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Strauss Shield

Camping Standards

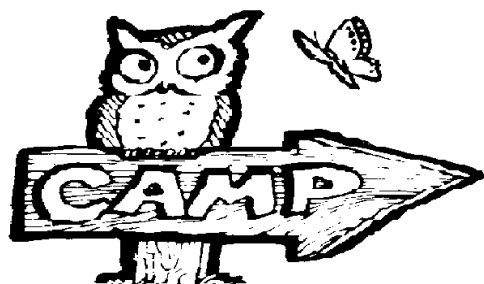


Be Prepared!

- Camp Comfortably
- Camp Practically
- Camp Smartly

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The outdoor code

I will treat the outdoors - our veld, rivers and mountains - as a heritage to be cherished and protected; and to be enriched for our own greater enjoyment and for future generations.

I will learn to understand nature and her ways. I will learn how to practice conservation of soil, water, forests, grasslands and wildlife, and urge others to do the same.

I will treat public and private land with respect, remembering that the use of the outdoors is a privilege.

I will prevent fires and build my own fire in a safe place, and be sure it is out before I depart.

I will keep my litter and garbage out of South African waters fields, woods, veld and roadways.

Whenever I take from nature for my own use, I will endeavour to return a share of her bounty.

References:

1. Camping Standards, Boy Scouts of South Africa
2. Scouting Resources, <http://www.scoutingresources.org.uk/>
3. 15th Cheltenham Scout Group, <http://www.shurdington.org>

At the end of camp

Striking camp

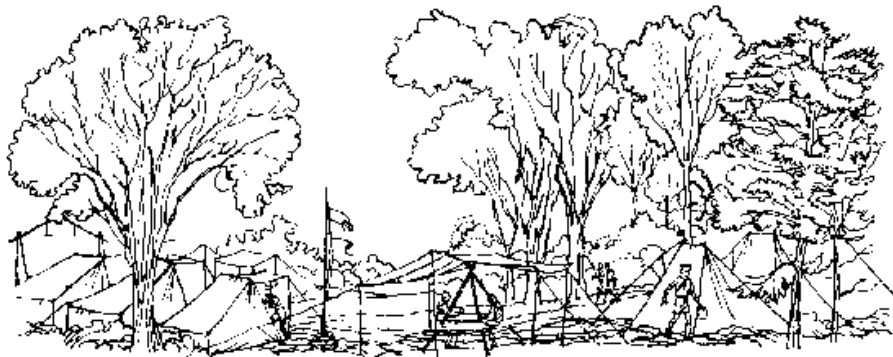
As in pitching camp, all jobs should be carefully allocated. If tents are damp leave them until the last so that they can dry out thoroughly.

Jobs to be done:

- Dismantle camp and pack gear
- All cooking gear to be clean
- Store tent to be cleared and packed. Any food left over to be disposed of (given away if possible)
- Latrines to be filled
- Washing places to be cleaned up, wet pits and rubbish pits to be filled in
- Last clearing of ground by spreading in line "camp rake" and moving up and down site. Make sure this is thoroughly done.
- Change into uniform for travelling
- Flag down

B.P said: "Remember also the two things you leave behind you on breaking camp

- NOTHING
- YOUR THANKS TO THE OWNER OF THE GROUND



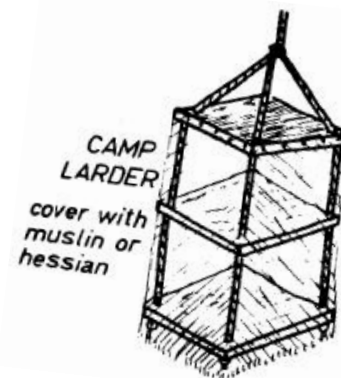
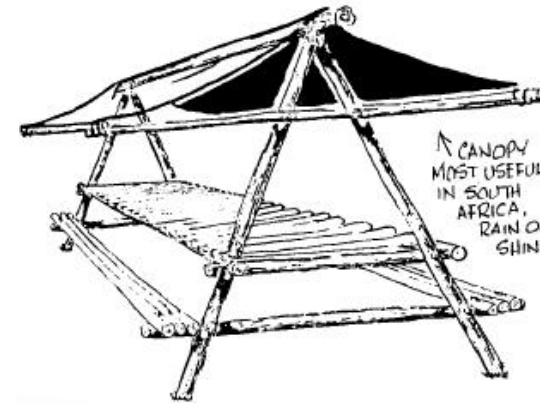
Introduction

Camping is an essential part of the Scout training program.

