

# Chapter 15 - Outdoors



## Scouts Canada believes:

- The outdoors provides an ideal setting for personal growth and recreation.
- Responsible citizenship imposes upon people an increasing obligation to live in harmony with their natural environment.

Because of these beliefs, outdoor activities are essential parts of Scouting's programs. The objective of participation in camping and outdoor activities is to help individuals develop:

- Interdependence with others and the environment
- Physical growth and co-ordination
- Practical skills
- Utilization of personal resourcefulness
- Awareness and appreciation of the natural environment through exploration and understanding.

The outdoors is one element of the Cubbing program that can provide activities to meet all the program goals/standards. Outdoor activities give Cubs adventure, challenge and opportunities to explore their limits. It gives them an opportunity to learn to rely on others as well as make contributions to a group. Outdoor activities offer Cubs chances to exercise leadership and make choices — to extend themselves beyond the family, and develop self-reliance and confidence.

Giving Cubs an outdoors experience is probably the most effective way to help them become aware of their spiritual selves and discover that, although we all share a common bond, each of us is unique and special. As a leader, you will experience your greatest satisfaction from Cubbing in the outdoors.

Scouters often use “unpredictable weather” as an excuse for not planning outdoor activities, but your Cubs are generally a hardy bunch who seldom let weather daunt them. A strong March wind, a light summer rain, or the first snowfall of winter opens up different possibilities, like flying kites, measuring precipitation, and tracking.

## Building the Outdoors Into the Program

Cubs love to be outside. Instead of planning an indoors program with a few outdoor activities, try planning your meetings for the outdoors and incorporate certain indoor activities. There’s more to outdoor activities than hikes and camping. Consider some of these possibilities:

### Community Service

- Do household chores for senior citizens or people with disabilities (shovel snow, rake leaves, wash windows and screens, clean basements or garages) under the supervision of adult leaders.
- Provide a similar service for your Scouting partner/sponsor.
- Clean up litter from a park.
- Find a supply of steel drums to clean and convert into composters.
- Help with outdoor community activities by ushering, gathering litter, working at the lost and found booth, etc. Some examples might include your local Carnival, outdoor theatre or band concert, arts and crafts show.

## Games

Instead of simply playing indoor games outside, choose games especially suited for outdoors.

### Wide games

Discussed previously in the chapter on Games, wide games need a large area and more time to play than indoor games.





## Scavenger hunt

Give each six a list of articles to collect and a piece of string for measuring things. To fill their list, they must use estimation and measuring skills. Set up a central check-in station with objects like a ruler, a scale, and a container of water. Encourage the Cubs to use different scientific methods to test the accuracy of their estimations.

The list might include:

- A rock 30 cm in diameter
- A dead branch 50 cm long
- Enough blades of grass to make a line 20 cm long
- One kilogram of stones.

## Kim's game

For this observation game, gather about 20 natural articles (acorn, oak leaf, maple seed, etc.). Place them on a tray and let the Cubs look at them for one minute. Cover the tray. In sixes, the Cubs work to list what was on the tray from memory.

## Observation ramble

Choose a route, and seed it with things that don't belong in the natural setting (e.g. hang a red ball from an apple tree; plant a plastic flower among wildflowers). How many objects can the Cubs spot?

## Team and inter-pack games

Team games become entirely different when you play them outside. Even Cubs who are less athletic have an equal chance.

## Tracking games

Start with simple man-made signs and arrows for your tracking games. Incorporate some natural tracking signs. These are great as part of theme activities such as treasure hunts. The *Fieldbook* for *Canadian Scouting* describes many tracking ideas.

# Just for Fun

You can enjoy many fun outings with the pack, two or three packs, or the whole family. Here are some ideas:

- Fishing derbies. Go fishing, then cook your catch.
- Flashlight hikes
- Toboggan and skating parties
- Snow sculpturing
- Winter carnivals
- Picking apples for Apple Day
- Walking in the rain
- Bicycle hikes
- Making toy rafts, and sailing them in a stream.
- Soap box derbies.



## Conservation and Ecology

- Collect and bundle newspapers.
- Build a brush pile as a wildlife shelter in a conservation area.
- Collect specimens of animal tracks by plaster casting.
- Clean up a stream.
- Hike along a waterway looking for signs of erosion.
- Take samples of water from various areas and have it tested. Try to learn why the water is polluted, and take steps to correct it.
- Visit a fish hatchery or bird sanctuary.
- Plant small trees along river banks to prevent erosion.
- Clean up a playground area.
- Take part in Scoutrees for Canada.
- Plant shrubs in the community.
- Visit a logging camp, market garden or nursery.

## Fires and Campcraft

Teach different methods to lay, light and extinguish fires (see the *Fieldbook for Canadian Scouting* for ideas).

- Make fire-starter gadgets.
- Cook a meal over an open fire.
- Cook a foil dinner.
- Set up a reflector oven.

## Outdoors and the Cub Program Elements

Organize a brain-storming session with your Cubs and leadership team, and you'll come up with many ideas combining the outdoors with Cub program elements.

### Games

- Spend an evening at a professional or amateur sports event. Plan it as a parent-and-Cub event.
- For one meeting each month, take the pack swimming, skating or doing some other physical activity.
- Attend a local play-off game that involves some of your Cubs.
- Hold an inter-pack baseball game.
- Arrange a "buddy" hockey game involving members of a local junior hockey team.
- Hold a wide game or scavenger hunt.





## Crafts

- Attend a craft fair.
- Visit local crafts people: woodcarvers, painters, doll-makers, etc.
- Hold an inter-pack kite flying evening.
- Visit a ceramic shop, and arrange to make a small craft while there.
- Make tray favours, and deliver them to the local hospital for a special occasion.
- With the contractor, arrange to visit a new subdivision to talk to workers who are building a house.

## Music

- Attend a local high school band concert.
- Attend an outdoor concert.
- Help usher at a local musical event. This offers great public relations opportunities, especially during Scout-Guide Week.
- Put on a variety show including songs, music, and skits for a senior citizens' group (Entertainer Badge).
- Go carolling at Christmas.
- Go to a parade.

## Storytelling

- Visit a radio or TV station, then write and broadcast your own pack radio or TV show.
- Host a campfire skit challenge with other packs.
- Invite interesting people (such as professional sports players, travellers, etc.) to a special camp fire to tell the pack stories from their backgrounds.

