



Help develop well-rounded youth, better prepared for success in the world.

Camping Essentials





Help develop well-rounded youth, better prepared for success in the world.

Scouting Camping Essentials

IDEALLY Camping Essentials should be done without youth. You could host a “Professional Development” Night for Scouters and let the youth and parents know why. “Scouters are learning skills and competencies needed to ensure fun safe adventures for the youth”. You will need 2-3 hours to complete the Scouting Camping Essentials. Please keep in mind that the content should “meet volunteers where they are at”. Meaning if volunteers aren’t ready to go camping, introduce them to camping at a lodge so that they develop the skills they need to feel confident in providing fun safe adventures to the next level.

Outcomes:

- to help Scouters feel confident taking their youth camping
- enable youth to go camping without their parents
- Youth and Scouters can experience the SPICES outside in a new environment
- To help guide personal development on all levels with everyone within a safe environment
- It provides youth with the opportunity to learn important outdoor skills, develop teamwork and leadership abilities, and create lasting memories.
- To Have Fun!

Plan

Gathering Game:

Pick a gathering Game from the Game Resource or create your own until all participants have arrived.

Patrols:

Place participants in Patrols and play a get to know you game. Have Patrol pick their Patrol leader (White Tail) and don’t forget to name your patrol!

Mythbusters & FAQs:

Play a trivia game with true and false questions

- Youths can only camp inside – FALSE: Youths can camp outdoors in tents! [Camping Facilities Standards | Scouts Canada](#)
- Beavers can’t go winter Camping? FALSE

Where to start:

Let the adventure develop the skills – not the skills develop the adventure! - It starts with YES!

We must remember that when we introduce Youths to outdoor adventure, we are taking them out of their comfort zone. Youths experience this with a sense of wonder, but often their imaginations help the process along. This is where we can have some trouble. Youth Scouts are not little adults; their needs are very different, and if everyone is to enjoy camp, you need to pay attention to Youths’ unique perspectives. For this age, pulling them along is better than pushing. This is especially hard for Scouters who are avid hikers and campers but pushing Youths risks creating negative associations with the activity and the outdoors. Keep inviting Youths to the journey; pique their curiosity. “Hey, come see this!” “Look at that!”



Help develop well-rounded youth, better prepared for success in the world.

Activity: White boards/Post it notes/ chalk board etc. Have Patrols answer these 2 questions and discuss.

1. What do Scouters need to remember when taking Youths on outdoor adventures?

Some examples include:

- They get cold faster.
- They get hot faster.
- They get hungry faster.
- They get bored faster.
- They want to be helpful.

2. Why do we take our youth Camping?

First Steps:

Start with one night away or just a day camp. Commence camp on a Saturday instead of a Friday. Camp somewhere close to home—a local camp or nearby provincial park. Arriving during the day gives youth a chance to really understand their surroundings and feel safe. More experienced youth—may begin the camp a night earlier, on a Friday, and set up some of the camp and activities to make the more experienced youth feel welcomed when they arrive on Saturday morning. What's familiar and easy for a Scouter or parent can be intimidating for an inexperienced youth. Evaluate Youths' readiness for something new based not just on physical ability, but on how well they've handled previous experiences that presented comparable stress. Remember that each youth is different; be prepared to address hesitation with reassurances. Think of the activity as a snack and give reluctant youth a taste and permission to have more. Prepare them before the activity with the information and skills they'll need to be amazing campers!

TIPS AND TRICKS

- Introduce them to the gear they'll be using on a camping weekend (tents, tarps, etc.) before they use it. Weekly Activity meeting suggestions: set-up and take down tents,
- Youth can help around the camp, assisting with preparing meals, gathering wood (naturally), washing dishes, and pitching tents. It's all part of Scouting!
- Project confidence in your camping abilities. Let the youth know they're in good hands.
- Take the Youths somewhere really cool. Scouters like big views, but most youth want to interact physically with the environment. They want to play in water, climb on rocks, crawl in bushes, wave sticks and toss pebbles. Choose outdoor destinations that you know will provide natural features that engage and excite Youths' imaginations.

Can Scouters think of anymore considerations?

Campsite Selection

There are many camps that can accommodate Youth throughout the year. Whether you are in a tent or in a cabin, campsite selection is very important.

- Open space – space for tents, space between tents, space for the cooking area, space for dining shelter(s) and open space for play.