Scout camping—whether it be the annual Troop camp, a few Scouts on a week-end trip, or just a Scout and his pal on a hike—must always be of a high standard.

This booklet is intended to give you an idea of the standard to be aimed at. It gives you the absolute essentials only of a good Scout camp, and is not intended to be exhaustive.

Don't have an untidy campsite but one with the Scout touch. Make your camp as comfortable as possible it must be clean, neat and have an attractive design with only one restriction and that is the absolute minimum destruction of the vegetation.



Before the camp

Training

No Scouter or Patrol Leader should run a camp until they have had some form of training. This may take the form of taking part in a well-run camp under an experienced Scouter, or by taking part in a practical training course.

A Scout camp is run in accordance with the Patrol System, i.e. the Scouter trains the PLs and the PLs train the Scouts.

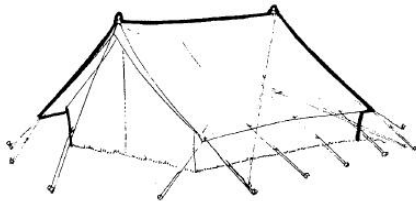
Scouts need training before camping. The camping sections in the Pathfinder, Adventurer and First Class advancement badges provide a good start, and some of the other pre-camp training that should be cover is:

- Kit selection and packing
- Care and maintenance of gear & tools
- Bed making, personal hygiene, and first aid
- Camping techniques, e.g. tent pitching, wet weather precautions, gear and food storage
- Gadget making and improvisation

Assembling gear

The following gear has to be assembled :

- General camp gear
- Scout's personal kit
- Scouting gear



Don't leave the checking, assembling and repairing of gear to the last minute; start preparing well in advance.

Camp gear—Patrol

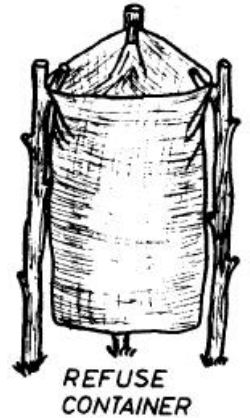
- Sleeping tent, complete with poles, pegs and mallet
- Storage tent, complete with poles, pegs and mallet
- First aid kit
- Lamps with repair kit and spares
- Wash bowl
- Hand axe, felling axe or bush saw
- Canvas for shelter
- Groundsheets
- Spade or trench tool
- Flag with poles and halyards
- A selection of pots
- Frying pan and/or baking pan
- Roasting bowl
- Water container
- Jug
- Serving spoons, kitchen knives
- Bread knife
- Serving platter
- Tin opener
- Salt and pepper shakers
- Wash bowls and bucket
- Dish mop and pot scourer
- Dish cloth/towels
- Tablecloth
- Assortment of plastic containers
- Matches, candles, washing soap

Waste Disposal

First Principles: Waste will be disposed of. That should be the rule for camp.

Simply do not leave any waste, of any description, anywhere at any time.

When you arrive at the site you should already know what the warden/landowner wishes you to do with any rubbish (you don't? Go and ask now). My knowledge of local, 'modern' sites is that they have specific areas for rubbish disposal, clearly placed bins, and an incinerator of their own. They also tend not to let people dig any pits/trenches for any use (campfire, rubbish disposal or latrines). Make sure you know what you can and cannot do on your site. Most campsites frown upon anyone digging holes in the ground, most certainly when they intend to leave some form of waste in the hole! Instead you will want to construct a bin. You will need two types of bins, a wet bin and a dry bin.