## Playacting

- Make puppets and a theatre, then write a story, and put on a puppet show about some aspect of the outdoors. Ask the children's ward of a local hospital if your Cubs could come and put the show on for the hospital's sick children (Creative Expression Activity Area).
- Attend a live theatre performance, and arrange a visit backstage.
- Tour a movie theatre.
- Put on a jungle play in an outdoor setting.

## Spiritual Fellowship

- Talk about our responsibilities for taking care of the environment.
- Explore how various faiths relate to helping nature.
- Discuss the spirit of teamwork in helping one another survive in the wilderness.

The above activities can also tie into Activity Area work. Let's look at how one well-planned outing can combine all seven program goals, and lead to a lot of fun.





## Cub Carnival

- Schedule an all-day event in a park, field or playground (Outdoors).
- Invite other packs and children in the area to attend (Spiritual Fellowship).
- Clean up the area before and after the event (Spiritual Fellowship).
- Prepare posters and place them around town (Crafts).
- Set up a first aid post staffed by an adult first aider and Cubs (Spiritual Fellowship).
- Borrow a dunking tank, and recruit a well-known town figure to sit in it (Games).
- Set up a craft table with several simple crafts that your guests can make (Crafts).
- Ask a group of Cubs to put on a skit or puppet show in the “Show Tent” (Storytelling, Playacting, Crafts, Music).
- Stage two or three other Cub variety shows at specified times during the day (Music, Storytelling, Playacting).
- Have a fortuneteller’s tent (Storytelling).
- Let Cubs plan and set up a series of games (e.g. squirt out candles with a water pistol; bowl over pop cans; throw frisbees through a hanging hula hoop) (Games).



## Campfire Programs

Playacting, stories, songs and music can all be used effectively in a campfire program. The campfire circle is a place to create memories and dreams: and may be a very memorable experience for your Cubs. It’s a great way for Cubs to express themselves, and have a feeling of togetherness with other Cubs.

You can hold an informal campfire where everyone just gathers around the fire to chat and sing a few quiet songs. You might want your campfire to feature a specific theme, or have a very organized flavour. All campfire programs need some planning and careful thought.

A secluded area somewhere away from your tents and gathering area provides a good site for a campfire. Here you can set the mood by having the pack walk quietly to the fire. Your campfire should last about 30 minutes. Plan it so the program builds to a peak as the flames grow, and then tapers off to a quiet but memorable closing as the fire dies down to coals.

Before your campfire, discuss campfire etiquette rules such as:

- Cheer all contributors.
- Stay quiet when others are doing a skit or song.
- Sit in a circle around the fire. Standing, running around or playing with the fire are not allowed.

Encourage your Cubs to wear their campfire blankets. Let the Cubs make their own at a craft night before camp.

## Artificial Fire

Where an outdoor setting or real campfire isn't possible, make your own artificial campfire. Use logs 5 cm to 10 cm in diameter. Crisscross them in a pyramid formation with larger logs on the bottom and smaller ones on top, making the base about 45 cm square and the total height about 45 cm.

Glue or nail the logs together. In the centre of the base, place a fixture for a 40 watt red light bulb. To add a realistic touch, you can attach strips of red cellophane and set a small fan in the base to "ignite" the flames.

## Opening

Use an impressive opening to create a special mood and catch everybody's attention. You can open a campfire in one of two ways: light the fire before the campers arrive, or make the fire-lighting part of the ceremony.

To create mood, call campers to the fire circle with a conch shell or a special sound like an owl's hoot. When all are assembled, the Campfire Chief signals Cubs to stand, then the chief raises arms high and, with a few brief words, declares the campfire open. Try these opening verses:

Scent of smoke in the evening,  
Smell of rain in the night,  
The trees, the grass, the flowers,  
The campfires are our delight.

Cold night weighs down the forest bough,  
Strange shapes go flitting through the gloom,  
But see a spark, a flame — and now,  
The wilderness is home.

## Songs

Sing familiar, popular songs. It isn't a good idea to try to teach a difficult, new song at a campfire.

Start with a few favourite rousing songs, then break for another activity, skit or game. Follow with a few more songs that maintain high spirits — perhaps some lively rounds or action songs to release some of the Cubs' restless energy. Break again for several more skits and chants. Finally, sing some quieter songs to bring down the tone of the evening before the yarn and your campfire closing. Three songs for each round of singing is a good number.





## Ravioli

(Tune: Alouette)

Ravioli, I like ravioli,  
Ravioli, that's the food for me.

Have I got some on my chin?  
Yes you have some on your chin.  
On my chin?  
On your chin. O-o-o-o-hhhh!

Ravioli, I like ravioli,  
Ravioli, that's the food for me.

Have I got some on my tie?  
Yes you have some on your tie.  
On my tie?  
On your tie. O-o-o-o-hhhh!

(Continue with different parts of  
clothing, like shirt and shoes.)

## The Ping Pong Ball

(Tune: William Tell Overture/Lone Ranger  
Theme Song)

A guy had a game with a ping-pong ball,  
A guy had a game with a ping-pong ball,  
Oh, a guy had a game with a ping-pong ball,  
With a ping, ping-pong ball.

Oh, a guy had a game with a ping-pong, ping-pong,  
Ping-pong, ping-pong, ping-pong ball.  
With a ping, with a ping, with a ping-pong, ping-  
pong, ping-pong, ping-pong ball.  
Ping, ping, ping, ping, ping, ping, ping, ping, ping!

A guy had a game with a ping-pong ball,  
Oh a guy had a game with a ping-pong ball,  
A guy had a game with a ping-pong ball,  
With a ping, ping-pong ball.

(Repeat, this time singing "pong" for "ping" and  
"ping" for "pong." It will create total chaos!)

## Soap and Towel

(Tune: Row, Row Your Boat)

Soap, soap, soap and towel,  
Towel and water, please  
Busily, busily, busily, busily  
Scrub your dirty knees!

## Taps

(for closing the campfire)

Day is done, gone the sun,  
From the lake, from the hills, from the sky,  
All is well, safely rest,  
God is nigh.



## Skits

You need to pre-arrange skits, and let presenters rehearse a little to ensure the skits work. Try assigning each six to come up with a skit and practise it before the fire. Intersperse a few skits among the other campfire activities.

## Cheers

Encourage your Cubs to show their appreciation for skits with yells or cheers. Assign a Scouter or Cub to lead the cheers. Most Scouting songbooks include fun ideas. Here are some to try.

Give'em a big hand!  
(Everyone raises a hand, palm out.)

Good, Very Good, Very Very Good,  
Phee-nominal! (or Ree-volting!)

Good, Very Good, Weeeeeee like it!