- Help develop well-rounded youth, better prepared for success in the world.
- **Safety Note:** Do a site check of the area before you set up any camping equipment. Look for uneven ground, large rocks, tree branches overhanging branches, suspended branches or leaning dead trees that could come down in a strong wind.
 - Any hazardous plants like Poison Ivy, Poison Oak or Poison Sumac. Look for raspberry bushes, burrs, hawthorn and thistles.
 - Look for clear, level ground with good drainage, free of potholes, gopher holes and thick brush.
 - Do not set up near wet areas such as ponds, puddles swamps, marsh, waterfront or tempting rock faces to climb.
 - Camp near safe drinking water and bathroom facilities within site.
 - A site with shaded areas during the day, good ventilation and low car traffic is good.

Winter Camping: Typically camping in the Winter for Cubs includes cabins or other type of heated facilities. Youth/Cub camping facilities must include a weather-resistant shelter suitable for dining and program activities, as well as backup sleeping accommodation. All members may sleep in snow shelters or tents in the winter. Cub Scouts may sleep in snow shelters or tents in the winter with approval of parents/guardians and Scouters.

Next Steps for Planning

- Schedule – what are we going to do at camp?
- Menu – what are we going to eat at camp? Remember to be thoughtful about dietary and religious considerations. Include familiar food for the youth so there is always something that they will eat during the meal (even if it is Mr. Noodle)
- Preparing for camp – what skills are required?
- Gear – what do we need to bring to camp?
- Budget – how much is camp going to cost?
- How can we engage our parents – how can we ensure the parents are confident?
- Safety & paperwork - what paperwork and safety considerations are needed to go to camp?

Do:

Self-directed activities for patrols to circulate through. Can be done with the support of a facilitator at each or on their own with a facilitator nearby

Schedule

Activity:

In your patrol create a 1-night camp (or 2-night camp for camp activities Pack Scouters) schedule using the theme that you picked out of the hat

Additional Info:

What can Youth Do at Camp?

Everything, as long as you have the proper supervision. When talking with the Youths about what they would like to do at camp, highlight some typical camp activities. Cooking simple items on fires, pitching up a tent and simply being able to touch and manipulate all the fun things in nature are already highlights for most. Avoid long presentations on how a tree works, or why rocks are hard and silent. Be active and interactive!



Help develop well-rounded youth, better prepared for success in the world.

- Youth will want to explore and touch everything. Give them the opportunity to explore. This can be done with some supervised free time.
- Pace is important. A good mix of active time and rest time will be needed.

\

- Your schedule is not written in stone. Be prepared to tear it up if need be. What's your Plan B, C, D...Z
- Plan to do the same thing at the same time—Youth and Scouters alike. Time to fill up our bottles; time to goop up for bugs; time for a washroom break; time for a snack; time for bed. (Good luck with that one!) Routines are important. Keep all the Youth's water bottles in one place. This could also be a good place to make communal bug spray and sunscreen available. This space should become the gathering area before going to any activity.

What supplies are needed for activities

If staying at a Scouts Canada property, you can check to see if the camp offers programming. For example, is nature centre to visit

Menu

Activity:

Delicious and Nutritious | Scouts Canada

Create a menu and shopping list with two of the following food considerations in mind:

- Gluten Free
- Peanut Free
- Dairy Free
- Vegetarian
- Kosher or Halal

Additional Info:

A grumpy youth may simply be a hungry youth. Carry lots of granola bars and fruit. Never underestimate the power of licorice as a pick-me-up (for both Youths and Scouters). Watch for signs that youth are getting hungry: walking slowly, dreamy look in their eyes, sighs, and not being as talkative. Don't forget to make sure they are hydrated.

- Being outdoors all day is not something that youth are used to, so they burn more energy than they usually do. Have them eat and drink every hour or so.
- Pick the right food. Cream of mushroom soup and tuna melt sandwiches may be a delicacy at your place, but they're not great picks for all youth. Quick, tasty and fun meals will do the trick. Make sure that most of your meals are familiar to your youth. Pasta or rice as a backup can be a taste of home for many youths. Have them help create the menu. Having youth salivating for the food will encourage them to go to camp!

Equipment/Gear

Your section or Group may have bought equipment that is regularly used or may be hard to find. Check with your Group Commissioner to see if you have a quartermaster on Group Committee. They will know what equipment is on hand and where it might be stored. Make sure you check what equipment is available before proceeding to just go out and buying it.