Wet Bin

Make sure you replace the bin bag at regular intervals and either store it in a place that is out of reach of any person/animal or, ideally, immediately dispose of this rubbish at an appropriate area. Most campsites have proper bins for waste disposal anyhow, but if you are camping in the middle of nowhere, you will have to take it home with you!

Dry Bin

Only washed items should be placed in the bin. Any cans or containers must be flattened first. Be careful when disposing of glass or sharp materials (e.g. a ripped tin can).

Summary

At camp—

- Plan your layout carefully
- Allocate jobs for pitching camp
- Make well-planned and well constructed kitchens and dining shelters. Meals must be punctual and properly served
- Pay attention to proper disposal of rubbish
- Quartermaster must see that stores are protected from flies and dirt
- Be good to neighbours

Daily inspection

In contrast to the general informality of the camp, this is a formal occasion. The whole Patrol should remain quiet for the whole period of the inspection, and Scouters should do their job with friendly dignity.

Points to look out for:

Personnel

- Cleanliness of the Scouts, especially teeth, hands, nails, feet
- Health—no sunburn, colds or headaches
- Regular “movement” at latrines

Personal Kit

Laid out neatly and uniformly; blankets or sleeping bags folded neatly; wet or damp kit (towels, bathing costumes) on line. Bedding should be aired as soon as Scouts get up in the morning, but if owing to bad weather or heavy dew it is not advisable to put bedding out so early it should be aired after inspection, or at some other time of the day. After inspection the kit is put back into the tent.

Tent

Properly pitched, guys taut, pegs firm; properly brailed (if possible), clean inside and surrounding areas.

Kitchens and Food Storage

- Cleanliness essential; everything properly covered
- Check especially pots, pans and dish towels
- Wood pile—neat and adequate, covered

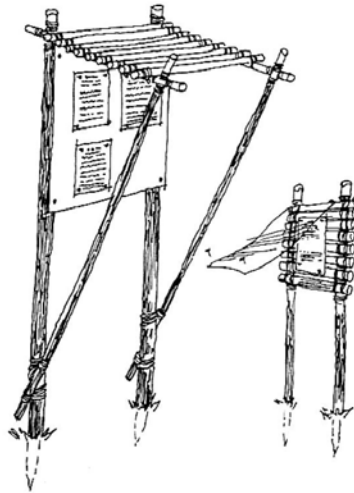
Conservation

Don't let enthusiasm for the wrong sort of cleanliness cause you to damage the natural surroundings. Disturb as little as possible of the natural grass, humus and top soil. Let it stay as ground cover in the tents—it is not dirty. If you dig it all out, you will soon be camping in a sand-pit or miniature dust bowl. Clear bush back from your kitchen as little as possible, and beware of any damage you are doing which may lead to soil erosion. This season's digging may be next season's donga. For the same reason, don't trench tents unless and until rain is expected, and make sure that your trench is in the right place.

General Site

there are two methods of organizing for cleanliness of the campsite as a whole—

- (i) Duty Patrol for the day responsible for the whole area; or
- (ii) divide the duties among all the Patrols on a roster system.



Personal Kit

- Complete Scout uniform
- Sleeping bag or two blankets
- Small pillow
- Pajamas or change of cloths for the night
- Spare underwear (change daily)
- Spare socks
- Clothes to wear in camp
- Sweater or pullover
- Takkies or sandals
- Bathing costume
- Towel
- Toilet bag containing soap, brush or comb, toothbrush, toothpaste, etc.
- Raincoat, poncho or other waterproof protection
- 2 plates, mug, bowl, knife, fork, spoon and teaspoon in a mess bag
- Tea/dish towel
- Notebook and pen/pencil
- Torch and spare batteries
- Personal medicine that you need

Scouting Gear

- Ropes
- Sisal
- Pioneering equipment



Preparing menus

Menus should be all ready before camp and lists of quantities drawn up so that there is no waste of time at camp. If there has been plenty of training in cooking during the off-season there will be no difficulty in arranging good menus.