## Games

Certain quiet circle games are suitable to play around a campfire if the group isn't too large. Never choose games that involve running. These can be very dangerous at night around a fire.

## Yarns

The campfire is an ideal setting for a storyteller; almost any type of story is suitable. Usually a story helps to tone down the atmosphere and prepare Cubs for a good night's sleep. Keep it short; a 5-10 minute story works best. Your Cubs will likely have had a very active day, and will be ready for bed.

## Closings

The evening has been filled with happy songs, skits, and brief appropriate messages. As the fire burns low and the program winds down, it's time for a short and simple closing ceremony.

The Campfire Chief steps towards the fire and, with arms raised, offers a few closing words or a closing verse. Try these words out:

As glow the logs upon the fire,  
So may our hearts glow and our thoughts be kind,  
And peace and deep content,  
Fill every mind.

Whatever you are, be noble,  
Whatever you do, do well,  
Whenever you speak, speak kindly,  
Spread happiness wherever you dwell.



The Campfire Chief ends by saying, “I now declare this campfire closed.” That’s the signal for campers to file quietly away from the fire, singing or humming quietly. (You’ll find more information on campfires in Scouts Canada’s *Campfire Book*.)



**Bear Wisdom:** Looking for more songs and ideas? See Scouts Canada’s *The Campfire Book*, *Best of the Leader Cut-Out Pages* and *The Song Book* for more songs and skits.

## Preparing and Conducting Outings

Outings with your Cubs need to be well prepared. Outings aren’t difficult if you’re just taking a walk to a local park, but one can get a little more involved if it involves a bus tour or camp. This section is intended to give you the basic information you need to prepare and conduct outings.

Refer to Scouts Canada’s *Camping/Outdoor Activities* Section in *B.P.&P.* when planning and preparing for camping/outdoor activities. This contains Scouts Canada’s Policies and Procedures for camping or outdoor activities, the necessary forms and applications, accepted practices, and other helpful information (e.g. insurance, emergency plans, and incident reporting).

The *Fieldbook for Canadian Scouting* is an excellent resource, and covers all aspects of planning and preparing for the outdoors. It provides information on safety, sanitation, equipment, first aid, clothing, weather and camp skills which are important to Scouters from all sections. Have at least one copy available for your leadership team. Better yet, get a copy for all Scouters.



**Bear Wisdom:** The *Fieldbook for Canadian Scouting* goes into greater detail on many of the outdoor knowledge and skill topics found in this Chapter.

## Safety

Safety is a foremost concern in Cub outings. Accidents often arise when Cubs are unruly or rough, rushed or unsupervised, so maintaining discipline in the pack is especially important during outings. Stress that each six or small group is under the direction of their group leader and accountable to that leader. Make sure all leaders are able to exercise the authority that they need for safety.



Ensure you have sufficient adult supervision for the number of Cubs in your group. It's usually best to place Cubs who have disabilities and those who may need some disciplining in a group with a senior adult leader.

Before an outing, spend some time talking with the Cubs about what they can expect, and what you and Scouting expect from them. Make sure they are aware of special requirements for clothing, snacks, etc., and special safety precautions.

With your Cubs, consider a number of important safety precautions, including:

- Stay together with your group.
- Take care while walking through woods to avoid tripping on roots, rotten tree branches, snapping branches back into the face of the Cub behind, etc.
- Learn to identify poisonous plants, such as poison ivy, poison oak and poison sumac.
- Never eat wild plants and berries. Talk about the sometimes fatal consequences.
- Avoid disrupting hornet nests, bees and other insects.
- Learn the signs indicating an animal has rabies or another sickness.
- Some leaders encourage youth members to carry their Cub first aid/survival kits in their pockets in order to emphasize how useful they can be in various situations.

## First aid

Have a first aid kit available for all meetings. Keep the kit well stocked and visible for members who might need it in a hurry.

Scouts Canada's *By-law, Policies and Procedures (B.P.& P.)* states someone in your pack should have first aid training and equipment appropriate for the activity. If you don't, arrange to take a first aid course, plan one for the pack, leaders and family members, or invite qualified first aiders on your outings and camping trips.

Carry a small first aid kit on all outings. The contents of the first aid kit may vary depending on the duration and nature of planned activities. Even the most basic kit should include:

- Bandages, tape, band-aids
- Tweezers
- Antiseptic cream
- Disinfectant
- Disposable rubber gloves.

## Clothing

Cubs and leaders need to be suitably dressed for outdoors activities. At the beginning of the season, advise parents and Cubs that the pack will be involved in many outdoor activities, and Cubs should come to all meetings dressed for the outdoors.

With your Cubs, discuss appropriate clothing and footwear for different seasons and activities. In winter, stress the value of layering clothing. Layering involves wearing a light T-shirt next to the skin,





then a long sleeved shirt, a sweatshirt or heavy sweater, and finally a parka or windproof jacket so Cubs can take off or add on layers, depending on the temperature, and their level of activity.



Stress the importance of wearing loose-fitting clothing that provides space to trap body heat, and allows unrestricted movement. Discuss the necessity for mitts and a toque to retain body heat, and the importance of clean, dry socks and suitable boots or overshoes.

For summer outings, talk about types of clothing that provide the most comfort. Light coloured clothing is cooler than dark ones. Cotton T-shirts are cooler than those made of synthetics. Point out that footwear provides not only comfort but also safety.



Head cover and sunscreen is vital for protection from the sun. Wear sunscreen with at least an SPF15 factor. Sunscreen use is particularly important for children.

### Weather Precautions

Advise your Cubs to be prepared for the inclement weather of the season. Although it's unfortunate, sometimes you will have to cancel or cut short a particular outing because of poor weather. In these cases, you will have 20 or 30 excited, anxious Cubs on your hands. When you plan an outing, always plan a bad weather activity that you can substitute wherever you are. If you don't have to use it, you'll have it ready for the next time.



When you plan, it's also important to ensure you will have a suitable place to take the pack if the weather becomes really nasty.

Your planning is not complete until you sit down with your team briefly after the outing to evaluate its effectiveness and determine ways to make improvements next time.

Remember that children are more susceptible to weather effects. Ensure they stay warm and dry during winter activities. In warm weather, provide plenty of fluids and keep Cubs cool.

### Code of Conduct



Have your Cubs come up with their own rules of behaviour for outdoor activities and outings. You might do this initially in small groups and then compile a set of guidelines for the whole pack. Cubs are much more likely to follow guidelines if, through discussion, they become aware of the possible dangerous consequences of certain behaviour. And they will more likely follow rules that they, as a group, have set for themselves. Use your Sixers' Council to pull this together.