Help develop well-rounded youth, better prepared for success in the world.
 Feel free to ask another Group if they might have equipment that you could borrow for the weekend. You can ask parents in your section, just be cautious that if that equipment breaks than you may have to replace that parents equipment.

Several weeks for the camp you should hand in a request form for equipment or make sure that all the necessary equipment is located and inspected for condition and repaired/cleaned if needed.

Avoid glass containers if possible

Aerosols (bug spray and cooking spray)

Poor quality, high use items (spare tent pegs, tablecloths, clotheslines)

Suggestions:

- Long handled utensils
- Heavy duty plastic table clothes
- Heavy duty tarps
- Heavy duty garbage bags
- One large dining tent is better than several small ones
- Don't use side screens on dining tents (hang tarps if necessary)
- Buy kitchen knives with holders or sharpening cases
- Small well-equipped toolbox

Don't bring what you don't need!

Kitchen Inventory

Kitchen Supplies		Quantity
Cutting Board		2-3
Knives (paring, bread, cooks)		3-4
Metal utensils	Ladle	3
	Long handle spatula	1
	Meat forks	2
	Slotted spoons	4
	Short spatulas	3
	Measuring Spoons	1
	Spoons	2
Measuring spoons		1
Measuring cup (set)		2
Plastic cup/scoop		1
Flat tongs		1
Can opener		2
Large metal sieve		1
Masher		2
Pasta spoon		1

	Quantity
Medium Ziplock Bags	10
Large Ziplock Bags	10
Dish soap	1
Duct Tape	1
Scouring Pads	2
Hand Sanitizer	2-3
Plastic Wrap	1
Tin Foil	2
Twine	1
Paper Towel	4
Flame lighters	3
Wooden Matches (large box)	2
Medium White Garbage Bags	2
Black Garbage Bags	4
4' x 8'(10') Tarps	4
10' x 10' Shelters	3-4
Tables (4 youth per)	



Help develop well-rounded youth, better prepared for success in the world.

Pizza cutter	1	Camp Stove	1
Juice opener	2	Coleman Stove	1-2
4L plastic container with lids	2	20lb Propane Tank	1-2
8L plastic container with lids	1	1lb Propane Tank	3-4
Plastic serving bowl	3	Lantern - Propane	2
Clothes Pegs	12	Lantern - LED	4
Milk Jugs	3	Hose Adapter	2
Juice containers	2	Dish Tubs	4
Stove Top Kettle	1	Scrub Brush	2
Stove Top Percolator	1	Whisk and Pan	1-2
Small Sauce Pot with lid	1	Bleach	1
Small Stock Pot with lid	1	Water Containers	3
Large Stock Pot with lid	2	Cooler	2-3
Small Fry Pan	1	Dish Cloths	3-4
Medium Fry Pan	1	Spatula	2-3
Large Fry Pan	1	Corn Cooker	1
Griddle (medium or large)	1	Tent Water Buckets	4-6
Toast rack	1		
Wooden Spoon	3		
Oven Mitts	4		

Tips for the Kitchen Area

Ø There is only one cook but many Sous chefs. That is the same at a Camp kitchen. One Scouter will be the organizer but other youth, and Scouters, will be needed for Food Prep and cooking.

Ø Have plenty of J-cloths or dish rags available for those clean ups. Also make sure that there is a fully designated area for hand washing and dish cleaning.

Ø Set up your kitchen area before you start to unpack all the gear. That way the kitchen area will be out of the tenting area and away from the youth.

Ø Make sure that you clean up after every meal. Dirty dishes will attract unwanted visitors like racoons and skunks, and depending on where you camp even bears.

- Set up a duty roster. Includes Scouters in this as well. It can be set up at Liars or tent groups or even by year (Runners, Trackers, Howlers).

Personal Gear

Introduce the personal gear that they need to have at camp. Have a pack with personal gear, this can be brought by an experienced youth. This will help them visualize what they need. Organize two packs, what to bring and what not to bring (ie/ shorts in winter).

*This activity should include families. Youth should be packing as much as their personal gear as possible. If a family member is packing for the youth, the youth need to know what is in their gear and where.