Remember that there should be not only variety of food, but variety in ways of cooking it. An opportunity should be given during each camp for Scouts to do their own cooking in backwoods fashion. Menus must be flexible to allow for variation, suit extremes of weather and availability of supplies. A menu may have to be altered owing to change of program.

Summary

Before you go on camp—

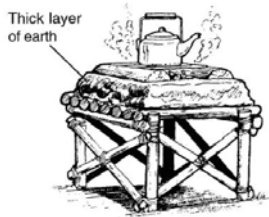
- Train yourself
- Have weekend training camps
- Aim at the Patrol System throughout
- Assemble gear
- Make transport arrangements
- Prepare menus and list of quantities

At camp

Campsite layout

It is essential that you plan your campsite layout carefully. Take the following recommendations into consideration.

Campfire



Ideally the campfire should be located fairly close to the centre of the campsite. You must take into account the prevailing wind direction before you set up any area of your campsite. The prevailing wind will also determine your type and layout of the fire itself, you will not want the wind blowing the smoke and embers towards any tentage (or indeed any other area).

Position your campfire downwind of the rest of your campsite.

In the absence of an existing fireplace you will need to clear the ground for a distance of around 2m of any dirt/grass/leaves etc., or use a form of trench or altar fire.

Woodpile

It is common sense that your woodpile should be within a short distance of your campfire. The wood should be graded and arranged into different sections. Woodpiles may differ in appearance, from the simple 'stack-it-on-the-floor' to the more complex wood shed. Whatever woodpile design you choose, ensure that it is covered to protect the wood against the elements, even if it is only a bin liner pegged over the top of the pile.

Ideally you should have a store for kindling as well; this most certainly should be kept dry.



Chopping Area

Place your chopping area adjacent to your woodpile. The area should be clearly marked and 'roped-off' forming a circle that is at least 2 arm + axe lengths in radius. We would suggest that when you rope the area off that you drive uprights into the ground and run a rope around the perimeter at around 30 cm off the ground. There should be an entrance/exit left for ease of use, and by this should be a post at which the user can leave any loose clothing before they enter the chopping area.

Inside the chopping area you may want to place a log (in which you can store the axe when not in use, although they should have a sheath as well). A chopping block of some description will be needed. It is much more comfortable, and safer, to aim your swings at a block

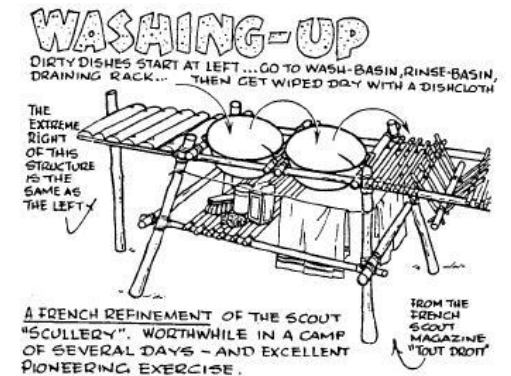
Dishwashing

Plenty of hot water and a good dish soap are what it takes to get dishes clean. The soap will do a great job in ridding the dishes of dirt and left over food, but the bleach in the hot water is what will sterilize them. The hot water should also give them enough heat so that they will dry themselves.

The most sanitary way of washing dishes is the "Three Pot System". This system is used by armies when they are on exercise in the field, and it has been used by Scouts for many years.

The system works this way:

- Scrape dishes into a waste container.
- Wash the dishes with hot, soapy (detergent) water by using a scrub pad, or cloth.
- Rinse the dishes in hot water containing bleach, at a ratio of two tea-spoons to every 4.5 L of water.
- Rinse the dishes again in clean, hot water.
- Air-dry the dishes. Do not use a dish-towel.



The best way to use this system is to have the three wash-tubs spaced out on the seat of a picnic table, with sufficient room for people to work at each wash tub. The tabletop should have been wiped off clean to start with, and the cleaned goods laid out on the table to dry. In warm weather, with flies around, they should be covered with a cheese cloth, mosquito netting, etc.