**Akela's Tip!** Never expect or encourage Cubs to behave with regimental discipline. They need to feel free to explore their interests and satisfy their curiosity about nature. Encourage them to be creative and imaginative as long as they don't threaten the safety and well-being of themselves or the rest of the pack.



## Planning Guidelines for Outings

1. Include outings in your yearly plan. It enables you to gain permission from the group committee well in advance so the committee can help you make necessary arrangements. To give your program variety and excitement, include as many outings as possible, even if some of them mean just doing your regular program outdoors. Refer to the *Camping/Outdoor Activities Section* in *B.P.&P.*
2. To make arrangements for a visit, have either the leadership team or the group/section committee secretary write a letter to the person in charge.
  - Ask permission for the pack to visit.
  - Provide a choice of two or three dates.
  - Inform them of the Cubs' age range.
  - Say approximately how many Cubs and leaders will attend, when you will arrive, and include information telling when you must leave.
  - Ask for information about any special safety requirements.
  - Explain the purpose of the outing and what you hope the Cubs will gain from it. If it has to do with Activity Area work, include the pertinent requirements.
  - Ask for confirmation of the arrangements.
3. Inform parents well in advance of planned outings. This gives them time to adjust their busy schedules so the maximum number of Cubs will be able to attend. It also forewarns them that they will need to ensure their child gets to the event. Be clear what time you expect them to arrive and depart, and who to contact if they have any questions.
4. Contact several parents to help supervise on the trip. Check *B.P.&P. Section 3000* for screening procedures.
5. For travel outside Canada, you might need to complete Scouts Canada's Tour Permit. Check with your group committee, service team or local Scout office to learn how to do this. This form is included in *Section 20000* in *B.P.&P.* or on Scouts Canada's website ([www.scouts.ca](http://www.scouts.ca)).

The image shows a form titled "Scouts Canada Camping And Outdoor Activity Application". The form includes sections for "Activity Information", "Participant Information", "Parent/Guardian Information", and "Scout Information". It has various fields for names, addresses, phone numbers, and dates. There are also checkboxes for "I have read and understand the terms of this application" and "I agree to the terms of this application".



**Akela's Tip!** Remember - it is the parent's responsibility to ensure their child gets to and from activities.

6. Be punctual. To avoid upsetting parents, do your best to start and end when you said you would. It's wise to leave some flexibility in your schedule in case of unforeseen happenings. Be prepared to fill in time, if necessary, with some songs, games, etc.

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7. Express your appreciation to the host in the presence of your Cubs. The Cubs may do it in the form of a cheer or song. Throughout the year, develop the practice of asking individual Cubs to thank people on behalf of the pack. The Cubs can also express appreciation by writing letters, presenting a craft, or making a card to say thank you.
  8. Be flexible. You never know what will happen. Alter your program if something more interesting comes along.
  9. Take advantage of every situation where your Cubs show a particular interest. If you press to meet a schedule or agenda, you may miss a “teachable moment.”
  10. Allow plenty of time to explore. Try not to cram too many activities into an outing. Give Cubs a chance to look around on their own. Be prepared with lots of activities but willing to give them up to allow Cubs some free time.
  11. Make a practice of asking your Cubs questions about the things you see. Let them use their imaginations and apply common sense to reason out answers. Encourage Cubs to ask their own questions, then encourage them or other Cubs to provide possible answers.
  12. Have fun! This is vital.

## Hikes

The age, size and ruggedness of your Cubs will determine the type of hikes you undertake. Cubs love hikes; the mere mention of the word excites them. Cub-aged children can cover 8 to 10 kilometres in a day as long as you give them plenty of rest stops.

Unlike a leisurely walk, a hike usually lasts longer and has a purpose, a defined route, a destination, and often a theme.

You don't need woods for a hike. You can hike right in the heart of a city. Examine the old carvings on buildings as you go and end at a museum or another point of interest.

Here are some other ideas to explore:

- Hike along a river bank looking for signs of the food chain in process.
- Take a skate hike.
- Hike on snowshoes or cross-country skis to the troop's winter camp — an especially good activity for older Cubs.
- Organize a pack-wide parent and Cub hike in a conservation area; end it with a cook-out.
- Go on a flashlight hike at night.
- Hike to your overnight camping destination.
- Bike hikes are also very popular.



Estimate the length of time you'll be away. Remember to allow for rest periods, activity times, rough terrain that may slow you down, and surprises. Always build in extra time.

Make sure you leave details about the hike with someone at home: route, destination, expected time of return. Plan for refreshments along the way.

### Hiking Safety

General safety rules for the outdoors apply to hiking. Avoid hiking along highways or railroads, if possible. Instruct the Cubs on safety precautions to take during thunderstorms (stay away from trees, and keep off hills or ledges). Refer to the *Camping/Outdoor Activities* section in *B.P.&P.* and *Fieldbook for Canadian Scouting* for more information.

Take along a first aid kit supplied according to the needs of your trip.

When hiking in winter, beware of frostbite and hypothermia caused by damp clothing, wind and cold. Before you start, ensure the Cubs are adequately dressed. Review with them the dangers of rolling around or flopping down in wet snow. Buddy them up so they can keep an eye on each other for signs of frostbite. In warm weather watch for signs of dehydration and heat exhaustion. Refer to the *Fieldbook for Canadian Scouting* for guidelines.

### Clothing Tips

Discuss suitable clothing for the trip with your Cubs, and review the reasons why it is suitable.

Stress the importance of clean, dry, woollen socks to cushion the foot and soak up perspiration. Ensure Cubs include a change of socks as part of their gear.

Just as important as dry socks is your choice of shoes or boots. You can't expect each Cub to buy a pair of hiking boots for the occasion, but you can suggest the importance of wearing well fitting, supportive shoes/boots. A good winter boot usually serves the purpose. Unless the activity is water-oriented, rubber boots are not suitable. Smooth soles can be very slippery and hazardous, so encourage them to wear boots or shoes with a good tread.

## Swimming/Watercraft Activities

Water-related activities in your program are always a big hit with Cubs. Cubs typically love anything associated with water, whether it involves swimming, canoeing or participating in other waterfront programs. Check out the *Camping/Outdoor Activities* section in *B.P.&P.* for policies and guidelines for conducting these activities.



# PLANNING AND PREPARING FOR CAMPING/OUTDOOR ACTIVITIES

Although the following information is geared specifically to Cub camps, much of it also applies to day outings where set-up and food preparation are part of your plan.