Help develop well-rounded youth, better prepared for success in the world.
Teach the youth how to make their bed and pack it up. This will make end of camp clean up easier for the youth and scouters. Everyone is tired, and packing a sleeping bag and rolling a mat can be difficult for everyone.
Or teach youth how to make a bed-role or how to keep their gear dry by using stuff sack or dry bags.

Example of a Spring/Fall Camping Packing List

General Equipment

1 Sleeping Bag - should be rated for 0 degrees C (or according to the weather)
Extra blanket/ bag liner
Ground Sheet and Sleeping Pad
Backpack or Duffel Bag
1 Plate, Bowl, & Cup (unbreakable)
1 Knife, Fork, & Spoon
1 Toothbrush & Paste
1 Soap, Comb, Towel, & Facecloth
1 Personal First Aid Kit
1 Waterproof Match Container
1 Repair Kit (Needles, buttons, thread, safety pins)
1 Notebook and Paper
1 Set Rain Gear, including boots
1 Flashlight
Water Bottle or Canteen

Clothing

*Wherever possible avoid cotton or denim

Necker
Uniform (if your sections requires this)
2 Long sleeve shirts
2 Short sleeve shirts or T-shirts
2 Long pants
3 Sets of underwear
3 Pair of Socks (wool or polypropylene socks if possible),
1 Sweater
1 Light jacket or Windbreaker
1 heavier jacket
Sleeping toque PJs or sweatshirt & track pants plus sleeping toque
1 Pair Running Shoes
1 Pair Indoor shoes if needed
1 Pair of Hiking Boots
1 Field Hat (wide brimmed) - no hat - you are doing extra dishes!
Toque (not the one you sleep in) & gloves/mitts
Optional extras
Small Pillow, Sunglasses, Cards, Watch, Camera & Film / Batteries, Binoculars, Camp Chair



Help develop well-rounded youth, better prepared for success in the world.

Medicine or Medication (Give to Scouter Blake in labelled bag with written instructions from parent)

SCOUT No food or electronics permitted.

Menu Planning

- Menu Planning
- Shopping List
- Preparation List
- Duty Roster
- Recipes

Example of a Menu

Friday	Mug Up	Hot Chocolate and Cookies Apple Cider and Popcorn
Saturday	Breakfast	Pancakes and Sausages Fresh Fruit Oatmeal Orange/Apple Juice
	Snack	Granola Bars and Water
	Lunch	Hot Dogs (Buns) Chips Carrots & Celery Sticks Juice
	Snack	Granola Bars and Water
	Supper	Spaghetti with Meatballs Garlic Bread Cesar Salad Milk
	Mug Up	Hot Chocolate and Cookies
Sunday	Breakfast	Cereal and Oatmeal Leftovers



Help develop well-rounded youth, better prepared for success in the world.

When planning the menu with the youth, remember to do this in their patrols. Each patrol can come with a menu plan and then all possibilities can be combined to make the menu. The more input the youth have, the more likely that they will eat the food at camp.

Tips and Tricks for Menu Planning:

Prepare a menu which includes all snacks and meals for the trip or camp.

Reduce as much packaging as you can at home. This will reduce the amount of garbage that will need to be brought home at the end of Camp.

Safety Moment: If you don't bring the original containers, at least bring the ingredient listings in case of any allergies.

Make sure snacks that will be consumed away from camp (on a hike) are easy to divide, carry and require no preparation. Watch out for allergies – Nut Free.

Verify that it is balanced nutritionally against Canada's Food Guide. <https://food-guide.canada.ca/en/>

Adjust the menu as needed.

Add and delete foods on the grocery list to reflect the menu.

Know what are in the current food bins before you go out shopping. Saves on duplication.

Calculate amounts of each item needed according to recipe or experience.

Calculate what needs to be purchased.

Have a copy of the menu, menu items, and duty roster posted so both Scouters and youth will know what they are having and who is doing what.

Buy dry goods when they are on sale. Be watchful of best before dates with meats and breads.

Confirm who will be purchasing the food, and who will be transporting the food.

Consider Gluten Free; Peanut Free; Dairy Free; Vegetarian; Kosher or Halal.

Grocery Shopping

The best way to shop for groceries is to know your menu, know your serving quantities and know how many youth and adults will be at the camp. Cubs typically eat 1.5 times the amount, for example 1.5 hotdogs per youth. Some will only have 1 and some may have 2. For adults it is recommended 2 times the amount. So that would be 2 hotdogs each. It is always better to have

extra fruits and vegetables on hand. *TIP: serve chips at lunch, the salt will make the youth drink more water.*

The following scale is by no means complete but does give you an idea of quantities to shop for.



