



LADY STRADBROKE CUP

16-18 OCTOBER 2026

EVENT INFORMATION BOOKLET

Contact Information



Event questions: ladystradbrokecup@guidesvic.org.au



Registration questions: events@guidesvic.org.au



GENERAL INFORMATION

WHO AND WHAT

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. Guides 15 and over will not be able to be in a Patrol with Guides 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.

COST

Camp registration is **\$90**, 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.

Registrations will close Monday 14th September



FORMS

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 14th September**. Your Patrol will then have a little under a week to submit a Patrol Registration (all campers) and Equipment Request Form (Britannia Park only) by **Friday 18th September**.

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 14th September.

MOBILE PHONES AND VALUABLES

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.

QUERIES

If you have any questions, please first ask your Unit leader. If she is unable to help, please email the organising team at ladystradbrokecup@guidesvic.org.au. You will receive an email prior to the event with your Health Form and information about which category your Patrol will be in. For questions regarding registration, please contact events@guidesvic.org.au.

CANCELLATIONS

Please refer to the Girl Guides Victoria Event Policy in the Member Portal.



HEALTH AND WELLBEING

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 will be emailed your Health Form prior to camp. 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
3. Work together to create a safe and happy environment for everyone at camp
4. Be supportive of others who may be challenging themselves to try something new
5. Act in a fair and friendly way when competing in Lady Stradbroke Cup



PATROL KIT LIST

- If you plan to borrow equipment from Britannia Park, ensure you have submitted your patrol equipment hire form by Friday 18th September. Late requests may not be accommodated.
- Lingbogol campsite has very limited equipment available to loan. Please contact stradbrokecup@guidesvic.org.au if you are short of key items
- Patrols will need to take **all** of their rubbish home with them. Be mindful in your planning and shopping to only bring what you need and reduce waste.

CAMP SET UP

- | | |
|--|---|
| ☐ Sleeping tent | ☐ Trestle tables x2 |
| ☐ Kitchen shelter or tent | ☐ Camp chairs or situpons |
| ☐ Mallets | ☐ 'Uprights' (big poles) to hold boxes |
| ☐ Large tent pegs | ☐ off the ground |
| ☐ Lighting for your site | ☐ Patrol flag and notice board |
| ☐ Tarps | |
| ☐ Gadget wood and rope, cord, stocking etc. Gadgets can be partially constructed before camp. | |

KITCHEN SET UP

- | | |
|--|---|
| ☐ Non-perishable food in animal-proof boxes | |
| ☐ Cold/perishable food in Esky with ice | |
| ☐ Kitchen utensils (pots, pans, knives, chopping boards, tongs) | |
| ☐ Dishwashing and handwashing tubs | |
| ☐ Cleaning supplies - detergent, sponges, bin bags, etc | |
| ☐ Handwashing supplies, hand sanitiser, matches | |
| ☐ Pot holders and tea towels | ☐ Grease trap |
| ☐ Fire drum and grill | ☐ Firewood |
| ☐ Gas or butane stove and fuel | ☐ 2x animal-proof rubbish bins |

CAMP HEALTH AND SAFETY

- ☐ Welding gloves/fire gloves
- ☐ 2x fire buckets with hessian
- ☐ Patrol first aid kit



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!
- Please do not bring any mobile phones or valuables.
- If you have any questions, ask your patrol or your unit leader

CLOTHES

- ☐ You **MUST** bring a **WATERPROOF** jacket (long enough to sit on)
- ☐ 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) and Socks (woolly and warm!)
- ☐ 2 warm jumpers - preferably one woollen 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
- ☐ Small soap & face washer
- ☐ Hair brush
- ☐ Hair ties, clips and/or headbands – essential to have hair up around fire!
- ☐ Deodorant (no aerosol)

PERSONAL FIRST AID KIT

- ☐ Sunscreen
- ☐ Hand sanitiser
- ☐ Insect repellent
- ☐ Tissues (small personal packet)
or hankie
- ☐ Band-Aids
- ☐ Lip balm
- ☐ Sanitary products (if required)



PERSONAL KIT LIST (CONT)

DILLY BAG/PLATE BAG: (all named and in a draw string bag)

- ☐ 2 plates
- ☐ 2 bowls
- ☐ Sit-upon (sheet of heavy duty plastic to sit on and eat meals, at least 45 cm x 45 cm)
- ☐ 2 tea towels
- ☐ 2 cups (at least one mug)
- ☐ 2 knives
- ☐ 2 spoons
- ☐ 2 forks

SLEEPING EQUIPMENT: (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 & Spare batteries
- ☐ Small day pack (e.g. a backpack)
- ☐ Plastic bag for wet/dirty clothes
- ☐ 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! (filled in and signed within 24 hours of arriving at camp)



BEDROLL INSTRUCTIONS



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.

BRITANNIA PARK MAP

Detailed arrival information will be provided in the week before camp.

If you get lost, please contact Britannia Park LIC Kate on 0413 297 200.



LINGBOGOL MAP

Detailed arrival information will be provided in the week before camp.

If you get lost, please contact Britannia Park LIC Kate on 0413 297 200.