A successful camp requires careful thought, planning and detailed organization. Leaders are responsible for the safety, comfort and health of the Cubs. Learn how to do things, plan in detail well in advance, and try to be prepared for every foreseeable need.

As a pack, you need to set your priorities for the campsite. Discuss with your Cubs what you are looking for in a site:

- Tents or cabins?
- Swimming facilities?
- Opportunities for hikes?
- Wooded area or open?
- Private or public camp?

Even with these priorities in mind, it's not always possible to find the perfect campsite. Take full advantage of whatever conditions are offered, and learn to adapt them to work for your pack.

When planning a camp, you will make certain decisions depending on the availability of leaders, finances, transportation, equipment, and facilities for swimming, cooking and sanitation. Let's briefly examine these areas.

## 1. Leadership

Regarding Cub camping in all seasons including winter, consult *By-law, Policies & Procedures*. With these guidelines in mind, let's consider some aspects involved with setting up a successful camp.

Make maximum use of parent or family volunteers at camp. You will find they have many valuable talents. Involve parents in some of the camping activities with the Cubs, and welcome them around the fire with the other leaders. Many leaders have been recruited from among parent volunteers at camp!

You can also use responsible Scouts, Venturers and Rovers as helpers. (If using Rovers, see *B.P.&P., Section 3000* for screening requirements.) Select those who are familiar with camping procedures and can develop a good rapport with your Cubs. Let them help set up and break camp, settle in Cubs, teach camp skills or lead games, and other activities to free up time for the leaders.

## 2. Finding a Campsite

Here are a few things to think about when considering a campsite.

- Does it have cabins or an area suitable for setting up tents?
- Does it have safe and adequately guarded swimming facilities?
- Is there a plentiful supply of good drinking water?
- Is there a shelter or indoors area you can use?
- Are adequate sanitation facilities available?
- Is there medical help and a hospital nearby?



- Does the area provide facilities for central cooking, if you want it?
- Are there interesting features nearby, such as wooded areas, fossils, wildlife, hiking trails, other attractions?
- Is it a reasonable travelling distance from home?
- Does it provide the possibility to set up in a self-contained area away from public campers?

Check with your local Scouts Canada office to find out about Scouting properties near you.

### 3. Finances

Consider the cost of the camp carefully, and try to allow enough to cover all expenses.

Think about the following:

- **Campsite.** Most parks now charge fees and require advance registration as they fill up quickly. Be sure to book well in advance to ensure you have a place to go. Some campsites offer reduced rates to Scouts Canada.
- **Food.** Plan the menu in accordance with Canada's Food Guide. For detailed meal planning and costing advice refer to the *Fieldbook for Canadian Scouting*.
- **Equipment.** What will it cost to buy new equipment, or replace worn out equipment? Try to include these costs in the proposed budget you present to your group committee at the beginning of the year.
- **Transportation.** Figure in the cost of transporting equipment as well as Cubs to camp (e.g. bus rental).
- **Activity Costs.** Budget in the cost of craft materials, special attractions, swimming, life-guard fees, and incidental items such as special treats, prizes and first aid supplies.
- Add 5-10 percent as a buffer for any unforeseen costs. Return any large leftover funds to parents or group committee.

It's important to include the camp budget in the proposed budget you present in September. Each group/section committee deals with it differently. Some choose to finance the camp completely, others only partially, and others not at all. If no funds are available from the group committee, the Cubs' families will need to contribute.

Some group committees allocate certain fund-raising proceeds to camp. Some groups open special bank accounts well before camp, and the Cubs deposit weekly sums so when the camp date arrives, they're all paid up.

Are all of your families able to afford camp fees? Probably not. Never deny a Cub a camp experience for financial reasons. Advise the group/section committee and arrange with them, the partner, or another charitable organization to make a financial contribution. In all cases, ensure that Cubs who receive financial help remain anonymous. This is important!



### 4. Parent's Responsibility for Transportation

Parents are responsible for arranging for transportation for their children to and from Scouting activities. Consult *B.P.&P.* for more details.

## 5. Equipment

You might have lots or very little equipment, depending on the amount and type of camping you do. Below is a list of equipment necessary for a Cub pack. For a detailed guide on choosing equipment, see the *Fieldbook for Canadian Scouting*. Before using any equipment, check to see if it is in good working order and repair. Most equipment can be stored in a plywood box for transport and field use.

### Sleeping Facilities (Tents or Cabins)

Avoid overcrowding, which leads to disturbed sleep and poor ventilation. Make sure to leave enough room for the Cubs' personal gear.

When selecting tents, look for these features:

- Breathable nylon to give adequate ventilation and avoid condensation and humidity build-up.
- A full coverage, waterproof fly (down to the ground).
- Waterproof floors that come up the sides at least 20 cm.
- Poles of good quality, shock-corded, aluminum alloy.
- Tent pegs of aluminum or galvanized metal.
- Adequate ventilation and insect netting on all openings and doors.
- Sturdy zippers that operate smoothly.
- Double stitched seams, reinforced stress points, no loose ends.
- Don't forget to waterproof the seams before using.

### Dining Fly

A dining fly is a tarpaulin/fly that covers the campsite dining and/or cooking area. Depending on the size of the group, you may need one large dining fly or several smaller ones. When you select a dining fly, check to see whether it comes equipped with poles and guy ropes, or if you need to supply your own.

Your dining fly must be waterproof and sturdy enough to stand up well under windy and inclement weather. Woven polypropylene makes a good fly. Kitchen tents that offer a large sheltered and screened working area are also available.



### Stoves

Propane and naphtha stoves are the most common among a wide variety of cooking stoves available. Look into the advantages and disadvantages of different types of stoves; choose the stove most suited to your purposes. Two-burner box stoves are easiest for the pack. Whatever type of stove you choose, remember you will need to carry a supply of fuel.

### Lanterns

Many different types of lanterns are available on the market, including ones fuelled by kerosene, naphtha, propane, etc. Choose a lantern that burns the same type of fuel as your stove. This will eliminate having to bring more than one type of fuel to camp. Pack along plenty of spare mantles. It's a good idea to make or build a carrying case to protect your lantern.



## Cooking Pots

Consider what type of pots will provide the most service. Remember that camping pots must withstand much rougher conditions than your kitchen cooking pots. Choose good quality, stainless steel cookware rather than inexpensive aluminum ones that you will have to replace in a year or two. Cast iron fry pans are great, but heavy. To take minimum storage space, consider pots you can efficiently “nest” one inside the other.