Serving meals

Proper arrangements must be made for serving and eating meals. Scouts do not go to camp to "rough it" or to live like pigs. Grace should be said before meals and strict punctuality observed. Table manners are the concern of the Patrol Leader, whose own examples are of great importance. The Patrol should sit at their places at the appointed time, and those on duty should serve them. Dirty plates, etc. should always be removed before the next course is served. Scouters should eat with the Scouts, taking it in turn to visit the different Patrols.

Bathing

Regular bathing is important to remove the sweat and grime that naturally build up on a person's body. It will also allow you the opportunity to examine yourself for signs of injury, rash or sores. Use plenty of soap and hot water when you shower or have a bath. The hot water will help ease sore muscles as well.

Hand Washing

Good hand washing, practiced frequently, will reduce the spread of germs. Always wash your hands after going to the restroom, after playing outdoors and after handling animals. At camp there should always be hot water available for people to wash their hands. You should always wash your hands before touching food. This is especially important if you are cooking for your whole Patrol, as many diseases can be spread through the preparation and touching of food.

Eating Habits

Every camper needs to eat well, and with careful planning you can. A balanced diet entails eating portions from the four food groups. These food groups are:

- Proteins and Fats, e.g. meat & fish
- Vitamins and Minerals, e.g. fruits & vegetables
- Dairy Products
- Fibre, e.g. bread & whole grain products

If you eat correctly using portions from all of the food groups, the food you eat should do the following three things:

- Build up your body and keep it in good repair.
- Give your internal organs the nourishment they need to stay healthy.
- Serve as a source of energy.

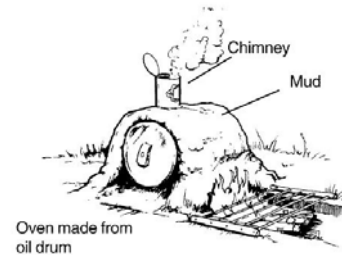
You should start every day off with a breakfast. This is the most important meal of the day as it is the energy from this meal that gets the body going again after your night's rest.

Recommended daily servings:

- **Meat or Fish:** Two or more servings daily.
- **Bread or Grains:** At every meal.
- **Dairy Products:** One or more servings daily.
- **Fruits:** At least one serving daily.
- **Leafy Green vegetables:** At least one serving daily.
- **Vegetables:** Two or more servings daily.

that is at a certain height, then at the piece of wood lying on the floor. A simple tree stump or large log turned on its end will normally suffice.

Most people will have a 'prime' hand and a natural swing. Always use the axe in a way that is comfortable to you, swinging in an arc that feels natural. Make sure you have a firm grip, and always swing AWAY from your body, hands, and legs. Ensure that if you miss your intended target and follow through, the axe will not strike you or anyone else. Never throw an axe on the ground, always sheath it or bury it in a log.



you have no mess tents/dining shelters you can construct a simple shelter that at least provides cover from the rain). All food (storage and preparation) should be done

off the ground. If you have no tables construct a table/dresser from natural materials. Water can be stored on the ground as long as it is in good quality, sealed containers. Your cooking area must be kept clean at all times. There should be several 'bins' for wet and dry refuse. All utensils/pots etc. should be stored off the ground in a clean environment.

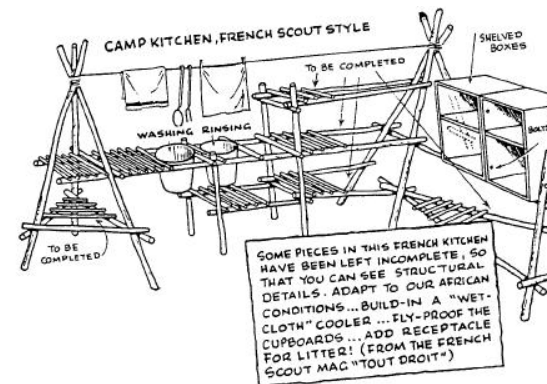
Cooking Area

Your cooking area should be placed fairly close to the campfire, away from the tentage and ideally close to a clean water supply. Your cooking area includes area for food preparation, serving, utensil storage and food storage. It should be within a shelter (even if

If you are cooking under a shelter with gas, the gas bottle itself should be outside the shelter if possible. Common sense dictates that any flame should be away from the sides of the



shelter, and any fire should be on a sturdy rest that will not fall, or get knocked over. If cooking within the shelter a container filled with water must be kept nearby for the sole purpose of safety. It is to be kept full, ready to hand, and not used for any other purpose.