Help develop well-rounded youth, better prepared for success in the world.



Help develop well-rounded youth, better prepared for success in the world.

Grocery Shopping List for: Camp					
24 Youth 9 Scouters 2 Other 35 Total					
Quick Budget: 24 Youth at \$40 = \$960 Camp Expense: \$510 Program cost: \$ 50					
Income Total: \$960 Camp Expenses: \$560 Food Budget: \$400					
	Serving Size	Servings per container	We Have	To Buy	Comments
Fruits & Veggies					
Apples					
Pears					
Carrots					
Romaine Lettuce					
Celery					
Grains					
Bread					
Oatmeal					
Garlic Bread					
Cereal					
Meats and Cheeses					
Sausages		48		2 pgs	Costco
Hot Dog	12	12		5 pgs	1.5 each cub / 2 per adult
Beverages					
Coffee	26g		1 Tin		
Sugar	500g		1 bag		
Hot Chocolate	1.8kg	60		1 Tin	Powder
Hot Chocolate	25g	1			Bags
Apple Cider	3L	15		3 jugs	
Orange Juice	2.5L	2.5L serves 15		3 jugs	
Apple Juice	1L	1L serves 6		6 containers	
Juice Crystals	2.2L			1 container	
Tea Bags					
Milk	3L	3L serves 18		2 bags	
Snacks and Desserts					
Granola Bars	18			4 boxes	
Cookies				2 packages	
Popcorn			2 pkg		
Chips				4 Large bags	
Condiments					
Ketchup	1L				
Mustard	250 ml				
Relish	375 ml				
Syrup	750 ml				
Cesar Dressing	1L				
Other Food					
Spaghetti Noodles					
Pasta Sauce					
Chicken Noodle Soup	228 g	16			4 Pouches in box
Brown Sugar					
Salt/Pepper					
Rasins					
Misc					
Small Ziplocks					
medium Ziplocks					
Large Ziplocks					



Help develop well-rounded youth, better prepared for success in the world.

Budgeting Considerations:

- Activity Supplies
- Food
- Ratio Scouters
- Other Costs
- How much to charge each youth to break even
- Is there a minimum youth count to make the camp feasible
- Transportation Cost

In 2024 (in Ontario) average cost per person for food is \$20 per head. If Scouters do not pay then that cost will need to be absorbed by the youth. \$20 for food should cover Saturday Breakfast, Lunch, Dinner, Sunday Breakfast, 2 Mug-ups and 2 snacks (Sat).

Activity:

In patrols, determine the cost for:

- Camp fees
- Activity Supplies
- Food
- Ratio Scouters
- Other costs

How much do you need to charge each youth to break even?

Do you have any fundraising or subsidies to reduce costs for families?

Additional Info:

What are the considerations – activities and supplies, food, camp costs, transportation, etc.



Help develop well-rounded youth, better prepared for success in the world.

Washing Dishes

Use 2 mL of liquid chlorine for every 1 litre of water to make a disinfection solution of 100 mg/L

Protect the health of your group by thoroughly washing, rinsing, and sanitizing dishes. In accordance with sound health practices: use the three-pan method as outlined in the diagram. Let dishes and utensils air dry. After they are dry, store everything in a closed storage container. The dirty dishwater should be disposed of at least 70 m (200 feet) from any water source.

Three Compartment Sink

If you're washing multi-service articles (e.g., reusable dishes, knives, forks, spoons, glasses) you need three sinks – one to wash, the second to rinse, and the third to sanitize. If you have items with baked-on grease or heavy food residue, pre-soak and scrape before you wash.



1 Scrape or Pre-Rinse

Remove any leftover food on the dishes by scraping or rinsing it off.



2 Wash (Sink 1)

In the first compartment, wash and scrub the dishes, utensils and pots, making sure all food and grease are removed. Remember, cleaning takes chemicals and friction. Use warm water and detergent.



3 Rinse (Sink 2)

In the second compartment, rinse the dishes, utensils and pots to remove the soap and any remaining food particles. This is important because any detergent left on the dishes will weaken the sanitizer. Use clean water, at least 43°C (110°F). Change the water if it doesn't look clean.



4 Sanitize (Sink 3)

Sanitize in the third compartment by submerging dishes, utensils and pots in hot water, at least 77°C (170°F), or a chemical solution in water that's at least 24°C (75°F). Let them soak for at least 45 seconds to give the sanitizer time to kill microorganisms. It's important to make sure that the sanitizer is strong enough to do the job, so test the sanitizer right after mixing it in the sink.



5 Air Dry

After sanitizing, let items air dry on a non-porous sloped draining board. Never towel dry, as you could cause contamination from a worker's hand or a damp dish towel.



Help develop well-rounded youth, better prepared for success in the world.

Snacks for kids with nut allergies

- Pepperidge Farm goldfish crackers
- Christie Ritz crackers
- Christie Ritz Bits sandwiches with real cheese
- Christie Swiss Cheese crackers (actually most Christie crackers)
- Christie Chips Ahoy
- Kraft Handi-snacks (crackers and cheese dip)
- Nabisco Oreos
- Nestle Smarties
- Dare Bear Paws
- Jello pudding cups
- Quaker Crispy Minis - rice chips
- Sun-rye Fruit-to-go
- Marshmallows
- Pringles/most chips
- Most yogourt and yogourt tubes
- Betty Crocker Dunkaroos
- Kellogs Rice Krispie squares
- Kellogs Nutri-Grain
- McCormick's Wagon Wheels & Strawberry Whippets
- Vachon cakes (Jos Louis, Passion Flakie) - we've had no problems with these even though they are made on equipment that also processes nuts... others may not be so lucky.
- Made Good Snacks (covers most allergens)

Pork Free Diet

Maple Lodge produces a line of meat products (bologna, cold cuts, hotdogs) called ZABIHA HALAL. it's green packaging with those words written on it. They have zabiha halal salami, chicken wieners, beef wieners - basically any type of meat can be substituted.

How to Prepare the youth for Camp

Activity:

Role Playing. Pick a challenging behaviour and have patrols come up with a solution to manage their reaction to the behaviour.

How can you set up all youth and Scouters up for success?

Additional Info:

What skills do the youth need before going to camp? You should learn new skills in meetings and activities before they go to camp. Camp is an opportunity to practice those skills.

This includes how to set-up their sleeping pad and bag, sleeping routine, cooking or helping to cook meals, cleaning up, setting up tents, code of conduct for camp (expectations) etc. Scouters should prepare Youth Scouts for their roles, tasks and duties at camp.

- Make food that Youths can help prepare and learn how to clean up. YES! Youths can do dishes, put away their sleeping bag and mat.
- Schedule doesn't go as planned (Back-up plan A-Z)



- Help develop well-rounded youth, better prepared for success in the world.
- Medications and First Aid incidents
- Homesickness and other challenges that may arise – bring a stuffie to a meeting (Scouters too) and make it cool to have one for bedtime
-

Homesickness & Challenging Behaviours

Below is some tips and tricks. Encourage questions and discussions about fears and experiences.

Make a code of conduct for camp. Do this before or at the beginning of camp. What are the expectations? Homesickness is scary as a Scouter! What do I do? How can I prepare youth, and parent to help reduce the anxiety of being away from home?

[Homesickness Resource](#)

These are great tricks to help build anticipation and alleviate anxiety. What Scouters Should Do to Prevent Homesickness

- Keep parents in the loop. Let them know all the fun stuff that the Youths will experience at camp.
- Reinforce to both Youths and their parents that camp is something fun that they'll be doing with their friends.
- Highlight some of the fun places that the Youths will visit while camping.
- Ease the transition. Camps will feel different from meeting in a Scout Hall. Make sure that the camp feels familiar to the Youths. Use Riverbanks and perform an opening ceremony to reassure Youths with familiar routines.
- Tour the site with Youths upon arrival. Highlight washrooms and safety boundaries. Show the Youths activity spaces and hint at the fun they'll have.
- Scouters should bring a teddy bear! Do away with any stigma around the idea of bringing something comfortable from home.