# List for Camp Equipment (Summer Camp)

## Personal Gear

- Wide brim hat
- Lip balm
- Sunscreen
- Sunglasses
- Whistle
- Tissues
- Mattress
- Sleeping bag
- Flashlight
- Backpack/duffel bag

## Optional Personal Gear

- Pocketknife
- Camera
- Log book/journal
- Day pack/fanny pack
- Fieldbook for Canadian Scouting*
- Books
- Games
- Bathing suit

## Clothes

- Long sleeved shirt
- T-shirts
- Long pants
- Shorts
- Sweater
- Socks
- Pajamas
- Underwear
- Jacket
- Appropriate footwear  
(hiking boots, sneakers, sandals)
- Rain gear

## Personal Kit

- Hand towel, face cloth
- Shampoo
- Soap and container
- Tooth brush and paste
- Comb or brush
- Personal medication  
(may be held by leaders for safe keeping)
- Knife, fork, spoon
- Plate, bowl, mug
- Mesh bag for storing and hanging  
dishes to dry
- Water bottle



## Camp Equipment

- Tent/groundsheet
- Tarp/dining fly
- Stoves
- Lanterns
- Fuel
- Coolers
- Water jugs
- Repair kit
- Pails
- Cord/rope
- Matches
- Maps

## Health and Safety

- First aid kit
- Water treatment system
- Emergency Plan  
(Physical Fitness forms,  
Parent Consent forms,  
emergency contact #'s,  
Emergency Response,  
Police, Fire, etc.).
- Insect repellent

## Camp Tools

- Axe (for leaders only!)
- Swede saw
- Camp shovel
- Sharpening stone

## Cooking/Kitchen Equipment

- Pots
- Frying pans
- Large spoon
- Large fork
- Egg flipper
- Carving knife
- Soup ladle
- Can opener
- Potato peeler
- Hot pot tongs
- Insulated oven mitts
- Aluminum foil
- Tea kettle
- Food canisters (plastic with lids)
- Salt and pepper containers  
(unbreakable and waterproof)
- Plastic food containers (4)
- Dish mop, scouring pads
- Paper towels
- Tea towels
- 3 plastic basins for dishwashing
- Plastic basins for  
personal washing
- Dish soap or detergent in  
plastic container
- Bleach or other disinfectant
- Garbage bags
- Toilet paper

## Optional Cooking/ Kitchen Equipment

- Reflector oven
- Griddle and/or grill
- Mixing bowls
- Tablecloths
- Clotheslin



## 6. Optional Equipment

Encourage Cubs to bring along and use their own resources to satisfy their interests and curiosities on outings. Bird and tree identification books, binoculars, collecting jars, magnifying glasses, and similar material are always useful. Equip your leadership team with some valuable tools for the job as well.

**Small tape recorder.** Tape bird calls and try to identify individual bird types later (great for a follow-up game). Record various animal sounds; use the sounds later to create a forest atmosphere. Record interviews with resource people; involve your Cubs in conducting the interviews, and use the results in skits, storytelling, or playacting activities. Record various sound effects for skits (e.g. a train passing, sirens, rain, thunder). Have your Cubs try to reproduce the sounds artificially. Record songs the pack sings on outings or music from a show or theatre that appeals to them.

**Binoculars:** Bring a pair of 7 mm x 35 mm binoculars. Magnifying aids, too, are most intriguing to Cubs for:

- Observing wildlife at a distance
- Bird and tree identification
- Looking at clouds and stargazing
- Close-up examination of insects, flowers, moss, etc.

**Camera:** An inexpensive camera is a great pack tool you can use to:

- Make a permanent record of pack events for your log book.
- Take photos of animals, trees and birds for identification and follow-up activities. For example, match photos of birds with tape recordings of their songs.
- Provide a basis for subsequent storytelling activities.
- Keep a record of changes in nature over the season. For example, you might want to adopt a tree and, among other things, keep a photo record of how it changes over the seasons. Record discoveries of unusual nature findings without disturbing them (e.g. take photos of rare flowers).
- Provide recognition of achievement. Take “before and after” photos of a littered area or stream your Cubs clean up.

**Insect repellent:** Never forget this.

**Reference books:** Field books are very useful for identification purposes. There are many animal, bird and plant books available at bookstores and libraries.

**Collecting kit:** Depending on the nature of the activity, you might want to include such items as:

- Small plastic bags with ties
- Large-mouthed plastic margarine containers
- Small trowel or large spoon for digging
- Small hammer for breaking open nuts, stones, etc.
- Plaster-of-Paris (for plaster casts)
- Large plastic bag for collecting natural articles for crafts
- Tape measure and string
- Sketch books and drawing media (chalk, crayons)
- Small plastic bottles
- Container of water
- Plastic cups
- Popsicle sticks



**Garbage Bags:** Always carry large plastic garbage bags on outdoor activities. Encourage Cubs to use them not only to deposit their own garbage in but also to pick up litter they see along the way. For better visibility, these bags should be brightly coloured (orange or yellow) as they can also serve as emergency raincoats and shelters during an outing.

**Snacks:** If the activity will last for more than an hour and a half or two hours, encourage Cubs to bring along a small nutritious snack. Take this opportunity to discuss suitable snacks of fruit, granola bars and dried fruit. Discourage junk food. Carry a few granola bars with you for emergencies.

This may seem a rather lengthy list, but these items will enhance your activity and provide a lasting experience for your Cubs. You might give sixers or other Cubs responsibility for getting and transporting various items.

Consider the nature of your outing, and adjust your list accordingly.

## 7. Theme

Choose a theme for your camp, and plan the program around it.

## 8. Camp Skills

Ensure your Cubs learn some camp skills. Include how to:

- Care for and air out sleeping bags, use ground sheets, make ground beds.
- Pack a knapsack or pack.
- Lay, light, and extinguish a fire.
- Use and care for an axe, shovel, and saw.
- Air tent and equipment.
- Practise good personal hygiene while at camp.
- Wash dishes at camp.
- Pitch a tent.
- Choose a proper tent spot.
- Purify water.



## 9. Menu Planning

Use Canada's Food Guide when planning menus; involve your Cubs in this task. Plan three meals a day and snacks for morning and afternoon breaks and bedtime. Select a varied menu and include plenty of fruits. Avoid junk food.

Be aware of any allergies to certain foods that your Cubs may have, and stay away from them. Be prepared to accommodate food restrictions for medical or religious reasons.