Dining Area

A dining area can be immediately adjacent to the cooking area. It should be sheltered from the elements, and have easy access to where the food is prepared. You will need some form of seats/ tables to eat from, make your own if you have brought none. Ensure that the height of the seats are suitable for you patrol.

Rubbish should be cleanly disposed of in nearby 'bins'.

Storage Area

If you do not have a first aid tent, then the storage tent must contain a full first aid kit placed within easy reach by the door. Any items stored in the tent must be off the ground, place on a platform constructed from natural materials or a table.

Storage could also include your own tents. Any clothing/equipment not being used should be neatly stored away.

During the day, 'store' your sleeping bags and any wet clothes on an airing line. Simply erect two uprights and place a rope between them to hang the items on. This airing line should be at the upward edge of your camp out of the way of all the other areas.

Furthermore, if you have room and the weather permits, pull your groundsheet out of your tent and store to one side to let your tent air, and the ground 'recover'.

Washing Area

If you have a washing area (if you are not using any of the camps toilet facilities) then

this should be placed towards the centre of the campsite as a whole. As it will be used not only for personal washing, but washing the dishes etc. it should be within a short distance of the cooking/dining area. If you are using natural running water, care should be taken to establish a point from which you will take drinking water. You must then ensure that no-one washes, cleans pots etc. upstream of this point.

Tentage



Where you place your tentage will determine the layout of the rest of the camp to a large extent. Tentage should be placed towards the outer edge of the site if possible (not in the middle of the field!). Choose a flat area, clear of any roots/rocks. Do not place tents right next to trees (especially solitary trees that will attract any lightning!), and be sure to look above as well as around on the floor. Look out for any possible 'deadfalls' from the surrounding trees. Common sense says that no tentage should be placed near the campfire / chopping area / toilets.

Care should be taken in the relative positions of the tents. No tents should be placed immediately next to the site entrance/exit. Leaders tents should be placed in between the 'scouts' tents and the entrance. If you have more than one leaders tents, then place them at either end of the line of tents. Otherwise all the tents that will be used for

'living/sleeping' should really be placed in the same area, rather than spread around the site. A first aid tent should be provided for any camp under canvas. This first aid tent must not be used for anything other than first aid, no sleeping/storing etc. It should be clearly marked and a full first aid kit kept inside at all times.

If you have any storage tents you may want to place them closer to the areas where they will be used (e.g. the kitchen area).

Toilets/Latrines

If you are using existing toilets you will have little choice about their location. If you have had to construct your own, make sure they are 'off-site', downwind of the prevailing wind and well away from the water supply. You must be careful not to dig them too far away otherwise people will be tempted to 'go' somewhere closer to hand!

They should be clearly marked and screened from view. Ideally some washing facility should be placed by the toilets themselves.

Rules for Good Health

The purpose of maintaining general acceptable standards of hygiene is to create a healthy environment beneficial to all campers.

Personal Hygiene

Good personal hygiene is more than just looking neat and clean. Good personal hygiene must be maintained to reduce the spread of disease. Therefore, they affect your health as well as the people with whom you interact. Healthy Scouting requires freedom to explore, which seldom involves staying clean for long. But this is different than "poor hygiene", which generally means that a person has not washed or bathed, is always messy looking, and has behaviours that will spread diseases. Be it at home, hiking in summer, or camping in the winter you must practice good hygiene practices to preserve good health. Some of those good hygiene practices are:

