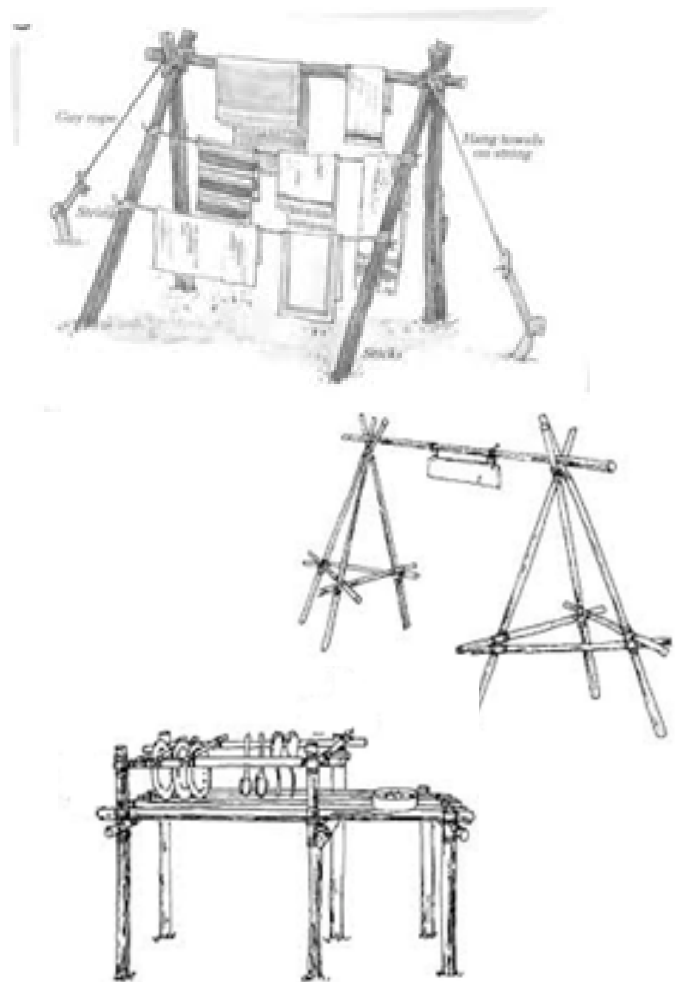
- ☐ Flagpole and flag
- ☐ Noticeboard
- ☐ Dillybag line
- ☐ Grease-trap
- ☐ A simple gadget (own choice) - contains at least two different correct knots or lashings
- ☐ A complex gadget (own choice) - contains at least four different correct knots or lashings

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

SIMPLE GADGET IDEAS



COMPLEX GADGET IDEAS



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 has a bit of a slope if possible, to help drain the water away from your camp