## 10. Meeting With Parents

You might have this meeting in conjunction with your preparation of camp equipment. Provide them with details of the camping trip, transportation arrangements, how to contact you, departure and arrival home times, scheduled events for the camp, and any other pertinent information. Be prepared to answer questions or concerns they may have. This is also a good time to recruit volunteer help. Have specific tasks in mind for your volunteers.



## 11. Notices and Applications

Now that you have a good idea of the camping/outdoor program you wish to conduct, it's time to obtain the appropriate approvals to conduct the outing.

Consult Scouts Canada's *Camping/Outdoor Activities* section in *B.P.&P.* (available at [www.scouts.ca](http://www.scouts.ca)) for applicable policies, procedures, practices, forms, and applications for conducting camping or outdoor activities. All forms can be found in *Section 20000*.

- a) Complete the *Camping/Outdoor Activity* application and the Safety Checklist.
- b) Make sure you have copies of the *Youth Program Participant Enrollment Form* and *Application for Membership and Appointment of Adult Volunteer* for youth and Leaders attending. This provides medical information and also gives you important information about contacting parents in the event of an emergency.
- c) Send an event information package. This should go to parents along with gear/equipment list and particulars about the outing. Inform parents as soon as possible of the camp dates, location, fees required and other pertinent information. This might include personal camp gear, camp theme, etc. Indicate how many parents or adult volunteers the camp will require.
- d) For category 3 activities, the *Parent/Guardian Consent Form* must be completed. Refer to *B.P.&P.* Section 10000 for more information.
- e) If your trip will take you out of the country, review the *Tour Permit* form. One may be required, depending on the distance you plan to travel and the length of your stay.
- f) Prepare an *Emergency/Action Plan*. If you follow this advice: "Hope for the best, plan for the worst" you'll avoid most difficulties. Take time to think of possible emergencies that could occur, and decide how you would deal with each different scenario.

## Setting up Camp

To cut down on confusion, get organized at camp the day or night before the Cubs arrive. Decide where the tents will go, set up the dining fly and store the food safely. Ask the group committee to help you arrange for getting equipment to the campsite. Invite help for setting up from group/section committee members, interested Scouts, Venturers, Rovers and parents. Note: Cubs should help set up tents and arrange campsites; just make sure you allow extra time, and have a few extra adults to provide guidance and support.

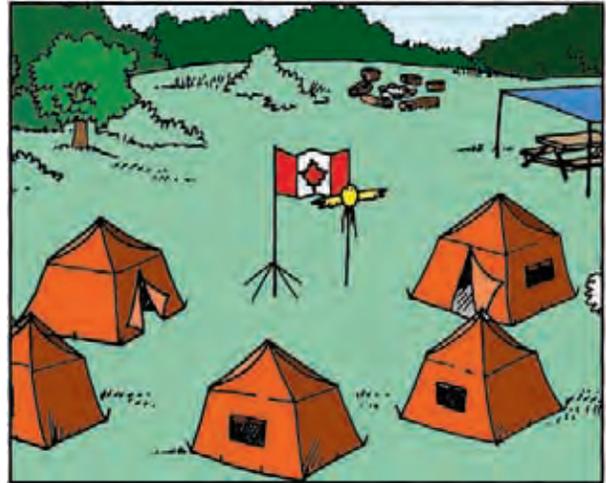
Here are some points to remember when pitching tents:

1. Set up on a level area on high ground where the water will drain away quickly. Keep away from marshy areas or low-lying areas. Take a close look at the land, and don't let anyone put up a tent on the ground that forms a bowl shape; it's just going to catch the rain.



2. Face tents southeast to get the warm morning sun and some shade in the afternoon. This usually means they're also facing away from strong winds.
3. Never set up tents under large trees; branches could fall down during wind or thunderstorms. Check for poison ivy, poison oak and poison sumac around your site.

The layout of your campsite is up to you. Many packs set up their tents in a horseshoe formation, with the leaders' tents either together or interspersed in it, the dining tent in the middle of the horseshoe, and the fire pit a considerable distance away. The pack flags and totem are placed in front of the site.



Remember to allow a place for personal washing, a clotheslines, garbage containers, a woodpile and kitchen facilities. A suggested camp layout is shown here. Experiment and devise a scheme that best suits you.

### First Aid Station

Keep a well-equipped first aid kit in an area well marked and accessible to all campers. This location might be a tent, a table or a pole clearly marked with a large red cross.

Keep medical information for each Cub and emergency phone numbers (closest doctor, hospital) with the first aid kit.

Make sure that Cubs, adult volunteers and leaders know who the first aiders are, so they are recognized and easily identified.

### Camp Safety Tips

1. In case of fire, keep a number of buckets full of water close to the campfire, kitchen and tent areas.
2. Have a container of baking soda close to all cooking stoves. Use this for grease fires.
3. Keep campfires in control, and under adult supervision at all times.
4. Rope off the cooking area; make it out of bounds for everyone except those on cooking duty.
5. Tie white or fluorescent strips (surveyor's tape) on tent ropes. If they are easy to see, campers will be less likely to trip over them. Don't allow campers to run in around the tents.
6. Set up the clothesline away from your general camp area.

7. Ensure that there is adequate lighting at the campsite. Encourage Cubs to use their flashlights only when needed.
8. Keep your fuel supply in a secure place away from cooking and campfire areas.

## Sanitation

It's very important to keep clean and healthy at camp. Encourage and practise good health and safety habits at all times.

### Personal hygiene

Set up an area in the camp for Cubs to wash every morning and evening. Provide three or four wash basins and soap, and encourage them to wash carefully. Remind them to brush their teeth, hair, etc.

### Garbage

Provide plenty of garbage containers, and keep the area litter free. Burn all burnable garbage and recycle if facilities are available. Place all garbage in proper garbage containers for pick-up. If there is no garbage pick-up, take your garbage with you when you break camp, and dispose of it in appropriate facilities. Remember: animals are attracted to garbage, so store it securely when away from camp or at night.

### Grease traps

Never throw greasy water or refuse on the ground where it will attract flies and wild animals; it could also damage the environment. Pick an area well away from your camp and water to make a grease trap. Use a plastic bag or burlap sack with holes punched in the bottom. Line the bag with a generous layer of grass and dead leaves. When you pour in water, grease and food particles are trapped, leaving only water to drain out. At the end of the camp, burn the bag or pack it out in a larger garbage bag.

### Latrines

Sanitation is an important consideration when choosing a site. Most Cub camps have washroom facilities. If absolutely necessary, you can build a latrine. Choose a spot at least 50 metres away from a lake shore or stream, and dig a one metre long trench roughly 15-20 cm wide and 50 cm deep. Put topsoil along the end of the trench. If there are no bushes for privacy, set up a tarpaulin supported by poles around the latrine.