What Parents Should Do to Prevent Homesickness

- Tell your children that you want them to have fun. Children need to go off to camp with your blessing—not your anxiety. Let them know that you can't wait to hear all about their great adventures at camp!
- Let your Youth know that their Scouters are there to help him or her. If he or she has any problems, he or she can talk to the Scouters. Mention Scouters by name—especially if there's a Scouter that your Youth relates to the most.
- Youth Scouts and parents should pack for camp together. It's good for Youths to know where to find their things in their bags. This also assures Youths that they're prepared and have all the fun items they need for camp.

Bedtime

How can Youths be made to feel safe and comfortable when it's time to go to bed?

It's important for Youths to know that they're sleeping area is safe. Assign Youths to bunks and sleeping areas and let everyone in the Colony know that their assigned space is theirs. No one should be in somebody else's bed; it's personal space. A good rule for any Colony is that no one should touch anyone else's personal gear without asking.



Help develop well-rounded youth, better prepared for success in the world. A great trick to make sure everyone has a great night's sleep is to give every Youth Scout a glow stick to decorate his or her sleeping space and use as a night-light. What's even cooler is that a glow stick looks like a mini lightsaber! Some things to remember about bunk beds:

- Youths must be at least six years-old before they can use the top bunk.
- Youths must always use the ladder when going up and down on a bunk bed.
- Only one person is allowed on top at a time.
- It's not safe to play underneath a bunk bed unless it is specifically designed that way by the manufacturer.
- Youths must not tie anything—such as cords, sashes or ropes—to the bed.
- Youths must not keep toys or other objects in the bed
- Bring an extra sleeping bag or 2 – just in case an accident happens (and a black garbage bag so the wet bag can go home to be washed)
- Kleenex is also a great addition to the group gear. Running noses may need a wipe.

Other Behaviours: ADHD, Acting out, Quiet child, Picky Eater, over tired etc.

[Mental Health Resource.pdf \(scoutsca.s3.amazonaws.com\)](https://scoutsca.s3.amazonaws.com/Mental+Health+Resource.pdf)

Gear Planning – Personal Gear & Group Gear (tents, patrol bins (kitchen needs, tools)

Activity: Based on your created menu and schedule for camp, determine what equipment and supplies will be required for camp

Additional Info:

If staying at a Scouts Canada property, be sure to check with the camp – what is included with your rental. For example, if staying in a lodge, does it have a fully equipped kitchen or does it only have the appliances for storing food and cooking food.

Engaging Parents

Activity: Brainstorm ideas of how to include and engage parents

How to hold a parent meeting that is engaging and informative:

What to pack for the camp and how:

Play find your mitts in the backpack (that someone else packed) - why it's important to include your youth

Medication/Medical Information/Allergies - myscouts needs to be updated

Parents can help prepare for Camp too! - Brainstorm ways to have them include in the prepping for camp. For example, grocery shopping, bringing equipment/gear, and patrols boxes to and from Camp. Parents can also clean and dry kitchen equipment, tents and other equipment. Share the work!

Additional Info:

Schedule a Parent Meeting! It shouldn't be just an email!

*This may be the 1st sleep over for the youth and the parents. This helps ease the anxiety of parents and youth.

INFORMING PARENTS To make sure that Youths have a great camp, make sure that their parents have all the information needed to support their little Scout. Your meeting (and then emails or information letter to the parents) should contain the following:

- Dates and times.
- Transportation details
- Emergency contact number



Help develop well-rounded youth, better prepared for success in the world.

- Theme of the camp
- Highlights of the program schedule
- Information about the camp site (facilities and accommodations.)
- Directions to the site
- Parents' role in preparing for camp
- Share some of the tips and tricks in the document, including parents' role in preparing a Youth for camp.
- Gear list should include everything needed for camp – personal gear, mess kit water bottle, hat etc.
- Proper clothing items for the trip and pack with the youth. This is important for the youth. They should know what is in their pack and where to find items.
- Medications and related information for Scouters. Medications should be in their original packaging for emergency purposes.
- Proper clothing items for the trip
- Medications information All this information will make sure that the parents and Youths have all the right details to have one amazing camp experience! Don't forget to fill out any of the required forms: Adventure Application Form Incident report forms
- If a child is on a medication vacation during camp, it is the parent's responsibility to let Scouters know. Letting Scouters know allows them to work with youth more effectively.

How many parents should attend the camp?

Parents are always invited to camp. Just remember to ensure that parents and guardians need to abide with Scouts Canada's screening policies.

<https://www.scouts.ca/resources/bpp/procedures/volunteer-screening-procedure.html>