Place some toilet paper nearby in a plastic bag to keep it dry, and provide another bag for the used paper. It can be burned or carried out at the end of the camp. Leave a small shovel or trowel handy for spreading a light covering of soil after use. Provide a wash basin of water, some soap, and paper towels for washing hands.

Because using a latrine will be a new experience for most Cubs, instruct them carefully on how to use it. Stress the importance of following the procedures. For a more detailed explanation of latrines, consult the *Fieldbook for Canadian Scouting*.

When you break camp, cover over the latrine area and place a cross of sticks on top.



## Water Purification

Keep water for cooking and drinking in a covered or closed container. It is safest to bring a supply of pure drinking water from home. If you decide to use water from a nearby spring or brook, make sure it is free of chemical pollutants, then purify it in one of the following ways.

1. Boil it for five minutes, then aerate the water by pouring it quickly from one container to another. This will get rid of the flat taste.
2. Use a water filter/purifier/treatment system to ensure clean drinking water.

## Camp Organization

Aim to keep your site organized, neat and tidy with a place for everything, and everything in its place. This is an excellent safety practice that teaches good habits as well.

Once the camp is set up, show Cubs how to organize their own tents. New campers tend to take all their clothes out of their pack and leave them scattered about the tent. Clothes then become dirty, wet or lost. Make sure Cubs know how to keep their gear together. Here are some other suggestions.

- Ask Cubs to put their name on every item they bring to camp.
- Never allow food in sleeping tents.
- In the morning, have Cubs take everything out of their tents, and sweep them out.
- Air tents out every morning (open windows and doors to let in fresh air, and fold up sides if there is no floor). Keep screens zipped against insects. If there are no screens, zip up doors.
- Check tents each morning to make sure pegs and poles are secure.
- Open up sleeping bags and put them out to air. If the weather is warm, leave them out until late afternoon so they can absorb the warmth of the sun. Roll them tightly after airing, and place them in the tent ready for evening.
- Have Cubs keep their personal belongings in their backpacks at all times.
- Ask each Cub to bring a small plastic bag for dirty laundry.
- After supper, have Cubs lay out their sleeping bags and make sure their hot chocolate, mug, pyjamas and flashlight are on top so they don't need to search for them in the dark. It is very important for leaders to keep a neat, well organized tent to set the example.

## Food Preparation

There are two basic ways to organize meals at camp. You can use a central kitchen where cooks prepare the food, or have parent volunteers prepare meals at individual campsites. If you use the central kitchen method, very little of what follows applies.



Once you've chosen a menu and bought the necessary groceries, consider food storage. More domesticated campers will no doubt depend on food coolers, but you may want to try different ideas at a short-term camp to teach Cubs some basic skills in preparation for *Scouts. The Fieldbook for Canadian Scouting* provides a good guide to foods that need no refrigeration.

Keep all food under cover away from insects and animals. Put any food that might be particularly attractive to animals in a heavy plastic bag, and hang the bag from a tree. Limit perishable foods (try out some dried foods), and use the perishables you bring as soon as possible after you arrive at camp.

Keep food preparation fairly simple (pre-cook as much as you can) and include the Cubs. Give each six or members of a tent an opportunity to help. Use different methods to provide them variety and experience at cooking in different ways. You might cook one meal over an open fire and another in foil. For yet another, experiment with a reflector oven.

You need at least two adult cooks. With a large group, you may need more. To maintain a healthy, happy camp, Cubs must have well-prepared meals on time.

## Clean-Up

Clean-up is an essential element of food preparation that Cubs need to learn. You might assign a six at a time to be in charge of clean-up, or you might make each Cub responsible for his or her own dishes.

Teach your Cubs the proper way to wash dishes, and ensure they know the importance of this job. The best time to do the dishes is right after eating. Put a pot of water on the stove to heat while you're eating. Set up a dishwashing area like the one illustrated.

Use plenty of hot water both for washing and rinsing. Air drying is more sanitary than using tea towels. Some packs include a net bag to hold dishes and utensils as part of required personal gear. After the final rinse, Cubs simply place their dishes in the bag and hang it to dry.



## Camp Responsibilities

Before camp, discuss with the Cubs various camp responsibilities, and decide as a group how you will handle them. Some packs organize Cubs in groups for various jobs, while others assign individuals to do them. Change the jobs daily to ensure everyone has an opportunity to experience all of them. Some of the responsibilities might include the following:

- Fire keepers. Cubs assigned this task gather and pile wood for the campfire, and lay, light and extinguish the fire.
- Water brigade. This task involves making sure there is an adequate supply of pure drinking water, and bringing water to fill water buckets.
- Garbage collectors. These Cubs dispose of camp garbage, and pick up litter.

- Safety. This involves checking the site to ensure that all safety rules are followed, and no hazards exist.
- Cooks. They help adult cooks prepare and heat food.

Consider setting up a bulletin board in a prominent spot to post a schedule of jobs (i.e. Duty Roster), activities, special announcements, etc.

To avoid over-tiring your Cubs, intersperse strenuous activity with quiet activity. Allow free time, but make activities available for Cubs who can find nothing else to do. Try to provide a wide variety that will appeal to the whole pack. Always make sure that the activities are safe. In district camps, encourage inter-pack mingling.

## Spiritual Fellowship in Camp

The outdoors is the most natural place for Cubs to feel close to God and nature. Talk about God's creation and how it makes us feel.

Start meals by saying Grace (singing a Grace is particularly effective). Open and close the day with a prayer or spiritual message. Consider conducting a Scouts' Own sometime during camp.

## Be Prepared

It's important to be prepared to run an effective camp. You want to have plenty of activities for the Cubs to do, and still allow them free time.

Encourage Cubs to bring quiet games, books, and other reading materials to camp for rest periods.

Bring along a craft box filled with a variety of materials, including glue, scissors, paper, and other odds and ends. Encourage Cubs to use these supplies for their own inventions.

Make sure your planned crafts are well-organized and ready to present. Prepare pre-packaged kits before the camp if you can; you won't have time to gather together the materials you need after you get to camp.

Take a variety of games equipment (e.g. balls, bats), and make it readily available to your Cubs. When something unexpected happens and you have to cancel an event or move inside because of bad weather, this games equipment is a life-saver.

Here are two last things to consider for every camp:

**BE PREPARED and HAVE FUN!**

